# User Guide

Lenovo

Lenovo Yoga Duet 7i (13″,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*

# Contents

# 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) |
|---|---|
| Yoga Duet 7 13ITL6 | 82MA |

- 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
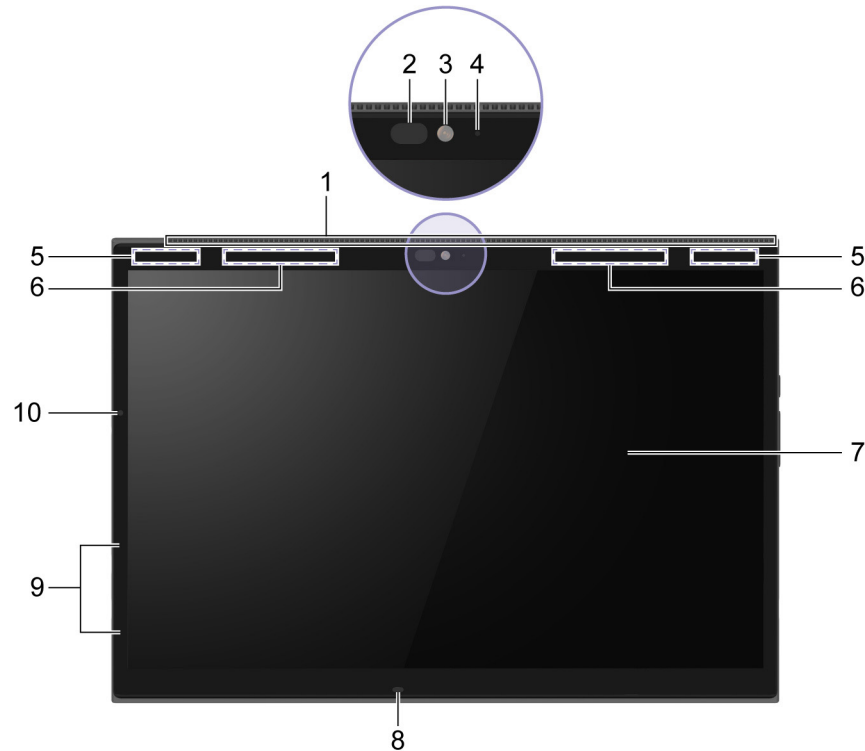


| 1. Ventilation slots | Dissipate internal heat.<br>**Note:**  Do not block the ventilation slots. Otherwise, the computer might overheat. |
|---|---|
| 2. Infrared LED | Emit infrared light for face authentication. |
| 3. Front camera | • Capture still and moving images for taking photos, recording videos, and video chatting.<br>• Capture your face images for face authentication.<br><br>**Note:**  Use Windows Hello to enroll your face for face authentication. |
| 4. Camera light | If the light is on, the camera is in use. |
| 5. Wi-Fi antennas | Send and receive radio waves for the built-in wireless LAN (local area network) and Bluetooth module.<br>**Note:**  The antennas are not visible from the outside of the computer. |
| 6. Wireless WAN antennas * | Send and receive radio waves for the built-in wireless WAN (wide area network) module.<br>**Note:**  The antennas are not visible from the outside of the computer. |
| 7. Screen | Display text, graphics, and videos. The screen supports multi-touch function. |

| | |
|---|---|
| 8. ToF sensor | Detect user behavior and adjust settings automatically.<br>**Note:** If your computer is in Tablet, Stand or Detached mode, the sensor works at the appropriate angle. |
| 9. Microphones | Capture or record sound and voice. |
| 10. Ambient light sensor (ALS) | Detect the amount of light in the environment and adjust the backlight of the display accordingly. |

\* for selected models

# Left



| | |
|---|---|
| 1. Speaker | Produce sound. |
| 2. Thunderbolt™ 4 connector | Connect to an external display, storage, or data devices.<br>**Note:** An appropriate adapter may be needed for connecting external devices. |
| 3. Combo audio jack | Connect headphones or headsets with a 3.5 mm (0.14 inch), 4-pole plug.<br>**Note:** This jack does not support standalone external microphones. If you use headsets, choose one with a single plug. |
| 4. Nano SIM card slot*/microSD card slot* | • Use the nano Subscriber Identity Module (SIM) card (sold separately) to connect to a mobile broadband network.<br>• Use the microSD card (sold separately) to transfer or store files. |
| 5. Power connector/USB-C® connector | • Plug the ac power adapter into the connector to provide power to the computer and charge the internal battery.<br>• Connect to an external display, storage, or data devices.<br>• Support DisplayPort 1.2 （4096 x 2304, 60Hz）<br><br>**Note:** An appropriate adapter may be needed for connecting external devices. |

* for selected models

# Right



| | |
|---|---|
| 1. USB-C connector (always-on) | 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.<br>**Note:** If Lenovo Vantage is pre-installed on your computer, you can also set always-on function from within that software. |
| 2. Volume buttons | Press the button to increase or decrease the system volume. |
| 3. Power button (with a light) | • Press the button to turn on the computer or put the computer into sleep mode.<br><br>• The power button has an integrated light to show the power status.<br>  – On: The computer is turned on.<br>  – Off: The computer is turned off or in hibernation mode.<br>  – Blinking: The computer is in sleep mode. |
| 4. Speaker | Produce sound. |

# Rear



| 1. Rear camera | Capture still and moving images for taking photos, recording videos, and video chatting. |
| --- | --- |
| 2. Kickstand hinges | Pivot the kickstand. |
| 3. Kickstand | Support your computer when it is placed on a surface. |

# Bottom
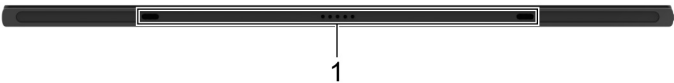


| 1. Pogo pin with guide pin | The pogo pin with guide pin enables you to attach the keyboard to your computer magnetically. |
| --- | --- |

# Bluetooth folio keyboard (for selected models)



| | |
|---|---|
| 1. Pogo pin with guide pin | The pogo pin with guide pin enables you to attach the keyboard to your computer magnetically. |
| 2. Bluetooth folio keyboard switch | Push the switch to a different position to enable the following functions.<br><br>• Off position: Keyboard is turned off.<br>• Middle position: Keyboard is turned on and will connect with the latest connected device.<br>• Bluetooth icon position: Press and hold the Bluetooth folio keyboard switch to the Bluetooth icon position for three seconds. The keyboard will enable Bluetooth pairing.<br><br>**Note:** The spring switch will move back to the middle position automatically after releasing the switch. |
| 3. Bluetooth light | • Solid amber: Keyboard is charging through the pogo pin.<br>• Continuously blinking white (up to 1 min): Pairing<br>• Solid white (for three seconds) and then off: Paired<br>• Slowly blinking white: Keyboard is working and connected with pogo pin.<br>• Blinking amber: Battery power is low.<br>• Off:<br>   – Keyboard is fully charged and connected with pogo pin.<br>   – The keyboard battery has no power. |
| 4. Keyboard | Enter characters and interact with programs.<br>**Note:** The keyboard also includes hotkeys and function keys for changing settings and performing tasks quickly. |
| 5. Touchpad | Perform finger touch and all the functions of a traditional mouse.<br>**Note:** The touchpad also supports multi-touch function. |

# Features and specifications

| | |
|---|---|
| Dimensions | • Width: 297.4 mm (11.71 inches)<br>• Depth: 207.36 mm (8.16 inches)<br>• Thickness: 9.19 mm (0.36 inches) |
| ac power adapter | • Input: 100 V ac–240 V ac, 50 Hz–60 Hz<br>• Output: 20 V dc, 3.25 A<br>• Power: 65 W |
| Battery pack | • Capacity: 42 Wh<br>• Number of cells: 4 |
| Microprocessor | To view the microprocessor information of your computer, right-click the Start button and then select **System**. |
| Memory | • Type: Onboard<br>• Number of slots: 0 |
| Storage device | • Type: solid-state drive<br>• Form factor: M.2 (2242)<br>• Bus: PCI Express |
| Screen | • Size: 13 inches<br>• Display resolution: 2160 × 1350 pixels (WQHD model) |
| Bluetooth folio keyboard* | • Function keys<br>• Hotkeys<br>• Keyboard backlight<br>• Bluetooth folio keyboard switch |
| Connectors and slots | • Combo audio jack<br>• USB-C connector × 2 (one connector with Always-On function)<br>  – Support data transfer rates up to 5 Gbps for USB 3.2 Gen 1<br>  – Provide power output up to 5 V and 3 A<br>• Thunderbolt 4 connector × 1<br>  – Support data transfer rates up to 10 Gbps for USB 3.2 Gen 2<br>  – Support data transfer rates up to 40 Gbps for Compatible with USB4™<br>  – Support data transfer rates up to 40 Gbps for Thunderbolt 4<br>  – Provide power output up to 5 V and 3 A<br>  – Support DisplayPort 1.4<br>• microSD card slot *<br>• Nano SIM card slot * |

| Security features | • UEFI/BIOS passwords |
|---|---|
| |     – Administrator password |
| |     – User password |
| |     – Master hard disk password |
| |     – User hard disk password |
| Wireless features | • Bluetooth |
| | • Wireless LAN |
| | • Wireless WAN * |

* for selected models

**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).

# 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)

The Bluetooth folio keyboard bottom cover is fabric. Handle your keyboard with care so that you can enjoy this product for a long time. If possible, place your computer in a dry, well-ventilated area without direct exposure to sunshine. Do not use or store your computer in dusty, dirty areas, or extremely hot or cold areas.

# 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.

## Set up face recognition

If your computer includes a Windows Hello-compatible infrared camera, you can set up face recognition to sign in with your face.

Step 1.    Open the Start menu and select **Settings → Accounts → Sign-in options**.

**Note:** If you are using a local account, the account must be password protected. Otherwise, you cannot set face recognition.

Step 2.    Under **Manage how you sign in to your device**, select **Windows Hello Face → Set up → Get started**.

Step 3.    Follow on-screen instructions to complete face recognition. Create a PIN when prompted, in case face recognition does not work at Windows sign-in.

## Windows desktop
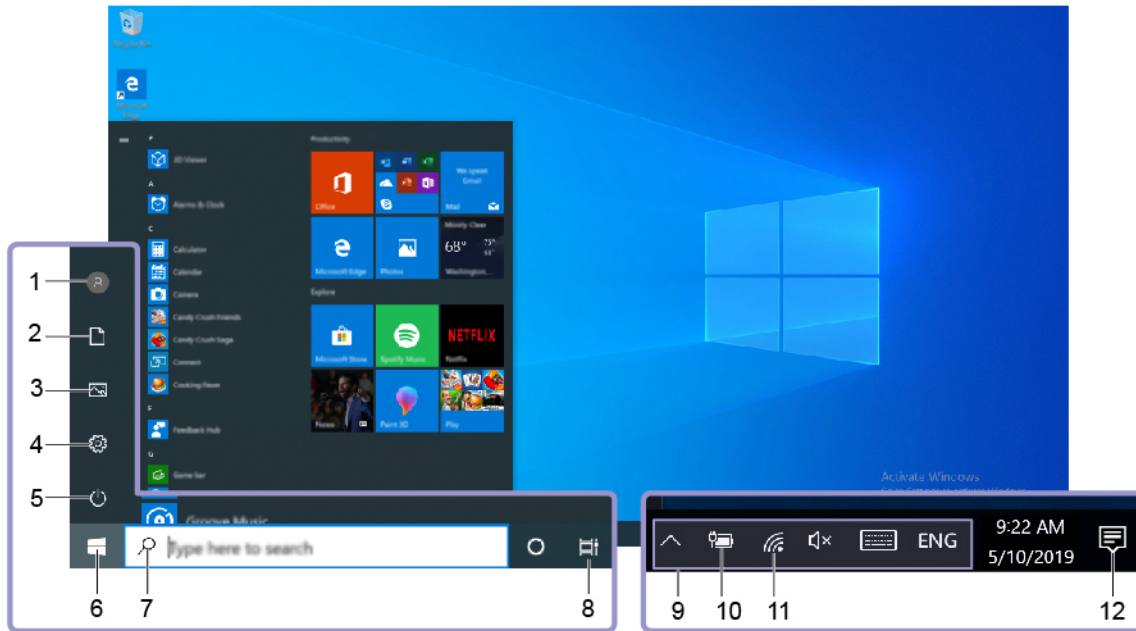


| | |
|---|---|
| 1. **Account** 🅰 | Change account settings, lock the computer, or sign out of the current account. |
| 2. **Documents** | Open the **Documents** folder, a default folder to save your received files. |
| 3. **Pictures** | Open the **Pictures** folder, a default folder to save your received pictures. |
| 4. **Settings** | Open Settings. |
| 5. **Power** | Shut down, restart, or put the computer into sleep mode. |
| 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. |
| 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 (for selected models)

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

Lenovo Vantage and Lenovo PC Manager are apps developed by Lenovo. Using either of the app, you can:

- View product information
- View warranty and support information
- Run hardware scan and diagnose problems
- Change hardware settings
- Update Windows, drivers, and UEFI/BIOS

Lenovo Vantage or PC Manager may be pre-installed on your computer. To open it, enter the software name in Windows Search and select the matched result.

**Note:** If Lenovo Vantage is not pre-installed, you can download it from the Microsoft Store.

# Connect to wireless networks

Connect your computer to the Internet or other wireless networks so that you can browse on your computer and share information.

## 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.

# Use a nano SIM card (for LTE/5G models)

If your computer has a nano SIM card slot on the left side of the computer, you can insert a nano SIM card into the nano SIM card slot to establish wireless WAN connections.

## Install a nano SIM card

Step 1. Use an ejection tool to eject the card tray, and then slide the tray out of the computer.

Step 2. Install a new nano SIM card into the tray and insert the tray into the card slot. Ensure that the new nano SIM card is installed in the correct orientation.

## Use a microSD card (for Wi-Fi models)

Your computer has a microSD card slot on the left side of the computer. You can insert a microSD card into the microSD card slot to expand the computer local storage capacity.

**Attention:**

- Before handling the microSD card, touch a metal table or a grounded metal object. Otherwise the card might get damaged by the static electricity from your body.
- During data transfer, do not put your computer into sleep mode; otherwise, your data could get damaged.

## Install a microSD card

Step 1.   Use an ejection tool to eject the card tray, and then slide the tray out of the computer.

Step 2.   Install a new microSD card into the tray and insert the tray into the card slot. Ensure that the new microSD card is installed in correct orientation.
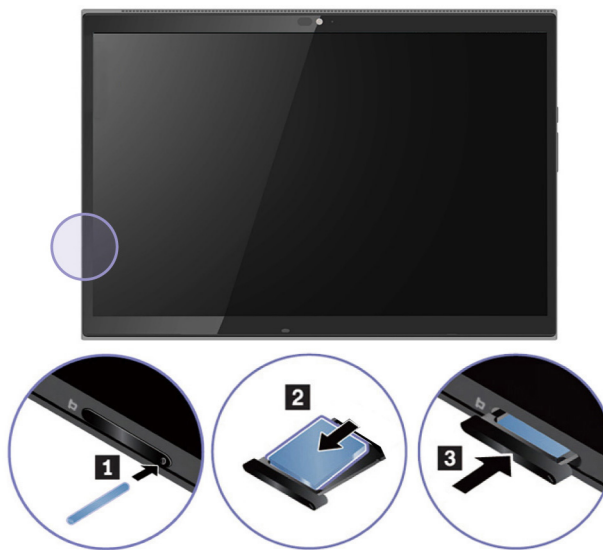
# Connect a Bluetooth device

Bluetooth is a short-range wireless communications technology. Use Bluetooth to establish a wireless connection between your computer and another Bluetooth-enabled device within a distance of about 10 m (32.8 ft).

## To connect a Bluetooth device using swift pair

Step 1.   Turn on the Bluetooth device that supports swift pair and make it discoverable. For more information, see the document that comes with the Bluetooth device.

Step 2.   Select **Connect** when a swift pair notification appears that a new Bluetooth device was found.

## To connect a Bluetooth device using conventional pair

If you do not receive the swift pair notification, you can also do as the follows to pair a Bluetooth device.

Step 1.   Turn on the Bluetooth device and make it discoverable.

Step 2.   Select ⊞ → ⚙ → **Devices** → **Bluetooth and other devices** → **Add Bluetooth or other devices** → **Bluetooth**. A list of available Bluetooth devices is displayed.

Step 3.   Select the target Bluetooth device and start pairing.

## Combination of computer and Bluetooth folio keyboard (for selected models)

Align the connector of the keyboard with the computer and then attach the computer in the direction shown by the arrow.

**Note:**  When the computer and Bluetooth folio keyboard are physically connected there is no need for Bluetooth pairing. When seperated, users need to use Bluetooth to pair the computer with the Bluetooth folio keyboard. The Bluetooth folio keyboard supports swift pair. Refer to "Connect a Bluetooth device" on page 14.

# Use the kickstand

Your computer has a built-in kickstand. Pivot the kickstand from the pits on both sides of the computer to the open position as shown.

With the kickstand open, you can use the computer in the following modes.

- Stand mode without Bluetooth folio keyboard attached
- Stand mode with Bluetooth folio keyboard attached
- Stylus mode
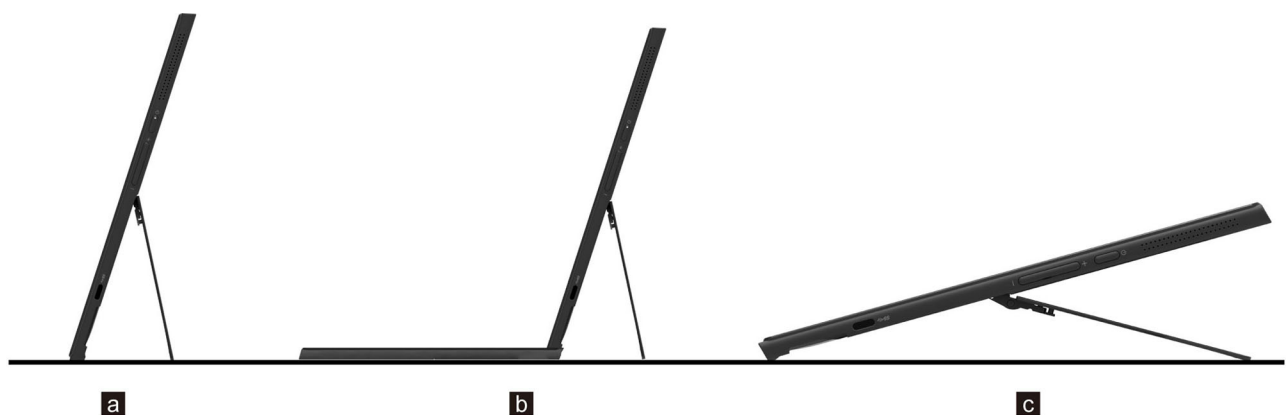
The kickstand is multi-positional. You can adjust the kickstand to various angles for a comfortable user experience.

**Attention:** The appropriate kickstand angle is 45°–150°. Using the kickstand at an improper angle may damage the computer.

# Use a pen

Depending on the model, your computer might come with a pen. The pen enables you to write and draw in a natural manner.

You can view or change functions of pen buttons in the **Lenovo Pen Settings**. For more information, refer to the *User Guide* of the software.

**Notes:**

- The pen is not waterproof. Take care not to drop the pen in water.
- The pen contains pressure sensors. Do not push the tip of the pen for an extended period of time. Do not subject the pen to shock or vibration.
- The default function of each pen button might vary in different apps.
- The **Lenovo Pen Settings** may be pre-installed on your computer. To open it, enter the software name in Windows Search and select the matched result. If the software is not pre-installed, you can download and install the latest drivers from https://support.lenovo.com.

## Lenovo Digital Pen (for selected models)

The Lenovo Digital Pen referred to as the pen in this section.
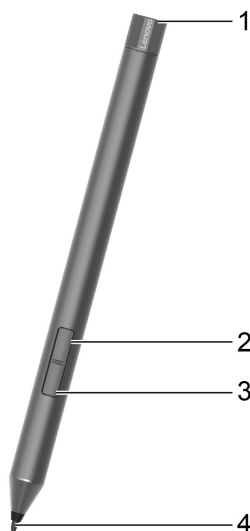


| 1. Pen cap | Unscrew the pen cap to install or replace a battery. |
| --- | --- |
| 2. Top barrel button | To right-click, hold the button and tap the screen in supported applications. |
| 3. Bottom barrel button | To erase text or drawings, hold the button to erase the object in supported applications. |
| 4. Pen tip | Write or draw on the touch screen. |

**Install pen battery**
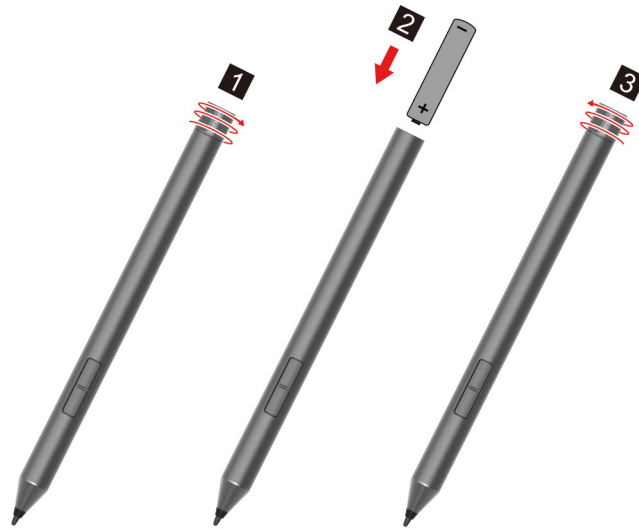


**Note:** AAAA alkaline battery may not be included in some countries and regions.

# Lenovo E-Color Pen (for selected models)

The Lenovo E-Color Pen referred to as the pen in this section.



| | |
|---|---|
| 1. Top pen button | Hold the button for at least three seconds to enable Bluetooth pairing on the pen. **Note:** Lenovo E-Color Pen supports swift pair. Refer to "Connect a Bluetooth device" on page 14. The pen is discoverable as *Lenovo E-Color Pen*. |
| 2. Pen status light | <ul><li>Continuously blinking white (up to 40 seconds): Pairing</li><li>Fast blinking white (5 times): Paired</li><li>Solid amber: The pen is charging.</li><li>Blinking amber: Battery power is low.</li><li>Off: The pen is turned off or connected to a computer.</li></ul> |
| 3. Top barrel button | To right-click, hold the button and tap the screen in supported applications. |

| 4. Bottom barrel button | To erase text or drawings, hold the button to erase the object in supported applications. |
| --- | --- |
| 5. Pen tip | To click, tap on the screen with the tip. To double-click, tap twice. |

## Charge the pen

To charge the pen, connect the pen to a 5 V charger with a USB-C cable.
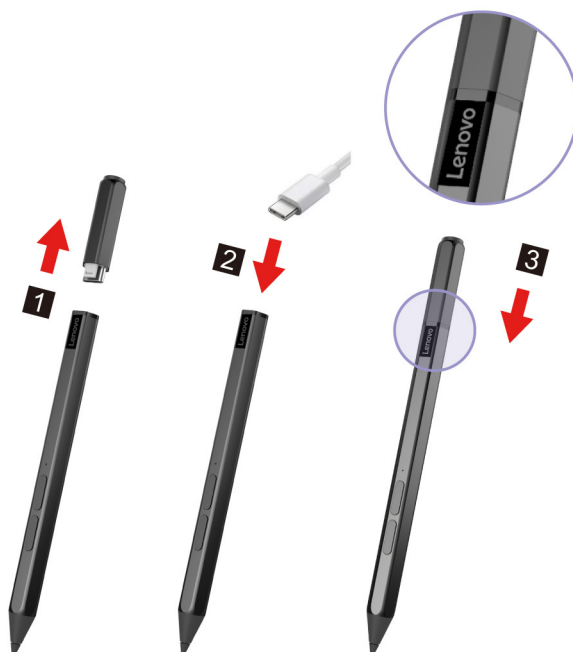


## Pen operating mode

The pen supports two operating modes: Windows mode (default mode) and Color mode. After connecting with Bluetooth, you can set the operating modes in the **Lenovo Pen Settings**.

- Windows mode:

  - Write or draw on the touch screen.

  - View or change functions of the top pen button and two barrel buttons in the **Lenovo Pen Settings**.

- Color mode:

  - Write or draw on the touch screen.

  - View or change functions of the two barrel buttons in the **Lenovo Pen Settings**.

  - The top pen button only supports color capture function.

    1. Push the top pen button on a select flat surface until you hear a click.

    2. The pen will capture the color information of the surface and then send the information to **ColorKing** software through Bluetooth.

    3. Check the color information on **ColorKing**.

    4. Use the color on other graphics software through **ColorKing**. For more information, please follow the instructions in the graphics software.

    **Note:** Depending on the software, select software may not support this function.

**Note:** The **ColorKing** may be pre-installed on your computer. To open it, enter the software name in Windows Search and select the matched result. If the software is not pre-installed, you can download and install the latest drivers from https://support.lenovo.com.

# Interact with your computer

## Keyboard hotkeys (for selected models)

Some keys on the keyboard are printed with icons. These keys are called hotkeys and can be pressed alone or in combination with the Fn key to open certain apps or change certain settings quickly. The functions of the hotkeys are symbolized by the icons printed on them.

| Hotkey | Function |
|---|---|
| ◁ | Mute/Unmute sound. |
| ◁−◁+ | Decrease/Increase system volume. |
| ✗ | Mute/Unmute the microphone. |
| ☼+☼− | Increase/Decrease screen brightness. |
| ▱\|▣ | Switch display devices. |
| ✈ | Turn airplane mode on and off. |
| ⚙ | Open the Windows Settings app. |
| 🔒 | Lock the screen. |
| ▭▭▭ | Display thumbnails of all open apps. |
| 🖩 | Open the Windows Calculator app. |
| ☆ | Open Lenovo Vantage, Lenovo PC Manager, or an app launch bar. |
| ✂ | Open the Windows snipping tool. |
| ☀ | Turn on/off or adjust the brightness of the keyboard backlight. **Note:** This hotkey must be used with the Fn key. |

### Hotkey mode

Some hotkeys share keys with function keys (F1 to F12).

| Hotkey mode setting | How to use hotkeys | How to use function keys |
|---|---|---|
| Disabled | Hold down the Fn key and press one of the hotkeys. | Press the function keys directly. |
| Enabled | Press the hotkeys directly. | Hold down the Fn key and press one of the function keys. |

**Note:** Hotkeys that do not share keys with function keys are not affected by the hotkey mode setting. They should always be used with the Fn key.

### The FnLock switch

The FnLock is a switch that reverses the default and hidden function of a hotkey. 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 | Mute/Unmute sound |
| On | On | F1 function * |
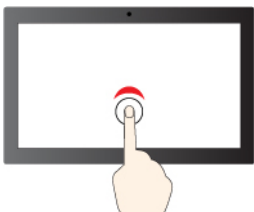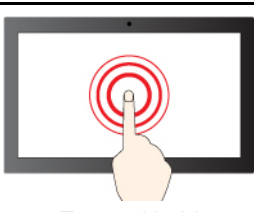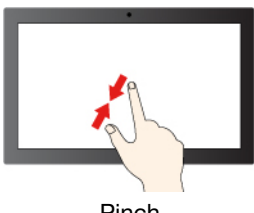
**Note:** The F1 function is application-dependent. It may have no function if the active application does not have a definition for the key.
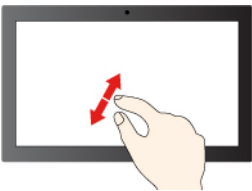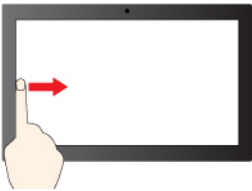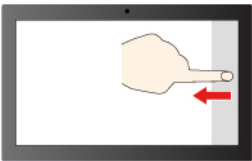
The FnLock switch shares the ESC key (in the upper left corner of the keyboard). To turn it on or off, press Fn + ESC.

## Multi-touch gestures for touch-enabled screens

Selected Lenovo computers include a touch-enabled screen. For such a computer, you can use your fingers to interact with the operating system and apps that are gesture aware.

**Note:** Not all gestures are supported by all apps.

| Gesture | Function |
|---------|----------|
| <br>Tap | Selecting an item |
| <br>Tap twice quickly | Double-clicking an item |
| <br>Tap and hold | Right-clicking an item |
| <br>Pinch | Zooming out |

| Gesture | Function |
|---|---|
| **Spread** | Zooming in |
| **Tap from the left edge** | Viewing all open apps |
| **Tap and hold** | Displaying the Action Center of Windows 10 |

# Chapter 3.  Explore your computer

## Intelligent features

### Zero touch

Zero touch enables you to improve work efficiency by automatically waking up and logging in to your computer, or dimming the display and locking the computer depending on user detection. For selected video players, this feature will pause any video playing when you leave the computer and resume upon your return. Zero touch can be enabled or disabled in Lenovo Vantage or Lenovo PC Manager.

### Eye care mode

Eye care mode intelligently adjusts the color temperature of the screen to filter blue light, which can effectively reduce damage to the eyes, thus protecting the eyes. Eye care mode can be enabled or disabled in Lenovo Vantage or the Lenovo PC Manager.

### Super resolution

This feature enhances the playback experience by improving the video resolution with deep learning by using the capabilities of Intel processors. It works especially well in cases where the source video has poor resolution.

For most players, super resolution can be enabled or disabled in Lenovo Vantage or Lenovo PC Manager, but for KMPlayer and PotPlayer, you need to enable this feature manually.

#### KMPlayer
Step 1.    Open **Control Panel**.

Step 2.    Select **Preferences ➙ Video Processing ➙ Video Renderer ➙ EVR**.

#### PotPlayer
Step 1.    Select **Settings**.

Step 2.    Click **Video ➙ Video Renderer ➙ EVR**.

### Smart motion alert

Your computer includes a G-Sensor. When enabled, the sensor detects whether your computer is moving. Based on the detection, the computer may automatically sound an alarm to alert you and help prevent loss. Simultaneously, it will take photos to help find who moved your computer. Smart motion alert can be enabled or disabled in Lenovo Vantage.

Step 1.    Open Lenovo Vantage.

Step 2.    Click **Device ➙ Smart Assist ➙ Intelligent sensing**.

## 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.

To extend your battery's lifespan, the battery may optimize its full charge capacity based on your usage. After prolonged periods of limited use, full battery capacity may not be available until you discharge to as low as 20% and recharge completely. For more information, refer to the power section of Lenovo Vantage.

# 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 button does**.

# 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 for the computer model pre-installed with Windows 10.

- Default power plan: Balanced
- Turn off the display: after 10 minutes (on ac power)

  **Note:** If your computer include a built-in battery pack, a different collection of time-out settings can be set to take effect when the computer is operating on battery power.

- Put the computer to sleep: after 10 minutes (on ac power)

  **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 performance mode

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

## 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.  When the Lenovo logo appears on the screen, press F2 repeatedly.

> **Note:**  For computers with hotkey mode enabled, press Fn + F2.

## Change the startup sequence

You may need to change the startup sequence to allow the computer to start from another device or a network location.

Step 1.  Open the UEFI/BIOS setup utility.

Step 2.  Navigate to the Boot menu.

Step 3.  Follow on-screen instructions to change the order of devices under Boot Priority Order.

**Note:**  You can also change startup sequence temporarily without opening the setup utility. To do so, start the computer. When the Lenovo logo appears, press F12 (or Fn + F12) repeatedly.

## 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**.

## 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? | • Open the Start menu and select **Windows System ➙ Control Panel**.<br>• 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. |
| What should I do if I spill liquid on the computer? | 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.<br><br>**Attention:**  Although you might lose some data or work by turning off the computer immediately, leaving the computer on might make your computer unusable.<br>2. Wait until you are certain that all the liquid is dry before turning on your computer.<br><br>**CAUTION:**<br>**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.** |
| Where can I get the latest device drivers and UEFI/BIOS? | • Lenovo Vantage or Lenovo PC Manager<br>• 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:<br>• Download and install the latest drivers and firmware.<br>• Configure hardware settings<br>• Diagnose computer hardware problems.<br>• Check the computer warranty status. | • Open the Start menu and select **Lenovo Vantage** or **PC Manager**.<br>• Use Windows Search. |
| Product documentation:<br>• *Safety and Warranty Guide*<br>• *Setup Guide*<br>• This *User Guide*<br>• *Regulatory Notice* | 1. Go to https://support.lenovo.com.<br>2. Detect your computer or select computer model manually.<br>3. Select **Documentation** and filter out the documentation you want. |

| Resources | How to access? |
|---|---|
| Lenovo Support Web site with the latest support information of the following:<br><br>• Drivers and software<br>• Diagnostic solutions<br>• Product and service warranty<br>• Product and parts details<br>• Knowledge base and frequently asked questions | Visit https://support.lenovo.com |
| Windows help information | • Open the Start menu and select **Get Help** or **Tips**.<br>• Use Windows Search or the Cortana® personal assistant.<br>• 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 | |
| Bluetooth folio keyboard * | X | |
| Lenovo Digital Pen * | X | |
| Lenovo E-Color Pen * | X | |

* for selected models

**Note:** 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

# 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 |
| --- | --- |
| • Product name<br>• Machine type and serial number | • What is the problem? Is it continuous or intermittent?<br>• Any error message or error code?<br>• What operating system are you using? Which version?<br>• Which software applications were running at the time of the problem?<br>• 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/supportphonelist.

**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://www.lenovo.com/services.

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.

# Appendix B. Compliance information

This appendix provides compliance statements that are specific to your computer model. The *Generic Safety and Compliance Notices* contains compliance statements that are common to all Lenovo personal computer products. If your computer includes factory-preinstalled wireless modules, the *Regulatory Notice* contains compliance information for all the supported wireless modules. To download these publications, go to https://www.lenovo.com/compliance.

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

The following information refers to Yoga Duet 7 13ITL6, machine types 82MA.

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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# Appendix C. Notices and trademarks

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