

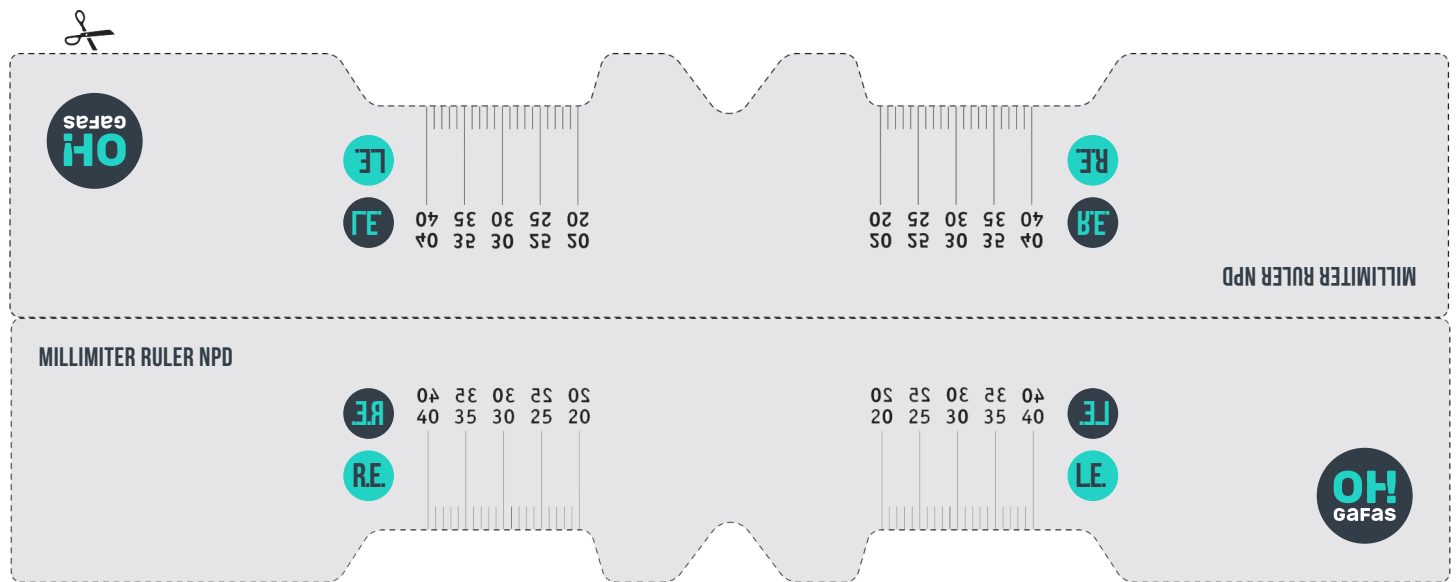
# HOW CAN I KNOW/MEASURE MY INTERPUPILAR/NASOPUPILAR DISTANCE?

## 1. OPHTHALMOLOGIST'S PRESCRIPTION

If you have an ophthalmologist's prescription, you are a lucky person! it is possible that the prescription has your Interpupilar Distance or IPD (the distance between your pupils) or your Nasopupilar Distance or NPD (the distance from each pupil to the nose). If you are going to go to an Ophthalmologist or you have one of confidence, you only have to ask for this data. This distance remains immobile from 18 years. If we know it, it will be valid for a life time.

## 2. MILLIMETER RULER

- Print this document in a paper as thick as possible in order to have a consistent and rigid ruler.
- Check it with a normal ruler that the values match (some printers can change the scale).
- Cut the ruler as the image shows and fold it in the middle.
- Place the little central opening of the ruler over your nose bridge.
- Ask someone to read the distance you have to the center of the pupils or read it yourself in front of a mirror.



## 3. SELFIE TO US!

If you have any questions or are a selfie lover, you can send us a photo of your eyes. You have to paste a 50 cents coin in your forehead with tape (it isn't a joke! Hehehe) and we determine your Nasopupilar Distance. We just need to see your eyes and the coin... Don't worry because we will not upload the photos to our social networks!

For any question you can send us an email to [hola@ohgafas.com](mailto:hola@ohgafas.com) or a **Whatsapp** to **+34 683 124 081**.

