



Precision Eye Care

Computer User Questionnaire

Many people experience a variety of symptoms after working at their computer for some period of time. Surprisingly, many don't relate those symptoms directly to using the computer. Instead, they mistakenly attribute headaches and tired eyes to overall stress at work, rather than to visual fatigue that can be alleviated simply with the proper eyewear prescription.

If you experience any of these symptoms, please indicate the level of discomfort below:

| <i>Symptom</i> | <i>Mild</i> | <i>Moderate</i> | <i>Severe</i> |
|---|-------------|-----------------|---------------|
| Headaches during or after working at the computer | _____ | _____ | _____ |
| Overall bodily fatigue or tiredness | _____ | _____ | _____ |
| Burning eyes | _____ | _____ | _____ |
| Distance vision is blurry when looking up from the computer | _____ | _____ | _____ |
| Dry, tired or sore eyes | _____ | _____ | _____ |
| Squinting helps when looking at the computer | _____ | _____ | _____ |
| Neck, shoulders, or back pain | _____ | _____ | _____ |
| Double vision | _____ | _____ | _____ |
| Letters on the screen run together | _____ | _____ | _____ |
| Driving/night vision is worse after computer use | _____ | _____ | _____ |
| "Halos" appear around objects on the screen | _____ | _____ | _____ |
| Need to interrupt work frequently to rest eyes | _____ | _____ | _____ |

How many hours on average do you spend at the computer daily? _____

If you experience any of these symptoms, we offer a new type of eyewear lens that can eliminate the symptoms and dramatically improve your comfort level when working on a computer. These eyewear lenses result from new technology developed specifically for computer users. Our office has been trained and certified to pass this exciting technology on to you.

Please give this questionnaire to the Doctor for an explanation of how these eyewear lenses can help you.

Patient name: _____ Date: _____