



Enterprise-Class Designs to Enhance Productivity at Work

BenQ BL3290QT Business Monitor

BL3290QT, the 31.5" 2K QHD USB-C ergonomic Eye-Care monitor, enhances the overall productivity as one USB-C cable and integrated USB-hub connects all. An ergonomic design and optional base covers with special built-in functions are ideal for heavy monitor users seeking a display that offers both aesthetics and functionality. BenQ's exclusive Eye-Care technology ensures more comfortable and optimal viewing experiences.



Versatile Connectivity

One single USB-C™ cable simultaneously provides fast data transfer and 65W power delivery for your laptop. Thoughtfully-placed ports downstream data and power to your phone and heightens convenience for various devices.



Daisy Chain

Create a multi-monitor setup for extra screen real estate and a decluttered workspace by daisy-chaining. Utilize pivot rotation to customize views on multiple displays.



Ergonomic Design

Easily customize the height, tilt, pivot and swivel of the monitor to boost efficiency in an ideally comfortable user environment.



Tailored Modes in 2K Details

BL3290QT showcases more space for contents on screen and complements different usages with tailored modes including Coding and M-Book.



Smart Screen Brightness Optimization

The Brightness Intelligence sensor detects and actively adjusts screen to match your environment. B.I. Gen2 allows higher degree of adjustability with customizable screen brightness.



Industry-Leading Eye-Care Technology

BenQ's exclusive Eye-Care technologies reduce eye fatigue for user comfort, enhance productivity and provide workplace safety during extended use.

BenQ Business Monitor BL3290QT

Product Color	Black
Panel	
LCD Size (inch)	31.5"
Aspect Ratio	16 : 9
Resolution (max.)	2560x1440
Display Area (mm)	698.11 x 392.69mm
Brightness (typ)	350nits
Native Contrast (typ.)	1000:1
Panel Type	IPS
Viewing Angle (L/R;U/D) (CR≥10)	178°/178°
Response time	5ms
Display Colors	1.07 B
Color Gamut	99% sRGB
Backlight	LED backlight
Regulations	
EPEAT	Bronze
TCO	9.0
Energy Star	8.0
Dimensions & Weight	
Dimensions with Wall Mount (w/o Base)	428.7 x 714.6 x 62.6 mm 16.9 x 28.1 x 2.5 inch
Dimensions (HxWxD mm)	H: 597.7 x 714.6 x 251.5 mm (23.5 x 28.1 x 9.9 inch) L: 488.1 x 714.6 x 251.5 mm (19.2 x 28.1 x 9.9 inch)
Net Weight (kg)	10.1 kg (22.2 lb)
Gross Weight (kg)	12.6 kg (27.8 lb)
Height Adjustment (mm)	110mm
Special Features	
Flicker-free Technology	Yes
Low Blue Light Plus	Yes
Brightness Intelligence Technology (B.I. Gen2)	Yes
VESA Wall Mounting	Yes
Slim Bezel	Yes
Tilt (down/up)	-5°~20°
Swivel (left/right)	20°/20°
Pivot	Yes
K Locker	Yes
OSD Language	18 languages
Color Weakness Mode	Yes
Color Mode	Yes
Included Accessories	
Other Accessories	Power cord (1.5m)
Signal Cable	HDMI Cable (1.5m) USB-C Cable (1.5m)
I/O	
Speakers	2Wx2
Headphone jack	Yes
USB-C	USB-C upstream PD 65W x1 (DP alt) USB-C downstream with BC1.2 charging x1
HDMI Input (1.4)	Yes
DP in (1.2)	Yes
DP out (MST)	Yes
USB 3.2 Gen1	Type A x3
Power	
Power Supply (90~264 AC)	90~264 AC built in
Power Consumption (On mode)	25W
Power Consumption (Power saving mode)	<0.5W
Power Consumption (Off mode)	<0.3W
Reliability	
MTBF(hr, exclude lamp)	60,000
Backlight Life (hr) min	30,000
Backlight Life (hr) Typical	30,000
Windows® 10/11 Compatible	Yes