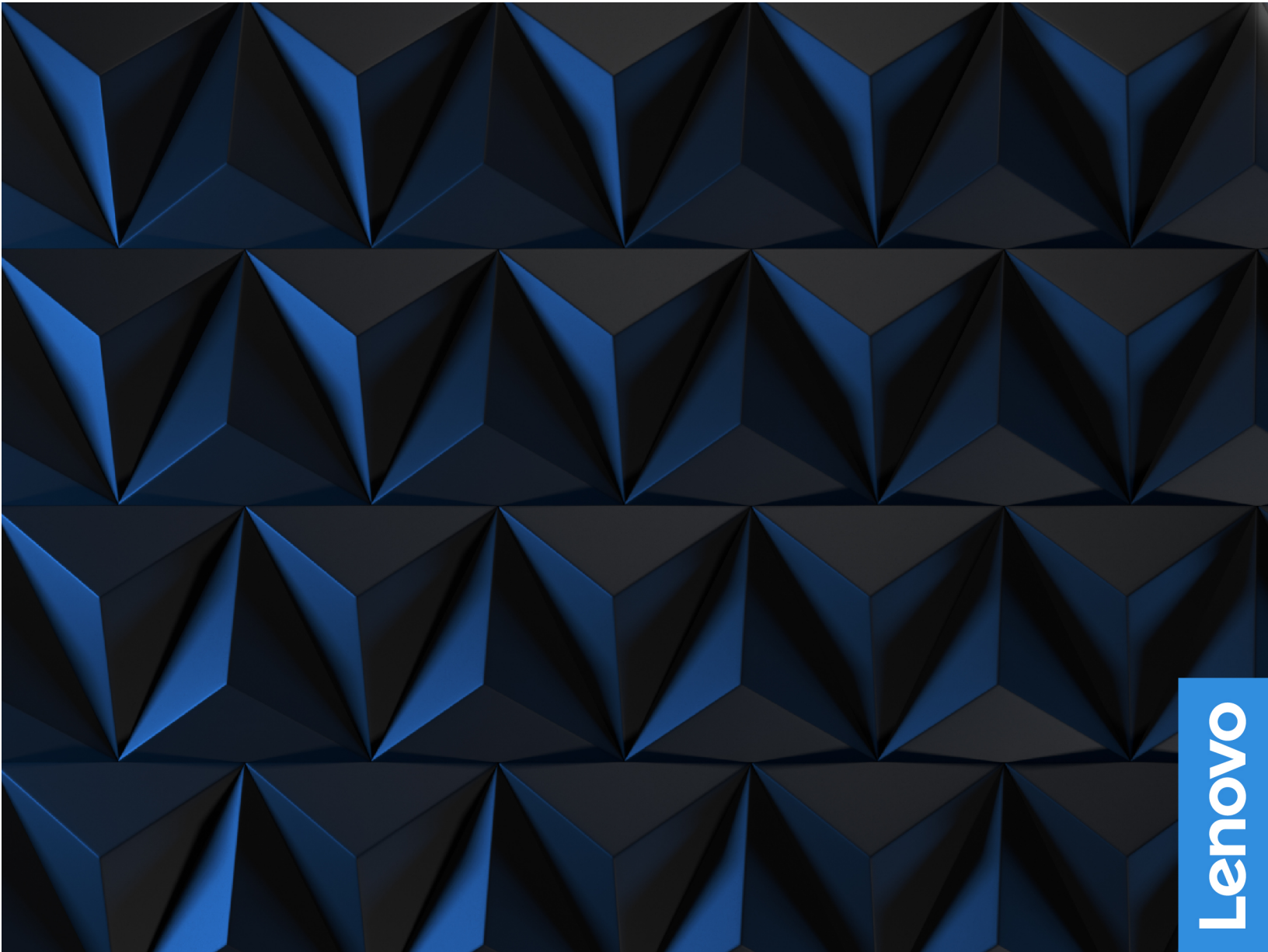


User Guide



Lenovo Legion 7 (16", 6)

Read this first

Before using this documentation and the product it supports, ensure that you read and understand the following:

- [Generic Safety and Compliance Notices](#)
- *Safety and Warranty Guide*
- *Setup Guide*

First Edition (March 2021)

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About this guide

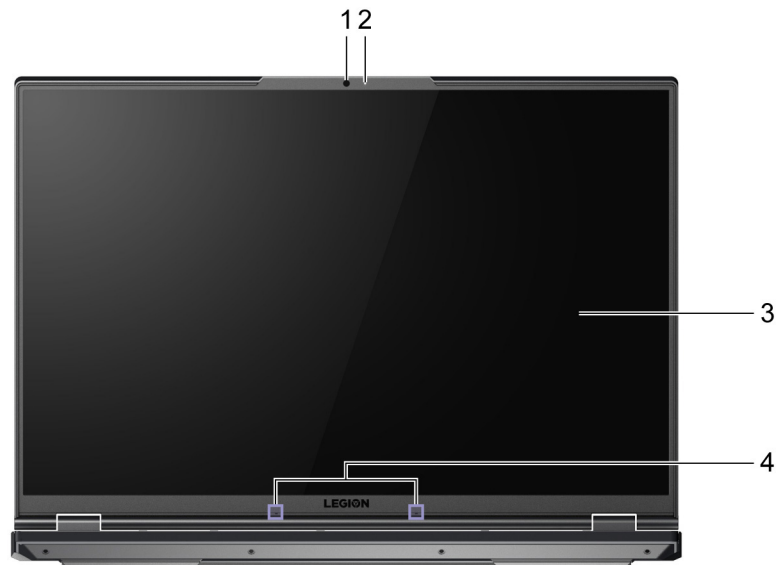
- This guide applies to Lenovo product model(s) listed below. Illustrations in this guide may look slightly different from your product model.

Model name	Machine type (MT)
Legion 7 16ACHg6	82N6
Lenovo Legion 7 16ACHg6	82N6
Lenovo Legion 7 16ACHg6 1	82N6
Legion 7 16ITHg6	82K6
Lenovo Legion 7 16ITHg6 D1	82K6

- This guide may contain information about accessories, features, and software that are not available on all models.
- This guide contains instructions that are based on the Windows 10 operating system. These instructions are not applicable if you install and use other operating systems.
- Microsoft® makes periodic feature changes to the Windows® operating system through Windows Update. As a result, the operating system related instructions may become outdated. Refer to Microsoft resources for the latest information.
- The content of the guide is subject to change without notice. To obtain the latest version, go to <https://support.lenovo.com>.

Chapter 1. Meet your computer

Front



1. Camera	Capture still and moving images for taking photos, recording videos, and video chatting.
2. Camera light	If the light is on, the camera is in use.
3. Screen	Display text, graphics, and videos.
4. Microphones	Capture or record sound and voice.

Base



1. Wireless antennas	Send and receive radio waves for the built-in wireless LAN (local area network) and Bluetooth module. Note: The antennas are not visible from the outside of the computer.
2. Charging LED	Indicate whether the computer is plugged into a working electrical outlet. If plugged, it can also indicate whether the battery is close to being fully charged. For details, refer to “The charging LED” on page 8.
3. Power button	Press the button to turn on the computer. Note: You can turn on the computer by flipping open the LCD screen if Flip to Boot is enabled.
4. Power LED	Indicate the power mode of the computer. The color of the power LED also reflects the currently activated operating mode. For details, refer to “The power LED” on page 8.
5. Numeric keypad	To enable or disable the numeric keypad, press the Num Lock key.
6. Touchpad	Perform finger touch and all the functions of a traditional mouse. Note: The touchpad also supports multi-touch function.
7. Keyboard	Enter characters and interact with programs. Note: The keyboard also includes hotkeys and function keys for changing settings and performing tasks quickly.

Left



1. Ventilation slots (outlet)

Maintain the outgoing airflow to dissipate internal heat.
Attention: Do not block the ventilation slots. Otherwise, the computer may overheat.

2. USB-C® connector

A versatile port that supports:

- USB data transfer
- Power output to supply power to bus-powered devices
- DisplayPort connection for connecting display devices
- Connecting Thunderbolt-enabled docks, eGPUs, or other devices. (for Legion 7 16ITHg6 and Lenovo Legion 7 16ITHg6 D1 only)

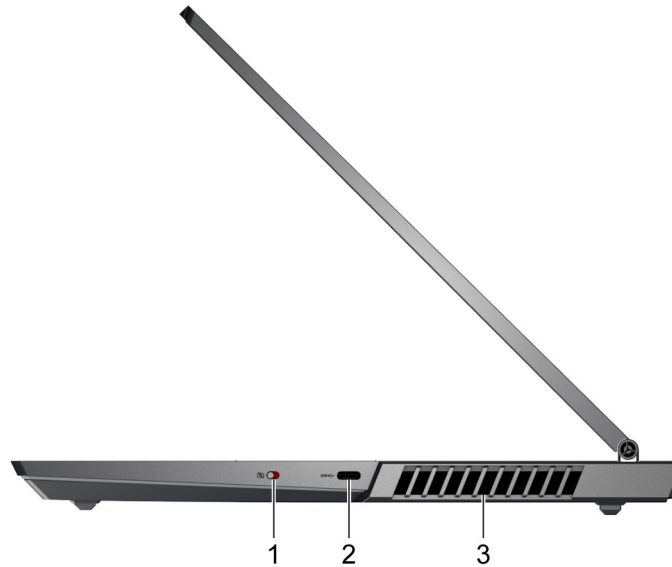
Note: An appropriate adapter may be needed for connecting external devices.

3. Combo audio jack

Connect to headphones or headsets with a 3.5 mm (0.14 inch), 4-pole plug.

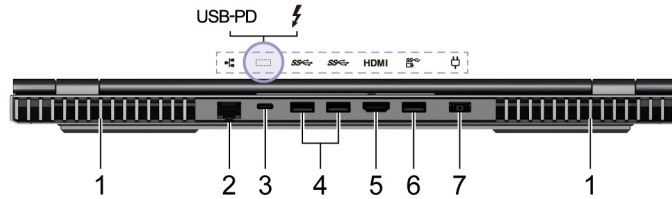
Note: This jack does not support standalone external microphones. If you use headsets, choose one with a single plug.

Right



1. Camera switch	Enable/disable the integrated camera.
2. USB-C connector	Connect to USB storage or data devices. Note: An appropriate adapter may be needed for connecting external devices. This USB-C port does not support DisplayPort Alt Mode. To connect external display devices through a USB-C port, use the USB-C port on the left or rear side of the computer.
3. Ventilation slots (outlet)	Maintain the outgoing airflow to dissipate internal heat. Attention: Do not block the ventilation slots. Otherwise, the computer may overheat.

Rear



1. Ventilation slots (outlet)	<p>Maintain the outgoing airflow to dissipate internal heat.</p> <p>Attention: Do not block the ventilation slots. Otherwise, the computer may overheat.</p>
2. Ethernet connector	Connect to a local area network (LAN).
3. USB-C connector	<p>A versatile port that supports:</p> <ul style="list-style-type: none"> • USB data transfer • Power input to provide power to the computer and charge the internal battery <p>Note: Refer to “Power input through a USB-C port” on page 21.</p> <ul style="list-style-type: none"> • Power output to supply power to bus-powered devices • DisplayPort connection for connecting display devices • Connecting Thunderbolt-enabled docks, eGPUs, or other devices. (for Legion 7 16ITHg6 and Lenovo Legion 7 16ITHg6 D1 only) <p>Note: An appropriate adapter may be needed for connecting external devices.</p>
4. USB (3.2 Gen 1) Type-A connector (2)	Connect to a USB-compatible device, such as a USB keyboard, a USB mouse, a USB storage device, or a USB printer.
5. HDMI™ connector	Connect to a compatible digital audio device or video monitor, such as an HDTV.
6. USB (3.2 Gen 1) Type-A connector (always-on)	<p>The always-on connector can charge external devices when the computer is turned off, in sleep or hibernation mode. The always-on function can be turned on or off in the UEFI/BIOS setup utility.</p> <p>Note: If Lenovo Vantage is pre-installed on your computer, you can also set always-on function from within that software.</p>
7. Power connector	Connect to power with the included power cord and ac power adapter.

Bottom



1. Ventilation slots (inlet)

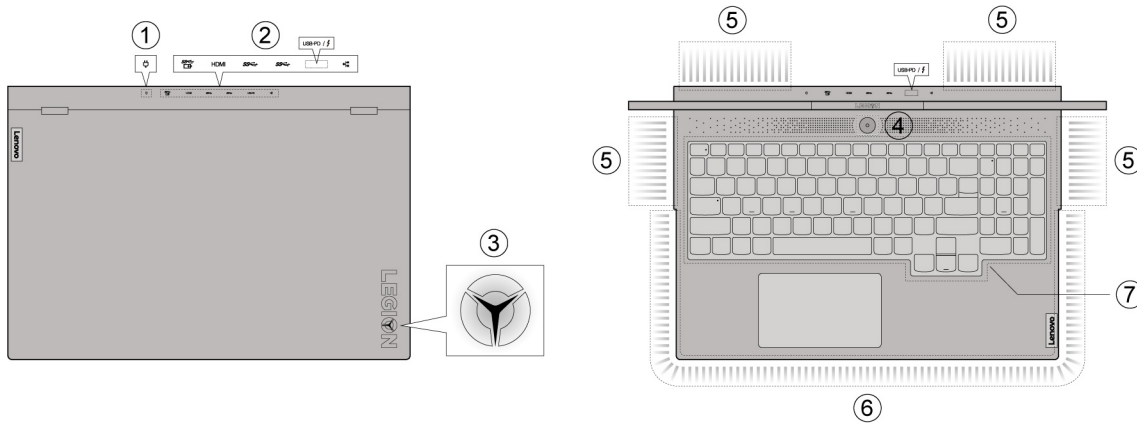
Maintain the incoming airflow to dissipate internal heat.
Attention: Do not block the ventilation slots. Otherwise, the computer might overheat.

2. Speakers

Produce sound.

Overview of LEDs

Your computer is equipped with many LEDs. Among them, some LEDs (1 and 4) provide you with information about the computer's power and battery status; the rear connector LEDs (2) help you locate connectors when plugging in external devices; the logo (3), ventilation slot (5), side (6), and keyboard (7) LEDs can be customized to create various lighting effects.



No.	LED	Description	Customizable?
1	Charging LED	Indicates: <ul style="list-style-type: none"> whether the computer is plugged into a working electrical outlet the battery charging status 	No
2	Rear connector LEDs	Help you locate connectors when plugging in external devices. It can be turned on/off with keyboard shortcut Fn + U.	No
3	Logo LED	<ul style="list-style-type: none"> It can be turned on/off with keyboard shortcut Fn + L The color of the logo LED can be customized in the iCUE app Indicates whether the computer is in sleep mode 	Yes
4	Power LED	<ul style="list-style-type: none"> Indicates the active operating mode Indicates whether the computer is in sleep mode 	No
5	Ventilation slot LEDs	They can be customized in the iCUE app to create various lighting effects.	Yes
6	Side LEDs	They can be customized in the iCUE app to create various lighting effects.	Yes
7	Keyboard LEDs	They can be customized in the iCUE app to create various lighting effects.	Yes

Note: If the computer is operating on battery power, when you switch to the quiet mode (by pressing Fn + Q), all LEDs except the power and charging LED will be turned off automatically.

The charging LED

The charging LED indicates whether your computer is plugged into a working electrical outlet. If plugged, the color of the LED helps you determine whether the battery is close to being fully charged.

LED status	Indication
Solid white	Connected to a working electrical outlet; battery 91%–100% charged
Solid amber	Connected to a working electrical outlet; battery 1%–90% charged
Off	Not connected to a working electrical outlet

The power LED

When the computer is turned on, the color of the power LED corresponds to the computer's active operating mode.

LED status	Indication
Solid blue	The computer is turned on and in quiet mode.
Solid white	The computer is turned on and in balance mode.
Solid red	The computer is turned on and in performance mode.
Blinking blue	The computer is in sleep mode.
Off	The computer is turned off or in hibernation mode.

Note: Use the keyboard shortcut Fn + Q to cycle through quiet, balance, and performance mode. When the computer is running on battery power, you cannot switch the computer to performance mode.

The logo LED

When the computer is in sleep mode, the logo LED blinks blue. When the computer is operating, you can turn on/off the LED (keyboard shortcut Fn + L) and customize its color in the CORSAIR® iCUE app.

Note: When CORSAIR iCUE is open, the logo LED is controlled by the iCUE app and you may not be able to use Fn + L to turn on/off the logo LED.

Factory-defined lighting effects


The computer provides several pre-defined lighting effects. Use the keyboard shortcut Fn + Space to cycle through these lighting effects.

Note: When CORSAIR iCUE is running, the lighting effect is controlled by the iCUE app and you cannot use Fn + Space to use the pre-defined lighting effects. To stop iCUE from running, right-click on the app icon in the notification area and select **Quit**.

Lighting effect	Description
Rainbow	The keyboard, ventilation slot, and side LEDs change color according to a pre-defined pattern to create a lighting effect similar to neon lights.
Solid color	The keyboard, ventilation slot, and side LEDs take on the color of cyan.

Lighting effect	Description
Ripple	The keyboard LEDs are turned off. However, when you type, with the key you pressed as the center, the surrounding keys, from near to far, turn on and off quickly. This simulates ripples produced by throwing a stone in a pond.
Raindrop	The ventilation and side LEDs change color at fixed intervals. The keys on the keyboard turned on and off randomly. This creates an effect similar to raindrops falling on the ground.
Sound and music (2 effects)	The keyboard and side LEDs turn on and off according to the music or sound that is played. This simulates the spectrum display that is found on some stereo component systems or music players.

Note: The factory pre-defined lighting effects may change with firmware updates and may not be exactly the same as described in the table.

To turn off the LEDs, use the keyboard shortcut Fn + . The LEDs are automatically turned off when the computer is running on battery power and is placed in quiet mode.

Use an instant lighting effect of CORSAIR iCUE

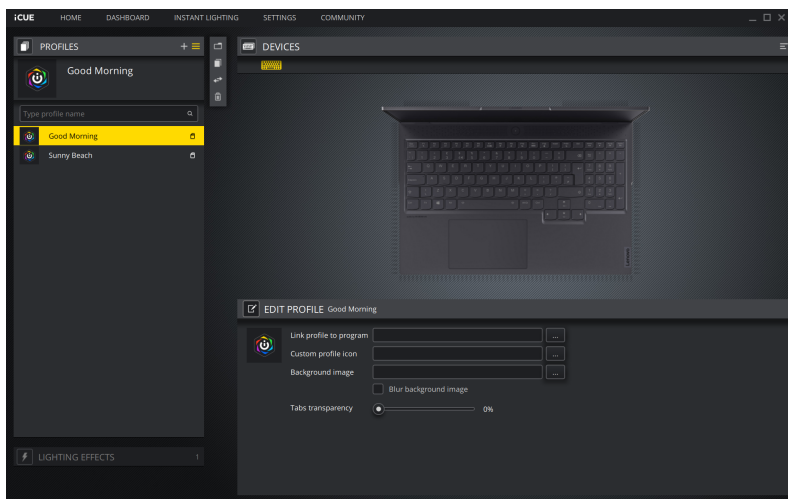
In addition to using the factory pre-defined lighting effects, you may open CORSAIR iCUE (pre-installed app) to either select an instant lighting effect or create a customized one.

- Step 1. Open the CORSAIR iCUE app by searching icue in the Windows 10 search box and selecting the matched result.
- Step 2. On the title bar, select **INSTANT LIGHTING** and choose a solid color.

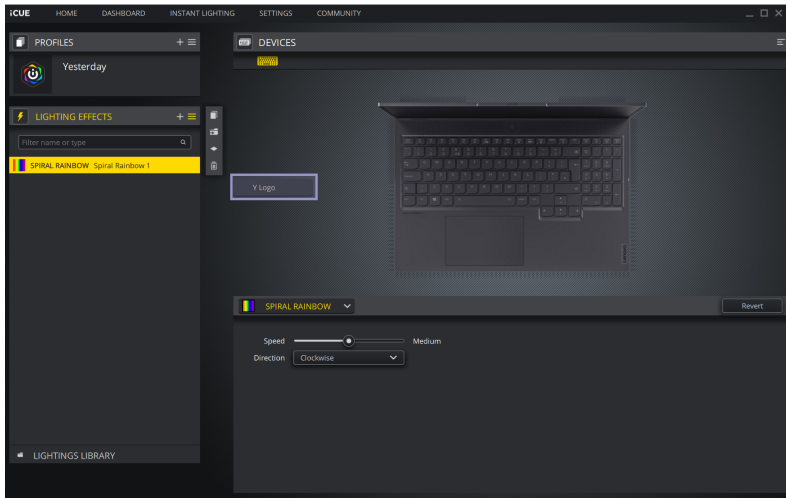
Create a customized lighting effect

Using the pre-installed CORSAIR iCUE app, you can also create and use a customized lighting effect.

- Step 1. Open the CORSAIR iCUE app by searching icue in the Windows 10 search box and selecting the matched result.
- Step 2. Click the **PROFILES** tab and then click the plus sign next to it.



- Step 3. Double-click the newly created profile and type a name for it.
- Step 4. Click the **LIGHTING EFFECTS** tab and then click the plus sign next to it.
- Step 5. On the computer illustration (shown under the **DEVICES** tab), click an area without LEDs to de-select all LEDs.



- Step 6. Use the touch pad or an external mouse to select keyboard, ventilation slot, and side LEDs that you want to use. To include the logo light, select the **Y Logo** button.

Note: All keyboard keys can be selected individually. Individual ventilation slots and side LEDs can be selected and are marked with gray bars. To add LEDs to your current selection, hold down the **Ctrl** key.

- Step 7. Click the down arrow and select a pre-defined lighting pattern.

Note: You may also create your customized lighting pattern by selecting a base pattern from the **CUSTOM** list.

The created lighting effect is now active. You may also link different profiles to different apps. Once it is done, when an app is open, its linked profile and associated lighting effect takes effect.

Features and specifications

Dimensions	<ul style="list-style-type: none">• Width: 356 mm• Depth: 260 mm• Thickness<ul style="list-style-type: none">– Thinnest: 20.1 mm– Thickest: 23.5 mm
ac power adapter	<ul style="list-style-type: none">• Input: 100 V ac–240 V ac, 50 Hz–60 Hz• Output: 20 V dc, 15 A• Power: 300 W
Battery pack	<ul style="list-style-type: none">• Capacity: 80 Wh• Number of cells: 4 <p>Note: The battery capacity is the typical or average capacity as measured in a specific test environment. Capacities measured in other environments may differ but are no lower than the rated capacity (see product label).</p>
Microprocessor	To view the microprocessor information of your computer, right-click the Start button and then select System .
Memory	<ul style="list-style-type: none">• Type: Double data rate 4 (DDR4)• Number of physical slots: 2
Secondary storage device	<ul style="list-style-type: none">• Type: solid-state drive• Form factor: M.2 (2280)• Bus: PCI Express
Screen	<ul style="list-style-type: none">• Size: 16 inches• Display resolution: 2560 × 1600 pixels
Keyboard	<ul style="list-style-type: none">• Function keys• Hotkeys• Numeric keypad• Keyboard backlight

Connectors and slots

- Power connector
- Combo audio jack
- Ethernet connector
- HDMI 2.1 connector. Supports maximum output resolution of 7680 x 4320, at 60 Hz frame rate.
- USB Type-A connector × 2
- USB Type-A connector (with Always-on function)
 - Power output up to 5 V and 2 A
- USB-C connector (left-side)
 - Power output up to 5 V and 3 A
 - USB data transfer rate up to 10 Gbps for USB 3.2 Gen 2
 - DisplayPort 1.4. Supports maximum output resolution of 5120 × 3200, at 60 Hz frame rate and color depth of 24 bpp (bits per pixel).
 - Up to 40 Gbps bi-directional transfer rate in Thunderbolt mode (for Legion 7 16ITHg6 and Lenovo Legion 7 16ITHg6 D1 only)
- USB-C connector (right-side)
 - Power output up to 5 V and 0.9 A
 - USB data transfer rate up to 5 Gbps for USB 3.2 Gen 1
- USB-C connector (rear-side)
 - Power input up to 20 V and 5 A
 - Power output up to 5 V and 3 A
 - USB data transfer rate up to 10 Gbps for USB 3.2 Gen 2
 - DisplayPort 1.4. Supports maximum output resolution of 5120 × 3200, at 60 Hz frame rate and color depth of 24 bpp (bits per pixel).
 - Up to 40 Gbps bi-directional transfer rate in Thunderbolt mode (for Legion 7 16ITHg6 and Lenovo Legion 7 16ITHg6 D1 only)

Note: Data rates and performance ratings are dependent on connected devices and cables if they are used. For DisplayPort connection through a USB-C port, the listed maximum output capacity is only available on external displays with a DisplayPort, a Mini DisplayPort, or a USB-C port that supports DisplayPort Alternate Mode. For connections using a converter or an adapter, the actual output resolution may be lower.

Security features

- UEFI/BIOS passwords
 - Administrator password
 - User password
 - Master hard disk password
 - User hard disk password

Wireless features

- Ethernet (10/100/1000 Mbps) network adapter
 - Bluetooth and Wi-Fi combo adapter
-

Statement on USB transfer rate

Depending on many factors such as the processing capability of the host and peripheral devices, file attributes, and other factors related to system configuration and operating environments, the actual transfer rate using the various USB connectors on this device will vary and will be slower than the data rate listed below for each corresponding device.

USB device	Data rate (Gbit/s)
3.2 Gen 1	5
3.2 Gen 2	10

Operating environment

Maximum altitude (without pressurization)

3048 m (10 000 ft)

Temperature

- At altitudes up to 2438 m (8000 ft)
 - Operating: 5°C to 35°C (41°F to 95°F)
 - Storage: 5°C to 43°C (41°F to 109°F)
- At altitudes above 2438 m (8000 ft)
 - Maximum temperature when operating under the unpressurized condition: 31.3°C (88°F)

Note: When you charge the battery, its temperature must be no lower than 10°C (50°F).

Relative humidity

- Operating: 8% to 95% at wet-bulb temperature 23°C (73°F)
- Storage: 5% to 95% at wet-bulb temperature 27°C (81°F)

Chapter 2. Get started with your computer

Get started with Windows 10

Learn the basics of Windows 10 and start working with it right away. For more information about Windows 10, see the Windows help information.

Windows account

You must create at least one account to use the Windows operating system. It can be either a local account or a Microsoft account.

Local accounts

A local account is created on a particular Windows-enabled device and it can only be used on that device. It is recommended that you set a password for each local account to prevent unauthorized access to the device.

Microsoft accounts

A Microsoft account is a user account that you use to sign in to Microsoft software and services. If you use Microsoft services like OneDrive, Outlook.com, Xbox Live, Office 365, and Skype, you might already have one. If you don't have it, you can create one for free.

There are two main benefits of using a Microsoft account:

- Sign in only once. If you use a Microsoft account to sign in to Windows 10, you don't need to sign in again to use OneDrive, Skype, Outlook.com, and other Microsoft services.
- Settings can be synced. If you use your Microsoft account to sign in to multiple Windows-enabled devices, certain Windows settings can be synced among the devices.

Switch between a local and a Microsoft account

If you are using a local account to sign in to Windows 10, you can switch to use a Microsoft account instead.

- Step 1. Open the Start menu and select **Settings → Accounts**.
- Step 2. Select **Sign in with a Microsoft account instead**.
- Step 3. If you already have a Microsoft account, enter the account name and password to sign in. Otherwise, select **Create one** to create a new Microsoft account.

Note: The device must have Internet access the first time you use a Microsoft account on that device.

If you want to switch back to use a local account, open the Start menu and select **Settings → Accounts → Sign in with a local account instead**.

Add additional user accounts

Your user account must be of the "Administrator" type to add additional user accounts to Windows.

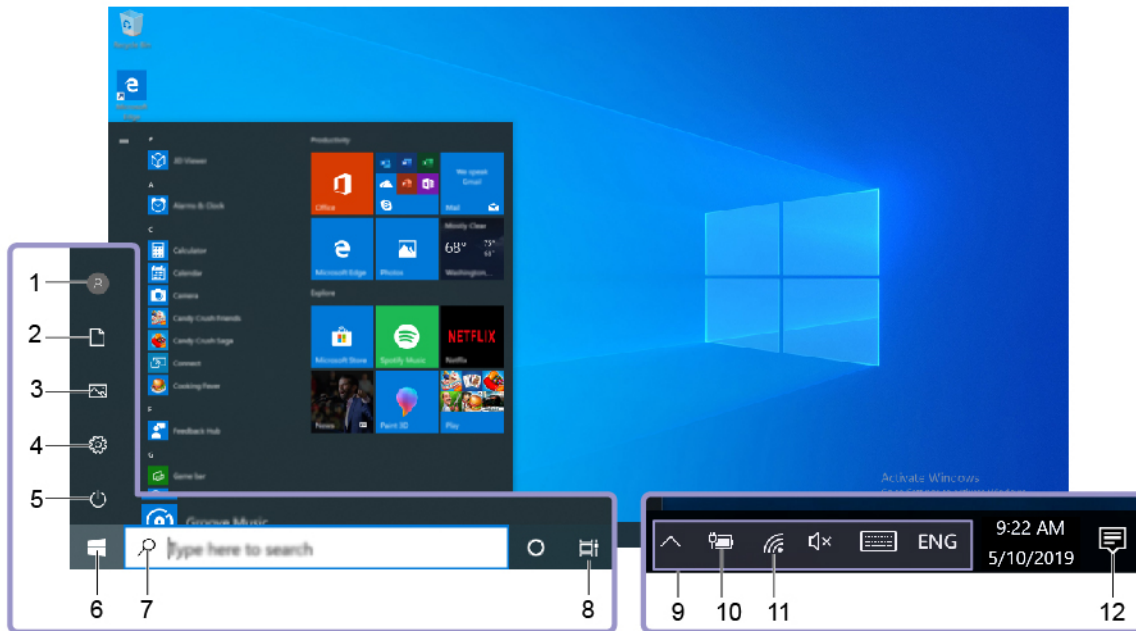
Add additional user accounts if you need to share your computer with family members or other users.














- Step 1. Open the Start menu and select **Settings → Accounts → Family & other users**.
- Step 2. Select **Add someone else to this PC**.

Note: To add family members, you need to sign in with a Microsoft account.

Step 3. Set the user name and password for the user account.

Windows desktop



1. Account 	Change account settings, lock the computer, or sign out of the current account.
2. Documents 	Open the Documents folder, a default folder to save your received files.
3. Pictures 	Open the Pictures folder, a default folder to save your received pictures.
4. Settings 	Open Settings.
5. Power 	Shut down or restart the computer.
6. Start button 	Open the Start menu.
7. Windows Search 	Enter what you are looking for in the search box and get search results from your computer and the Web.
8. Task View 	Display all opened apps and switch between them.
9. Windows notification area	Display notifications and status of some features.
10. Battery status icon  	Display power status and change battery or power settings.
11. Network icon 	Connect to an available wireless network and display the network status. When connected to a wired network, the icon changes to  .
12. Action center 	Display the latest notifications from apps and provide quick access to some features.

Open the Start menu

- Click the **Start** button.

- Press the Windows logo key on the keyboard.

Open Control Panel

- Open the Start menu and select **Windows System → Control Panel**.
- Use Windows Search.

Open an app

- Open the Start menu and select the app you want to open.
- Use Windows Search.

Windows Updates

Microsoft periodically releases feature and security updates to the Windows operating system. Updates that are applicable to your version of Windows are downloaded automatically when your computer is connected to the Internet. When updates are downloaded, you are prompted to restart the computer to install these updates.

Manually check for updates

Updates to Windows are downloaded automatically. However, you can also manually check if there are available updates for the installed version of Windows.

Attention: Only download and install updates using Windows Update. Updates downloaded from other sources may include security risks.

Step 1. Select **Start → Settings → Update & Security**.

Step 2. Click **Check for updates**.

Lenovo Vantage and Lenovo PC Manager

They are both apps developed by Lenovo. Using either of them, you can:

- View product information and system status
- Manage and change device settings
- Check for and perform system update

Note: This feature is only available on Lenovo Vantage. In Lenovo PC Manager, you can check for and perform driver update.

Depending on the country or region in which your computer is purchased, one of the apps may be pre-installed on your computer. To open it, type its name in the Windows Search box and select the matched result. If neither of the apps is pre-installed, you may install one on your own. Lenovo Vantage is available for download free of charge from the Microsoft Store.

Note: App features are subject to change with updates and specific features may not be available on all Lenovo products.

Connect to networks

Your computer helps you connect to the world through a wired or wireless network.

Connect to wired networks

If your computer includes an Ethernet (RJ-45) connector, you can use an Ethernet cable to connect your computer to a wired network.

Connect to Wi-Fi networks

If your computer includes a wireless LAN module, you can connect your computer to Wi-Fi® networks. The wireless LAN module on your computer may support different standards. For some countries or regions, use of 802.11ax may be disabled according to local regulations.

Step 1. Click the network icon in the Windows notification area. A list of nearby networks is displayed.

Note: If no network is displayed, check to ensure that the airplane mode is not turned on.

Step 2. Select a network and click **Connect**. Provide security key if prompted.

Note: The network key is usually managed by the network administrator.

Forget a Wi-Fi network

Windows saves a list of Wi-Fi networks you have connected to, along with their passwords and other settings. By doing this, your computer is automatically connected when it is in the range of a previously connected network. However, if the network password has been changed, you need to forget the network in order to enter a new password.

Step 1. Select **Start → Settings → Network & Internet → Wi-Fi**.

Step 2. Click **Manage known networks**.

Step 3. Click the network name and click **Forget**.

Turn airplane mode on and off

Airplane mode is a convenient setting to turn all wireless communications of your computer on and off. You may need to turn it on when boarding an airplane.

Step 1. Click the action center icon in the Windows notification area.

Step 2. Click the **Airplane mode** icon to turn it on or off.

Note: Click **Expand** if you cannot find the airplane mode icon.

The Novo Button menu

The Novo Button menu can be displayed before the operating system starts. From the menu, you can choose to

- Open the BIOS/UEFI setup utility
- Open the boot device selection menu
- Open the Windows startup options screen

Note: From the Windows startup options screen, you can then choose to

Start your computer using a recovery drive

Reset your computer

Open advanced options screen

Open the Novo Button menu

Step 1. Turn on or restart the computer.

Step 2. Press F9 repeatedly.

The Fn key and hotkeys

















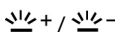
The Fn key

Many keys on a Lenovo keyboard have dual functions: a default function and a hidden function. The Fn key is used to modify a dual-function key to activate its hidden function.

Note: The Fn key is located in the lower left corner on a Lenovo keyboard.

Hotkeys

Hotkeys are dual-function keys with an icon printed on the key. The icons indicate the hidden functions of the hotkeys. To use the hidden function, hold down the Fn key.

Hotkey	Function
	Mute/Unmute sound.
	Decrease/Increase system volume.
	Mute/Unmute the microphone.
	Decrease/Increase screen brightness.
	Switch display devices.
	Turn airplane mode on and off.
	Open Lenovo Vantage, Lenovo PC Manager, or an app launch bar.
	Enable/Disable the touchpad.
	Display thumbnails of all open apps.
	Open the Windows Calculator app.
	Open the Windows Snipping tool.
	Play or pause playback of media.
	Stop playback of media.
	Go the next media file in the playlist or folder.
	Go to the previous media file in the playlist or folder.
	Cycle through the factory pre-defined lighting effects. Note: Hold down the Fn key and press the space key and then release both keys to switch to a new lighting effect.
	Adjust the brightness of the keyboard, ventilation slot, side, and logo LEDs. Note: This hotkey must be used with the Fn key.

Dual-function keys without printed icons

Some dual-function keys share keys with letter keys and numeric keys. Such keys do not have a dedicated printed icon. The following table lists the hidden functions for these keys.

Key combination	Hidden function
Fn + B	Break
Fn + P	Pause
Fn + S	SysRq
Fn + K	ScrLk
Fn + Q	Switch operating modes
Fn + L	Turn on/off the logo LED (on the front cover)
Fn + U	Turn on/off the LEDs of the 6 rear ports
Fn + R *	Switch display refresh rate
Fn + 4	Put the computer to sleep mode

* for selected models

The FnLock switch

The FnLock is a switch that reverses the default and hidden function of a hotkey. The FnLock switch shares the ESC key (in the upper left corner of the keyboard). To turn it on or off, press Fn + ESC. The following table provides an example of how the FnLock switch changes the default function of the F1 key.

FnLock	FnLock light	Default function of the F1 key
Off	Off	F1 function *
On	On	Mute/Unmute sound

* The F1 function is application-dependent. It may have no function if the active application does not have a definition for the key.

Numeric keypad

Some Lenovo computers includes a dedicated numeric keypad on the far right of the keyboard. The keypad is used for entering numbers and operators quickly.

Press the **NumLock** key to enable or disable the numeric keypad.

Set macro keys

If Lenovo Vantage is pre-installed, you can use the app to create macro keys for use in gaming or other apps.

Step 1. Open Lenovo Vantage.

Step 2. Under **System Tools**, click **Macro Key**.

Step 3. Select a key on the numeric keypad and follow on-screen instructions to record keystrokes for this macro key.



Note: Make sure the numeric keypad is enabled when using macro keys in gaming or other apps.

Chapter 3. Explore your computer

Manage power

Use the information in this section to achieve the best balance between performance and power efficiency.

Check the battery status

The battery status icon  or  is in the Windows notification area. You can check the battery status, view the current power plan, and access battery settings quickly.

Click the battery status icon to display the percentage of battery power remaining and change the power mode. A warning message is displayed when the battery is low.

Charge the battery

When the remaining battery power is low, charge your battery by connecting your computer to ac power.

The battery is fully charged in about two to four hours. The actual charging time depends on the battery capacity, the physical environment, and whether you are using the computer.

Battery charging is also affected by its temperature. The recommended temperature range for charging the battery is between 10°C (50°F) and 35°C (95°F).

Note:

You can check the battery temperature in Lenovo Vantage or Lenovo PC Manager.

To maximize the life of the battery, once the battery is fully charged, it must discharge to 94% or lower before it will be allowed to recharge again.

Set power button behavior

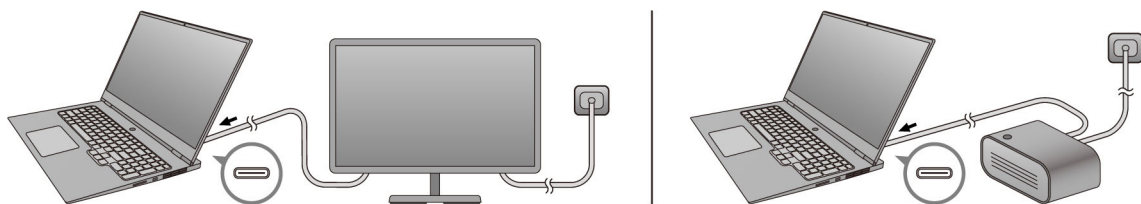
By default, pressing the power button puts the computer to sleep mode. However, you can change the power button behavior in Windows Control Panel.

Step 1. Right-click the battery status icon in the Windows notification area.

Step 2. Select **Power Options** → **Choose what the power buttons do**.

Power input through a USB-C port

The USB-C port on the rear side of your computer supports power input up to 20 V and 5 A. Some external devices, such as a dock or display, may include a USB-C port that supports power output greater than 20 V and 2.25 A. If such a device is connected to this rear USB-C port, it is capable of providing power to your computer.



In another scenario, if you carry your computer around without the included ac power adapter, you may use a capable USB-C charger to provide power through the rear USB-C port. In both scenarios, the output power of a USB-C charger or the USB-C port on a dock or display should be at least 20 V and 2.25 A in order to provide power to your computer. The following table lists the charging capability of a USB-C port on a charger or an external device based on its maximum output power.

Table 1. Maximum output power of a USB-C port and its capability of charging the computer

Maximum output power of a USB-C port	Capability
20 V, 3.25 A or greater	Capable of charging the computer
20 V, 2.25 A or greater, but less than 20 V, 3.25 A	Capable of charging the computer in sleep, hibernation, or powered-off state
Less than 20 V, 2.25 A	Cannot provide power to the computer or charge the battery

Note: If the computer is already connected to an electrical outlet using the included power adapter, the computer will not receive power through the USB-C port.

The rear USB-C port is not designed as the primary power input port. If it is used as the only external power source, the computer may not operate at its full capacity and battery charging may be longer than expected. Whenever possible, use the included ac power adapter to provide power to your computer.

A power plan

A power plan is a collection of power-saving settings made available by an operating system. With a power plan, you can set idle time-outs for different hardware components to enter a low-power state. The default power plan and some of its idle time-out settings are listed below for computer models pre-installed with Windows 10.

The listed settings are active when the computer is connected to an electrical outlet. If your computer include a built-in battery pack, a different collection of time-out settings is set to take effect when the computer is operating on battery power.

- Default power plan: Balanced
- Turn off the display: after 10 minutes
- Put the computer to sleep: after 30 minutes

Note: To wake the computer from the sleep state, press the power button or any key on the keyboard.

Change or customize a power plan

This operation is applicable to computers with pre-installed Windows 10.

Step 1. Right-click the battery status icon in the Windows notification area.

Step 2. Select **Power Options** → **Change plan settings**.

You may select a different power plan or you can customize a plan by selecting **Change plan settings**.

Set operating mode

Your computer can work in different operating modes. The performance and power consumption of the computer vary in different operating modes. Press **Fn + Q** to cycle through different operating modes.

Note: Performance mode is not available when your computer runs on battery power.

Change settings in UEFI/BIOS setup utility

This section introduces what is UEFI/BIOS and the operations you can perform in its setup utility.

What is UEFI/BIOS setup utility

UEFI/BIOS is the first program that runs when a computer starts. UEFI/BIOS initializes hardware components and loads the operating system and other programs. Your computer may include a setup program (setup utility) with which you can change certain UEFI/BIOS settings.

Open the UEFI/BIOS setup utility

- Step 1. Turn on or restart the computer.
- Step 2. Press F2 repeatedly.
- Step 3. On the welcome screen, select **More Settings**.

Enable or disable Fool Proof Fn Ctrl

- Step 1. Open the UEFI/BIOS setup utility.
- Step 2. Select **Configuration**.
- Step 3. Change the **Fool Proof Fn Ctrl** setting to **Enabled** or **Disabled**.
- Step 4. Select **Exit** → **Exit Saving Changes**.

When enabled, the Fn key and the Ctrl key can be used interchangeably for key combinations involving the **Ctrl** key. For example, you can press either **Ctrl + A** or **Fn + A** to select all text in a text editing application.

Enable or disable always-on

For some Lenovo computers with always-on connectors, the always-on function can be enabled or disabled in the UEFI/BIOS setup utility.

- Step 1. Open the UEFI/BIOS setup utility.
- Step 2. Select **Configuration** → **Always On USB** and press Enter.
- Step 3. Change the setting to **Disabled** or **Enabled**.
- Step 4. Select **Exit** → **Exit Saving Changes**.

Enable or disable Flip to Boot

When Flip to Boot is enabled, you can turn on the computer by flipping open the screen.

- Step 1. Open the UEFI/BIOS setup utility.
- Step 2. Select **Configuration**.
- Step 3. Change the setting for **Flip to Boot**.

Note: You may also set Flip to Boot in Lenovo Vantage or Lenovo PC Manager.

Set passwords in UEFI/BIOS setup utility

This section introduces the types of passwords that you can set in the UEFI (Unified Extensible Firmware Interface) or BIOS (Basic Input/Output System) setup utility.

Password types

You can set various types of passwords in the UEFI/BIOS setup utility.

Password type	Pre-requisite	Usage
Administrator password	No	You must enter it to start the setup utility.
User password	The administrator password must be set.	You can use the user password to start the setup utility.
Master hard disk password	No	You must enter it to start the operating system.
User hard disk password	The master hard disk password must be set.	You can use the user hard disk password to start the operating system.

Notes:

- All passwords set in the setup utility consist of alphanumeric characters only.
- If you start the setup utility using the user password, you can only change a few settings.

Set administrator password

You set the administrator password to prevent unauthorized access to the UEFI/BIOS setup utility.

Attention: If you forget the administrator password, a Lenovo authorized service personnel cannot reset your password. You must take your computer to a Lenovo authorized service personnel to have the system board replaced. Proof of purchase is required and a fee will be charged for parts and service.

- Step 1. Open the UEFI/BIOS setup utility.
- Step 2. Select **Security** → **Set Administrator Password** and press Enter.
- Step 3. Enter a password string that contains only letters and numbers and then press Enter
- Step 4. Enter the password again and press Enter.
- Step 5. Select **Exit** → **Exit Saving Changes**.

Next time you start the computer, you must enter the administrator password to open the setup utility. If **Power on Password** is enabled, you must enter the administrator password or the user password to start the computer.

Change or remove administrator password

Only the administrator can change or remove the administrator password.

- Step 1. Open the UEFI/BIOS setup utility using the administrator password.
- Step 2. Select **Security** → **Set Administrator Password** and press Enter.
- Step 3. Enter the current password.
- Step 4. In the **Enter New Password** text box, enter the new password.
- Step 5. In the **Confirm New Password** text box, enter the new password again.

Note: If you want to remove the password, press Enter in both text boxes without entering any character.

- Step 6. Select **Exit** → **Exit Saving Changes**.

If you remove the administrator password, the user password is also removed.

Set user password

You must set the administrator password before you can set the user password.

The administrator of the setup utility might need to set a user password for use by others.

- Step 1. Open the UEFI/BIOS setup utility using the administrator password.
- Step 2. Select **Security → Set User Password** and press Enter.
- Step 3. Enter a password string that contains only letters and numbers and then press Enter. The user password must be different from the administrator password.
- Step 4. Enter the password again and press Enter.
- Step 5. Select **Exit → Exit Saving Changes**.

Enable power-on password

If the administrator password has been set, you can enable power-on password to enforce greater security.

- Step 1. Open the UEFI/BIOS setup utility.
- Step 2. Select **Security → Power on Password** and press Enter.
Note: The administrator password must be set in advance.
- Step 3. Change the setting to **Enabled**.
- Step 4. Select **Exit → Exit Saving Changes**.

If power-on password is enabled, a prompt appears on the screen every time you turn on the computer. You must enter the administrator or user password to start the computer.

Set hard disk password

You can set a hard disk password in the setup utility to prevent unauthorized access to your data.

Attention: Be extremely careful when setting a hard disk password. If you forget the hard disk password, a Lenovo authorized service personnel cannot reset your password or recover data from the hard disk. You must take your computer to a Lenovo authorized service personnel to have the hard disk drive replaced. Proof of purchase is required and a fee will be charged for parts and service.

- Step 1. Open the UEFI/BIOS setup utility.
- Step 2. Select **Security → Set Hard Disk Password** and press Enter.
Note: If you start the setup utility using the user password, you cannot set hard disk password.
- Step 3. Follow on-screen instructions to set both master and user passwords.
Note: The master and user hard disk passwords must be set at the same time.
- Step 4. Select **Exit → Exit Saving Changes**.

If the hard disk password is set, you must provide the correct password to start the operating system.

Change or remove hard disk password

- Step 1. Open the UEFI/BIOS setup utility.

Step 2. Select **Security**.

Step 3. Change or remove the hard disk password.

To change or remove master password, select **Change Master Password** and press Enter.

Note: If you remove the master hard disk password, the user hard disk password is also removed.

To change user password, select **Change User Password** and press Enter.

Note: The user hard disk password cannot be removed separately.

Step 4. Select **Exit** → **Exit Saving Changes**.

Reset or restore Windows

This section introduces the recovery options of Windows 10. Ensure that you read and follow the on-screen recovery instructions.

Attention: The data on your computer might be deleted during the recovery process. To avoid data loss, make a backup copy of all the data that you want to keep.

Windows 10 recovery options

Windows 10 provides several options for you to restore or reset your computer. The following table helps you decide which option to choose if you are having problems with Windows.

Problem	Option
Your computer is not working well after installing apps, drivers, or updates.	Restore to a system restore point.
Your computer is not working well and you don't know what causes the problem.	Reset your computer.
You want to recycle or donate your computer.	Reset your computer.
Windows cannot start properly.	Use a recovery drive to restore or reset your computer.

Windows System Restore

System Restore is a tool included in Windows 10. It monitors changes to Windows system files and saves system state as a restore point. If your computer does not work well after installing apps, drivers, or updates, you can revert your system to a previous restore point.

Note: If you revert your system to a previous restore point, personal data is not affected.

System Restore creates restore points:

- automatically (when it detects changes to Windows system files)
- at regular intervals (if set up by the user)
- at any time (if initiated manually by the user)

Note: In order for System Restore to create restore points, system protection must be turned on for the system drive.

Create a system restore point manually

You can use Windows System Restore to create a restore point at any time.

- Step 1. In the Windows 10 search box, enter **Create a restore point** and select the matched result.
- Step 2. Select the **System Protection** tab and then select **Create**.

Note: System protection must be turned on for the system drive (typically with drive letter C) before you can create restore points. Select a drive and then select **Configure** to turn on or disable system protection.

Restore from a system restore point

- Step 1. In Windows 10 search box, enter **Recovery** and select the matched result.
- Step 2. Select **Open System Restore → Next**.
- Step 3. Select a restore point and then select **Next → Finish**.

Note: You may select **Scan for affected programs** to check which program and driver installation is associated with a particular restore point.

Reset Windows

If Windows is not running well as usual, you can choose to reset it.

- Step 1. Open the Start menu and then select **Settings → Update & Security → Recovery**.
- Step 2. Under **Reset this PC**, click **Get started**.
- Step 3. Choose either **Keep my files** or **Remove everything**.

Attention: Back up personal data before choosing **Remove everything**.

- Step 4. Follow on-screen instructions to complete the reset process.

Create a recovery drive

Use a USB drive (not supplied) to create a Windows recovery drive. If Windows will not start, you can use the recovery drive to restore or reset Windows.

Notes: Most USB drives utilize the Type-A connector. If your computer does not include a USB Type-A connector, you have two options:

- Purchase and use a USB drive with the Type-C connector, or
- Purchase and use a USB Type-C to Type-A adapter

- Step 1. In the Windows 10 search box, enter **Create a recovery drive** and select the matched result.
- Step 2. Make sure **Back up system files to the recovery drive** is selected and then select **Next**.
- Step 3. Plug a USB drive into your computer, select it, and then select **Next → Create**.

Attention: Previous files on the drive will be deleted. Back up personal files before using it to create a recovery drive.

When the recovery drive is created, you may see a **Delete the recovery partition from your PC** option. If you want to free up drive space on your computer, select it and then select **Delete**. Otherwise, select **Finish**.

Use a recovery drive to restore or reset Windows

If Windows cannot start, you can use a recovery drive (created in advance) to restore or reset Windows.

- Step 1. Connect the recovery drive to your computer; restart your computer and set it to start from the recovery drive.

Note: For computers without a USB Type-A connector, you may need to purchase and use an adapter (USB Type-C to Type-A) to use a recovery drive.

Step 2. On the **Choose an option** screen, select **Troubleshoot**.

Step 3. Choose a recovery option.

Select **Advanced Options** → **System Restore** to restore your computer to a system restore point.

Or select **Recover from a drive** to reset your computer.

Note: If you did not select the **Back up system files to the recovery drive** option when creating the recovery drive, **Recovery from a drive** is not available.

Attention: All personal files created on your computer will be deleted after recovering from the drive.

Chapter 4. Help and support

Frequently asked questions

How do I open the Control Panel?	<ul style="list-style-type: none">• Open the Start menu and select Windows System → Control Panel.• Use Windows Search.
How should I turn off my computer?	Open the Start menu and select Power → Shut down .
How do I partition my storage drive?	Refer to https://support.lenovo.com/solutions/ht503851
What should I do if my computer stops responding.	Press and hold the power button until the computer turns off. Then restart the computer. <ol style="list-style-type: none">1. Carefully unplug the ac power adapter and turn off the computer immediately. The more quickly you stop the current from passing through the computer the more likely you will reduce damage from short circuits. Attention: Although you might lose some data or work by turning off the computer immediately, leaving the computer on might make your computer unusable.2. Wait until you are certain that all the liquid is dry before turning on your computer. CAUTION: Do not try to drain out the liquid by turning over the computer. If your computer has keyboard drainage holes on the bottom, the liquid will be drained out through the holes.
What should I do if I spill liquid on the computer?	
Where can I get the latest device drivers and UEFI/BIOS?	<ul style="list-style-type: none">• Lenovo Vantage or Lenovo PC Manager• Lenovo Support Web site at https://support.lenovo.com

Self-help resources

Use the following self-help resources to learn more about the computer and troubleshoot problems.

Resources	How to access?
Use Lenovo Vantage or Lenovo PC Manager to: <ul style="list-style-type: none">• Download and install the latest drivers and firmware.• Configure hardware settings• Diagnose computer hardware problems.• Check the computer warranty status.	<ul style="list-style-type: none">• Open the Start menu and select Lenovo Vantage or PC Manager.• Use Windows Search.
Product documentation: <ul style="list-style-type: none">• <i>Safety and Warranty Guide</i>• <i>Setup Guide</i>• <i>This User Guide</i>• <i>Regulatory Notice</i>	<ol style="list-style-type: none">1. Go to https://support.lenovo.com.2. Detect your computer or select computer model manually.3. Select Documentation and filter out the documentation you want.

Resources	How to access?
<p>Lenovo Support Web site with the latest support information of the following:</p> <ul style="list-style-type: none"> • Drivers and software • Diagnostic solutions • Product and service warranty • Product and parts details • Knowledge base and frequently asked questions 	<p>Visit https://support.lenovo.com</p>
<p>Windows help information</p>	<ul style="list-style-type: none"> • Open the Start menu and select Get Help or Tips. • Use Windows Search or the Cortana® personal assistant. • Microsoft support Web site: https://support.microsoft.com

What is a CRU?

Customer replaceable units (CRUs) are parts that can be upgraded or replaced by the customer. A Lenovo computer may contain the following types of CRUs:

Self-service CRU

Parts that can be installed or replaced easily by customer themselves or by trained service technicians at an additional cost.

Optional-service CRU

Parts that can be installed or replaced by customers with a greater skill level. Trained service technicians can also provide service to install or replace the parts under the type of warranty designated for the customer's machine.

If you intend to install a CRU, Lenovo will ship the CRU to you. You might be required to return the defective part that is replaced by the CRU. When return is required: (1) return instructions, a prepaid shipping label, and a container will be included with the replacement CRU; and (2) you might be charged for the replacement CRU if Lenovo does not receive the defective CRU within thirty (30) days of your receipt of the replacement CRU. For full details, see the *Lenovo Limited Warranty* at https://www.lenovo.com/warranty/llw_02.

CRUs for your product model

The table below lists the CRUs and CRU types that are defined for your product model.

Part	Self-service CRU	Optional-service CRU
Power cord	X	
ac power adapter	X	

Notes:

- CRU replacement instruction is provided in one or more of the following publications and are available from Lenovo at any time upon your request.

the product *User Guide*

the printed publications that came with the product

- Replacement of any parts not listed above, including the built-in rechargeable battery, must be done by a Lenovo-authorized repair facility or technician. Go to <https://support.lenovo.com/partnerlocation> for more information.

Call Lenovo

If you have tried to correct the problem yourself and still need help, you can call Lenovo Customer Support Center.

Before you contact Lenovo

Record product information and problem details before you contact Lenovo.

Product information	Problem symptoms and details
<ul style="list-style-type: none">• Product name• Machine type and serial number	<ul style="list-style-type: none">• What is the problem? Is it continuous or intermittent?• Any error message or error code?• What operating system are you using? Which version?• Which software applications were running at the time of the problem?• Can the problem be reproduced? If so, how?

Note: The product name and serial number can usually be found on the bottom of the computer, either printed on a label or etched on the cover.

Lenovo Customer Support Center

During the warranty period, you can call Lenovo Customer Support Center for help.

Telephone numbers

For a list of the Lenovo Support phone numbers for your country or region, go to <https://pcsupport.lenovo.com/supportphonenumberlist>.

Note: Phone numbers are subject to change without notice. If the number for your country or region is not provided, contact your Lenovo reseller or Lenovo marketing representative.

Services available during the warranty period

- Problem determination - Trained personnel are available to assist you with determining if you have a hardware problem and deciding what action is necessary to fix the problem.
- Lenovo hardware repair - If the problem is determined to be caused by Lenovo hardware under warranty, trained service personnel are available to provide the applicable level of service.
- Engineering change management - Occasionally, there might be changes that are required after a product has been sold. Lenovo or your reseller, if authorized by Lenovo, will make selected Engineering Changes (ECs) that apply to your hardware available.

Services not covered

- Replacement or use of parts not manufactured for or by Lenovo or nonwarranted parts
- Identification of software problem sources
- Configuration of UEFI/BIOS as part of an installation or upgrade
- Changes, modifications, or upgrades to device drivers
- Installation and maintenance of network operating systems (NOS)

- Installation and maintenance of programs

For the terms and conditions of the Lenovo Limited Warranty that apply to your Lenovo hardware product, see “Warranty information” in the *Safety and Warranty Guide* that comes with your computer.

Purchase additional services

During and after the warranty period, you can purchase additional services from Lenovo at <https://pcsupport.lenovo.com/warrantyupgrade>.

Service availability and service name might vary by country or region.

Appendix A. Accessibility and ergonomic information

This chapter provides information about accessibility and ergonomics.

Accessibility information

Lenovo is committed to providing users who have hearing, vision, and mobility limitations with greater access to information and technology. This section provides information about the ways these users can get the most out of their computer experience. You also can get the most up-to-date accessibility information from the following Web site:

<https://www.lenovo.com/accessibility>

Keyboard shortcuts

The following list contains keyboard shortcuts that can help make your computer easier to use.

Note: Depending on your keyboard, some of the following keyboard shortcuts might not be available.

- **Windows logo key + U:** Open Ease of Access Center
- **Right Shift for eight seconds:** Turn on or turn off Filter Keys
- **Shift five times:** Turn on or turn off Sticky Keys
- **Num Lock for five seconds:** Turn on or turn off Toggle Keys
- **Left Alt+Left Shift+Num Lock:** Turn on or turn off Mouse Keys
- **Left Alt+Left Shift+PrtScn (or PrtSc):** Turn on or turn off High Contrast

For more information, go to <https://windows.microsoft.com/>, and then search using any of the following keywords: keyboard shortcuts, key combinations, shortcut keys.

Ease of Access Center

Ease of Access Center on the Windows operating system enables you to configure your computers to suit their physical and cognitive needs.

To access Ease of Access Center:

1. Go to Control Panel and view by Category.
2. Click **Ease of Access → Ease of Access Center**.
3. Choose the appropriate tool by following the on-screen instructions.

Ease of Access Center mainly includes the following tools:

- **Magnifier**
Magnifier is a useful utility that enlarges the entire screen or part of the screen so that you can see the items better.
- **Narrator**
Narrator is a screen reader that reads what is displayed on the screen aloud and describes events such as error messages.
- **On-Screen Keyboard**
If you prefer to type or enter data into your computer using a mouse, joystick, or other pointing device instead of a physical keyboard, you can use On-Screen Keyboard. On-Screen Keyboard displays a visual

keyboard with all the standard keys. You can select keys using the mouse or another pointing device, or you can tap to select the keys if your computer supports multi-touch screen.

- **High Contrast**

High Contrast is a feature that heightens the color contrast of some text and images on your screen. As a result, those items are more distinct and easier to identify.

- **Personalized keyboard**

Adjust keyboard settings to make your keyboard easier to use. For example, you can use your keyboard to control the pointer and make the keyboard easier to type certain key combinations.

- **Personalized mouse**

Adjust mouse settings to make your mouse easier to use. For example, you can change the pointer appearance and make your mouse easier to manage windows.

Speech Recognition

Speech Recognition enables you to control your computer by voice.

You can use verbal instructions to control the keyboard and mouse. With verbal instructions, you can start programs, open menus, click objects on the screen, dictate text into documents, and write and send e-mails.

To use Speech Recognition:

1. Go to Control Panel and view by Category.
2. Click **Ease of Access → Speech Recognition**.
3. Follow the on-screen instructions.

Screen-reader technologies

Screen-reader technologies are primarily focused on software program interfaces, help systems, and various online documents. For additional information about screen readers, see the following:

- Using PDFs with screen readers:
<https://www.adobe.com/accessibility.html?promoid=DJGVE>
- Using the JAWS screen reader:
<https://www.freedomscientific.com/Products/Blindness/JAWS>
- Using the NVDA screen reader:
<https://www.nvaccess.org/>

Screen resolution

You can make the text and images on your screen easier to read by adjusting the screen resolution of your computer.

To adjust the screen resolution:

1. Right-click a blank area on the desktop and then click **Display settings → Display**.
2. Follow the on-screen instructions.

Note: Setting a resolution too low might prevent some items from fitting on the screen.

Customizable item size

You can make the items on your screen easier to read by changing the item size.

- To change the item size temporarily, use the Magnifier tool in Ease of Access Center.
- To change the item size permanently:

- Change the size of all the items on your screen.
 1. Right-click a blank area on the desktop and then click **Display settings → Display**.
 2. Change the item size by following the on-screen instructions. For some applications, your configuration might not take effect until you sign out and then sign in again.
- Change the size of the items on a Web page.

Press and hold Ctrl, and then press the plus-sign key (+) to enlarge or the minus-sign key (–) to reduce the text size.
- Change the size of the items on the desktop or a window.

Note: This function might not work on some windows.

If your mouse has a wheel, press and hold Ctrl, and then scroll the wheel to change the item size.

Industry-standard connectors

Your computer provides industry-standard connectors that enable you to connect assistive devices.

Documentation in accessible formats

Lenovo provides electronic documentation in accessible formats, such as properly tagged PDF files or HyperText Markup Language (HTML) files. Lenovo electronic documentation is developed to ensure that visually impaired users can read the documentation through a screen reader. Each image in the documentation also includes adequate alternative text so that visually impaired users can understand the image when they use a screen reader.

Ergonomic information

Good ergonomic practice is important to get the most from your personal computer and to avoid discomfort. Arrange your workplace and the equipment you use to suit your individual needs and the kind of work that you perform. In addition, use healthy work habits to maximize your performance and comfort when using your computer.

Working in the virtual office might mean adapting to frequent changes in your environment. Adapting to the surrounding light sources, active seating, and the placement of your computer hardware, can help you improve your performance and achieve greater comfort.

This example shows someone in a conventional setting. Even when not in such a setting, you can follow many of these tips. Develop good habits, and they will serve you well.



General posture: Make minor modifications in your working posture to deter the onset of discomfort caused by long periods of working in the same position. Frequent short breaks from your work also help to prevent minor discomfort associated with your working posture.

Display: Position the display to maintain a comfortable viewing distance of 510 mm to 760 mm (20 inches to 30 inches). Avoid glare or reflections on the display from overhead lighting or outside sources of light. Keep the display screen clean and set the brightness to levels that enable you to see the screen clearly. Press the brightness control keys to adjust display brightness.

Head position: Keep your head and neck in a comfortable and neutral (vertical, or upright) position.

Chair: Use a chair that gives you good back support and seat height adjustment. Use chair adjustments to best suit your comfort posture.

Arm and hand position: If available, use chair arm rests or an area on your working surface to provide weight support for your arms. Keep your forearms, wrists, and hands in a relaxed and neutral (horizontal) position. Type with a soft touch without pounding the keys.

Leg position: Keep your thighs parallel to the floor and your feet flat on the floor or on a footrest.

What if you are traveling?

It might not be possible to observe the best ergonomic practices when you are using your computer while on the move or in a casual setting. Regardless of the setting, try to observe as many of the tips as possible. Sitting properly and using adequate lighting, for example, helps you maintain desirable levels of comfort and performance. If your work area is not in an office setting, ensure to take special note of employing active sitting and taking work breaks. Many product solutions are available to help you modify and expand your computer to best suit your needs. You can find some of these options at <https://www.lenovo.com/accessories>. Explore your options for docking solutions and external products that provide the adjustability and features that you want.

Questions about vision?

The visual display screens of notebook computers are designed to meet the highest standards. These visual display screens provide you with clear, crisp images and large, bright displays that are easy to see, yet easy on the eyes. Any concentrated and sustained visual activity can be tiring. If you have questions on eye fatigue or visual discomfort, consult a vision-care specialist for advice.

Turn on night light

Night light is a switch in Windows that you can turn on and off. When it is turned on, your screen shows warmer colors and the amount of emitted blue light is reduced. Enabling night light reduces the chances of developing eye fatigue or eye strain.

Step 1. Click the notification icon in the Windows notification area.

Step 2. Click the **Night light** icon to turn it on or off.

Note: Click **Expand** if you cannot find the night light icon.

For more guidance on reducing eye fatigue or eye strain, go to <https://www.lenovo.com/us/en/compliance/visual-fatigue>.

Adjust color temperature

If Windows 10 night light mode is turned on, you can adjust the color temperature of the screen.

Step 1. Select **Start** → **Settings**.

Step 2. Select **System** → **Display** → **Night light settings**.

Step 3. Move the slider to adjust the color temperature.

Note: Selected Lenovo computers are low blue-light certified. These computers are tested with night light turned on and color temperature set to the default value of 48.

Avoid constant body contact with specific hot sections

CAUTION:

When the computer is operating, it should be placed on a hard and flat surface with its bottom area not in contact with user's bare skin. Under normal operating conditions, the temperature of the bottom surface will remain within an acceptable range as defined in IEC 62368-1, but such temperatures can still be high enough to cause discomfort or harm to the user if directly touched for over 10 seconds at a time. As such, it is recommended that users avoid prolonged direct contact with the bottom of the computer.

Appendix B. Compliance information

For more information, refer to *Regulatory Notice* at <https://pcsupport.lenovo.com> and *Generic Safety and Compliance Notices* at https://pcsupport.lenovo.com/docs/generic_notices.

Federal Communications Commission (FCC) Supplier's Declaration of Conformity

The following information refers to Lenovo product model(s) listed below.

Model name	Machine type (MT)
Legion 7 16ACHg6	82N6
Lenovo Legion 7 16ACHg6	82N6
Lenovo Legion 7 16ACHg6 1	82N6
Legion 7 16ITHg6	82K6
Lenovo Legion 7 16ITHg6 D1	82K6

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult an authorized dealer or service representative for help.

Lenovo is not responsible for any radio or television interference caused by using cables and connectors other than those recommended by Lenovo or by unauthorized changes or modifications to this equipment. Unauthorized changes or modifications could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Responsible Party:
Lenovo (United States) Incorporated
7001 Development Drive
Morrisville, NC 27560
Email: FCC@lenovo.com



Location for the FCC ID and IC ID

If you purchased your computer in the United States or Canada and the computer includes factory-preinstalled wireless modules, a piece of text containing identification strings for these modules (FCC ID and IC ID) is visible on the computer's bottom cover. The text may either be laser etched on the bottom cover or on a physical label affixed to it. To obtain the FCC ID or IC ID for the factory-preinstalled wireless module, check the bottom cover for strings directly after "FCC ID" or "IC ID".

Korea radio frequency compliance statement

무선설비 전파 혼신 (사용주파수 2400~2483.5, 5725~5825 무선제품해당)

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