VISION CHALLENGES IN TODAY’S DIGITAL WORLD

THE ISSUE STARTS WITH SCREENS

MULTIPLE SCREENS AT VARYING DISTANCES

PHONES HELD CLOSER THAN PRINTED TEXT

OUR BODIES ARE IMPACTED

PHONE AND COMPUTER MONITOR USE REQUIRES NECK FLEXION BEYOND 20–25°, AMPLIFYING CERVICAL SPINE LOAD

62% OF OFFICE WORKERS SUFFER FROM NECK & SHOULDER MUSCULOSKELETAL DISORDERS (MSD)

OVER TIME, OUR EYES ARE IMPACTED

SWITCHING BETWEEN SCREENS WITH DECREASED ACCURACY OF EYE MOVEMENT CAUSES EXTRA EFFORT LEADING TO DISCOMFORT

THESE ISSUES CAN BE EVEN MORE SEVERE AMONG PRESBYOPES

TAKE CARE OF YOUR VISION

ROTE TASKS

TAKE FREQUENT BREAKS

CHOOSE LENSES THAT PROVIDE POSTURAL FLEXIBILITY TO HELP ENABLE THE REDUCTION OF PROLONGED STATIC NECK POSTURES

THE RIGHT PROGRESSIVE LENSES CAN MAKE A DIFFERENCE

Ask us about Varilux® progressive lenses.