

# HealthyBy Choice

...One Day at a Time

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## Workplace Eye Wellness Month

Eye strain and other visual symptoms can be experienced when we spend much of our day looking at a computer screen. These problems can range from physical fatigue, decreased productivity and increased numbers of work errors, to minor annoyances like eye twitching and red eyes.

1. **Get a comprehensive eye exam.** Having a routine comprehensive eye exam is the most important thing you can do to prevent or treat computer vision problems. Tell your eye doctor how often you use a computer at work and at home.
2. **Use proper lighting.** Eye strain is often caused by bright light either from outdoor sunlight coming through a window or from harsh interior lighting. Close drapes, shades or blinds, and position your computer monitor or screen so windows are to the side, instead of in front or behind it.
3. **Minimize glare.** Glare on walls and finished surfaces, as well as reflections on your computer screen can cause computer eye strain. If you wear glasses, purchase lenses with anti-reflective (AR) coating, which reduces glare by minimizing the amount of light reflecting off the front and back surfaces of your lenses.
4. **Upgrade your display.** Select a screen with the highest resolution possible. Resolution is related to the "dot pitch" of the display. Generally, displays with a lower dot pitch have sharper images. Choose a display with a dot pitch of .28 mm or smaller. Finally, choose a relatively large display. For a desktop computer, select a display that has a diagonal screen size of at least 19 inches.
5. **Adjust your computer display settings.** Adjusting the display setting of your computer can help reduce eye strain and fatigue. Generally, these adjustments are beneficial.
  - **Brightness.**
  - **Text size and contrast.** Black print on a white background is best for comfort.
  - **Color temperature.** Blue light is associated with more eye strain than longer wavelength hues, such as orange and red. Reducing the color temperature of your display lowers the amount of blue light emitted by a color display for better, long-term viewing comfort.
6. **Blink more often.** Blinking moistens your eyes to prevent dryness and irritation. To reduce your risk of dry eyes during computer use, try this exercise: Every 20 minutes, blink 10 times by closing your eyes as if falling asleep (very slowly). This will help rewet your eyes.
7. **Exercise your eyes.** Another cause of computer eye strain is focusing fatigue. Reduce the risk of tiring your eyes by looking away from your computer at least every 20 minutes and gazing at a distant object (at least 20 ft away) for at least 20 seconds. Some eye doctors call this the "20-20-20 rule." You can also look far away at an object for 10-15 seconds, then gaze at something up close for 10-15 seconds, then look back at the distant object. Do this 10 times. This exercise reduces the risk of your eyes' focusing ability to "lock up" (a condition called accommodative spasm) after prolonged computer work.
8. **Take frequent breaks.** According to a recent NIOSH study, discomfort and eye strain were significantly reduced when computer workers took four additional 5 minute "mini-breaks" throughout their work day. During these breaks, stand up, move about and stretch your arms, legs, back, neck and shoulders to reduce tension and muscle fatigue.
9. **Modify your workstation.** Looking back and forth between a printed page and your computer screen can cause eye strain. Place written pages on a copy stand adjacent to the monitor. Improper posture during computer work also contributes to computer vision syndrome. Adjust your workstation and chair to the correct height.
10. **Consider computer eyewear.** You might benefit from having your eye care professional modify your eyeglasses prescription to create customized computer glasses. This is especially true if you normally wear contact lenses, which may become dry and uncomfortable during sustained computer work.

### Eye Comfort Tips

On a computer screen, black text on a white background is best.

Other high-contrast, dark-on-light combinations work well, too.

Avoid low-contrast text/background color schemes.

Text on a busy background is also tiring to read.

### Text Size and Color on Your Digital Screen

To avoid eye strain, at what size should your computer display text? According to computer vision syndrome expert Dr. James Sheedy, it should be three times the smallest size that you can read from your normal viewing position.

The best color combination for your eyes is black text on white background, though other dark-on-light combinations also work well.



Work Wise...Protect Your Eyes!



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## March is National Nutrition Month — Savor the Flavor of Eating Right

Healthy eating and routine exercise are needed all year round; but many of us need a friendly reminder to get ourselves back on track. Be kind to your body and reacquaint yourself with healthy eating habits and fitness. Replace your unhealthy habits with smart health choices for a healthier body.

### Healthful eating fuels physical activities at every stage of life.

Well-nourished and active children and teens grow, develop, and learn better. Good nutrition also helps ensure a healthy pregnancy and successful breast-feeding. And, healthful eating and active living help adults and seniors feel their best, work productively, and lower their risk for a variety of conditions.

Fitness at every age comes from a lifestyle that includes good nutrition and regular physical activity. The sooner you start the better your health.

### Food and physical activity choices are personal.

Foods nourish your body. Being well-nourished means you get enough of the nutrients your body needs. Part of being well nourished also means eating portions of foods just right for you. The true definition of fitness refers to your own optimal health and overall well being. Fitness is your good health - at its very best.

### Food is a source of pleasure and good taste.

The taste of foods adds pleasure to eating - especially if you eat a greater variety of foods and learn how to include your favorites in an overall healthful eating style.

### Staying fit means you have a better chance for a higher quality of life, and perhaps a longer one, too.

#### When you are fit, you:

- ⇒ improve your mood, reduce your stress, and increase your energy.
- ⇒ reduce your risk for heart disease, cancer, and diabetes.
- ⇒ can look and feel your best.
- ⇒ have the physical strength and endurance to do the things you want to do.



Healthy Eating...Healthy Living!



Call 800-662-0586 for great monthly specials!

# ProCare PharmacyCare Market Place

QTY	ITEM#	PRODUCT DESCRIPTION	MANUFACTURER	SIZE	FORM	YOUR COST
	530207	Calcium 500 + D	OS CaL + D	400	TB	\$8.29
	530063	Calcium 500 MG + D	OS CaL + D	90	TB	\$4.99
	530211	Calcium 600 + D	21ST Century	400	TB	\$8.29
	530057	Calcium Citrate + D	Citrical	120	TB	\$6.99
	530028	CO Q 10 100MG Bonus	21ST Century	50+25	CAP	\$27.10
	715474	ECHINACEA 400MG	ProCare Rx	100	CAP	\$6.88
	530192	Ferrous Sulfate 65 MG	Feosol	100	TB	\$4.99
	530242	Fish Oil 1000MG Enteric Coated	21ST Century	180	SG	\$9.99
	530208	FISH OIL 1000MG ENTERIC COATED	21ST Century	90	SG	\$7.99
	530013	Folic Acid 800 MCG	21ST Century	180	TB	\$3.99
	530040	Gluco/Chond Max Strength	21ST Century	150	TB	\$24.99
	530044	Gluco/Chond Triple Strength	21ST Century	150	TB	\$27.99
	530050	Glucosamine 1000 MG	21ST Century	120	TB	\$9.99
	530159	Glucosamine Relief 500 MG	21ST Century	60	CAP	\$5.99
	530560	Glucosamine/Chond Plus	21ST Century	120	TB	\$19.99
	530035	Hair, Skin and Nails	21ST Century	50	CP	\$5.99
	774428	Loratadine 10 MG	Claritin	90	TB	\$7.99
	530039	Lutein 10 MG	21ST Century	60	TB	\$7.99
	530219	Magnesium 250 MG	21ST Century	110	TB	\$2.99
	530275	Mega Multi for Men	21ST Century	90	TB	\$9.99
	530276	Mega Multi for Women	21ST Century	90	TB	\$9.99
	501021	Nasal Decongestant Spray 12 HR	Major	.5 OZ	SR	\$1.38
	530045	Omega 3	21ST Century	60	SG	\$5.99
	530377	One Daily Men's	21ST Century	100	TB	\$4.99
	530367	One Daily Women's	21ST Century	100	TB	\$4.99
	530083	Potassium 99 MG	21ST Century	110	TB	\$2.99
	018994	Prosight	Occuvite	60	TB	\$3.99
	530212	Sentry	Centrum	300	TB	\$10.49
	530204	Sentry Senior	Centrum Senior	100	TB	\$5.99
	530005	Vitamin B-1 100 MG	21ST Century	110	TB	\$2.99
	530007	Vitamin B-1 2 500 MCG	21ST Century	110	TB	\$4.99
	530003	Vitamin B-100 Balanced	21ST Century	60	CT	\$6.99
	530011	Vitamin B-12 1000 MCG	21ST Century	110	TB	\$6.99
	530009	Vitamin B-6 100 MG	21ST Century	110	TB	\$4.99
	530029	Vitamin C-1000 MG	21ST Century	110	TB	\$6.99
	530021	Vitamin C-500 MG	21ST Century	110	TB	\$2.49
	530019	Vitamin C-500 MG Chewable	21ST Century	110	TB	\$5.19
	530281	Vitamin E Oil 24000 IU	21ST Century	1.75	LQ	\$6.09
	530012	Vitamin E-1000 IU	21ST Century	55	SG	\$7.99
	570188	Zinc Lozenges	ProCare Rx	30	LOZ	\$4.88



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