pm_equal[12,41]

$i = \pm\ j\ \equiv_{\mathrm{def}}\ (i = j) \vee (i = (\text{-}j))$

clarification:

$i = \pm\ j\ \equiv_{\mathrm{def}}\ (i = j \in \mathbb{Z}) \vee (i = (\text{-}j) \in \mathbb{Z})$

http://www.nuprl.org/FDLcontent/p0_942988_/p15_5632_{pm_equal}.html