

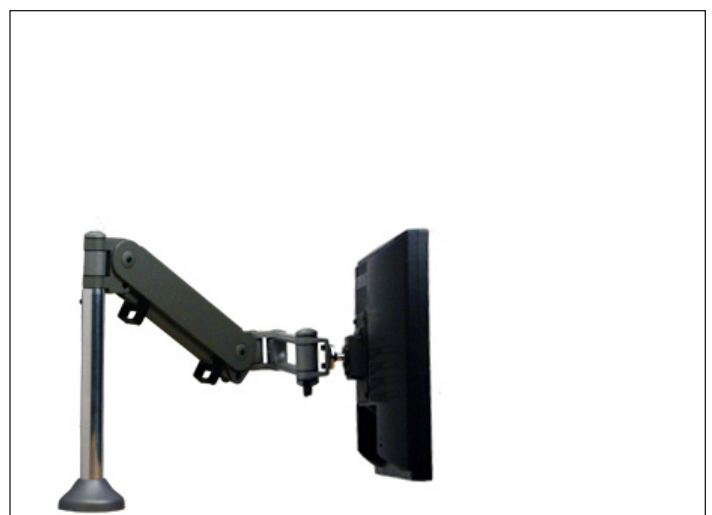
M4 User Instructions



Height Adjustment

To adjust the height of the monitor, simply move it up or down to the desired position. The monitor will stay in place once released.

Ergo Tip: The monitor should be positioned so that the top line of text is at or slightly below eye level.



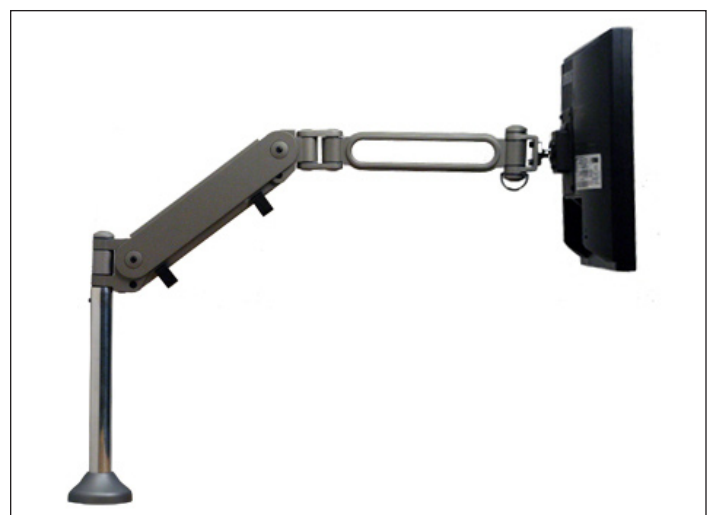
M4 User Instructions



Depth Adjustment

To adjust the horizontal position of the monitor, simply move it to the desired location. You can adjust monitor depth for improved viewing comfort or to move the monitor out of the way to clear up desk space for other tasks.

Ergo Tip: For extended computer work, your monitor screen should be positioned at an arm's length from your eyes. This will minimize eye strain. In addition, adjust the monitor depth by a few inches every few hours to change the focal point, which will help reduce eye muscle fatigue.



M4 User Instructions



Tilt Adjustment

To change the monitor's angle, simply tilt it up or down to the desired position.

Ergo Tip: Angle the monitor so that the screen is square to your line of sight.



M4 User Instructions



Swivel Adjustment

To change the monitor's angle, simply tilt it left or right to the desired position.

Ergo Tip: Angle the monitor so that the screen is square to your line of sight.



M4 User Instructions



Landscape/Portrait Adjustment

To change the monitor's orientation, simply swivel it from landscape to portrait mode as desired.

