

ARE YOUR EYES AT RISK?

Check your B.L.U.E (Blue light user exposure)

1. How many hours in total per day do you spend on a computer/laptop, tablet, smartphone, videogame and/or television?

☞ Lower **B.L.U.E** ——— Higher **B.L.U.E**

0-3 hour 4-7 hour 8-10+ hour

2. How many hours per day do you spend indoors (both at home and office) under artificial lighting (CFL or LED)?

☞ Lower **B.L.U.E** ——— Higher **B.L.U.E**

0-3 hour 4-7 hour 8-10+ hour

3. How many hours per day do you spend engaging in recreational activities outdoors?

☞ Lower **B.L.U.E** ——— Higher **B.L.U.E**

8-10+ hour 4-7 hour 0-3 hour

4. How many hours per day do you spend driving, both during the day and at night?

☞ Lower **B.L.U.E** ——— Higher **B.L.U.E**

0-3 hour 4-7 hour 8-10+ hour

If your blue light exposure is ≥ 4 hours per day then you are amongst the group that is exposed to harmful blue violet light.

CONSULT YOUR OPHTHALMOLOGIST
FOR PROTECTION AGAINST HARMFUL
BLUE VIOLET LIGHT