

# Consider these tips when using a computer.



## Is your workspace a site for sore eyes?

You rub your eyes, squint and try everything you can to make them feel better. Could the burning, watering, blurred vision, even headaches be caused by eyestrain from your computer screen? Adopting these habits can help:

- Change the pace by getting up and moving at least once every two hours.
- Make a conscious effort to blink more often, or consider using over-the-counter artificial tears.
- Get appropriate eyewear that is fitted for computer work.
- Adjust your monitor about 18 to 30 inches from your eyes.
- Check the lighting and reduce glare.



**BlueCross BlueShield  
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