Most flat-panel monitors and TVs adhere to the Video Electronics Standards Association (VESA) guidelines for mounting displays on external stands. Here’s how to tell if yours does too:

1. **Check for a Removable Base**
   Find the spot where your monitor connects to its base. Is it fixed, or do you see a way to detach it? If you can’t determine this by looking, refer to your monitor’s manual.

2. **Look for the VESA Hole Pattern**
   Most VESA-compliant monitors have a square-shaped area centered on the back where the factory-installed stand attaches. Some monitors may have a plastic cover over the attachment area that you can pop off by pushing a button. The stand-attachment area looks something like this:

3. **Determine Your Monitor’s VESA Variant**
   Use a ruler to measure the space between the holes on the back of your monitor. Vari® Monitor Arms are compatible with two VESA variants: 100mm x 100mm and 75mm x 75mm. These numbers refer to the horizontal and vertical distance between the screw centers.

To be compatible with all Vari monitor arms, your monitor must use either the 100mm x 100mm or 75mm x 75mm variant and be no heavier than 19.8 lbs. If it meets those criteria, you’re good to go.