

Lifestyle Index

P. INITIALS / IO _____

DATE _____

This questionnaire is meant to help your doctor understand what you're experiencing on a regular basis — **whether it's caused by your eyes, posture, stress, etc.** Your responses will help make sure you receive the best care possible.

How often do you experience any of these symptoms? Fill in applicable circle. For example: 1 2 3 4 5
☐ ☐ ☒ ☐ ☐



Headaches

- You get headaches of any severity each week (even just a dull ache counts).
- Your headaches tend to get worse later in the day.

1	2	3	4	5
Never	Rarely	Sometimes	Very Often	Always
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Additional notes: _____

You experience stiffness/tension in your neck/shoulders when you work at a computer or read (this might even be from your posture).



Stiffness / pain in neck / shoulders

1	2	3	4	5
Never	Rarely	Sometimes	Very Often	Always
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Additional notes: _____

Your eyes get tired, burn, or get red easily when you work at a computer for long hours.

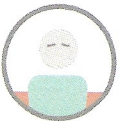


Discomfort with Computer Use

1	2	3	4	5
Never	Rarely	Sometimes	Very Often	Always
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Number of hours per day using a digital device: _____

Your eyes feel increasingly fatigued/tired as the day goes on.



Tired Eyes

1	2	3	4	5
Never	Rarely	Sometimes	Very Often	Always
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Additional notes: _____

Your eyes progressively feel more dry/sandy/gritty while working at the computer or reading.



Dry Eye Sensation

1	2	3	4	5
Never	Rarely	Sometimes	Very Often	Always
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Additional notes: _____

Bright / Strong lights (vehicle headlights, florescent lights etc.) bother you.

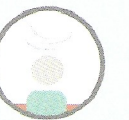


Light Sensitivity

1	2	3	4	5
Never	Rarely	Sometimes	Very Often	Always
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Additional notes: _____

You experience dizziness, motion sickness, or vertigo.



Dizziness

1	2	3	4	5
Never	Rarely	Sometimes	Very Often	Always
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Additional notes: _____



Additional Notes

Any additional notes you'd like to add: _____
