

COMPUTER USER QUESTIONNAIRE

Dear Patient:

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 looking at the screen. Instead, they may feel the headaches and tired eyes result from stress, or that a person is supposed to feel exhausted after a day at work.

Do you notice any of these visual problems? Please rate the following symptoms:

| <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 | _____ | _____ | _____ |

If you feel any of these symptoms, we need to tell you about 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 a new vision testing technology, developed specifically for computer users, which our office has been trained and certified to use.

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

Patient Name: _____ Date: _____