

## TÜV Low Blue Light & Flicker Free Certification

- How to enable low blue light mode

The Monitor uses Low Blue Light panel and compliance with TÜV Rheinland (Hardware Solution) at factory reset/default setting mode.

- Meaning of 'Low Blue Light

TÜV Rheinland has tested this product in order to ascertain the portion of blue light emitted. TÜV Rheinland has defined a catalogue of tests, which establishes the minimum standards for the Low Blue Content characteristic according to the product and manufacturer's information. The test catalogue is based on internationally applicable standards or common standards within the industry and exceeds these requirements. Amongst other things, the product may emit no hazardous UV light. In addition, the blue light content may not constitute more than 20% of the total light spectrum. The blue light content was measured and evaluated in the laboratory using spectro-radiometers. The keyword "Low Blue Content" confirms that the product satisfies TÜV Rheinland's test criteria.

- Health recommendations

Break time, eye excises, Look at distance objects, Neck Exercise

To reduce your risk for computer vision syndrome and neck, back and shoulder pain, take frequent screen breaks during your work day (at least one 10-minute break every hour).

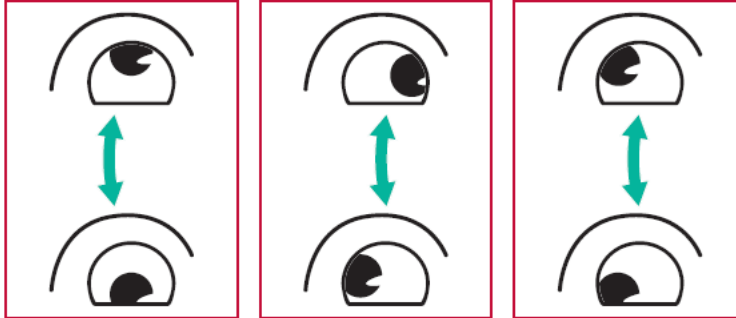
During these breaks, stand up, move about and stretch your arms, legs, back, neck and shoulders to reduce tension and muscle fatigue.

Another cause of computer eye strain is focusing fatigue. To reduce your risk of tiring your eyes by constantly focusing on your screen, look away from your computer at least every 20 minutes and gaze at a distant object (at least 20 feet away) for at least 20 seconds. Some eye doctors call this the "20-20-20 rule." Looking far away relaxes the focusing muscle inside the eye to reduce fatigue.

Another exercise is to 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.

#### Exercises for the eyes

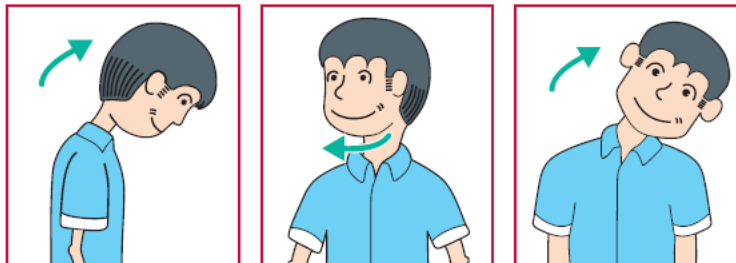


(1) Keep the body and the head upright. Turn the eyes up to look at the ceiling, then turn down to look at the floor.

(2) Turn the eyes left and right slowly to look at objects on the two sides.

(3) Turn the eyes to look at objects at the right upper direction and then the right lower direction. Repeat for the left upper and left lower directions.

#### Exercises for the neck



- Keep the arms relaxed at your side.
- Bend your head forward slightly to stretch the neck.
- Hold for 5 seconds.

- Keep the arms relaxed at your side.
- Turn the head to one side and hold for 5 seconds.
- Repeat for the other side.

- Keep the arms relaxed at your side.
- Swing the head to the left and hold for 5 seconds.
- Repeat for the other side.

- **Meaning of 'Flicker Free'**

The Monitor adopts Flicker-Free technology, which clears the eye visible flicker.