

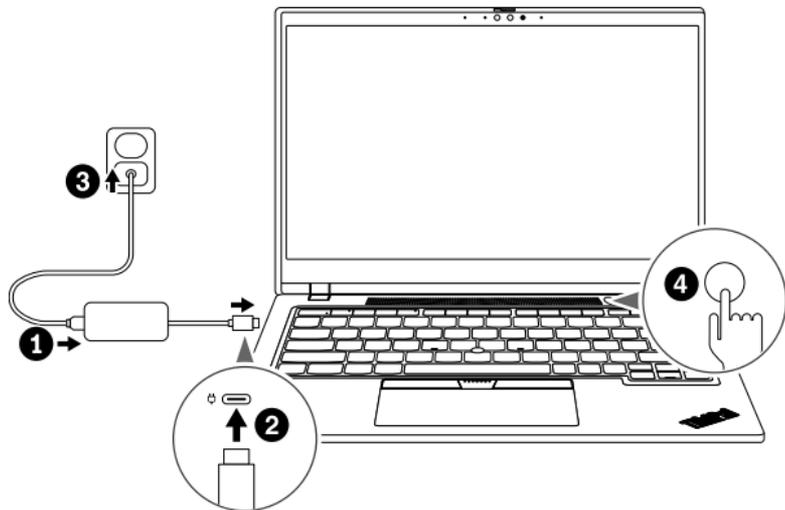
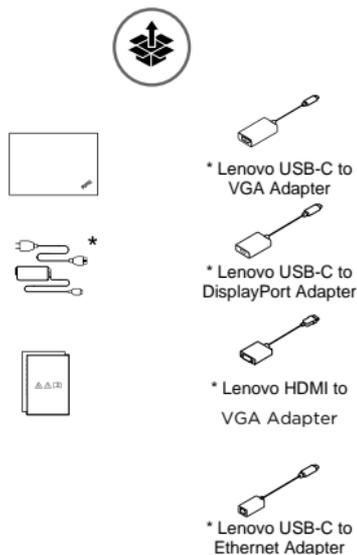


ThinkPad T14 Gen 4 / ThinkPad P14s Gen 4  
ThinkPad T16 Gen 2 / ThinkPad P16s Gen 2



# Get started

Get started | Get started | Get started | Get started | Get started

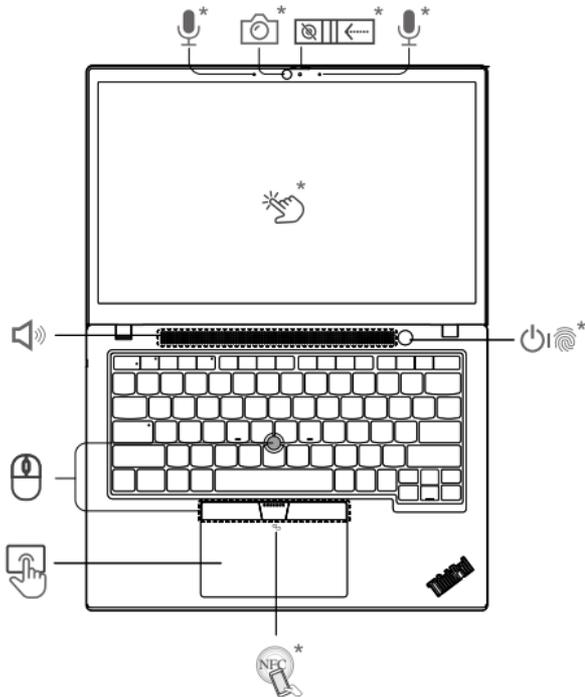


\* For selected models | For selected models | For selected models | For selected models | For selected models

## Front view

Front view | Front view | Front view | Front view | Front view

### T14 Gen 4 / P14s Gen 4



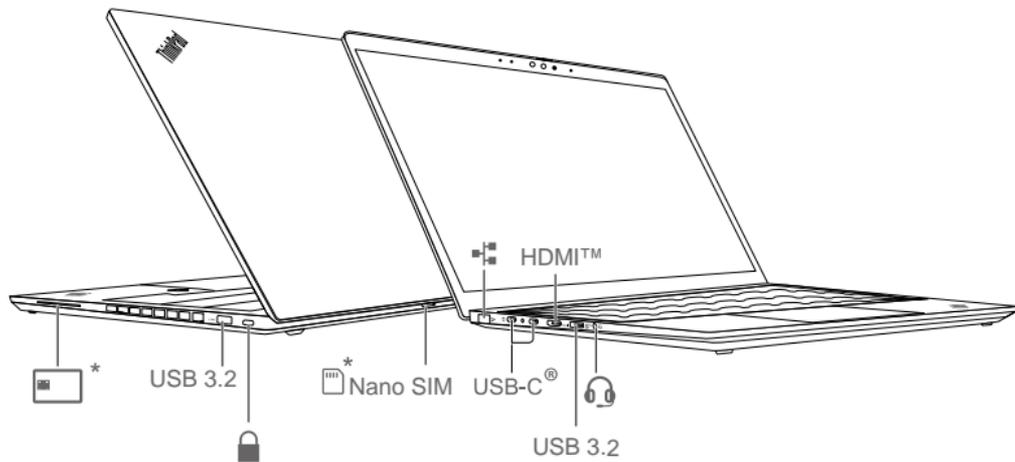
- Power button icon with a starburst: Press to log in to the computer\*
- Fingerprint scanner icon with a starburst: Press to log in to the computer\*
- Power button icon with a starburst: Press to log in to the computer\*
- Power button icon with a starburst: Press to log in to the computer\*
- Power button icon with a starburst: Press to log in to the computer\*
- Power button icon with a starburst: Press to log in to the computer\*

- Mouse icon: Navigate as a traditional mouse



# Overview

Overview | Overview | Overview | Overview | Overview



Read the statement on USB transfer rate in the User Guide. To access the User Guide, go to <https://pcsupport.lenovo.com>.  
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## Lenovo Commercial Vantage\*

Access Commercial Vantage to adjust device settings and check for system updates.

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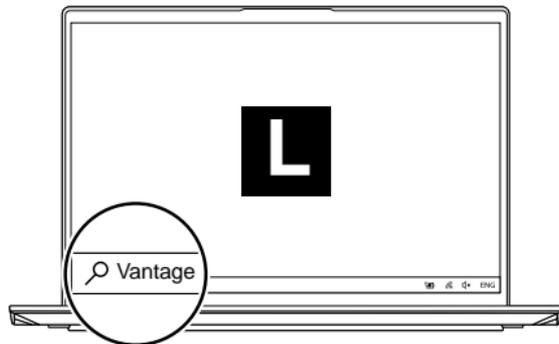
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## Lock on leave<sup>1</sup>



Protect your privacy and improve battery life.

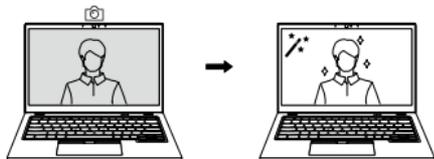


<sup>1</sup> For infrared camera models only | For infrared camera models only

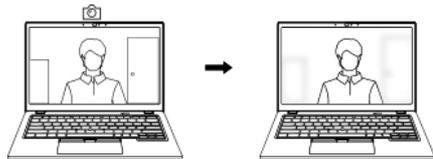
# Lenovo View\*



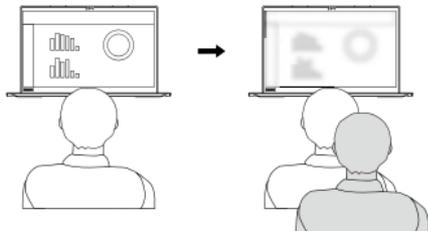
Video Enhancer | Video Enhancer  
Video Enhancer | Video Enhancer  
Video Enhancer | Video Enhancer



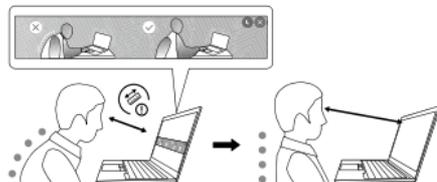
Background Removal | Background Removal  
Background Removal | Background Removal  
Background Removal | Background Removal



Privacy Guard | Privacy Guard | Privacy Guard  
Privacy Guard | Privacy Guard | Privacy Guard



Posture Warning | Posture Warning | Posture Warning  
Posture Warning | Posture Warning | Posture Warning



[English]

## Specific absorption rate (SAR)

YOUR DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES.

Refer to the following for 10g SAR limit and maximum reported SAR values:

10g SAR limit: 2 W/kg (body-worn SAR); 4 W/kg (limb SAR)

Maximum SAR with 0 mm separation distance:

Product name	Body-worn SAR value	Limb SAR value
ThinkPad T14 Gen 4/P14s Gen 4	1.551 W/kg	2.412 W/kg
ThinkPad T16 Gen 2/P16s Gen 2	1.547 W/kg	3.104 W/kg

For more information about SAR, refer to the *Safety and Warranty Guide* that came with your device.

## European Union (EU) / United Kingdom (UK) — radio frequency and power

This radio equipment operates with the following frequency bands and maximum radio-frequency power:

Technology	Frequency [MHz] / band	Maximum transmit power
WLAN 802.11b/g/n/ax	2400 - 2483.5	< 20 dBm
WLAN 802.11a/n/ac/ax	5150 - 5725	< 23 dBm
WLAN 802.11a/n/ac/ax	5725 - 5875	< 13.98 dBm
WLAN 802.11ax	5945 - 6425	< 23 dBm
Bluetooth BR/EDR/LE	2400 - 2483.5	< 20 dBm
WWAN UMTS	1/8	< 25.5 dBm
WWAN LTE	1/3/7/8/20/28/34/38/40/41/42/43	< 25.5 dBm
WWAN LTE HPUE	41	< 26 dBm
NFC	13.56	< -5.31 dBμA/m@10m

Note: Not all wireless bands may be enabled depending on your product configuration.

Usage of this device is limited to indoor locations in the bands 5150 - 5350 MHz and 5945 - 6425 MHz.

For Clearance Position Only

Printed in China

# Lenovo

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Reduce  
Reuse  
Recycle

For FSC Mix logo only