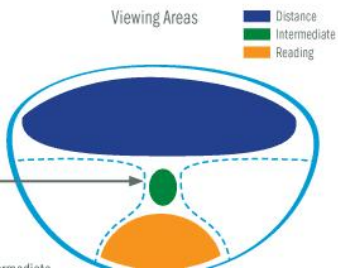
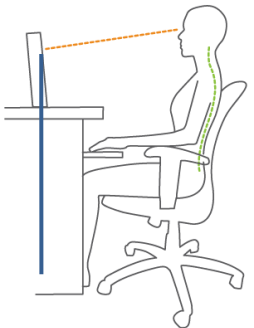
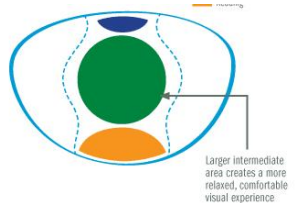


MONITOR USE WITH PROGRESSIVE LENSES

When using lenses with a single focal range (ie: for distance or reading) the top of the screen should be positioned at eye level or slightly below and at a distance where you can read without eye strain or leaning forward.

Type of Lenses	Monitor Height	Monitor Distance	Advantages	Disadvantages	
<p>2. Traditional Progressive (Multifocal) lenses</p>  <p>Viewing Areas</p> <ul style="list-style-type: none"> Distance Intermediate Reading <p>Top section not clear for reading</p>	<p>Top of the screen should be 5-6" below eye level to avoid lifting your chin to read the screen.....</p>	<p>~24" or less from eyes</p>	<p>Can have 1 pair of glasses for all activities</p>	<p>1. Only a small portion of the lens is clear for reading monitor 2. Have to lower monitor by 5-6" below eye level</p>	
<p>3. Computer or Mid-Distance Progressive (Multifocal) Lenses</p>  <p>Larger intermediate area creates a more relaxed, comfortable visual experience</p> <p>Larger green central portion for reading screen</p>	<p>Top of the screen at seated eye level or slightly below</p>	<p><30" from eyes - at comfortable distance</p>	<p>1. Feel like single lenses so can read screen with whole lens 2. Can see clearly beyond the screen (people entering office) 3. Can keep top of screen at eye level 4. Good for office, reading, meetings</p>	<p>May need a second pair of glasses for distance (e.g. driving, walking)</p>	