Please take a moment to complete this questionnaire.

Once completed, take it to your VSP doctor. Your doctor will then be more familiar with your work environment and better able to determine if you are at risk of developing Computer Vision Syndrome, or if you'll need special computer glasses.

General Information

1. Indicate time spent:
   On a computer at work: _____ hours per day
   On a computer at home: _____ hours per day
   On a handheld computer (e.g., Blackberry): _____ hours per day

2. Desktop or laptop computer Use: (circle applicable)
   My work computer is a:  desktop  laptop
   My home computer is a:  desktop  laptop

3. Lighting in work area: (please describe)
   Overhead/desk:
   Incandescent/fluorescent:

4. Are you experiencing any of the following symptoms while at your computer monitor?
   Check where appropriate
   ☐ Headaches
   ☐ Sore or tired eyes (eye strain)
   ☐ Blurred near vision
   ☐ Glare (light) sensitivity
   ☐ Blurred distant vision
   ☐ Dry or watery eyes
   ☐ Burning, itching, or red eyes (distant to near and back)
   ☐ Back pain
   ☐ Neck and shoulder pain
   ☐ Double vision

5. Do you wear glasses while working at the computer?
   ☐ Yes  ☐ No
   (If yes, please bring them with you to your eye exam.)

6. Do you wear contact lenses while working at the computer?
   ☐ Yes  ☐ No
   (If yes, please wear them for your eye exam.)

7. Do you view reference material while working at the computer?
   ☐ Yes  ☐ No
   (If yes, what percentage of time? _____)

In order for your VSP doctor to accurately assess your computer vision needs and possible appropriate eyewear, the following must also be completed.

Distances/Direction

8. Viewing distance (eye to computer screen) is ____ inches.

9. Viewing distance (eye to keyboard) is ____ inches.

10. Viewing distance (eye to reference material) is ____ inches.

11. The center of the computer screen is: (circle one)
   above equal to below
   eye level eye level eye level
   If above or below, by how many inches? ______

12. Reference material is: (circle one)
    above equal to below
    eye level eye level eye level
    If above or below, by how many inches? ______