

Nokia 6225 User Guide



LEGAL INFORMATION

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US Patent No 5818437 and other pending patents. T9 text input software

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Your phone may cause TV or radio interference (for example, when using a telephone in close proximity to receiving equipment). The FCC or Industry Canada can require you to stop using your telephone if such interference cannot be eliminated. If you require assistance, contact your local service facility. This device complies with part 15 of the FCC rules. Operation is subject to the condition that this device does not cause harmful interference.

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1 For your safety

Read these simple guidelines. Not following them may be dangerous or illegal. Read the complete user guide for further information.



SWITCH ON SAFELY

Do not switch the phone on when wireless phone use is prohibited or when it may cause interference or danger.



ROAD SAFETY COMES FIRST

Obey all local laws. Always keep your hands free to operate the vehicle while driving. Your first consideration while driving should be road safety.



INTERFERENCE

All wireless phones may be susceptible to interference, which could affect performance.



SWITCH OFF IN HOSPITALS

Follow any restrictions. Switch the phone off near medical equipment.



SWITCH OFF IN AIRCRAFT

Follow any restrictions. Wireless devices can cause interference in aircraft.



SWITCH OFF WHEN REFUELING

Don't use the phone at a refuelling point. Don't use near fuel or chemicals.



SWITCH OFF NEAR BLASTING

Follow any restrictions. Don't use the phone where blasting is in progress.



USE SENSIBLY

Use only in the normal position as explained in the product documentation. Don't touch the antenna unnecessarily.



QUALIFIED SERVICE

Only qualified personnel may install or repair this product.



ENHANCEMENTS AND BATTERIES

Use only approved enhancements and batteries. Do not connect incompatible products.



WATER-RESISTANCE

Your phone is not water-resistant. Keep it dry.



BACKUP COPIES

Remember to make back-up copies or keep a written record of all important information stored in your phone.



CONNECTING TO OTHER DEVICES

When connecting to any other device, read its user guide for detailed safety instructions. Do not connect incompatible products.



EMERGENCY CALLS

Ensure the phone is switched on and in service. Press the End key as many times as needed (e.g. to exit a call, to exit a menu, etc.) to clear the display and return to the main screen. Key in the emergency number, then press the Talk key. Give your location. Do not end the call until given permission to do so.

2 Welcome

Congratulations on your purchase of the Nokia 6225 mobile phone. Your phone provides many functions which are practical for daily use, such as a radio, hands-free loudspeaker, alarm clock, calculator, calendar, and more. Your phone can also connect to a PC, laptop, or other device using a data cable or the built-in IR port. To personalize your phone, you can set your favorite ring tones, create a go-to-menu, and select an Xpress-on™ color cover.

• ABOUT YOUR DEVICE

The wireless phone described in this guide is approved for use on the AMPS 800, CDMA 800 and 1900, and 1XRTT networks. Contact your service provider for more information about networks.

When using the features in this device, obey all laws and respect privacy and legitimate rights of others.



Warning: To use any features in this device, other than the alarm clock, the phone must be switched on. Do not switch the device on when wireless phone use may cause interference or danger.

• NETWORK SERVICES

To use the phone you must have service from a wireless service provider. Many of the features in this device depend on features in the wireless network to function. These Network Services may not be available on all networks or you may have to make specific arrangements with your service provider before you can utilize Network Services. Your service provider may need to give you additional instructions for their use and explain what charges will apply. Some networks may have limitations that affect how you can use Network Services. For instance, some networks may not support all language-dependent characters and services.

Your service provider may have requested that certain features be disabled or not activated in your device. If so, they will not appear in your device menu. Contact your service provider for more information.

• SHARED MEMORY

The following features in this device may share memory: contacts, text and multimedia messages, photos, graphics, and ringing tones in gallery, calendar and to-do notes, games and applications. Use of one or more of these features may reduce the memory available for the remaining features sharing memory. For example, saving many calendar notes, may use all of the available memory. Your phone may display a message that the memory is full when you try to use a shared memory feature. In this case, delete some of the information or entries stored in the shared memory features before continuing. Some of the features, such as

multimedia messages, photos, graphics, or ring tones in gallery, images, and applications may have a certain amount of memory specially allotted to them in addition to the memory shared with other features.

• REGISTER YOUR PHONE

Make sure to register your phone at www.warranty.nokiausa.com or call 1-888-NOKIA-2U (1-888-665-4228) so that we can serve your needs better if you should need to call a customer center or to have your phone repaired.

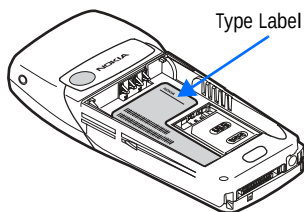
• GET HELP

Find your phone label

If you need help, Nokia Customer Care is available for assistance. Before calling, we recommend that you write down the following information and have it available:

- Electronic Serial Number (ESN)
- Your zip code

The ESN is found on the type label, which is located beneath the battery on the back of the phone.



Contact Nokia

Please have your product with you when contacting either of the numbers below:

Nokia Customer Care Center, USA	Customer Care Center, Canada
Nokia Inc. 7725 Woodland Center Boulevard Suite #150 Tampa, Florida 33614 Tel:1-888-NOKIA-2U (1-888-665-4228) Fax: 1-813-249-9619 TTY: 1-800-24-NOKIA (hearing impaired only)	Nokia Products Ltd. 601 Westney Road South Ajax, Ontario L1S 4N7 Tel:1-888-22NOKIA (1-888-226-6542) Fax:1-905-427-1070

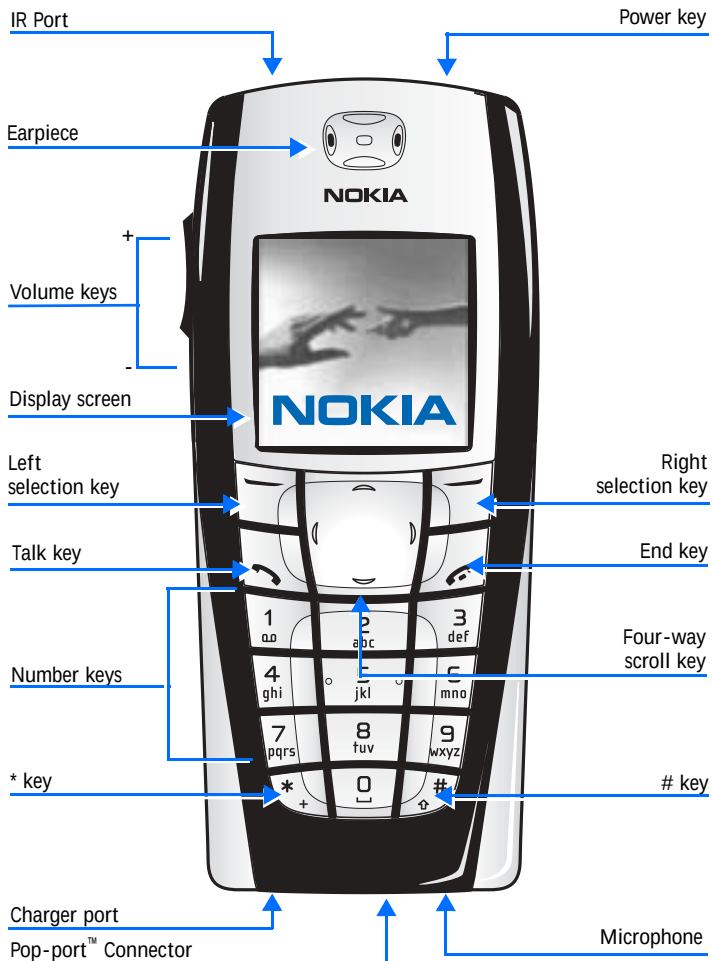
Updates

From time to time, Nokia updates this guide to reflect changes. The latest version may be available at www.nokia.com. An interactive tutorial for this product may be available at the web site www.nokiahowto.com.

Accessibility solutions

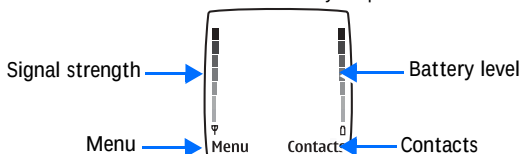
Nokia is committed to making mobile phones easy to use for all individuals. For more information about phone features, enhancements, alternate format user guides, and other Nokia products designed with your needs in mind, visit the web site www.nokiaaccessibility.com or call 1-888-665-4228 for more information.

• NOKIA 6225 PHONE AT A GLANCE



The start screen

The start screen is “home base” and indicates your phone is in idle mode.



Signal strength—A higher bar indicates a stronger network signal.

Battery level—A higher bar indicates more power in the battery.

Menu—Press the Left selection key to select this option.

Contacts—Press the Right selection key to select this option.

Quick keys

At the start screen, the four-way scroll key instantly takes you to frequently-accessed menus:

- Scroll up key—Go to the contacts list.
- Scroll right key—View the calendar.
- Scroll down key—Go to the contacts list.
- Scroll left key—Create a message.

Indicators and icons

Icon	Indicates...
	You have one or more text or picture messages. See “Read and reply” on page 21.
	You have one or more multimedia messages. See “Read and reply” on page 25.
	You have attached a picture to a multimedia message. See “Write and send” on page 24.
	You have one or more voice messages. See “Voice messages” on page 26.
	Your phone’s keypad is locked, see “Lock the keypad” on page 13.
	Your phone is set to the Silent profile. See “Profiles (Menu 3)” on page 36.
	The alarm clock is set to On. See “The alarm clock” on page 63.
	The countdown timer is running. See “The countdown timer” on page 67.

Icon	Indicates...
	The stopwatch timing is running in the background, see “The stopwatch” on page 68.
	When shown continuously, the IR connection is activated and your phone is ready to send or receive data via its IR port; when blinking, your phone is trying to connect to the other device or a connection has been lost. See “Send and receive data using IR” on page 42.
	All calls are forwarded to another number. See “Call forwarding” on page 49.
	Integrated handsfree is active, see “The loudspeaker” on page 13.
	The timed profile is selected, see “Profiles (Menu 3)” on page 36.
  or 	An enhancement is connected to the phone.
 or 	Voice privacy encryption is active (or is not active) in the network.
 or 	Location info sharing is set to Emergency or On. See “Set location info sharing” on page 37.
	You are in a 1XRTT network. See “Network services” on page 3.
	You are in a digital network. See “Network services” on page 3.
	You are in an analog network. See “Network services” on page 3.

• GET THE MOST OUT OF THIS GUIDE

The following sections illustrate the various components of your phone. Familiarize yourself with these sections to help you understand the instructions that follow.

This guide uses certain terms for the steps that you are asked to perform.

- *Press* means to press and release a key quickly. For example, *Press 7* means press the key on the keypad that is labeled with the number 7 and the letters “p, q, r, s”.
- *Press and hold* means to press and hold a key for 2–3 seconds, then release the key.
- *Selection keys* are used to select a menu option. To select an option, press the selection key below the menu item on the phone’s screen.
- *Scroll keys* are used to move up, down, left, or right in the menus.
- *Talk and End keys*: Press the Talk key to place a call or to answer an incoming call. Press the End key to end a call or press and hold to return to the idle screen.

• PHONE MENUS

Phone features are grouped according to function and are accessed through the main menus. Each main menu contains submenus and lists from which you can select or view items and customize your phone features. You can access these menus and submenus by using the *scroll method* or by using a *shortcut*.



Note: Some features may not be available, depending your network. For more information, contact your wireless provider.

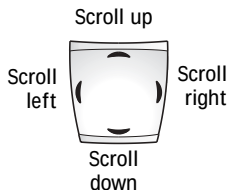
The scroll method

- 1 At the start screen, select Menu and scroll through the main menus using the up and down four-way Scroll key.

A scroll bar with a tab moves up or down on the display screen as you scroll through the menus, providing a visual representation of your current position in the menu structure.

- 2 When you arrive at a menu, press Select (the Left selection key) to enter submenus.

- Press Back (the Right selection key) to return to the previous menu.
- Press the End key to return to the start screen from any menu or submenu.



Shortcuts

You can go directly to almost any menu or submenu, as well as activate most features by using a shortcut.

At the start screen, select Menu, then within 3 seconds, press the key or keys associated with the menu function you would like to view or activate.

For example, to select the Meeting profile, select Menu 3-3-1 from the start screen (Menu > ³Profiles > ³Meeting > ¹Select). After a brief pause, the Meeting profile is activated.

In-phone help

Many features have brief descriptions (help text) which can be viewed on the display. To view these descriptions, scroll to a feature and wait for about 10 seconds. Press More to view all of the description, or press Back to exit.

In order to view the descriptions, you must first activate help text.

- 1 At the start screen, select Menu > Settings > Phone settings > Help text activation and press Select.
- 2 Scroll to On or Off and press Select.

3 Set up your phone

The antenna

Your device has an internal antenna located towards the top of the phone. Hold the phone as you would any other telephone with the antenna area pointed up and over your shoulder.



Note: As with any other radio transmitting device, do not touch the antenna unnecessarily when the device is switched on. Contact with the antenna affects call quality and may cause the phone to operate at a higher power level than otherwise needed. Avoiding contact with the antenna area when operating the phone optimizes the antenna performance and the battery life.

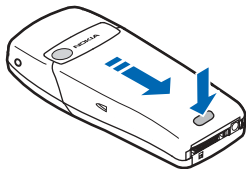


The battery

Always switch the device off and disconnect the charger before removing the battery.

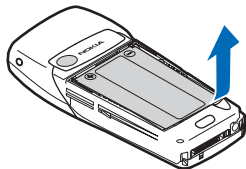
REMOVE THE BACK COVER

- 1 With the back of the phone facing you, push down on the back cover release button.
- 2 Slide the back cover toward the bottom of the phone and remove.



REMOVE THE BATTERY

- 3 After you have removed the back cover, insert your finger into the finger grip and lift the battery from its compartment.

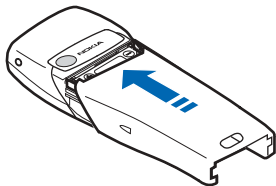


REPLACE THE BATTERY

- 1 Position the battery so the gold-colored contacts match up with those on the phone. The battery label should be facing away from the phone.
- 2 Insert the battery, gold-colored contact end first, into the battery slot.
- 3 Push down on the other end of the battery to snap the battery into place.

REPLACE THE BACK COVER

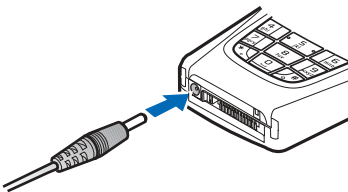
- Slide the back cover toward the top of the phone until you hear a click and see the back cover release button.



CHARGE THE BATTERY

- Plug the charger transformer in to a standard ac outlet.
- Insert the charger output plug into the round jack at the bottom end of the phone.

After a few seconds, the battery indicator in the display starts to scroll from bottom to top. If the battery is completely flat, it may take a few minutes before the charging indicator appears on the display or any calls can be made.



Turn your phone on or off

- To turn your phone on or off, press and hold the power key on top of the phone for at least 3 seconds.
- Enter the security code if necessary and press OK. See "Security code" on page 48 for more information.

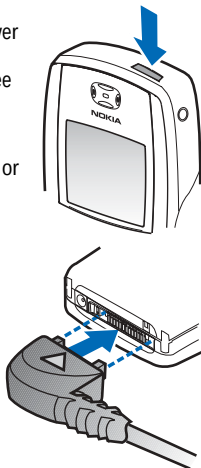
Connect the headset

A compatible headset may be purchased with your phone or separately as an enhancement. (See "Enhancements" on page 72 for information.)

- Plug the headset connector into the Pop-Port™ connector at the bottom end of your phone.
- Position the headset on your ear.

With the headset connected, you can make, answer, and end calls as usual.

- Use the keypad to enter numbers.
- Press the Talk key to place a call.
- Press the End key to end a call.



Change the Xpress-on™ covers



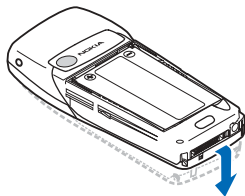
Note: Before removing the cover, always switch off the power and disconnect the charger and any other device. Avoid touching electronic components while changing the covers. Always store and use the device with the covers attached.

REMOVE THE BACK COVER AND THE BATTERY

See “Remove the back cover” and “Remove the battery” on page 9 for instructions on removing the back cover and battery.

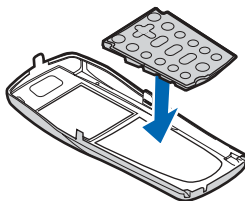
REMOVE THE FRONT COVER

- 1 Gently pull the bottom of the front cover away from the rest of the phone and remove.

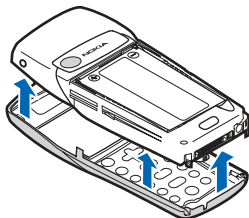


INSTALL THE KEYMAT AND FRONT COVER

- 2 Remove the key mat from the old front cover and place it into the new front cover as shown.



- 3 Press the front cover and keymat against the phone and snap the front cover into place.



REPLACE THE BATTERY AND BACK COVER

See “Replace the battery” on page 9 and “Replace the back cover” on page 10 for instructions on replacing the battery and back cover.

• MAKE A CALL

Using the keypad

- 1 Enter the phone number (including the area code), and press the Talk key.
(To delete a character to the left of the cursor, press Clear.)
- 2 Press the End key to end the call or to cancel the call attempt.

Using the contacts list

- 1 At the start screen, scroll to the entry you wish to view.
- 2 Press the Talk key to make the call, or press Details to view details of the entry.

Using the last dialed number

- 1 At the start screen, press the Talk key to display the last 20 numbers dialed.
- 2 Scroll to the number (or name) you wish to redial and press the Talk key.

Conference calling

Conference calling is a Network Service that allows you to take part in a conference call with two other participants.

- 1 Make a call to the first participant.
- 2 With the first participant on the line, select Options > New call and press Select.
- 3 Enter the phone number of the second participant, or press Find to retrieve a number from the contacts list.
- 4 Press Flash.
The first participant is put on hold.
- 5 When the second participant picks up, press the Talk key to connect the calls.
- 6 To end the conference call, press Options > End all calls or press the End key.

• ANSWER CALLS

Answer or silence an incoming call

- 1 Press the Talk key to answer the call.
- 2 Press the End key or Silence to mute the ringing tone; you can then press Answer to answer the call or press Reject (or do nothing) and the call is eventually diverted to voicemail.

Answer a call with the keypad locked

To answer a call with the keypad locked, simply press the Talk key. During the call, all features function as normal. When you end or reject the call, the keypad automatically re-locks. See "Keyguard" on page 13 for details.

When the phone is locked, calls still may be possible to the official emergency number programmed into your phone.

Adjust the earpiece volume

- To increase the volume of a call, press the top of the volume key on the left side of the phone.
- To decrease the volume of a call, press the bottom of the volume key on the left side of the phone.
- When adjusting the volume, a bar chart appears in the display indicating the volume level.



The loudspeaker

You can use your phone as a loudspeaker during a call. Do not hold the phone to your ear during the loudspeaker operation.

- To activate the loudspeaker, press Loudsp.
- To deactivate the loudspeaker during a call, press Handset.

The loudspeaker is deactivated automatically when a call (or a call attempt) ends or when certain enhancements are connected.

Options during a call

Many of the options that you can use during a call, are Network Services. Check with your wireless service provider for more information.

- 1 Press Options during a call to display a list of options available during a call.
- 2 Scroll to an option and press Select to activate the option or enter its submenu.

• KEYGUARD

With keyguard, you can lock the keypad to prevent keys from being pressed accidentally. Remember to lock your phone keypad to prevent accidental calls. If the keypad is locked, it unlocks when you receive a call. After the call, the lock automatically reactivates.

When the keyguard is on, calls still may be possible to the official emergency number programmed into your phone. Key in the emergency number and press the Talk key.

Lock the keypad

Select Menu with the Left selection key, then press the * key within two seconds.

Unlock the keypad

Select Unlock with the Left selection key, then press the * key within two seconds.

4 Text entry

You can use two methods for entering text and numbers:

- Standard mode is the only way to enter text into such things as the contacts list, calendar notes, and to rename caller groups.
- Predictive text input is a quick and easy method for writing messages, creating a calendar note, or making a to-do list.

• STANDARD MODE

Text (Abc)

- Press a key once to insert the first letter on the key, twice for the second letter, etc. If you pause briefly, the last letter in the display is accepted and your phone awaits the next entry.
- Press the 0 key to enter a space thereby accepting a completed word
- Press the 1 key to enter a period (.)
- Press the * key to display special characters. See more about special characters on the following pages

Numbers (123)

To switch to 123 mode from Abc mode, press and hold the # key at any message entry screen until the icon in the upper left corner of the display switches from Abc to 123 (or vice versa).

- Press Clear to backspace the cursor and delete a character
- Press and hold Clear to backspace continuously and delete characters

Punctuation and special characters

While at any text entry screen, press the * key to display special characters (press and hold the * key if predictive text is on). The following special characters are available:

.	,	'	?	!	"	-	(	)
@	/	:	_	;	+	&	%	*
=	<	>	£	€	\$	¥	¤	[
]	{	}	\	~	^	i	¿	§
#		⏏	⏏					

You can navigate through the list of special characters by using the four-way scroll key. Once a character is highlighted, press Insert to insert the character into your message.

• PREDICTIVE TEXT INPUT

Predictive text input allows you to write messages quickly using your keypad and the phone's built-in dictionary. It is much faster than the standard mode method, because for each letter, you only press the corresponding key on your keypad *once*.

Activate/deactivate

At any text entry screen, press and hold Options. Predictive text is turned on and off, depending on its previous mode.

OR

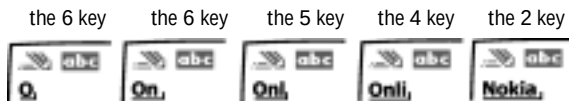
- 1 At any text entry screen, select Options > Predictive text and press Select.
- 2 Scroll to the language of your choice and press Select.



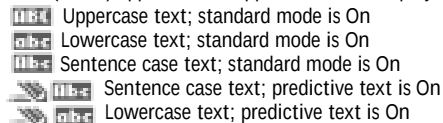
Note: The language setting affects the time and date formats of the clock, alarm clock, and calendar.

Text entry

The illustration below simulates your display each time a key is pressed. For example, to write *Nokia* with predictive text on and with the English dictionary selected, press each of the following keys *once*:



- Press the 0 key to enter a space and begin writing the next word.
- If a displayed word is not correct, press the * key to see other matches. To return to the previous word in the list of matches, press Previous.
- If ? appears after a word, press Spell to add the word to the dictionary.
- Press the 1 key to insert a period into your message.
- Press and hold the * key to display special characters. Press the * key again to cycle through all available characters.
- Press the # key to switch predictive text on or off and to use predictive text in various modes. As you press the # key, the following icons (not the descriptions) appear in the upper left of the display screen:



5 Contacts list

The contacts list can hold up to 500 contacts, with multiple numbers and text notes for each contact. The amount of numbers and text entries that you can save may vary, depending on length and the total number of entries in the contacts list.

• ADD NEW CONTACTS

Save a name and number

- 1 At the start screen, enter the phone number you wish to save.
- 2 Select Options > Save and press Select.
- 3 Enter the name and press OK.

Save (only) a number

- 1 At the start screen, enter the phone number you wish to save.
- 2 Press and hold Options.

Save an entry

- 1 At the start screen, select Contacts > Add contact and press Select.
- 2 Enter the name and press OK.
- 3 Enter the phone number, and press OK > Done.

Save addresses and notes

To save an address or note, you need to add it to an existing entry (contact).

- 1 Scroll down to the entry to which you would like to add an address or note.
- 2 With the entry highlighted, press Details.
- 3 Select Options > Add detail and press Select.
You can add an E-mail address, Web address, Street address, or Note to the entry.
- 4 Scroll to the address or note of your choice and press Select.
- 5 Enter the text for the note or address and press OK.

Save multiple numbers and text items

You can save different types of phone numbers and short text items per name to the contacts list. The first number you save for any entry is automatically set as the default, or primary number, but the primary number can always be changed.

- 1 At the start screen, scroll down to the entry to which you wish to add a phone number or text item.
- 2 Press Details > Options > Add number or Add detail and press Select.
- 3 Scroll to General, Mobile, Home, Work, Fax, E-mail address, Web address, Street address, or Note and press Select.
- 4 Enter the number or text for the type you have selected and press OK.
- 5 To change the type, select Change type in the options list.

You can also change which phone number is the default (primary) number for the contact entry.

- 1 At the start screen, scroll down to the entry you wish to change, and press Details.
- 2 Scroll to the number you wish to set as default, elect Options > As primary no. and press Select.

Set up voice tags

For more information on setting up voice tags and other voice features, see “Voice (Menu 10)” on page 58.

Caller groups

You can add contacts list entries to any of five caller groups, and then assign a unique ringing tone or graphic to that group. This enables you to identify callers from the group by their unique ringing tone or graphic.

SETUP A GROUP

- 1 At the start screen, press the Scroll down key to display a list of entries in your contacts list.
- 2 Scroll to a name you would like to add to a caller group and press Details.
- 3 Select Options > Caller groups and press Select.
- 4 Scroll to the caller group to which you would like to add the name and press Select.

OPTIONS

- 1 At the start screen, select Contacts > Caller groups and press Select. Family, VIP, Friends, Business, and Other are the available caller groups.
- 2 Use the four-way Scroll key to highlight a group and press Select to display the following caller group options:
 - Rename group—Rename the group to your preference.
 - Group ringing tone—Set the ringing tone for the group.
 - Group logo—Turn the graphic for the caller group on or off.
 - Group members—Add or remove members from the caller group.

Set up 1-touch dialing

You can associate any entry in the contacts list with a key from 2–9; then dial those entries by pressing and holding the assigned key.

ASSIGN A KEY TO 1-TOUCH DIALING

- 1 At the start screen, select Contacts > 1-touch dialing and press Select.
- 2 Scroll to any empty slot and press Assign.
- 3 Enter the number (including the area code) and press OK, or press Find to retrieve a number from the contacts list.
- 4 Enter a name for the number and press OK.

If 1-touch dialing is off, the phone displays a prompt asking if you would like to turn 1-touch dialing on.

- 5 Press Yes to activate 1-touch dialing.

CHANGE 1-TOUCH DIALING NUMBERS

- 1 At the start screen, select Contacts > 1-touch dialing and press Select.
- 2 Scroll to the 1-touch dialing entry you wish to change and select Options > Change and press Select.
- 3 Enter the new number, or press Find to retrieve a number from the contacts list, and press OK.
- 4 Enter a name for the entry and press OK.

DELETE 1-TOUCH DIALING NUMBERS

- 1 At the start screen, select Contacts > 1-touch dialing and press Select.
- 2 Scroll to the 1-touch dialing location you wish to delete and press Options.
- 3 Scroll to Delete and press Select.
- 4 Press OK to delete the key assignment.

• EDIT CONTACTS LIST ENTRIES

- 1 Scroll to the entry you would like to edit and press Details.
- 2 Scroll to the phone number you wish to edit and press Options.
- 3 Scroll to one of the following options and press Select:
 - Add voice tag—Add a voice tag to the contact.
 - Edit number—Edit an existing phone number of the contact.
 - Delete number—Delete a phone number from the contact.
 - View—View the details of the contact.
 - Change type—Change the number type to General, Mobile, Home, Work, or Fax or the detail type to E-mail, Web address, Street address, or Note.
 - As primary no.—Change the default number of the contact.
 - Add number—Add a number to the contact.
 - Add detail—Add an address or note to the contact.
 - Add image—Add an image or photo from the gallery to the contact.
 - Caller groups—Add the contact to an existing caller group.
 - Custom tone—Add a custom ring tone to the contact.
 - Send bus. card—Send the contact as a business card to another phone.
 - Send message—Create and send the contact a message.
 - 1-touch dialing—Add the contact to your 1-touch dialing list.
 - Edit name—Edit the name of the contact.
 - View name—View the name of the contact.
 - Delete—Delete the entire contact entry from your contacts list.
- 4 Edit the option to your preference and press OK.

• DELETE CONTACTS LIST ENTRIES

- 1 At the start screen, select Contacts > Delete and press Select.
- 2 To delete individual entries, scroll to One by one and press Select.
- 3 Scroll to the entry you wish to delete, press Delete > OK to confirm.
- 4 To delete the entire contents of your contacts list, scroll to Delete all.
- 5 Press Select, then press OK to confirm.
- 6 Enter the security code and press OK. See "Security code" on page 48 for more information.

• VIEW THE CONTACTS LIST

- 1 At the start screen, select Contacts. The following menu items appear:
 - Search—Find a name or select from a list.
 - Add new—Add a contact to your contacts list.
 - Edit name—Edit an existing name.
 - Delete—Delete a name and its associated numbers.
 - Add number—Add a number to an existing name.
 - Settings—Change the contacts list view or check the memory status of your phone.
 - 1-touch dialing—View or modify the list of 1-touch dialing numbers.
 - Voice tags—Attach, listen to, or modify a voice tag to a contact in the contacts list.
 - Own number—View your own phone number.
 - Caller groups—View and edit the properties for any of the caller groups, including Family, VIP, Friends, Business, or Other.
- 2 Scroll to an item and press Select to activate the feature or enter its submenu.

Search for a name

- 1 At the start screen, press the Scroll down key to display the contents of your contacts list.
- 2 Press the key which corresponds to the first letter of the name for which you are performing a search.
- 3 Scroll up and down to select a contact and press Details to view the details.

Configure settings

You can select how the contacts appear in your contacts list and view the amount of memory used or available in your phone.

- 1 At the start screen, select Contacts > Settings and press Select.
- 2 Scroll to one of the following options and press Select to enter the submenu:
 - Scrolling view—Select Name list, Name and number, or Name and image view.

Memory status—View the amount of phone memory used as well as the amount of phone memory available



Note: For more information on used and available memory, see “Shared memory” on page 3.

• SEND AND RECEIVE CONTACTS (BUSINESS CARDS)

You can send and receive an entry in your contacts list using IR or text message, if supported by your wireless provider.

Send a business card

You can send a business card using IR or as a text message to a compatible phone or other handheld device.

- 1 Highlight an entry from the contacts list that you wish to send and select Details > Options > Send bus. card and press Select.
 - To send the business card using IR, make sure the receiving device is set up to receive data using its IR port and select Via infrared.
 - To send the business card as a message, select Via text message.
- 2 If you selected Via infrared (and the entry has multiple subentries), select Primary no. or All details and press Select.
- 3 If you selected Via text message (and the entry has multiple subentries), select Primary no. or All details and press Select.
- 4 Enter the number for your recipient or press Find to retrieve a number from your contacts list.
- 5 Press OK and the business card is sent.

Receive a business card using IR

- 1 At the start screen, select Menu > Settings > Phone Settings > Infrared and press Select to ensure IR is activated.

When you receive the business card, your phone beeps and a message appears in the display.
- 2 Press Show > Save to save the business card in phone memory, or press Exit > OK to discard the business card.

6 Messages (Menu 1)



If you have subscribed to a messaging service through your wireless provider, you can send and receive messages to compatible phones that also subscribe to a compatible message service. You may also be able to send and receive picture messages, enhanced messages, multimedia messages and e-mail messages.



When sending messages, your device may display the words “Message Sent.” This is an indication that the message has been sent by your device to the message center number programmed into your device. This is not an indication that the message has been received at the intended destination. For more details, about messaging services, check with your service provider.

• TEXT MESSAGES

Write and send

- 1 At the start screen, select Menu > Messages > Text messages > Create message > Text > Edit message and press Select.



Note: To go quickly to the Create message display, press the Scroll left key from the start screen.

- 2 After a brief pause, the message entry screen appears in the display.
- 3 Compose a message using the keypad and press Options.
- 4 Scroll to Send and press Select.
- 5 Scroll to Add number and press Select.
- 6 Enter the recipient's phone number, or press Find to retrieve a number from your contacts list, and press OK.

TEMPLATES

Templates are short, pre-written messages which can be recalled and inserted into new text messages when you're short on time.

- 1 At the start screen, select Menu > Messages > Text messages > Create message > Text > Edit message and press Select.
- 2 Press Options, scroll to Use template and press Select.
- 3 Scroll to one of the available templates and press Select.
- 4 Enter the text into your new message and press Options > Send > Add number and press Select.
- 5 Enter the recipient's phone number, or press Find to retrieve a number from your contacts list, and press OK.

Read and reply

When you receive a message, your phone beeps, and Message received and the unopened letter icon (✉) appears in the display.

- 1 Press Show to read the message, or Exit to move it to your inbox.
When you have unopened messages in your inbox,  is shown in the upper left corner of the start screen as a reminder.
Use the scroll keys (the Scroll up key or the Scroll down key) to view the whole message if necessary.
- 2 Select Options > Reply and press Select.
- 3 Select a Start reply with option, then compose your reply using the keypad.
- 4 Select Options > Send and press Select.

Options

When you create a text message, depending on the mode of text input you are using and the features supported by your wireless service provider, some or all of the following options are available:

Send—Send the message to one recipient.

List recipients—Send the message to more than one recipient.

Settings—Set the priority of the message.

Save message—Select Archive to save the message in your archive; select Templates to save the message as one of your predefined templates.

Clear text—Erase the text clipboard.

Exit editor—Save the message to your archive automatically and leave the message editor.

Insert contact—Insert a name from your contacts list into your message.

Insert number—Insert a phone number or find a phone number in the contacts list.

Use template—Insert a predefined template into your message.

Insert picture—Insert a picture from the Gallery folder.

Insert/Edit word—Enter or edit the text of a new word that might not appear in the predictive text dictionary.

Insert symbol—Insert a special character into your message.

Predictive text—Choose a predictive text language and turn predictive text on or off.

Matches—View matches found in the dictionary for the word you want to use.

When you read or reply to a text message, the following options are available:

Delete—Discard the message.

Reply—Reply to the message. Create the message and press Options, then Send. The sender's phone number or e-mail is used as the default

Use number—Choose Save, Add to contact, Send message, or Call.

Save—Save the message to a folder.

Forward—Forward the message to another phone number.

Rename—Edit the title of the message.

Change sending options

- 1 At the start screen, select Menu > Messages > Text messages > Message Settings > Sending options and press Select.
- 2 Scroll to the setting you wish to change and press Select:
 Priority—Set the priority of the note as Urgent or Normal and press Select.
 Delivery note—A note is sent to you confirming delivery of the message. Scroll to On or Off and press Select.
 Send callback number—A callback number is sent to the recipient. Scroll to Off or your phone number and press Select.

Settings

When the message memory is full, your phone cannot send or receive any new messages. However, you can set your phone to automatically replace old messages in the Inbox and Outbox folders when new ones arrive.

- 1 At the start screen, select Menu > Messages > Text Messages > Message settings > Other settings and press Select.
- 2 Scroll to the setting you wish to change and press Select.
 Message font size—Scroll to Small font or Large font and press Select.
 Message overwriting—Scroll to Outbox only, Inbox only, Outbox and inbox, or Off and press Select.
 Save to outbox when sending—Scroll to Always save, Always prompt, or Off and press Select.

Enhanced messages

Enhanced messaging is a Network Service. If your wireless service provider supports this feature, enhanced messaging functions in the same manner as text messaging, but it offers additional options for the style and content of the message.

While creating an enhanced message, the following options are available:

- Add-ins—Select Sound, Animation, or Picture to add to the message.
- Styles—Select Font type, Font size, or Text alignment of the message.



Note: If you try to send an enhanced message to a phone that does not support enhanced messaging, the enhanced messaging content will be stripped from the message, leaving only the text you have entered.

While viewing a received enhanced message, the following options are available:

- Sound—Select Play sound or Save sound.
- Picture—Select Save picture.
- Animation—Select Save animation.

LINKED MESSAGES

You can send messages that exceed 160 characters, which will be sent as a series of two or more messages, also known as a linked message. In the navigation bar, you can see the message length indicator counting backwards from 160. For example, 10 (2) means that you can still add 10 characters for the text to be sent as two messages.

Using special (Unicode) characters take up more space. If there are special characters in your message, the indicator may not show the message length correctly. Before the message is sent, the phone will tell you if the message exceeds the maximum length allowed for one message. Cancel sending by pressing Cancel or save the message in the inbox.

• MULTIMEDIA MESSAGES

A multimedia message (MMS) is a Network Service. If your wireless service provider supports this feature, then the message can contain text, sound, and a picture. Your phone supports multimedia messages that are up to 45 kB. If the maximum size is exceeded, the phone may not be able to receive the message. Once you save the multimedia message, you can use the image as a screen saver or the sound as a ringing tone. In some networks, you may receive a message that includes an internet address where you can view the multimedia message.



Note: Only devices that offer compatible multimedia message or e-mail features can receive and display multimedia messages. Multimedia message objects may contain viruses or otherwise be harmful to your device or PC. Do not open any attachment if you are not sure of the trustworthiness of the sender.



Note: When your phone is dedicated to a call in progress, an application (such as a game), or an active web browser connection, the phone cannot receive multimedia messages.

The default setting of the multimedia message service is generally on.

Multimedia messaging supports JPEG, GIF, PNG, OTA-BMP and WBMP picture formats, and SP-MIDI and monophonic ringing tones.

The appearance of a multimedia message may vary depending on the receiving device.

Copyright protections may prevent some images, ringing tones, and other content from being copied, modified, transferred, or forwarded.

Write and send

- 1 At the start screen, select Menu > Messages > Multimedia msgs. > Create message and press Select.
- 2 Enter the text of your message and press Options > Insert image or Insert sound clip and press Select.

- 3 Choose the image or sound and press Insert.
- 4 Press Options > Send to number, Send to e-mail or Send to many, and press Select.
- 5 Enter the number of the recipient or the e-mail address and press Select.

Read and reply

When a multimedia message is being received,  appears. Once the message has been fully downloaded,  and Multimedia message received appear.

- 1 To view the message, press Show.
- 2 To view the message later, press Exit > No when asked to discard.
- 3 While viewing the message, select Options > Reply and press Select.
- 4 Select a Start reply with option, and compose your reply using the keypad.
- 5 Press Options > Send and press Select.



Note: If  blinks and Multimedia memory full, view waiting msg. appears, delete some of your old multimedia messages. See “Delete messages” on page 32 for more information.

Options

When you create an MMS, depending on the mode of text input you are using, some or all of the following options are available:

Send to number—Send the message to a phone number.

Send to e-mail—Send the message to an e-mail address.

Send to many—Send the message to several recipients.

Preview—View the MMS before sending it.

Insert image—Insert an image from the Gallery menu.

Insert sound clip—Insert a sound clip from the Gallery menu.

Clear text—Erase the text clipboard.

Save message—Select Archive to save the message in your archive; select Templates to save the message as one of your predefined templates.

More options—Choose Insert contact, Insert number, Message details, or Edit subject

Exit editor—Save the message to your archive automatically and leave the message editor.

Insert/Edit word—Enter or edit the text of a new word that might not appear in the predictive text dictionary.

Insert symbol—Insert a special character into your message.

Predictive text—Choose a predictive text language and turn predictive text on or off.

Matches—View matches found in the dictionary for the word you are trying to use.

When you read or reply to an MMS, the following options are available:

Delete message—Delete a saved message.

Reply—Reply to the message. Press Options > Send. The sender's phone number or e-mail is used as the default.

Forward to no.—Forward the message to another number.

Forward to e-mail—Forward the message to an e-mail address.

Edit—Edit the message. You can only edit messages that you have written.

Message details—View the message subject, size, and class.

Play—Listen to a sound clip in the message, if one is included.

Save tone—Save a ringing tone, if included, to the Gallery menu.

Zoom in—Enlarge the picture.

Save image—Save any picture that is attached to your picture gallery.

Settings

You will need to define the MMS settings. Other multimedia settings include saving your messages to the Sent items folder and receiving delivery reports.

- 1 At the start screen, select Menu > Messages > Multimedia msgs. > Multimedia msgs. and press Select.
- 2 Scroll to an option and press Select to activate the option or enter its submenu:

Save sent messages—Saves sent multimedia to the Sent items folder.

Delivery reports—Select Yes or No to be notified by the network if the message was sent successfully.

Allow multimedia reception—Select Yes, No, or In home network for your multimedia service. In home network means that you cannot receive multimedia messages outside the home network.

Incoming multimedia messages—Select Retrieve to receive multimedia messages or Reject to reject multimedia messages.

Allow advertisements—Allows you to enable or disable reception of automatic multimedia advertisements.

• VOICE MESSAGES

If you subscribe to voice mail, your wireless provider will furnish you with a voice mailbox number. You need to save this number to your phone to use voice mail. When you receive a voice message, your phone lets you know by beeping, displaying a message, or both. If you receive more than one message, your phone shows the number of messages received.

Save voice mailbox number

Your wireless provider may have already saved your voice mailbox number to your phone. If so, the number will appear in the display in step 2. Press OK to leave the number unchanged.

- 1 At the start screen, select Menu > Messages > Voice messages > Voice mailbox number and press Select.
After a brief pause, the Voice mailbox number screen appears in the display.
- 2 If the box is empty, enter the voice mailbox area code and number.
- 3 Press OK.

Call and setup your voice mail

- 1 Once you have saved the voice mailbox number, press and hold the 1 key.
- 2 When you connect to voice mail and the prerecorded greeting begins, follow the service's automated instructions to setup your voice mail.

Listen to your voice messages

Once you have setup voice mail, you can dial the number in one of four ways:

- Dial the number using the keypad.
- Press and hold the 1 key.
- Press Listen if there is a notification message in the display.
- At the start screen, select Menu > Messages > Voice messages > Listen to voice messages and press Select.

Once you connect and the prerecorded greeting begins, follow the automated instructions to listen to your voice messages.

Automate voice mail

You can insert special characters called “dialing codes” into phone numbers such as voice mail, and save the number to a 1-touch dialing location. Dialing codes instruct the receiving system to pause, wait, bypass, or accept the numbers that follow them in the dialing string.



Note: Voice mail services vary by service provider. The following instructions are examples of common operations. Please check with your service provider for specific instructions for using your voice mail service.

WRITE DOWN VOICE MAILBOX NUMBER AND PROCESS

- 1 Write down your voice mailbox number.
- 2 Call and check your voice mail as you normally would.
- 3 Write down your interaction with the recorded prompts step-by-step. Keep in mind that each voice mail service may vary. However, it should look something like this:

Dial 2145551212, pause 5 seconds, press 1, pause 2 seconds, press 1234, press pound key.



Important: Be precise; you will need this information in “Setup voice mail with dialing codes” on page 28.

INSERT DIALING CODES

Press the * key repeatedly to cycle through dialing codes. Once the desired code appears in the display, pause briefly and the code is inserted into the dialing string.

The following dialing codes are available:

Dialing code	Indicates...
*	Bypasses a set of instructions.
p	Pauses for 2.5 seconds before sending any numbers that follow.
w	Waits for you to press the Talk key before sending the numbers or codes that follow.

SETUP VOICE MAIL WITH DIALING CODES

- 1 At the start screen, press Contacts > 1-touch dialing, and press Select.
- 2 Scroll to an empty 1-touch dialing slot and press Assign.
- 3 Enter your voice mailbox number, including the area code.
- 4 Refer to dialing codes and enter any codes as necessary using the information that you wrote down from page 28.

For example, if you pause for 5 seconds after connecting to voice mail, enter p twice *after* the voice mailbox number, for example, 2145551212pp.

- 5 Enter any remaining pauses or other information that allows you to listen to your messages, and press OK.
- 6 Enter a name (such as Voice Mail) and press OK.

To dial and listen to your voice mail, just press and hold the assigned 1-touch dialing key at the start screen.

• PICTURE MESSAGES

Picture messaging is a Network Service. If your wireless service provider supports this feature, your phone comes with five preloaded pictures. You can, however, over-write any of the five pictures that come with your phone. Pictures can be attached to a message and sent using text messaging or e-mail to compatible phones or PCs. Picture messages behave the same as text messages, but pictures take up more space than text. Pictures are stored in the *Templates* folder at Menu > Messages > Text messages > Templates.

Copyright protections may prevent some images, ringing tones, and other content from being copied, modified, transferred, or forwarded.

Download pictures

Your phone can download pictures, or receive them from compatible phones using text messaging to use in messages. You can also create pictures and send them to your phone or other compatible phones.

Write and send

One picture message is generally equivalent in size to three text messages. When you insert a picture into a message, you'll have enough remaining space for about 121 characters in the message. If you try and insert a picture into a message that is almost full of text, a beep sounds and you are prompted to delete some text before proceeding.

- 1 At the start screen, select Menu > Messages > Text messages > Create message and press Select.
- 2 Write a message using the keypad (or enter nothing if you choose to just send a picture), and press Options.
- 3 Scroll to Use template and press Select.
- 4 Scroll down through the text templates to a picture and press View.
- 5 Press Insert to insert the picture into your message, otherwise:
 - Press Back, scroll to another picture, and press View again.
 - Press Insert to insert the picture into your message.
- 6 To send the picture message, press Options, scroll to Send, and press Select.
- 7 Scroll to Add number and press Select.
- 8 Enter the phone number for your recipient, or press Find to retrieve a number from the contacts list, and press OK.

Preview/Change/Delete

- 1 After a picture has been inserted into your message, press Options at the message edit screen.
- 2 Scroll to one of the following options and press Select.

Preview—Previews the inserted message before sending. Press Back to return to the list of options.

Change picture—Takes you back to the picture list. Scroll to highlight a new picture, press View, then Insert to replace the previous picture in your message.

Delete picture—Press OK to delete the picture from your message, or press Back to return to the list of options.

For more options while creating a picture message, see “Options” on page 22.

View a picture message

When you receive a picture message, your phone beeps and Message received appears in the display as well the message icon ().

- 1 Press Show to view the picture message, or press Exit to move it to your inbox.
- 2 If you have more than one picture message, scroll to the message of your choice and press Select to view the message.
When you have unopened picture messages in your inbox,  is shown in the upper left corner of the start screen as a reminder.
- 3 Scroll to view the whole picture if necessary.
- 4 Once you are finished, press Back to move the picture message to the Inbox, or press Options for other choices, such as Reply or Forward.

If you would like to save the picture to your *Templates* folder for later use, press Options > Save picture and press Select. You can enter a title for the picture and press OK.



Note: If your templates folder is full of pictures, scroll to the picture you would like to replace and press Select.

For more options while viewing a picture message, see MMS “Options” on page 25.

• MINIBROWSER MESSAGES

Minibrowser messaging is a Network Service. See “Network services” on page 3 for more information.

If your wireless service provider supports this feature, you can check for e-mail messages using the minibrowser. At the start screen, select Menu > Messages > Minibrowser messages > Connect.

See “Minibrowser (Menu 11)” on page 61 for more information on using the Minibrowser in your phone to access web pages.

• E-MAIL MESSAGES

E-mail messaging is a Network Service. See “Network services” on page 3 for more information.

If your wireless service provider supports this feature, you can send text or multimedia messages to a person's internet or corporate e-mail account or to phones in other networks.

Write and send

Use “Write and send” on page 21 to create a text message or “Write and send” on page 24 to create a multimedia message. Select List recipients > Add e-mail and enter the e-mail address, or press Find to recall an e-mail address from the contacts list.

Read and reply

Your service provider may be able to route e-mail messages to your phone, which appear as text messages when you receive them.

See “Read and reply” on page 21 for the text message instructions on how to read and reply to e-mail messages.

• MESSAGE FOLDERS

Save messages to folders

You can save drafts of messages or received messages to an existing folder or to a folder that you have created.

- 1 Open the received message or create a new message and press Options.
- 2 Scroll to Save or Save message > Sent items, Templates, Archive, or a folder you have created on your own and press Select.

Save the message to another folder

- 1 While viewing a message, press Options > Save or Save message and press Select.
- 2 Scroll to the destination folder and press Select.

View saved messages

- 1 At the start screen, select Menu > Messages > Text messages.
- 2 After a brief pause, scroll to the folder containing the message you wish to view and press Select.
- 3 Once the folder opens, scroll to the message you wish to view and press Select.

Inbox folder

Messages are automatically stored in the inbox after they have been read or if you press Back when Message received appears on the start screen.

Outbox folder

Messages that you have created but have not sent are automatically stored in the outbox.

Archive folder

Store messages that have been read in the Archive folder.

Templates folder

Pictures and prewritten templates are stored in the Templates folder. Preloaded templates can be edited and customized.

My folders

Keep your messages organized by creating custom folders and saving some of your messages there.

ADD A FOLDER

- 1 At the start screen, select Menu > Messages > Text messages > My folders > Options > Add folder and press Select.
- 2 Enter a name for the new folder and press OK.

RENAME A FOLDER

- 1 At the start screen, select Menu > Messages > Text messages > My folders and press Select.
- 2 Any folders that you have created appear in the display. Scroll to the folder you wish to rename and press Options.
- 3 Scroll to Rename folder and press Select.
- 4 Enter the new name for the folder and press OK to confirm or Back to exit.

DELETE A FOLDER

Only folders created in My folders can be deleted. The Inbox, Outbox, Archive, and Templates folders are protected. When you delete a folder, all messages in the folder are also deleted.

- 1 At the start screen, select Menu > Messages > Text messages > My folders and press Select.
- 2 Scroll to the folder you wish to remove and select Options > Delete folder and press Select.
- 3 Press OK to delete or Back to exit.

• DELETE MESSAGES

If your message memory is full and you have more messages waiting at the network,  blinks in on start screen. You can do the following:

- Read some of the unread messages and then delete them.
- Delete messages from some of your folders.

A single message

To delete a single message, you need to open it first.

- 1 At the start screen, select Menu > Messages > Text messages or Multimedia msgs. and press Select.
- 2 Scroll to the folder containing the message you wish to delete and press Select.
- 3 Scroll to the message you wish to delete and press Select.
- 4 Press Options > Delete and press Select.
- 5 Press OK to delete the message or Back to exit.

All messages in a folder

- 1 At the start screen, select Menu > Messages > Text messages or Multimedia msgs. > Delete messages and press Select.
- 2 Scroll to the folder containing the messages you wish to delete and press Select.

 **Important:** If you select All read, it deletes any messages which have been read in *all* of the folders.

- 3 Press OK to empty the folder.

7 Call log (Menu 2)



Call log stores information about the last 10 missed, 10 received, or 20 dialed calls. It also adds the total duration of all calls. When the number of calls exceed the maximum, the most recent call replaces the oldest.

Whether viewing missed, received, or dialed calls, the menu options are the same:

Call time—Display the date and time of the call.

Send message—Send a message to the number.

View number—Display the number.

Use number—Edit the number and associate a name with the number.

Save—Enter a name for the number and save it to your contacts list.

Add to contact—Add the number to an existing entry in your contacts list, if the number is not associated with a name.

Delete—Clear the number from memory.

Call—Call the number.

• VIEW MISSED CALLS



Note: The missed calls feature does not function when your phone is switched off.

Missed calls are calls that were never answered.

- 1 If # missed call appears in the display, press List.
 - 2 When the phone number appears in the display, press Options.
 - 3 Scroll to an option and press Select to activate the option.
- OR
- 1 At the start screen, select Menu > Call log > Missed calls and press Select.
 - 2 Scroll to a name or number and press Options.
 - 3 Scroll to an option and press Select to view or activate the option.

• VIEW RECEIVED CALLS

Received calls are calls that have been answered.

- 1 At the start screen, select Menu > Call log > Received calls and press Select.
- 2 Scroll to a name or number and press Options.
- 3 Scroll to an option and press Select to view or activate the option.

• DIALED NUMBERS

Dialed calls are previous numbers you have dialed from your phone:

- 1 At the start screen, press the Talk key.

OR

At the start screen, select Menu > Call log > Dialed numbers and press Select.

- 2 Scroll to a name or number and press Options.
- 3 Scroll to an option and press Select to view or activate the option.

Call times

You can make or receive up to five calls to or from the same number and view the time each call occurred. Your clock must be set for this feature to work accurately.

- 1 While viewing a missed or received call, press Options > Call time and press Select.
- 2 Press the Scroll down key to view the most recent call times from this number; press Back to return to the options list.

• DELETE CALL LOGS

You can delete any missed, dialed, or received calls from phone memory.

- 1 At the start screen, select Menu > Call log > Delete recent call lists and press Select.
- 2 Scroll to the call type you would like to clear (All, Missed, Received or Dialed) and press Select.

• DURATION OF CALLS



Note: The actual time invoiced for calls and services by your service provider may vary, depending on network features, rounding off for billing, taxes, and so forth.

LAST CALL

At the start screen, select Menu > Call log > Call timers > Duration of last call > Details for more information.

DIALED CALLS

At the start screen, select Menu > Call log > Call timers > Duration of dialed calls > Details for more information.

RECEIVED CALLS

At the start screen, select Menu > Call log > Call timers > Duration of received calls > Details for more information.

ALL CALLS

At the start screen, select Menu > Call log > Call timers > Duration of all calls.

LIFE TIMER

At the start screen, select Menu > Call log > Call timers > Life timer.



Note: Some timers, including the life timer, may be reset during service or software upgrades.

CLEAR TIMERS

At the start screen, select Menu > Call log > Call timers > Clear call timers > OK enter your lock code, and press OK.

• DURATION OF DATA/FAX CALLS

Data/fax calls are a Network Service. See “Network services” on page 3 for more information. If your wireless service provider supports this feature, you can view the size or duration of sent or received data and fax calls.



Note: The actual time invoiced for calls and services by your service provider may vary, depending on network features, rounding off for billing, taxes, and so forth.

- 1 At the start screen, select Menu > Call log > Data/fax calls and press Select.
- 2 Scroll to one of the following options:

Last sent data/fax—View the size (kB) of the last send data/fax call.

Last received data/fax—View the size (kB) of the last received data/fax call.

All sent data/fax—View the size (kB) of all sent data and fax calls.

All received data/fax—View the size (kB) of all received data and fax calls.

Duration of last data/fax call—View the duration time of the last data or fax call.

Duration of all data/fax calls—View the duration time of all calls.

Clear all data/fax logs—Press OK > Yes to clear all data/fax logs.

• DURATION OF MINIBROWSER

Minibrowser is a Network Service. See “Network services” on page 3 for more information. If your wireless service provider supports this feature, you can view the size or duration of sent or received data from the Minibrowser.



Note: The actual time invoiced for calls and services by your service provider may vary, depending on network features, rounding off for billing, taxes, and so forth.

- 1 At the start screen, select Menu > Call log > Minibrowser and press Select.
- 2 Scroll to one of the following options:

Last sent browser data—View the size (kB) of the last send browser data.

Last received browser data—View the size (kB) of the last received data.

All sent browser data—View the size (kB) of all sent browser data.

All received browser data—View the size (kB) of all received browser data.

Last browser session—View the duration time of the last browser session.

All browser sessions—View the duration time of all browser sessions.

Clear all browser logs—Press OK > Yes to clear all browser logs.

8 Profiles (Menu 3)



Profiles define how your phone reacts when you receive a call or message, how your keypad sounds when you press a key, and more. Ringing options, keypad tones, and other settings for each of the available profiles can be left at their default setting, or customized to suit your needs. The following profiles are available: Normal, Silent, Meeting, Outdoor, and Pager.

Profiles are also available for enhancements such as a headset and car kit. See “Enhancement settings” on page 45 for more information about enhancement profiles.

• ACTIVATE

- 1 At the start screen, select Menu > Profiles and press Select.
- 2 Scroll to the profile of your choice and press Select.
- 3 Scroll to Select and press Select.

• CUSTOMIZE A PROFILE

You can customize any of the profiles a variety of ways.

- 1 At the start screen, select Menu > Profiles and press Select.
- 2 Scroll to the profile you wish to customize and press Select.
- 3 Scroll to Customize and press Select.
- 4 Scroll to the option you want to customize (Ringing options, Ringing tone, Ringing volume, Vibrating alert, Message alert tone, Keypad tones, Warning tones, Alert for, or Profile name) and press Select.



Note: You cannot rename the Normal profile.

• SET A TIMED PROFILE

Timed profiles can be used to prevent missed calls. For example, suppose you attend an event that requires your phone be set to Silent before the event starts, but you forget to return it to Normal until long after the event. A timed profile can prevent missed calls by returning your phone to the default profile at a time you specify.



Note: Timed profiles can be set up to 24 hours in advance.

- 1 At the start screen, select Menu > Profiles and press Select.
- 2 Scroll to the profile you wish to activate and set for timed expiration and press Select.
- 3 Scroll to Timed and press Select.
- 4 Enter the time for the profile to expire and press OK.

9 Settings (Menu 4)



Use this menu to set or change the Right selection key (the Go to Menu) settings, time and date settings, call settings, phone settings, display settings, tone settings, enhancement settings, security settings, and to restore the factory settings.

• RIGHT SELECTION KEY SETTINGS

You can change the function of the Right selection key on your phone so that your most frequently used functions can be quickly accessed from the start screen.

Choose functions

- 1 At the start screen, select Menu > Settings > Right selection key settings > Selection options and press Select.
- 2 Use the Scroll up key and the Scroll down key to highlight the desired functions from the list of available functions.
- 3 Press Mark. Use Unmark to remove a function.



Note: Contacts cannot be unmarked from the list.

- 4 Press Done when you have added all desired functions.
- 5 Select Yes to save the changes.
At the start screen, Go to is now the option for the Right selection key on your phone.
- 6 Press Go to to display a list of the functions that you selected in step 3.

Organize functions

- 1 At the start screen, select Menu > Settings > Right selection key settings and press Select > Organize and press Select.
- 2 Use the Scroll up key or the Scroll down key to highlight the function you wish to rearrange and select Move.
- 3 Scroll to Move up, Move down, Move to top, or Move to bottom from the list of choices and press Select.
- 4 Press Done > Yes to save the changes.

• CALL SETTINGS

Set location info sharing

Location info sharing is a Network Service. See "Network services" on page 3 for more information.

If your wireless service provider supports this feature, then location info sharing allows the phone to share position information over the network. For calls to emergency numbers, this position information may be used by the emergency

operator to determine the position of the phone. The functionality of this feature is dependent on the network, satellite systems, and the agency receiving the information. It may not function in all areas or at all times.

At the start screen, select Menu > Settings > Call settings > Location info sharing > Emergency or On > OK > OK.

Emergency—This is the phone default profile. The phone's location information is shared only during an emergency call to the official emergency number programmed into your phone. The phone screen displays  in the upper left hand corner of the start screen.

On—The phone location information is shared with the network whenever the phone is powered on and activated. The screen displays  in the upper left hand corner of the start screen.



Note: Location information will always be shared with the network during emergency calls to the official emergency number programmed into the phone, regardless of which setting is selected. After placing an emergency call the phone remains in emergency mode for five minutes. During this time, the location information will be shared with the network. For more information, see “Emergency calls” on page 75.

Anykey answer

Anykey answer allows you to answer an incoming call by briefly pressing any key except the power key, Left selection key, Right selection key, or End key.

At the start screen, select Menu > Settings > Call settings > Anykey answer and press Select > On or Off and press Select.

Automatic redial

Occasionally, your network may experience heavy traffic, resulting in a “fast” busy signal when you dial. With automatic redial activated, your phone redials the number up to 10 times, and notifies you once the network is available.

At the start screen, select Menu > Settings > Call settings > Automatic redial > On or Off and press Select.

Activate 1-touch dialing

You can activate or deactivate 1-touch dialing. For more information, see “Set up 1-touch dialing” on page 17.

Automatic update of service

Your phone is capable of receiving updates to wireless services sent to your phone by your service provider.

At the start screen, select Menu > Settings > Call settings > Automatic update of service > On or Off and press Select.

Calling cards

If you use a calling card for long distance calls, you can save the calling card numbers in your phone. Your phone can store up to four calling cards.

SAVE INFORMATION

- 1 At the start screen, select Menu > Settings > Call settings > Calling card and press Select.
- 2 Enter your lock code and press OK.
- 3 Scroll to one of the four memory locations and press Options > Edit > OK > Dialing sequence and press Select.
- 4 Scroll to one of the following sequence types and press Select:
 Access number + phone number + card number—Dial 1-800 access number, phone number, then card number (+ PIN if required)
 Access number + card number + phone number—Dial 1-800 access number, card number (+ PIN if required), then phone number
 Prefix + phone number + card number—Dial the prefix (numbers that must precede the phone number) and phone number you want to dial, then card number (+ PIN if required)
- 5 Enter the required information (access number or prefix and card number) and press OK to confirm your entries.
- 6 Scroll to Card name and press Select.
- 7 Enter the card name and press OK.



Note: Contact your calling card company for more information.

MAKE CALLS

After you have saved your calling card information in your phone, you can make a call using your calling card.

- 1 At the start screen, select Menu > Settings > Call settings > Calling card and press Select.
- 2 Enter your lock code and press OK. (See “Change the lock code” on page 48.)
- 3 Scroll to the calling card of your choice, select Options > Select > OK.
- 4 Press the End key to return to the start screen; then enter the phone number, including any prefix (such as 0 or 1), that your calling card may require when you make a calling card call.
 See your calling card for instructions.
- 5 Press and hold the Talk key for a few seconds until Card call is displayed.
- 6 When you hear the tone or system message, press OK.

Receive data or fax calls

Data or fax calls is a Network Service. See “Network services” on page 3 for more information.

If your wireless service provider supports this feature, then you can set up the phone to send or receive data or fax calls when a terminal, such as a PDA or PC, is connected.

For better performance during data calls, place the phone on a stationary surface with the keypad facing downward. Do not move the phone by holding it in your hand during a data call.



Note: For more information on connectivity, refer to the PC/PDA Connectivity Guide. The PC/PDA Connectivity Guide can be downloaded from the Nokia website at <http://www.nokia.com/us>.

- 1 At the start screen, select Menu > Settings > Call settings > Data/fax calls > Incoming data/fax call > Normal, Data calls only, or Fax calls only and press Select:
Normal—The phone receives incoming calls as usual.
Data calls only—The phone receives only data calls.
Fax calls only—The phone receives only fax calls.
- 2 When you are finished receiving the fax or data call, repeat Steps 1 and 2 and select Normal.

DATA TRANSFER

You can view the transmission speed when sending or receiving data or fax calls.

At the start screen, select Menu > Settings > Call settings > Data/fax calls > Data rate display > Graphic or Off and press Select.

• PHONE SETTINGS

Set the display language

- 1 At the start screen, select Menu > Settings > Phone settings > Language and press Select.
- 2 Scroll to the language of your choice and press Select.

The language setting affects the time and date formats of the clock, alarm clock, and calendar.

Use automatic Keyguard

You can set the keypad of your phone to lock automatically after a preset time delay (from 10 seconds to 60 minutes).

- 1 At the start screen, select Menu > Settings > Phone settings > Automatic keyguard > On or Off and press Select.
- 2 If you selected On, Set delay appears in the display.
- 3 Enter the delay (in minutes and seconds) and press OK.



Important: When keyguard is on, it may be possible to dial the emergency number programmed into your phone. Key in the emergency number and press the Talk key. The number is displayed only after you have keyed in its last digit.

Touch tones

Touch tones, or DTMF tones, are the tones that sound when you press the keys on your phone's keypad. You can use touch tones for many automated dial-up services such as banking and airlines, or for entering your voice mailbox number and password.

Touch tones are sent during an active call. You can send them manually from your phone's keypad, or send them automatically by saving them in your phone.

SET TYPE

- 1 At the start screen, select Menu > Settings > Phone settings > Touch tones > **Manual touch tones** and press Select.
- 2 Select one of the following options and press Select:
 Continuous—the tone sounds for as long as you press and hold a key.
 Fixed—Used to send tones of the duration you specify in the Touch tone length option.
 Off—Used to turn off tones. No tones are sent when you press a key.

SET FIXED LENGTH

You can also specify touch tone length when using the Fixed option.

At the start screen, select Menu > Settings > Phone settings > Touch tones > Touch tone length > Short (0.1 seconds) or Long (0.5 seconds) and press Select.

Create a welcome note

You can write a welcome note which briefly appears on the display screen whenever you switch your phone on.



Note: Predictive text input is not available for entering Welcome note text.

- 1 At the start screen, select Menu > Settings > Phone settings > Welcome note and press Select.
- 2 Enter a note (up to 44 characters).
 Press the * key to display and select from available special characters.
- 3 When you are finished, press Options > Save, and press Select.
 Scroll to Delete and press Select if you want to delete the previous text and begin creating another welcome note.

Help text

Your phone displays brief descriptions for most menu items. When you arrive at a feature or menu, pause for about 10 seconds and wait for the help text to display. Use the scroll keys to page through the full help text, if necessary.

The default setting for Help text is on. However, you can turn help text on or off by doing the following from the start screen.

At the start screen, select Menu > Settings > Phone settings > Help text activation > On or Off and press Select.

Send and receive data using IR

You can set up your phone to send or receive data (such as business cards or calendar notes) through its IR port. To use an IR connection, transmission and reception must be to or from an IR-compatible phone or device.

Do not point the IR beam at anyone's eye or allow it to interfere with other IR devices. This device is a Class 1 laser product.

- 1 Ensure that the IR ports of the sending and receiving devices are pointing at each other and that there are no obstructions between the devices.

The preferable distance between the two devices in an IR connection is from 3 inches to 3 feet.

- 2 At the start screen, select Menu > Settings > Phone Settings > Infrared and press Select.
- 3 Activate IR on the other device as well.

If data transfer is not started within two minutes after the activation of the IR port, the connection is cancelled and must be restarted.

• TIME AND DATE SETTINGS

Time

SHOW/HIDE THE CLOCK

At the start screen, select Menu > Settings > Time settings > Clock > Show clock or Hide clock and press Select.

SET THE TIME

- 1 At the start screen, select Menu > Settings > Time settings > Clock > Set the time and press Select.

- 2 Enter the time (in *hh:mm* format) and press OK.
- 3 Scroll to am or pm and press Select.

CHANGE THE FORMAT

At the start screen, select Menu > Settings > Time settings > Clock > Time format > 24-hour or am/pm and press Select.

Date

SHOW/HIDE THE DATE

At the start screen, select Menu > Settings > Time settings > Date > Show date or Hide date and press Select.

SET THE DATE

- 1 At the start screen, select Menu > Settings > Time settings > Date > Set the date and press Select.
- 2 Enter the date and press OK.

CHANGE THE DATE FORMAT

- 1 At the start screen, select Menu > Settings > Time settings > Date and press Select.
- 2 Scroll to the Date separator and press Select.
- 3 Scroll to the separator of your choice and press Select.
- 4 Scroll to Date format and press Select.
- 5 Scroll to the format of your choice and press Select.

Set the auto-update of date and time

Auto-update is a Network Service. See “Network services” on page 3 for more information.

If your wireless service provider supports this feature, then you can allow the digital network to set the clock, which is useful when you are out of your home area, for instance when you have traveled to another network or time zone.

At the start screen, select Menu > Settings > Time settings > Auto update of date & time > On, Confirm first, or Off and press Select.

If you use the Auto update of date & time option while outside your digital network, you may be prompted to enter the time manually. Network time will replace the time and date when you re-enter your digital network.

If your battery has been removed or has drained outside the digital network, you may be prompted to enter the time manually (once the battery is replaced/recharged, and you are still outside of the digital network).

• DISPLAY SETTINGS

Choose a wallpaper

You can set your phone to display a background picture (wallpaper) on the start screen.

- 1 At the start screen, select Menu > Settings > Display settings > Wallpaper > Select wallpaper and press Select.
- 2 Browse the gallery, highlight a folder, and press Open.
- 3 Browse the folder.
- 4 When you arrive at the image of your choice, select Options > Set as wallpaper and press Select.
- 5 If Replace current wallpaper? appears in the display, press OK.

To activate/deactivate wallpaper, at the start screen, select Menu > Settings > Display settings > Wallpaper > On or Off and press Select.

Choose a color scheme

You can change the color of some display components in your phone, such as indicators and signal bars.

- 1 At the start screen, select Menu > Settings > Display settings > Color schemes and press Select.
- 2 Scroll to the color scheme of your choice and press Select.

Choose a banner

Banner is a Network Service. See “Network services” on page 3 for more information.

If your wireless service provider supports this feature, then you can choose whether the display shows the operator logo when the phone is in the idle state.

At the start screen, select Menu > Settings > Display settings > Banner > Default or Customize and press Select.

Set the display brightness

You can change the brightness of your phone display.

- 1 At the start screen, select Menu > Settings > Display settings > Display brightness and press Select.
- 2 Use the Left and Right Scroll keys to adjust the contrast level to your preference.
- 3 Press OK to accept your settings.

Set a time for the screen saver

The screen saver is activated when no function of the phone is used after a preset period of time. Press any key to deactivate the screen saver. You can set your phone to display a screen saver after a preset time or after a custom time (up to 60 minutes) of your choosing.

- 1 At the start screen, select Menu > Settings > Display settings > Screen saver timeout and press Select > 2 minutes or 5 minutes and press Select.
- 2 If you want to set a custom time (up to 60 minutes), select Other, enter the custom time, and press OK.

• TONE SETTINGS

From this menu, you can adjust the ringing volume, keypad tones, and other tone settings for the currently active profile. See “Customize a profile” on page 36 for more information on Profile settings.

• ENHANCEMENT SETTINGS

The Enhancement settings menu is shown only if the phone is or has been connected to a compatible enhancement.

At the start screen, select Menu > Settings > Enhancement settings > Headset, Handsfree, TTY/TDD, or Music stand and press Select.

Handsfree

Scroll to the option of your choice and press Select to enter the option's submenu and modify its settings.

Default profile—Choose the profile you wish to be automatically activated when your phone is connected to a car kit.

Automatic answer—Calls are answered automatically after one ring when a car kit is connected. Scroll to On or Off and press Select.

Lights—Choose to keep the phone lights always on, or to shut off automatically after several seconds. Scroll to On or Automatic and press Select.

Headset

Scroll to the option of your choice and press Select to enter the option's submenu and modify its settings.

Default profile—Choose the profile you wish to be automatically activated when a headset is connected

Automatic answer—Calls are answered automatically after one ring when a headset is connected. Scroll to On or Off and press Select.

Loopset

In addition to the Nokia phone, you will need the following for TTY/TDD communication:

- A TTY/TDD device that is “cellular ready” or “cellular compatible.”
- A cable for connecting the TTY/TDD to your Nokia 6225 phone, usually supplied by the manufacturer of the TTY/TDD device.

SET UP THE TTY/TDD PROFILE

You can connect your phone directly to the TTY/TDD device. In order for your phone to recognize the TTY/TDD, you will need to set up the TTY/TDD profile.



Important: Some manufacturers of TTY/TDD devices suggest that the phone be least 18 inches from the TTY/TDD device. When connecting to any other device, read its user guide or contact its manufacturer for detailed instructions and safety information.

- 1 Connect one end of the cable to the TTY/TDD device.
- 2 Insert the other end of the cable into the 2.5-mm headset jack on the side of your phone.
- 3 At the start screen, select Menu > Settings > Enhancement settings > TTY/TDD > Use TTY > Yes and press Select.

TTY/TDD CALLS

- Check with the manufacturer of the TTY/TDD device for a connecting cable that is compatible with the Nokia 6225 phone.
- TTY/TDD communications depend on network availability. Check with your service provider for availability and description of services.

MAKE A CALL

- 1 At the start screen, enter the number and press the Talk key.
- 2 When the receiving party answers, begin typing your conversation on the TTY/TDD.
- 3 Press the End key to end the call.

RECEIVE A CALL

- 1 Make sure the TTY/TDD device is connected to your phone.
- 2 Press the Talk key to answer the call, and type your responses on the TTY/TDD.
- 3 Press the End key to end the call.

Music stand

Scroll to the option of your choice and press Select to enter the option's submenu and modify its settings.

Default profile—Choose the profile you wish to be automatically activated when your phone is connected to the music stand.

Automatic answer—Calls are answered automatically after one ring when the phone is connected. Scroll to On or Off and press Select.

Lights—Choose to keep the phone lights always on, or to shut off automatically after several seconds. Scroll to On or Automatic and press Select.

• SECURITY SETTINGS

Activate or deactivate phone lock

The phone lock feature protects your phone from unauthorized outgoing calls or unauthorized access to information stored in the phone. When phone lock is activated, Phone locked is displayed each time you turn your phone on or off.

When the phone is locked, calls still may be possible to the official emergency number programmed into your phone.

- 1 At the start screen, select Menu > Settings > Security settings > Access codes > Phone lock and press Select.
- 2 Enter the lock code and press OK.
See “Change the lock code” on page 48 for more information on the lock code.
- 3 Scroll to one of the following options and press Select:

On power-up turns the phone lock feature on immediately after the phone is powered up.

On immediately turns on the phone lock feature.

Off immediately turns off the phone lock feature.

If you selected On power-up or On, you must enter your lock code before the phone will function normally. Once the lock code has been accepted, your phone functions normally.



Important: Call not allowed is displayed if you attempt to place a call while phone is locked.

To answer a call with phone lock on, press Answer or the Talk key.

Allow numbers when phone locked

When phone lock is on, the only outgoing calls that can be made are to the following numbers:

- The emergency number programmed into your phone (for example, 911 or other official emergency number).
 - The number stored in the Allowed number when phone locked location.
- 1 At the start screen, select Menu > Settings > Security settings > Access codes > Allowed no. when phone locked and press Select.
 - 2 Enter the lock code and press OK. (See “Change the lock code” on page 48.
 - 3 Enter the phone number or press Find and recall the number from the phone book, and press OK.

CALL THE ALLOWED PHONE NUMBER

- 1 At the start screen, press the Up or Down Scroll key.
- 2 Press the Talk key to place the call.

Change the lock code

The default lock code is 1234 or the last four digits of your phone number. If you enter an incorrect lock code five times in a row, your phone will prompt you for the security code.

- 1 At the start screen, select Menu > Settings > Security settings > Access codes > Change lock code and press Select.
- 2 Enter the current (or default) lock code and press OK.
- 3 Enter the new lock code and press OK.
- 4 Reenter the new lock code for verification and press OK.



Note: When you change your lock code, make sure you store it in a safe place, away from your phone. Avoid entering access codes similar to emergency numbers to prevent accidental emergency calls.

Restrict calls

Call restriction is a Network Service. See “Network services” on page 3 for more information.

If your wireless service providers supports this feature, then you can restrict the calls your phone can make and receive. When calls are restricted, calls still may be possible to the official emergency number programmed into your phone.



Note: Contact your service provider for the restriction password.

- 1 At the start screen, select Menu > Settings > Security settings > Call restrictions and press Select.
- 2 Enter the security code and press OK.
- 3 Scroll through the types of calls you can restrict, and press Select:
Restrict outgoing calls—Calls cannot be made.
Restrict incoming calls—Calls cannot be received.
- 4 Scroll to an option (Select, Add restriction, Edit, or Delete) and press Select.

Security code



Note: Avoid using codes similar to emergency numbers such as 911 to prevent accidental dialing of the emergency number.

The security code controls access to features such as the security level and is supplied with the phone. The preset code is 12345. Once you change the security code, keep the new code secret and in a safe place separate from your phone.



Note: If you enter the wrong security code five times in succession, you will not be able to enter a code for five minutes, even if you power off the phone between incorrect entries.

- 1 At the start screen, select Menu > Settings > Security settings > Access codes > Change security code and press Select.
- 2 Enter the current security code (default is 12345) and press OK.
- 3 Enter the new security code (up to 10 characters) and press OK.
- 4 Enter the new security code again and press OK.

Voice privacy

Voice privacy is a Network Service. See “Network services” on page 3 for more information. If your wireless service provider supports this feature, the voice privacy feature protects the privacy of your current phone conversation from other callers placing phone calls on your same network.

At the start screen, select Menu > Settings > Security settings > Voice privacy > On or Off and press Select.

• NETWORK SERVICES

The following features are Network Services. See “Network services” on page 3 for more information.

Store a feature code

- 1 At the start screen, select Menu > Settings > Network services > Network feature setting and press Select.
- 2 Enter the feature code from your service provider (for example, *900 for activating Forward if busy) and press OK.
- 3 Press Select when Call forwarding is displayed.
- 4 Scroll to the type of forwarding that matches the feature code you entered (for example, Forward if busy), press Select, then press Activate.

The activated feature code is now stored in your phone, and you are returned to the Feature code field. Continue entering other feature codes (for example, *900 to cancel Forward if busy), or press the End key to return to the start screen.



Note: Once you enter a network feature code successfully the feature becomes visible in the Network services menu.

Call forwarding

Call forwarding tells your network to redirect incoming calls to another number. Call forwarding is a Network Service and may not work the same in all networks, so contact your wireless provider for availability.

ACTIVATE



Note: This is a Network Service. All options listed may not appear in the display. Contact your wireless provider for more information.

- 1 At the start screen, select Menu > Settings > Network services > Call forwarding and press Select.
- 2 Select one of the following options:
Forward all voice calls—Forward all calls to the number you specify.
Forward if busy—Forward incoming calls when you are in a call.
Forward if not answered—Forward incoming calls to another number if you are unable to answer. You can set a delay before forwarding takes place.
Forward if out of reach—Forward incoming calls when your phone is off.
Cancel all call forwarding—Cancel any call forwarding options you have set.
- 3 Scroll to Activate and press Select.
- 4 Scroll to the destination to which your calls will be forwarded (such as To other no.) and press Select.
- 5 Enter the number to which your calls, data, or other information will be forwarded and press OK.

CANCEL

At the start screen, select Menu > Settings > Network services > Call forwarding > Cancel all call forwarding and press Select.



Note: Cancel all call forwarding may affect your ability to receive voice mail messages. Contact your wireless provider for specific details.

Call waiting

If your wireless provider supports this feature, call waiting notifies you of an incoming call even while you are in a call. You can then accept, reject, or ignore the incoming call.

- 1 During a call, press Answer or the Talk key to answer the waiting call.
The first call is put on hold.
- 2 Press the End key to end the active call.

Send own caller ID when calling

If your wireless service provider supports this feature, then you can prevent your number from appearing on the receiving party's caller ID.

At the start screen, select Menu > Settings > Network services > Send my caller identity > Yes or No and press Select.

View your own phone number

At the start screen, select Menu > Settings > Network services > Own number selection and press Select.

- **RESTORE FACTORY SETTINGS**

You can reset some of the menu settings to their original values. Data that you have entered or downloaded is not deleted, for example, entries in your contacts list are not affected.

- 1 At the start screen, select Menu > Settings > Restore factory settings and press Select.
- 2 Enter the security code (the default security code is 12345) and press OK.

10 Network (Menu 5)



The menu options you see in your phone are based on your service provider's network. The network determines which options actually appear in the phone's menu. Check with your service provider for more information.

The **Network** menu allows you to customize the way your phone chooses a network in which to operate while you are within or outside of your primary or home system. Your phone is set to search for the most cost-effective network. If your phone can't find a preferred network, it selects a network automatically based on the option you choose in the Network menu.

• ROAMING OPTIONS

You can set your phone to “roam” or search for another network when you are not in your home area.

- 1 At the start screen, select Menu > Network > Roaming options and press Select.
- 2 Scroll to one of the following options and press Select:
Home Only—You can make and receive calls in your home area only. While roaming, No Service appears and you cannot make or receive calls.
Automatic—Your phone automatically selects the best available network.
- 3 Press OK, if necessary, to confirm the activation.

• MODE

You can choose whether your phone uses digital or analog service.

- 1 At the start screen, select Menu > Network > Mode and press Select.
- 2 Scroll to one of the service options and press Select:
Digital preferred—The phone works in digital mode, but will also work in analog mode when digital mode is unavailable.
Digital only—The phone only works in digital mode.
Analog only—The phone only works in analog mode.

11 Radio (Menu 6)

The FM radio uses the wire of the HDS-3 Stereo headset as an antenna. A compatible headset needs to be attached to the device for the FM radio to function properly.



Note: Listen to music at a moderate level. Continuous exposure to high volume may damage your hearing.

• TURN ON AND OFF

- 1 To turn on the radio, at the start screen, select Menu > Radio and press Select.
- 2 To turn off the radio, press and hold the End key.

• OPTIONS



Note: When you place or receive a call, the radio automatically mutes. Once the call is ended, the radio switches back on.

- 1 With the radio on, press Options to choose from the following options:
 Turn off—Turn off the radio.
 Save channel—Save the current station to one of 20 locations.
 Automatic tuning—Briefly press either scroll key to start the channel search up or down. Press OK when a channel is found.
 Manual tuning—Scroll to search frequencies in increments of 0.1 MHz.
 Set frequency—Manually enter the frequency of a known radio station.
 Delete channel—Delete a saved channel.
 Loudspeaker—Listen to the radio through the speakerphone.
 Mono output/Stereo output—Listen to the radio in monaural mode (default) or in stereo. Stereo output is available through an optional stereo enhancement.
- 2 Scroll to an option, and press Select to activate the option or enter its submenu.

• SAVE A CHANNEL

You can save a preset station to any one of 20 locations in memory, and scroll to tune to that station with the radio on.

- 1 With the radio on, scroll to start the channel search.
 Searching stops when a channel is found.
- 2 To save the channel, select Options > Save channel and press Select.
- 3 Enter a name for the channel and press OK.
- 4 Scroll to an (empty) location to save the channel and press Select.

12 Camera (Menu 7)

With the phone's built-in camera, you can take a photo and save the photo to the Gallery menu or attach the photo to an entry in your contacts list. The camera lens is on the back of the phone, and the display of the phone works as a viewfinder. The camera produces JPEG images.

• TAKE A PHOTO

- 1 At the start screen, select Menu > Camera > Standard photo or Portrait photo and press Select.
Standard photo—Take a normal-sized photo.
Portrait photo—Take a smaller-sized photo to attach to an entry in your contacts list.
- 2 Press Capture to take the photo.
When taking a photo, a shutter sound is heard. The phone saves the photo in the Photos folder of the Gallery menu. The saved photo is shown on the display.
- 3 Select Back to take another photo, or press Options and choose from one of the following:
Zoom—Get a closer look at the captured photo; use the four-way scroll key to navigate around the photo.
Delete—Erase the captured photo from the Photos folder in the Gallery menu.
Rename—Enter or edit the name of the captured photo and press OK.
Open gallery—Open the Photos folder in the Gallery menu.
Change mode—Change from Standard photo to Portrait photo or vice versa.
Set contrast—Use the Right or Left scroll keys to adjust the contrast of the captured photo.
Set as wallpaper—Set the captured photo as your phone's wallpaper.
Details—View the Name, Size, Date, Time, Resolution, Format, or Copyright of the photo.

• SELF-TIMER

You can set the timer on the camera to delay for approximately 10 seconds before capturing the photo.

- 1 At the start screen, select Menu > Camera > Self-timer > Standard photo or Portrait photo and press Select.
- 2 Press Start.
A beep sounds while the self-timer is running, and beeps faster when the camera is about to capture the photo. After the timeout, the camera takes the photo and saves the photo in the Photos folder of the Gallery menu.

- **SETTINGS**

- 1 At the start screen, select Menu > Camera > Settings and press Select.
- 2 Scroll to one of the following options and press Select:
 - Default mode—Scroll to Standard photo or Portrait photo as the default and press Select.
 - Image quality—Scroll to High, Normal, or Basic and press Select.
 - Camera sounds—Scroll to On or **Off** and press Select.
 - Default title—Select Automatic to use a predefined title or My title to key in or edit a new title.

13 Gallery (Menu 8)



You can save pictures and ringing tones to folders in the gallery, or create folders of your own and save them there. You can download images and tones using MMS, web sites, or Nokia PC Suite.

• OPEN THE GALLERY

At the start screen, select Menu > Gallery and press Select. The following submenus are displayed:

View folders—Explore the folders in the gallery menu. See “View folders” in the following section for more info.

Add folder—Add a folder of your own.

Delete folder—Delete a folder you have created.

Rename folder—Rename a folder you have created.

Gallery downloads—Use the image, graphic, and tone downloads in your phone.



Note: If your wireless service provider supports the Gallery downloads feature, then the phone tries to connect to the mobile internet using your web browser and the currently active set of gallery downloads. If the connection fails, you may need to activate another set or change the current settings. See “Minibrowser (Menu 11)” on page 61 for more information.

• VIEW FOLDERS

- 1 At the start screen, select Menu > Gallery > View folders > Photos, Graphics, or Tones and press Open.
- 2 Scroll through the list of images or tones, press Options > Select to activate the option (Open, Send, Delete, Move, Rename, Set as wallpaper/ring tone, Details or Sort) or to enter its submenu.

14 Games (Menu 9)

Challenge yourself or a friend to one of the fun games in your phone.



Note: Some menus listed are Network Services. Contact your wireless provider for more information.

• PLAY A GAME

- 1 At the start screen, select Menu > Games > Select game and press Select.
- 2 Scroll to a game and press the Talk key.
- 3 Scroll to one of the following options (if supported by the particular game) and press Select:

New game—Launches a new game.

High score—View the high scores for this game (if previously played).

Instructions—View instructions for playing the game. Use the Scroll down key to read more.

• GAME SETTINGS

- 1 At the start screen, select Menu > Games and press Select.
- 2 Scroll to one of the following game submenus:
Select game—Select a game or enter a game's option list. See "Game options" below for more information.
Memory—Check the available memory for games and game-related applications.
Settings—Turn game sounds, lights, and shakes on or off.
- 3 Press Select to enter the submenu and choose other settings.

• GAME OPTIONS

- 1 While viewing the games list, press Options.
- 2 Scroll to an option (Open, Delete, Web access, Update version, Web page, Connect via or Details) and press Select to activate the option or enter a submenu.

15 Voice (Menu 10)



• VOICE DIALING

You can dial up to 10 stored numbers using voice dialing.

Before using voice tags, note that:

- Voice tags are not language dependent. They are dependent on the speaker's voice.
- You must say the name exactly as you said it when you recorded it.
- Voice tags are sensitive to background noise. Record voice tags and use them in a quiet environment.
- Very short names are not accepted. Use long names and avoid similar names for different numbers.



Note: Using voice tags may be difficult in a noisy environment or during an emergency, so you should not rely solely upon voice dialing in all circumstances.

Assign a voice tag to an entry

Before you can use voice dialing, you must first assign a voice tag to the number.

- 1 At the start screen, use the Scroll down key to enter the contacts list.
- 2 Highlight the contact you want to assign a voice tag, press Details > Options > Add voice tag > Start.
- 3 Speak clearly into the microphone.



Note: Do not press Quit unless you want to cancel the recording.

The phone automatically stops recording and saves and replays the voice tag. The  icon appears next to commands which have voice tags assigned.

If recording is not successful, your phone displays Voice system error. Press Options > Add voice tag, and repeat Steps 2 and 3.

Dial a number

- 1 Press and hold Contacts (or Go to).
- 2 When you hear several beeps and Please speak now appears, release the key.
- 3 Pronounce the voice tag clearly into the microphone.

When the phone finds the voice tag, Found appears, and the phone automatically dials the number. If the phone does not locate a number or recognize the voice tag, No match found appears.

Voice tags

After you have associated a voice tag to a contact, you can choose one of the following options:

PLAY BACK

- 1 Press Menu > Voice > Voice tags and press Select.
- 2 Press Select, then scroll to the name with the voice tag you want to hear.
- 3 Press Options > Playback and press Select.

CHANGE

- 1 Press Menu > Voice > Voice tags and press Select.
- 2 Press Select, then scroll to the name with the voice tag you want to change.
- 3 Press Options > Change and press Select.
- 4 Press Start. The phone repeats your voice tag, and Voice tag saved appears.

DELETE

- 1 Press Menu > Voice > Voice tags and press Select.
- 2 Press Select, then scroll to the name with the voice tag you want to erase.
- 3 Press Options > Delete and press Select. Delete voice tag? appears.
- 4 Press OK to erase the voice tag.

• VOICE COMMANDS

You can set as many as five voice commands, which allow handsfree operation of certain phone features.

Add a voice tag

Before using voice commands, you must first add a voice tag to the phone function.

- 1 At the start screen, select Menu > Voice > Voice commands and press Select.
- 2 Scroll to the phone function you wish to tag (Profiles, Voice mailbox, Radio, Infrared, Voice recorder or Call log) and press Select.
- 3 If necessary, scroll to an option associated with that function and press Select.
- 4 Press Options > Add command and press Select.
- 5 Press Start, and speak the voice tag clearly into the microphone.



Note: Do not press Quit unless you want to cancel the recording.

The phone replays and then saves the recorded tag. The  icon appears next to commands which have voice tags assigned.

Activate a voice command

After you have associated a voice tag with a phone function, you can issue a command by speaking the voice tag.

- 1 Press and hold Contacts (or Go to).
- 2 When Please speak now appears, pronounce the voice tag clearly into the microphone.

When the phone finds the voice tag, Found appears, and the phone plays the recognized voice tag through the earpiece. The function you requested is activated.

Options

After you have associated a voice tag to a command, you can choose one of the following options:

- Select Playback to listen to the voice command tag.
- Select Change to change the voice command.
- Select Delete to erase the voice command tag.

• VOICE RECORDER

This feature allows you to record pieces of speech or sound with your phone and listen to them later. The total available time is 180 seconds if no memos have been stored. The maximum length of a recording depends on how much memory remains available.

Record speech or sound

- 1 At the start screen, select Menu > Voice > Voice recorder > Record and press Select.
- 2 After the *recorder start tone* is heard, begin recording speech or sound.
- 3 When you are finished recording, press Stop.
- 4 Enter the title you wish to assign to the recording and press OK.

Options

After you have saved the recording to the Recordings list, highlight the recording and choose one of the following options:

- Select Playback to listen to the recording using the earpiece.
- Select Delete to erase the recording.
- Select Edit title to rename the recording.
- Select Add alarm to add an alarm to the recording.

16 Minibrowser (Menu 11)



Minibrowser is a Network Service. See “Network services” on page 3 for more information.

Your phone has a built-in browser you can use to connect to selected services on the mobile internet. If your wireless service provider supports this feature, then you can view weather reports, check news or flight times, view financial information, and much more. The web browser on your phone can display WAP-based content.

Your device may have some bookmarks loaded for sites not affiliated with Nokia. Nokia does not warrant or endorse these sites. If you choose to access them, you should take the same precautions, for security and content, as you would with any internet site.

• MOBILE INTERNET ACCESS

Because mobile internet content is designed to be viewed from your phone, your wireless provider is now your “mobile internet service provider” as well.

It is likely that your wireless provider has created a home page and set up your browser to go to this page when you log on to the mobile internet. Once at your service provider's home page, you may find links to a number of other sites.

It should not be necessary to manually configure the browser on your phone. Normally this is done by your wireless provider once you have subscribed to the feature. Contact your wireless provider if you have problems using the browser.

• SIGN ON TO THE MOBILE INTERNET

At the start screen, select Menu > Minibrowser > Connect.

After a brief pause, your phone attempts to connect to your wireless provider's home page. If you see Check service settings, your phone may not be set up for browsing. Contact your wireless provider to make sure that your phone is configured properly.

• NAVIGATE THE MOBILE INTERNET

Since your phone screen is much smaller than a computer screen, mobile internet content is displayed differently than you may be accustomed to seeing. This section contains guidelines for using phone keys to navigate a WAP site.

Phone keys

- To browse the WAP site, press the Scroll up key or the Scroll down key.
- To select a highlighted item, press Select.
- To enter letters and numbers, press a key from 0–9.
- To enter special characters, press the * key.

Receive a call while online

Depending on your wireless service provider, you may still be able to receive a voice call while using the WAP browser.

- To answer the incoming call, press the Talk key.
- To reject the incoming call, press the End key.

After you end your voice call, the mobile internet connection automatically resumes.



Note: If your wireless service provider does not support incoming calls while browsing, then the incoming calls are automatically diverted to voice mail.

Make an emergency call while online

You can end your data connection and then make an emergency call.

- 1 To close your mobile internet connection, simply press the End key.
- 2 Press the End key as many times as needed to clear the display and ready the phone for calls.
- 3 Enter the emergency number for your present location (for example, 911). Emergency numbers vary by location.
- 4 Press the Talk key.

Disconnect

To close your mobile internet connection, press and hold the End key.

17 Organizer (Menu 12)

Your phone contains features to help organize your everyday life, including an alarm clock, calendar, to-do list, calculator, countdown timer, and calorie calculator.



• THE ALARM CLOCK

Set an alarm

The alarm clock is based on the phone clock. It sounds an alert any time you specify and even works if the phone is turned off.

IF AN ALARM HAS NOT BEEN SET

- 1 At the start screen, select Menu > Organizer > Alarm clock > Alarm time and press Select.
- 2 Enter the time for the alarm in *hh:mm* format and press OK.
- 3 Scroll to am or pm and press Select.

Alarm on appears briefly in the display and  appears on the start screen.

IF AN ALARM HAS PREVIOUSLY BEEN SET

- 1 At the start screen, select Menu > Organizer > Alarm clock > Alarm time > On and press Select.
- 2 Enter the time for the alarm in *hh:mm* format and press OK.
- 3 Scroll to am or pm and press Select.

Alarm on appears briefly in the display and  appears on the start screen.

Alarm conditions

When the alarm sounds, your phone beeps, vibrates, and the display lights up.

With the phone on, press OK to shut the alarm off, or press Snooze. The alarm stops for 10 minutes and Snoozing appears in the display.



Note: If you do not press a key, the alarms stops (snoozes) for 5 minutes, and then sounds again.

If the alarm time is reached while the phone is switched off, the phone switches itself on and starts sounding the alarm tone. If you press Stop, the device asks whether you want to activate the phone for calls. Press No to switch off the device or Yes to make and receive calls. Do not press Yes when wireless phone use may cause interference or danger.

Turn an alarm off

At the start screen, select Menu > Organizer > Alarm clock > Alarm time > Off and press Select.

• THE CALENDAR

The calendar keeps track of reminders, calls you need to make, meetings, and birthdays. It can even sound an alarm for any of these events.

Monthly view provides an overview of the selected month and weeks. It also allows you to jump to a specific date. Any days or dates that appear in bold font contain calendar notes such as a meeting or reminder.

Open

At the start screen, select Menu > Organizer > Calendar and press Select.



Note: To open the calendar quickly, press the Scroll right key from the start screen.

You can move the cursor in some calendar views by using the four-way scroll keys.

Go to a date

- 1 At the start screen, select Menu > Organizer > Calendar > Options > Go to date and press Select.
- 2 Enter the date (for example, 09/15/2003) and press OK.

Note a specific date

You can choose from five types of notes: Meeting, Call, Birthday, Memo, and Reminder. Your phone asks for further information depending on which note you choose. You also have the option to set an alarm for any note that you select.

- 1 Go to the date for which you want to set a reminder. (See “Go to a date” in the previous section if you need more information.)
- 2 From the monthly view (with the go to date highlighted), select Options > Make a note and press Select.
- 3 Scroll to one of the following note types and press Select:
 - Meeting—You are prompted to enter a subject, location, and a start/end time. You are then given the option to set an alarm.
 - Call—You are prompted to enter a phone number, a name, and the time. You are then given the option to set an alarm.
 - Birthday—You are prompted to enter the person's name, and year of birth. You are then given the option to set an alarm.
 - Memo—You are prompted to enter a subject and an end date. You are then given the option to set an alarm.
 - Reminder—You are prompted to enter the subject you wish to be reminded about, you are then given the option to set an alarm.
- 4 Enter your note, select Options > Save and press Select.

View notes (day view)

After you have created some calendar notes, you can view them as follows:

- 1 At the start screen, select Menu > Organizer > Calendar and press Select.
- 2 Scroll to the date containing the note.
Any days containing notes will be in bold font.
- 3 Press Options > View day and press Select.
- 4 To view a highlighted note, press Options > View and press Select.

Options while viewing a list of notes

- 1 Press Options while viewing a day's notes to display the following options:



Note: The options listed below are available either while viewing the body of a note or viewing the header of a note.

View—View the full note.

Make a note—Create a new note for the selected date.

Delete—Delete the note.

Edit—Edit the note.

Move—Move the note to another date on your calendar.

Repeat—Enable the note to recur on a regular basis (daily, weekly, bi-weekly, monthly, and yearly).

Go to date—Jump to another date on your calendar.

Send note—send the note to another device via Infrared, text message, or in vCal format.

Copy—Copy the note. You can then paste the note to another date.

Settings—Set the date and time, date and time format, the day each week starts and whether you want your notes to auto-delete after a specified time.

Go to to-do list—Takes you to the to-do list for the selected date.

- 2 Scroll to an option and press Select to activate it or enter its submenu.

Send a note



Note: If sending a note using IR, ensure the other device is set to receive data using IR. For more information on enabling the IR of the receiving device, refer to the user guide for the receiving device.

- 1 At the start screen, select Menu > Organizer > Calendar and press Select.
- 2 Scroll to the date containing the note you wish to send.
Any days containing notes will be in bold font.
- 3 Press Options > View day and press Select.
- 4 Scroll to the note you wish to send, and select Options > Send note > Via infrared, Via calendar, or Via text message and press Select.
- 5 If you selected Via infrared, activate the infrared port of the other device, align the infrared ports of both devices, and press Select.
- 6 If you selected Via calendar, enter the number for the recipient, or press Find to retrieve a number from the contacts list, and press OK. The note is sent.

- 7 If you selected Via text message, the note appears in the display.
- 8 Scroll to Add number and press Select.
- 9 Enter the number for the recipient, or press Find to retrieve a number from the contacts list, and press OK.
- 10 Press Options > Send and press Select.

RECEIVE NOTES

When you receive a Calendar note, your phone displays Calendar note received. You can then save the note in your Calendar and set an alarm for any date and time.

VIEW NOTES

- 1 When your phone displays Calendar note received, press Show.
- 2 Scroll to view the entire message, if necessary.

SAVE NOTES

After viewing the calendar note, select Options > Save and press Select.

DISCARD NOTES

After viewing the calendar note, select Options > Discard and press Select.

• THE TO-DO LIST

You can keep track of your tasks with the to-do list feature. You may be able to save up to 30 notes, depending on their length. To-do notes are not related to specific dates.

Add a to-do note

- 1 At the start screen, select Menu > Organizer > To-do list > Options. If this is your first time to use the to-do list, Add is highlighted.
- 2 Press Select, enter your to-do note, and press Options > Save > High, Medium, or Low (priority) and press Select.

Options while viewing to-do notes

Press Options while viewing the header of a note or the body of a note and press Select to activate an option or enter its submenu.

• THE CALCULATOR

The calculator in your phone adds, subtracts, multiplies, divides, calculates the square and the square root and converts currency values.



Note: This calculator has a limited accuracy and is designed for simple calculations.

- 1 At the start screen, select Menu > Organizer > Calculator and press Select.
- 2 Enter the first number in the calculation.
Press the # key for a decimal point if necessary.
Press the * key to cycle through the add (+), subtract (-), multiply (*), and

divide (/) characters. Pause briefly to select the displayed character.

To perform a square or square root calculation, press Options > Square or Square root and press Select.

- 3 Enter the second number in your calculation.
- 4 Press Options (equals is highlighted) and press Select.

Currency converter

You can convert foreign currency to domestic, or vice versa.

- 1 At the start screen, enter a currency amount to convert.
- 2 Press Options > To home or To foreign and press Select.
To home—converts foreign currency to domestic currency.
To foreign—converts domestic currency to foreign currency.
If you have not done so already, you are prompted to enter the exchange rate.
- 3 Enter the exchange rate (press the # key to insert a decimal) and press OK.

You can also edit the exchange rate at any time.



Note: When you change base currency, you must key in the new rates because all previously set exchange rates are set to zero.

- 1 At the start screen, select Menu > Organizer > Calculator > Options > Exchange rate > Foreign units in home units or Home units in foreign units and press Select.
Foreign units in home units—The number of home units it takes to make one unit of foreign currency.
Home units in foreign units—The number of foreign units it takes to make one unit of your home currency.
- 2 Enter the exchange rate and press OK.

• THE COUNTDOWN TIMER

You can enter a specified time (up to 99 hours and 59 minutes). When the time runs out, your phone sounds an alarm.



Note: The countdown timer only works when the phone is on. Once you turn off your phone, the timer is no longer active.

Set the countdown timer

- 1 At the start screen, select Menu > Organizer > Countdown timer and press Select.
- 2 Enter the time (in hh:mm format) and press OK.
- 3 Enter a note for the timer and press OK.

The  icon appears on the start screen when the countdown timer is set.

When the time runs out, your phone sounds an alarm, displays the timer note, and flashes its lights.

- Press any key during the alarm to stop the timer.
- After 30 seconds the timer alert expires automatically.

Change the time

After you have set the timer, you can change the time.

- 1 At the start screen, select **Menu > Organizer > Countdown timer > Change time** and press **Select**.
- 2 Enter the new time and press **OK**.
- 3 Leave the note as it was, or enter a new note and press **OK**.

Stop the timer before the alarm sounds

After you have set the timer, you can stop the timer.

At the start screen, select **Menu > Organizer > Countdown timer > Stop timer** and press **Select**.

• THE STOPWATCH

Your phone has a stopwatch that can be used to track time. The stopwatch displays time in hours, minutes, seconds and fractions of a second in *hh:mm:ss:s* format.

Using the stopwatch or allowing it to run in the background when using other features increases the demand on battery power and reduces the battery life.

Measure time

- 1 At the start screen, select **Menu > Organizer > Stopwatch > Split timing** and press **Select**.
- 2 Press **Start** to begin split timing.
The running time is displayed on the screen.
- 3 Press **Stop** to end the timing.
The total time is displayed on the screen.

Measure split time

You can use the split time function for such things as a long distance race when you need to pace yourself.

- 1 At the start screen, select **Menu > Organizer > Stopwatch > Split timing > Start**.
- 2 Press **Split** to note the lapsed time.
The timer continues to run. The split time appears below the running time. If you split the time more than once, the new measured time appears at the beginning of the list. You can scroll to see previous measured times.
- 3 Press **Stop** to end the split timing.

Measure lap time

You can use the lap time function when you want to track how long it takes to complete each cycle or lap.

- 1 At the start screen, select **Menu > Organizer > Stopwatch > Lap timing > Start**.
- 2 Press **Lap** to note the lap time.
The clock stops, then starts immediately from zero. The lap time appears below the running time. If you take more than one lap time, the new measured time appears at the beginning of the list. You can scroll to see previous measured times. When you press **Stop**, the total time appears at the top.

SAVE THE LAP TIME

- 1 While the clock is running, press **Stop > Options > Save** and press **Select**.
- 2 Enter a name for the measurement and press **OK**.
If you do not enter a name, the total time is used as the default title for the lap time.

Options

You can choose the following options when using the stopwatch:

Continue—Shows up when the stopwatch is working in the background.

Show last time—Allows you to view the last measured time.

View times—Allows you to browse the saved times.

Delete times—Allows you to delete any saved times. You can delete the saved times one by one or all at once.

Operation note

If you press the **End** key and return to the start screen, the clock continues to run in the background and the  icon appears in the upper left corner of the screen.

To return to the stopwatch screens:

- 1 At the start screen, select **Menu > Organizer > Stopwatch > Continue** and press **Select**.
- 2 To stop the clock, press **Stop**.

• THE CALORIE CALCULATOR

The calorie calculator estimates the amount of energy used in various physical activities. The energy used depends on age, weight, and gender. You can save up to 10 activities in your phone.

The calorie calculator provides general measurements for personal use that may vary from scientific measurements.

Save personal data

- 1 At the start screen, select Menu > Organizer > Calorie calculator > Settings and press Select.
- 2 Enter Weight, Age, Gender, and if desired, change the Weight format.
- 3 Press OK or Select after each entry to save the data.

Select an activity

- 1 At the start screen, select Menu > Organizer > Calorie calculator > Activities > Add new, or press Options > Add new.
- 2 Scroll to an activity and press Select.
- 3 If prompted, scroll to an intensity level and press Select.
- 4 Enter the duration of the activity (in *hh:mm* format) and press OK.
- 5 Press OK to save the activity.

Edit and delete activities

- 1 To edit activities, press Options while in the Activities menu.
- 2 You can now add a new activity, edit an existing one, count the total calorie amount, or delete an activity.
- 3 To delete all activities at once, select Menu > Organizer > Calorie calculator > Delete all > OK.

18 Applications (Menu 13)



Applications is a Network Service. See “Network services” on page 3 for more information.

If your wireless service provider supports this feature, you will find useful Java utilities pre-installed on your phone. Also, you can manage and download new Java applications that may be offered by your wireless provider.

• LAUNCH

- 1 At the start screen, select Menu > Applications > Select application and press Select.
- 2 Scroll to an application and press Options, highlight Open, then press Select or the Talk key.



Note: An application may require a few seconds to load. When you open an application, wait for the launch screen to disappear. At that point, the application is ready.

• DOWNLOAD

You can download new Java applications in different ways.



Note: Only install applications from sources that offer adequate protection against harmful software



Note: When you download a game or an application, it may be saved in the Games menu instead of the Applications menu.

Browser downloads

- 1 At the start screen, select Menu > Applications > Browser downloads and press Select.
- 2 Scroll to More bookmarks (if necessary) and press Select to access the list of web browser bookmarks.
- 3 Scroll to the appropriate bookmark that contains the application you wish to download, and press Select to connect to the web page.

If the connection fails, you may enter the Applications menu and activate another set of service settings.

PC Suite

Use the Java Application installer from PC Suite to download the applications in your phone.

• MEMORY STATUS

You can view the size of memory available for game and application installations. At the start screen, select Menu > Applications > Memory and press Select.

19 Enhancements

Check the model number of any charger before use with this device. This device is intended for use when supplied with power from ACP-12.



Warning: Use only batteries, chargers and enhancements approved by Nokia for use with this particular model. The use of any other types may invalidate any approval or warranty, and may be dangerous. For availability of approved enhancements, please check with your dealer.

Your device and its enhancements may contain small parts. Keep them out of reach of small children.

A few practical rules about accessories and enhancements:

- Keep all accessories and enhancements out of the reach of small children.
- When you disconnect the power cord of any accessory or enhancement, grasp and pull the plug, not the cord.
- Check regularly that enhancements installed in a vehicle are mounted and are operating properly.
- Installation of any complex car enhancements must be made by qualified personnel only.

POWER

- Standard 780-mAh Li-Ion Battery (BLD-3)
- Standard Travel Charger (ACP-7)
- Multivoltage Performance Travel Charger (ACP-8)
- Rapid Travel Charger (ACP-12)
- Battery Charging Stand (DDC-1)

AUDIO

- Music Stand (DT-1)
- Headset (HS-5)
- Boom Headset (HDB-4)
- Stereo Headset (HDS-3)
- Loopset (LPS-4)

CAMERAS

- Camera Headset (HS-1C)
- Fun Camera Headset (PT-3)

DATA

- Data Cable (DKU-5)
- Desk Stand with Sync (DCV-14)

CAR

- Complete Car kit (Cark-143)
- Mobile Lighter Charger (LCH-12)
- Headrest Handsfree (BHF-1)

COVERS AND CARRYING

- Xpress-on Color Covers
- Carry Cases

20 Reference information

This section provides information about your phone's batteries, enhancements, chargers, safety guidelines and technical information. Be aware that the information in this section is subject to change as batteries, chargers, and enhancements change.

• BATTERIES AND CHARGERS

Your device is powered by a rechargeable battery. The full performance of a new battery is achieved only after two or three complete charge and discharge cycles. The battery can be charged and discharged hundreds of times but it will eventually wear out. When the talk and standby times are noticeably shorter than normal, buy a new battery. Use only Nokia approved batteries, and recharge your battery only with Nokia approved chargers designated for this device.

Unplug the charger from the electrical plug and the device when not in use. Do not leave the battery connected to a charger after the battery has finished charging. Overcharging may shorten its lifetime. If left unused, a fully charged battery will lose its charge over time. Temperature extremes can affect the ability of your battery to charge.

Use the battery only for its intended purpose. Never use any charger or battery that is damaged.

Do not short-circuit the battery. Accidental short-circuiting can occur when a metallic object such as a coin, clip, or pen causes direct connection of the positive (+) and negative (-) terminals of the battery. (These look like metal strips on the battery.) This might happen, for example, when you carry a spare battery in your pocket or purse. Short-circuiting the terminals may damage the battery or the connecting object.

Leaving the battery in hot or cold places, such as in a closed car in summer or winter conditions, will reduce the capacity and lifetime of the battery. Always try to keep the battery between 59°F and 77°F (15°C and 25°C). A device with a hot or cold battery may not work temporarily, even when the battery is fully charged. Battery performance is particularly limited in temperatures well below freezing.

Do not dispose of batteries in a fire! Dispose of batteries according to local regulations. Please recycle when possible. Do not dispose as household waste.

• ADDITIONAL SAFETY INFORMATION

Operating environment

Remember to follow any special regulations in force in any area and always switch off your device when its use is prohibited or when it may cause interference or danger. Use the device only in its normal operating positions.

To maintain compliance with radio frequency exposure guidelines only use enhancements approved by Nokia for use with this device. When the device is on and being worn on the body, always use an approved carrying case.

Medical devices

Operation of any radio transmitting equipment, including wireless phones, may interfere with the functionality of inadequately protected medical devices. Consult a physician or the manufacturer of the medical device to determine if they are adequately shielded from external RF energy or if you have any questions. Switch off your phone in health care facilities when any regulations posted in these areas instruct you to do so. Hospitals or health care facilities may be using equipment that could be sensitive to external RF energy.

PACEMAKERS

Pacemaker manufacturers recommend that a minimum separation of 6 in (15.3 cm) be maintained between a wireless phone and a pacemaker to avoid potential interference with the pacemaker. These recommendations are consistent with the independent research by and recommendations of Wireless Technology Research. To minimize the potential for interference, persons with pacemakers should

- Always keep the device more than 6 inches (15.3 cm) from their pacemaker when the device is switched on
- Not carry the device in a breast pocket
- Hold the device to the ear opposite the pacemaker

If you have any reason to suspect that interference is taking place, switch off your device immediately.

HEARING AIDS

Some digital wireless devices may interfere with some hearing aids. If interference occurs, consult your service provider.

Vehicles

RF signals may affect improperly installed or inadequately shielded electronic systems in motor vehicles such as electronic fuel injection systems, electronic antiskid (antilock) braking systems, electronic speed control systems, air bag systems. For more information, check with the manufacturer or its representative of your vehicle or any equipment that has been added.

Only qualified personnel should service the device, or install the device in a vehicle. Faulty installation or service may be dangerous and may invalidate any warranty that may apply to the device. Check regularly that all wireless device equipment in your vehicle is mounted and operating properly. Do not store or carry flammable liquids, gases, or explosive materials in the same compartment as the device, its parts, or enhancements. For vehicles equipped with an air bag, remember that an

air bags inflate with great force. Do not place objects, including installed or portable wireless equipment in the area over the air bag or in the air bag deployment area. If in-vehicle wireless equipment is improperly installed and the air bag inflates, serious injury could result.

Potentially explosive environments

Switch off your device when in any area with a potentially explosive atmosphere and obey all signs and instructions. Potentially explosive atmospheres include areas where you would normally be advised to turn off your vehicle engine. Sparks in such areas could cause an explosion or fire resulting in bodily injury or even death. Switch off the device at refuelling points such as near gas pumps at service stations. Observe restrictions on the use of radio equipment in fuel depots, storage, and distribution areas, chemical plants or where blasting operations are in progress. Areas with a potentially explosive atmosphere are often but not always clearly marked. They include below deck on boats, chemical transfer or storage facilities, vehicles using liquefied petroleum gas (such as propane or butane), and areas where the air contains chemicals or particles such as grain, dust or metal powders.

FCC regulations prohibit using your wireless device while in the air. The use of wireless telephones in an aircraft may be dangerous to the operation of the aircraft, disrupt the wireless telephone network, and may be illegal.

Failure to observe these instructions may lead to suspension or denial of telephone services to the offender, legal action, or both.

Emergency calls



Important: Wireless phones, including this phone, operate using radio signals, wireless networks, landline networks, and user-programmed functions. Because of this, connections in all conditions cannot be guaranteed. You should never rely solely on any wireless phone for essential communications like medical emergencies.

To make an emergency call:

- 1 If the phone is not on, switch it on. Check for adequate signal strength.
- 2 Press the End key as many times as needed to clear the display and ready the phone for calls.
- 3 Key in the official emergency number for your present location. Emergency numbers vary by location.
- 4 Press the Send key.

If certain features are in use, you may first need to turn those features off before you can make an emergency call. Consult this guide or your service provider. When making an emergency call, give all the necessary information as accurately as possible. Your wireless phone may be the only means of communication at the scene of an accident. Do not end the call until given permission to do so.

• CARE AND MAINTENANCE

Your device is a product of superior design and craftsmanship and should be treated with care. The suggestions below will help you protect your warranty coverage and enjoy your device for many years.

- Keep the device dry.
- Do not use or store the device in dusty, dirty areas. Its moving parts and electronic components can be damaged.
- Do not store the device in hot areas. High temperatures can shorten the life of electronic devices, damage batteries, and warp or melt certain plastics.
- Do not store the device in cold areas. When the device returns to its normal temperature, moisture can form inside the device and damage electronic circuit boards.
- Do not attempt to open the device other than as instructed in this guide.
- Do not drop, knock, or shake the device. Rough handling can break internal circuit boards and fine mechanics.
- Do not use harsh chemicals, cleaning solvents, or strong detergents to clean the device.
- Do not paint the device. Paint can clog the moving parts and prevent proper operation.
- Use only the supplied or an approved replacement antenna. Unauthorized antennas, modifications, or attachments could damage the device and may violate regulations governing radio devices.

All of the above suggestions apply equally to your device, battery, charger, or any enhancement. If any device is not working properly, take it to the nearest authorized service facility for service.

• CERTIFICATION INFORMATION (SAR)

THIS MODEL PHONE MEETS THE GOVERNMENT'S REQUIREMENTS FOR EXPOSURE TO RADIO WAVES.

Your wireless phone is a radio transmitter and receiver. It is designed and manufactured not to exceed the emission limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission of the U.S. Government. These limits are part of comprehensive guidelines and establish permitted levels of RF energy for the general population. The guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons, regardless of age and health.

The exposure standard for wireless mobile phones employs a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit set by the FCC is 1.6W/kg.* Tests for SAR are conducted using standard operating positions accepted by the FCC with the phone transmitting at its highest certified power level in all tested frequency bands. Although the SAR is determined at the highest certified power level, the actual SAR level of the phone while operating can be well below the maximum value. This is because the phone is designed to operate at multiple power levels so as to use only the power required to reach the network. In general, the closer you are to a wireless base station antenna, the lower the power output.

Before a phone model is available for sale to the public, it must be tested and certified to the FCC that it does not exceed the limit established by the government-adopted requirement for safe exposure. The tests are performed in positions and locations (for example, at the ear and worn on the body) as required by the FCC for each model. The highest SAR value for this model phone as reported to the FCC when tested for use at the ear is 1.12 W/kg, and when worn on the body, as described in this user guide, is 0.97 W/kg. (Body-worn measurements differ among phone models, depending upon available enhancements and FCC requirements).

While there may be differences between the SAR levels of various phones and at various positions, they all meet the government requirement.

The FCC has granted an Equipment Authorization for this model phone with all reported SAR levels evaluated as in compliance with the FCC RF exposure guidelines. SAR information on this model phone is on file with the FCC and can be found under the Display Grant section of <http://www.fcc.gov/oet/fccid> after searching on FCC ID QMNRH-27.

For body worn operation, this phone has been tested and meets the FCC RF exposure guidelines for use with a carry case, belt clip, or holder that contains no metal and that positions the handset a minimum of 7/8-inch (2.2 cm) from the body. Use of other carry cases, belt clips, or holders may not ensure compliance with FCC RF exposure guidelines. If you do not use a body-worn enhancement and are not holding the phone at the ear, position the handset a minimum of 7/8-inch (2.2 cm) from your body when the phone is switched on.

*In the United States and Canada, the SAR limit for mobile phones used by the public is 1.6 watts/kilogram (W/kg) averaged over one gram of tissue. The standard incorporates a substantial margin of safety to give additional protection for the public and to account for any variations in measurements. SAR values may vary depending on national reporting requirements and the network band. For SAR information in other regions please look under product information at www.nokia.com/us.

• TECHNICAL INFORMATION

Feature	Specification	Feature	Specification
Dimensions	Width 1.81 in (46 mm) Length 4.21 in (107 mm) Depth 0.83 in (21 mm)	Frequency range (Tx)	AMPS: 824.04–848.97 PCS: 1851.25–1908.75 MHz Cellular: 824.70–848.37 MHz
Weight	3.46 oz (98.13 g) with BLD-3 Li-Ion Battery	Frequency range (Rx)	AMPS: 869.04–893.97 PCS: 1931.25–1988.75 MHz Cellular: 869.70–893.37 MHz
Wireless networks	CDMA 800 and 1900 AMPS 800	GPS frequency	1575.42 MHz
Volume	4.75 cu in (78 cu cm)		

• BATTERY INFORMATION

This section provides information about battery charging times with the Travel Charger (ACP-12), the Rapid Travel Charger (ACP-8), the Standard Travel Charger (ACP-7), talk-times, and standby times. Be aware that the information in this section is subject to change. For more information, contact your service provider.

Charging times

The following charging times are approximate:

Charger options	ACP-12	ACP-8	ACP-7
BLD-3 780 mAh Li-Ion battery	Up to 1.5 hours	Up to 2 hours	Up to 3 hours

Talk and standby times

Operation times are estimates only and depend on signal strength, phone use, network conditions, features used, battery age and condition (including charging habits), temperatures to which the battery is exposed, and many other factors.

Function	Digital	Analog
Talk time	Up to 2.4 hours	Up to 50 minutes
Talk time with loudspeaker	Up to 2.3 hours	Up to 47 minutes
Standby time	Up to 10 days	Up to 20 hours
Standby time with radio and headset	Up to 22 hours	Up to 11 hours
Standby time with radio and loudspeaker	Up to 12 hours	Up to 8 hours

• NOKIA ONE-YEAR LIMITED WARRANTY

Nokia Inc. ("Nokia") warrants that this cellular phone ("Product") is free from defects in material and workmanship that result in Product failure during normal usage, according to the following terms and conditions:

- 1 The limited warranty for the Product extends for ONE (1) year beginning on the date of the purchase of the Product. This one year period is extended by each whole day that the Product is out of your possession for repair under this warranty.
- 2 The limited warranty extends only to the original purchaser ("Consumer") of the Product and is not assignable or transferable to any subsequent purchaser/end-user.
- 3 The limited warranty extends only to Consumers who purchase the Product in the United States of America.
- 4 During the limited warranty period, Nokia will repair, or replace, at Nokia's sole option, any defective parts, or any parts that will not properly operate for their intended use with new or refurbished replacement items if such repair or replacement is needed because of product malfunction or failure during normal usage. No charge will be made to the Consumer for any such parts. Nokia will also pay for the labor charges incurred by Nokia in repairing or replacing the defective parts. The limited warranty does not cover defects in appearance, cosmetic, decorative or structural items, including framing, and any non-operative parts. Nokia's limit of liability under the limited warranty shall be the actual cash value of the Product at the time the Consumer returns the Product for repair, determined by the price paid by the Consumer for the Product less a reasonable amount for usage. Nokia shall not be liable for any other losses or damages. These remedies are the Consumer's exclusive remedies for breach of warranty.
- 5 Upon request from Nokia, the Consumer must prove the date of the original purchase of the Product by a dated bill of sale or dated itemized receipt.
- 6 The Consumer shall bear the cost of shipping the Product to Nokia in Melbourne, Florida. Nokia shall bear the cost of shipping the Product back to the Consumer after the completion of service under this limited warranty.
- 7 The Consumer shall have no coverage or benefits under this limited warranty if any of the following conditions are applicable:
 - a) The Product has been subjected to abnormal use, abnormal conditions, improper storage, exposure to moisture or dampness, unauthorized modifications, unauthorized connections, unauthorized repair, misuse, neglect, abuse, accident, alteration, improper installation, or other acts which are not the fault of Nokia, including damage caused by shipping.
 - b) The Product has been damaged from external causes such as collision

with an object, or from fire, flooding, sand, dirt, windstorm, lightning, earthquake or damage from exposure to weather conditions, an Act of God, or battery leakage, theft, blown fuse, or improper use of any electrical source, damage caused by computer or internet viruses, bugs, worms, Trojan Horses, cancelbots or damage caused by the connection to other products not recommended for interconnection by Nokia.

- c) Nokia was not advised in writing by the Consumer of the alleged defect or malfunction of the Product within fourteen (14) days after the expiration of the applicable limited warranty period.
 - d) The Product serial number plate or the accessory data code has been removed, defaced or altered.
 - e) The defect or damage was caused by the defective function of the cellular system or by inadequate signal reception by the external antenna, or viruses or other software problems introduced into the Product.
- 8) Nokia does not warrant uninterrupted or error-free operation of the Product. If a problem develops during the limited warranty period, the Consumer shall take the following step-by-step procedure:
- a) The Consumer shall return the Product to the place of purchase for repair or replacement processing.
 - b) If "a" is not convenient because of distance (more than 50 miles) or for other good cause, the Consumer shall ship the Product prepaid and insured to:
Nokia Inc., Attn: Repair Department
795 West Nasa Blvd.
Melbourne, FL 32901
 - c) The Consumer shall include a return address, daytime phone number and/or fax number, complete description of the problem, proof of purchase and service agreement (if applicable). Expenses related to removing the Product from an installation are not covered under this limited warranty.
 - d) The Consumer will be billed for any parts or labor charges not covered by this limited warranty. The Consumer will be responsible for any expenses related to reinstallation of the Product.
 - e) Nokia will repair the Product under the limited warranty within 30 days after receipt of the Product. If Nokia cannot perform repairs covered under this limited warranty within 30 days, or after a reasonable number of attempts to repair the same defect, Nokia at its option, will provide a replacement Product or refund the purchase price of the Product less a reasonable amount for usage. In some states the Consumer may have the right to a loaner if the repair of the Product takes more than ten (10) days. Please contact the Customer Service Center at Nokia at the telephone

number listed at the end of this warranty if you need a loaner and the repair of the Product has taken or is estimated to take more than ten (10) days.

- f) If the Product is returned during the limited warranty period, but the problem with the Product is not covered under the terms and conditions of this limited warranty, the Consumer will be notified and given an estimate of the charges the Consumer must pay to have the Product repaired, with all shipping charges billed to the Consumer. If the estimate is refused, the Product will be returned freight collect. If the Product is returned after the expiration of the limited warranty period, Nokia's normal service policies shall apply and the Consumer will be responsible for all shipping charges.
- 9 You (the Consumer) understand that the product may consist of refurbished equipment that contains used components, some of which have been reprocessed. The used components comply with Product performance and reliability specifications.
 - 10 ANY IMPLIED WARRANTY OF MERCHANTABILITY, OR FITNESS FOR A PARTICULAR PURPOSE OR USE, SHALL BE LIMITED TO THE DURATION OF THE FOREGOING LIMITED WRITTEN WARRANTY. OTHERWISE, THE FOREGOING LIMITED WARRANTY IS THE CONSUMER'S SOLE AND EXCLUSIVE REMEDY AND IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED. NOKIA SHALL NOT BE LIABLE FOR SPECIAL, INCIDENTAL, PUNITIVE OR CONSEQUENTIAL DAMAGES, INCLUDING BUT NOT LIMITED TO LOSS OF ANTICIPATED BENEFITS OR PROFITS, LOSS OF SAVINGS OR REVENUE, LOSS OF DATA, PUNITIVE DAMAGES, LOSS OF USE OF THE PRODUCT OR ANY ASSOCIATED EQUIPMENT, COST OF CAPITAL, COST OF ANY SUBSTITUTE EQUIPMENT OR FACILITIES, DOWNTIME, THE CLAIMS OF ANY THIRD PARTIES, INCLUDING CUSTOMERS, AND INJURY TO PROPERTY, RESULTING FROM THE PURCHASE OR USE OF THE PRODUCT OR ARISING FROM BREACH OF THE WARRANTY, BREACH OF CONTRACT, NEGLIGENCE, STRICT TORT, OR ANY OTHER LEGAL OR EQUITABLE THEORY, EVEN IF NOKIA KNEW OF THE LIKELIHOOD OF SUCH DAMAGES. NOKIA SHALL NOT BE LIABLE FOR DELAY IN RENDERING SERVICE UNDER THE LIMITED WARRANTY, OR LOSS OF USE DURING THE PERIOD THAT THE PRODUCT IS BEING REPAIRED.
 - 11 Some states do not allow limitation of how long an implied warranty lasts, so the one year warranty limitation may not apply to you (the Consumer). Some states do not allow the exclusion or limitation of incidental and consequential damages, so certain of the above limitations or exclusions may not apply to you (the Consumer). This limited warranty gives the Consumer specific legal rights and the Consumer may also have other rights which vary from state to state.
 - 12 Nokia neither assumes nor authorizes any authorized service center or any

- other person or entity to assume for it any other obligation or liability beyond that which is expressly provided for in this limited warranty including the provider or seller of any extended warranty or service agreement.
- 13 This is the entire warranty between Nokia and the Consumer, and supersedes all prior and contemporaneous agreements or understandings, oral or written, relating to the Product, and no representation, promise or condition not contained herein shall modify these terms.
 - 14 This limited warranty allocates the risk of failure of the Product between the Consumer and Nokia. The allocation is recognized by the Consumer and is reflected in the purchase price.
 - 15 Any action or lawsuit for breach of warranty must be commenced within eighteen (18) months following purchase of the Product.
 - 16 Questions concerning this limited warranty may be directed to:
Nokia Inc.
Attn: Customer Service
7725 Woodland Center Blvd., Ste. 150
Tampa, FL 33614
Telephone: 1-888-NOKIA-2U (1-888-665-4228)
Facsimile: (813) 287-6612
TTY/TDD Users Only: 1-800-24-NOKIA (1-800-246-6542)
 - 17 The limited warranty period for Nokia supplied attachments and accessories is specifically defined within their own warranty cards and packaging.

• PATENT INFORMATION

Manufactured or sold under one or more of the following US patents:

D405445	5491718	5758278	5887250	6025802	6088342	6377813	6486835
D406583	5596571	5790957	5887252	6029065	6148209	6414640	6496150
D414189	5642377	5793744	5889770	6047071	6154455	6434186	6570909
D405784	5699482	5796757	5929813	6055264	6167038	6459689	6580771
D423515	5701392	5802465	5990740	6072787	6205325	6463031	6587685
4969192	5708656	5821891	5991627	6076181	6253075	6466173	
5440597	5737323	5854978	6005889	6078570	6292474	6480700	
5444816	5754976	5859843	6009129	6084471	6332083	6480155	

Others

4558302	4901307	5056109	5101501	5109390	5265119	RE32580
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Appendix A

Message from the CTIA (Cellular Telecommunications & Internet Association) to all users of mobile phones.

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Washington, DC 20036. Phone: (202) 785-0081

Safety is the most important call you will ever make.

A Guide to Safe and Responsible Wireless Phone Use

Tens of millions of people in the U.S. today take advantage of the unique combination of convenience, safety and value delivered by the wireless telephone. Quite simply, the wireless phone gives people the powerful ability to communicate by voice--almost anywhere, anytime--with the boss, with a client, with the kids, with emergency personnel or even with the police. Each year, Americans make billions of calls from their wireless phones, and the numbers are rapidly growing.

But an important responsibility accompanies those benefits, one that every wireless phone user must uphold. When driving a car, driving is your first responsibility. A wireless phone can be an invaluable tool, but good judgment must be exercised at all times while driving a motor vehicle--whether on the phone or not.

The basic lessons are ones we all learned as teenagers. Driving requires alertness, caution and courtesy. It requires a heavy dose of basic common sense---keep your head up, keep your eyes on the road, check your mirrors frequently and watch out for other drivers. It requires obeying all traffic signs and signals and staying within the speed limit. It means using seatbelts and requiring other passengers to do the same.

But with wireless phone use, driving safely means a little more. This brochure is a call to wireless phone users everywhere to make safety their first priority when behind the wheel of a car. Wireless telecommunications is keeping us in touch, simplifying our lives, protecting us in emergencies and providing opportunities to help others in need.

When it comes to the use of wireless phones, *safety is your most important call.*

Wireless Phone "Safety Tips"

Below are safety tips to follow while driving and using a wireless phone which should be easy to remember.

- 1 Get to know your wireless phone and its features such as speed dial and redial. Carefully read your instruction manual and learn to take advantage of valuable features most phones offer, including automatic redial and memory. Also, work to memorize the phone keypad so you can use the speed dial function without taking your attention off the road.
- 2 When available, use a hands free device. A number of hands free wireless phone accessories are readily available today. Whether you choose an installed mounted device for your wireless phone or a speaker phone accessory, take advantage of these devices if available to you.
- 3 Position your wireless phone within easy reach. Make sure you place your wireless phone within easy reach and where you can grab it without removing your eyes from the road. If you get an incoming call at an inconvenient time, if possible, let your voice mail answer it for you.
- 4 Suspend conversations during hazardous driving conditions or situations. Let the person you are speaking with know you are driving; if necessary, suspend the call in heavy traffic or hazardous weather conditions. Rain, sleet, snow and ice can be hazardous, but so is heavy traffic. As a driver, your first responsibility is to pay attention to the road.

- 5 Do not take notes or look up phone numbers while driving. If you are reading an address book or business card, or writing a "to do" list while driving a car, you are not watching where you are going. It's common sense. Don't get caught in a dangerous situation because you are reading or writing and not paying attention to the road or nearby vehicles.
- 6 Dial sensibly and assess the traffic; if possible, place calls when you are not moving or before pulling into traffic. Try to plan your calls before you begin your trip or attempt to coincide your calls with times you may be stopped at a stop sign, red light or otherwise stationary. But if you need to dial while driving, follow this simple tip--dial only a few numbers, check the road and your mirrors, then continue.
- 7 Do not engage in stressful or emotional conversations that may be distracting. Stressful or emotional conversations and driving do not mix--they are distracting and even dangerous when you are behind the wheel of a car. Make people you are talking with aware you are driving and if necessary, suspend conversations which have the potential to divert your attention from the road.
- 8 Use your wireless phone to call for help. Your wireless phone is one of the greatest tools you can own to protect yourself and your family in dangerous situations--with your phone at your side, help is only three numbers away. Dial 9-1-1 or other local emergency number in the case of fire, traffic accident, road hazard or medical emergency. Remember, it is a free call on your wireless phone!
- 9 Use your wireless phone to help others in emergencies. Your wireless phone provides you a perfect opportunity to be a "Good Samaritan" in your community. If you see an auto accident, crime in progress or other serious emergency where lives are in danger, call 9-1-1 or other local emergency number, as you would want others to do for you.
- 10 Call roadside assistance or a special wireless non-emergency assistance number when necessary. Certain situations you encounter while driving may require attention, but are not urgent enough to merit a call for emergency services. But you still can use your wireless phone to lend a hand. If you see a broken-down vehicle posing no serious hazard, a broken traffic signal, a minor traffic accident where no one appears injured or a vehicle you know to be stolen, call roadside assistance or other special non-emergency wireless number.

Careless, distracted individuals and people driving irresponsibly represent a hazard to everyone on the road. Since 1984, the Cellular Telecommunications Industry Association and the wireless industry have conducted educational outreach to inform wireless phone users of their responsibilities as safe drivers and good citizens. As we approach a new century, more and more of us will take advantage of the benefits of wireless telephones. And, as we take to the roads, we all have a responsibility to drive safely.

The wireless industry reminds you to use your phone safely when driving.

For more information, please call 1-888-901-SAFE.

For updates: <http://www.wow-com.com/consumer/issues/driving/articles.cfm?ID=85>

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Phone: (202) 785-0081

Appendix B

Message from the FDA (U.S. Food and Drug Administration) to all users of mobile phones.

July 18, 2001 For updates: <http://www.fda.gov/cdrh/phones>

Consumer Update on Wireless Phones

U.S. Food and Drug Administration

1. Do wireless phones pose a health hazard?

The available scientific evidence does not show that any health problems are associated with using wireless phones. There is no proof, however, that wireless phones are absolutely safe. Wireless phones emit low levels of radiofrequency energy (RF) in the microwave range while being used. They also emit very low levels of RF when in the stand-by mode. Whereas high levels of RF can produce health effects (by heating tissue), exposure to low level RF that does not produce heating effects causes no known adverse health effects. Many studies of low level RF exposures have not found any biological effects. Some studies have suggested that some biological effects may occur, but such findings have not been confirmed by additional research. In some cases, other researchers have had difficulty in reproducing those studies, or in determining the reasons for inconsistent results.

2. What is FDA's role concerning the safety of wireless phones?

Under the law, FDA does not review the safety of radiation-emitting consumer products such as wireless phones before they can be sold, as it does with new drugs or medical devices. However, the agency has authority to take action if wireless phones are shown to emit radiofrequency energy (RF) at a level that is hazardous to the user. In such a case, FDA could require the manufacturers of wireless phones to notify users of the health hazard and to repair, replace or recall the phones so that the hazard no longer exists.

Although the existing scientific data do not justify FDA regulatory actions, FDA has urged the wireless phone industry to take a number of steps, including the following:

- Support needed research into possible biological effects of RF of the type emitted by wireless phones;
- Design wireless phones in a way that minimizes any RF exposure to the user that is not necessary for device function; and
- Cooperate in providing users of wireless phones with the best possible information on possible effects of wireless phone use on human health.

FDA belongs to an interagency working group of the federal agencies that have responsibility for different aspects of RF safety to ensure coordinated efforts at the federal level. The following agencies belong to this working group:

- National Institute for Occupational Safety and Health
- Environmental Protection Agency
- Federal Communications Commission
- Occupational Safety and Health Administration
- National Telecommunications and Information Administration

The National Institutes of Health participates in some interagency working group activities, as well.

FDA shares regulatory responsibilities for wireless phones with the Federal Communications Commission (FCC). All phones that are sold in the United States must comply with FCC safety guidelines that limit RF exposure. FCC relies on FDA and other health agencies for safety questions about wireless phones. FCC also regulates the base stations that the wireless phone networks rely upon. While these base stations operate at higher power than do the wireless phones themselves, the RF exposures that people get from these base stations are typically thousands of times lower than those they can get from wireless phones. Base stations are thus not the subject of the safety questions discussed in this document.

3. What kinds of phones are the subject of this update?

The term wireless phone refers here to hand-held wireless phones with built-in antennas, often called cell mobile or PCS phones. These types of wireless phones can expose the user to measurable radiofrequency energy (RF) because of the short distance between the phone and the user's head. These RF exposures are limited by Federal Communications Commission safety guidelines that were developed with the advice of FDA and other federal health and safety agencies. When the phone is located at greater distances from the user, the exposure to RF is drastically lower because a person's RF exposure decreases rapidly with increasing distance from the source. The so-called cordless phones, which have a base unit connected to the telephone wiring in a house, typically operate at far lower power levels, and thus produce RF exposures far below the FCC safety limits.

4. What are the results of the research done already?

The research done thus far has produced conflicting results, and many studies have suffered from flaws in their research methods. Animal experiments investigating the effects of radiofrequency energy (RF) exposures characteristic of wireless phones have yielded conflicting results that often cannot be repeated in other laboratories. A few animal studies, however, have suggested that low levels of RF could accelerate the development of cancer in laboratory animals. However, many of the studies that showed increased tumor development used animals that had been genetically engineered or treated with cancer-causing chemicals so as to be pre-disposed to develop cancer in the absence of RF exposure. Other studies exposed the animals to RF for up to 22 hours per day. These conditions are not similar to the conditions under which people use wireless phones, so we don't know with certainty what the results of such studies mean for human health.

Three large epidemiology studies have been published since December 2000. Between them, the studies investigated any possible association between the use of wireless phones and primary brain cancer, glioma, meningioma, or acoustic neuroma, tumors of the brain or salivary gland, leukemia, or other cancers. None of the studies demonstrated the existence of any harmful health effects from wireless phone RF exposures. However, none of the studies can answer questions about long-term exposures, since the average period of phone use in these studies was around three years.

5. What research is needed to decide whether RF exposure from wireless phones poses a health risk?

A combination of laboratory studies and epidemiological studies of people actually using wireless phones would provide some of the data that are needed. Lifetime animal exposure studies could be completed in a few years. However, very large numbers of animals would be needed to provide reliable proof of a cancer promoting effect if one exists. Epidemiological studies can provide data that is directly applicable to human populations, but 10 or more years follow-up may be needed to provide answers about some health effects, such as cancer. This is because the interval between the time of exposure to a cancer-causing agent and the time tumors develop - if they do - may be many, many years. The interpretation of epidemiological studies is hampered by difficulties in measuring actual RF exposure during day-to-day use of wireless phones. Many factors affect this measurement, such as the angle at which the phone is held, or which model of phone is used.

6. What is FDA doing to find out more about the possible health effects of wireless phone RF?

FDA is working with the U.S. National Toxicology Program and with groups of investigators around the world to ensure that high priority animal studies are conducted to address important questions about the effects of exposure to radiofrequency energy (RF).

FDA has been a leading participant in the World Health Organization International Electromagnetic Fields (EMF) Project since its inception in 1996. An influential result of this work has been the development of a detailed agenda of research needs that has driven the establishment of new research programs around the world. The Project has also helped develop a series of public information documents on EMF issues.

FDA and the Cellular Telecommunications & Internet Association (CTIA) have a formal Cooperative Research and Development Agreement (CRADA) to do research on wireless phone safety. FDA provides the scientific oversight, obtaining input from experts in government, industry, and academic organizations. CTIA-funded research is conducted through contracts to independent investigators. The initial research will include both laboratory studies and studies of wireless phone users. The CRADA will also include a broad assessment of additional research needs in the context of the latest research developments around the world.

7. How can I find out how much radiofrequency energy exposure I can get by using my wireless phone?

All phones sold in the United States must comply with Federal Communications Commission (FCC) guidelines that limit radiofrequency energy (RF) exposures. FCC established these guidelines in consultation with FDA and the other federal health and safety agencies. The FCC limit for RF exposure from wireless telephones is set at a Specific Absorption Rate (SAR) of 1.6 watts per kilogram (1.6 W/kg). The FCC limit is consistent with the safety standards developed by the Institute of Electrical and Electronic Engineering (IEEE) and the National Council on Radiation Protection and Measurement. The exposure limit takes into consideration the body's ability to remove heat from the tissues that absorb energy from the wireless phone and is set well below levels known to have effects.

Manufacturers of wireless phones must report the RF exposure level for each model of phone to the FCC. The FCC website (<http://www.fcc.gov/oet/rfsafety>) gives directions for locating the FCC identification number on your phone so you can find your phone's RF exposure level in the online listing.

8. What has FDA done to measure the radiofrequency energy coming from wireless phones?

The Institute of Electrical and Electronic Engineers (IEEE) is developing a technical standard for measuring the radiofrequency energy (RF) exposure from wireless phones and other wireless handsets with the participation and leadership of FDA scientists and engineers. The standard, Recommended Practice for Determining the Spatial-Peak Specific Absorption Rate (SAR) in the Human Body Due to Wireless Communications Devices: Experimental Techniques, sets forth the first consistent test methodology for measuring the rate at which RF is deposited in the heads of wireless phone users. The test method uses a tissue-simulating model of the human head. Standardized SAR test methodology is expected to greatly improve the consistency of measurements made at different laboratories on the same phone. SAR is the measurement of the amount of energy absorbed in tissue, either by the whole body or a small part of the body. It is measured in watts/kg (or milliwatts/g) of matter. This measurement is used to determine whether a wireless phone complies with safety guidelines.

9. What steps can I take to reduce my exposure to radiofrequency energy from my wireless phone?

If there is a risk from these products--and at this point we do not know that there is--it is probably very small. But if you are concerned about avoiding even potential risks, you can take a few simple steps to minimize your exposure to radiofrequency energy (RF). Since time is a key factor in how much exposure a person receives, reducing the amount of time spent using a wireless phone will reduce RF exposure.

If you must conduct extended conversations by wireless phone every day, you could place more distance between your body and the source of the RF, since the exposure level drops off dramatically with distance. For example, you could use a headset and carry the wireless phone away from your body or use a wireless phone connected to a remote antenna.

Again, the scientific data do not demonstrate that wireless phones are harmful. But if you are concerned about the RF exposure from these products, you can use measures like those described above to reduce your RF exposure from wireless phone use.

10. What about children using wireless phones?

The scientific evidence does not show a danger to users of wireless phones, including children and teenagers. If you want to take steps to lower exposure to radiofrequency energy (RF), the measures described above would apply to children and teenagers using wireless phones. Reducing the time of wireless phone use and increasing the distance between the user and the RF source will reduce RF exposure. Some groups sponsored by other national governments have advised that children be discouraged from using wireless phones at all. For example, the government in the United Kingdom distributed leaflets containing such a recommendation in December 2000.

They noted that no evidence exists that using a wireless phone causes brain tumors or other ill effects. Their recommendation to limit wireless phone use by children was strictly precautionary; it was not based on scientific evidence that any health hazard exists.

11. What about wireless phone interference with medical equipment?

Radiofrequency energy (RF) from wireless phones can interact with some electronic devices. For this reason, FDA helped develop a detailed test method to measure electromagnetic interference (EMI) of implanted cardiac pacemakers and defibrillators from wireless telephones. This test method is now part of a standard sponsored by the Association for the Advancement of Medical Instrumentation (AAMI). The final draft, a joint effort by FDA, medical device manufacturers, and many other groups, was completed in late 2000. This standard will allow manufacturers to ensure that cardiac pacemakers and defibrillators are safe from wireless phone EMI. FDA has tested hearing aids for interference from handheld wireless phones and helped develop a voluntary standard sponsored by the Institute of Electrical and Electronic Engineers (IEEE). This standard specifies test methods and performance requirements for hearing aids and wireless phones so that no interference occurs when a person uses a compatible phone and a accompanied hearing aid at the same time. This standard was approved by the IEEE in 2000.

FDA continues to monitor the use of wireless phones for possible interactions with other medical devices. Should harmful interference be found to occur, FDA will conduct testing to assess the interference and work to resolve the problem.

12. Where can I find additional information?

For additional information, please refer to the following resources:

- FDA web page on wireless phones
<http://www.fda.gov/cdrh/phones/index.html>
- Federal Communications Commission (FCC) RF Safety Program
<http://www.fcc.gov/oet/rfsafety>
- International Commission on Non-Ionizing Radiation Protection
<http://www.icnirp.de>
- World Health Organization (WHO) International EMF Project
<http://www.who.int/emf>
- National Radiological Protection Board (UK)
<http://www.nrp.org.uk/>

July 18, 2001 For updates: <http://www.fda.gov/cdrh/phones>

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