

Lenovo
ThinkPad

ThinkPad T14 Gen 5 / ThinkPad T16 Gen 3

Lenovo

Get started



* Lenovo USB-C to
VGA Adapter



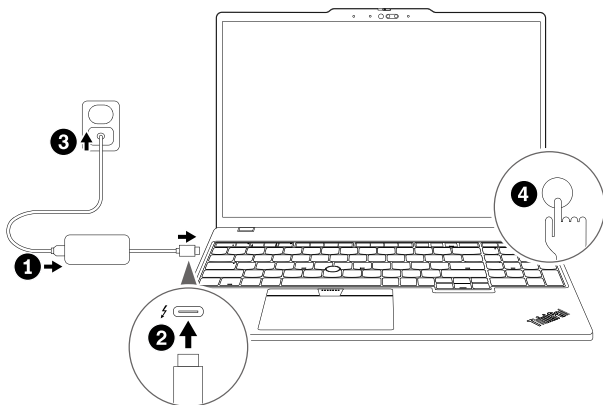
* Lenovo USB-C to
DisplayPort Adapter



* Lenovo HDMI to
VGA Adapter



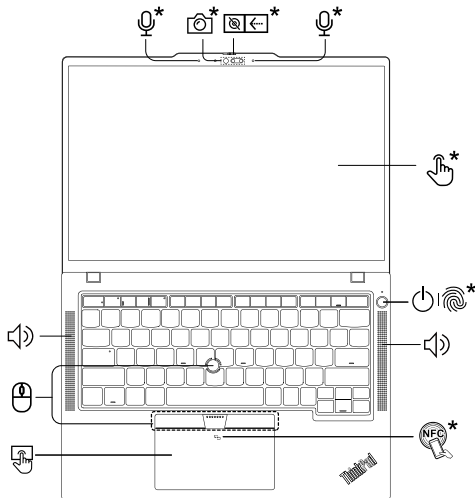
* Lenovo USB-C to
Ethernet Adapter



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

Overview

ThinkPad T14 Gen 5



Press to log in to the computer*



Navigate as a traditional mouse

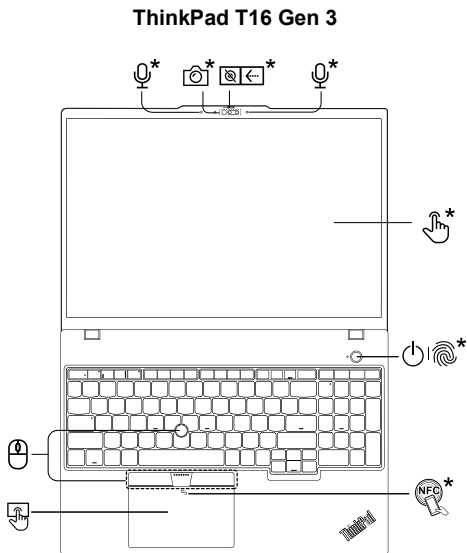
Overview



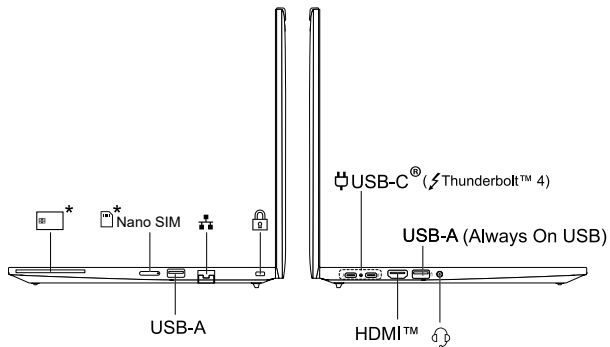
Press to log in to the computer*



Navigate as a traditional mouse



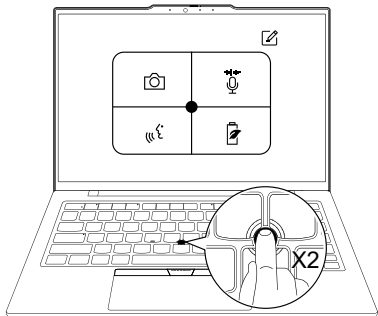
Overview



Read the statement on USB transfer rate in the *User Guide*. To access the *User Guide*, refer to methods mentioned on the back cover.

TrackPoint Quick Menu

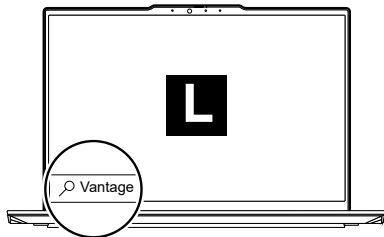
Launch TrackPoint Quick Menu by double tapping¹ for quick configuration of some device settings.



¹ It can be set to single tapping. | It can be set to single tapping. | It can be set to single tapping. | It can be set to single tapping. | It can be set to single tapping.

Lenovo Commercial Vantage*

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



Lock on leave²

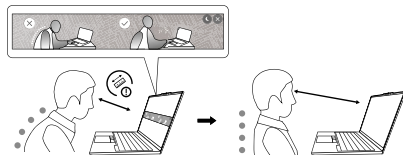
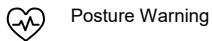
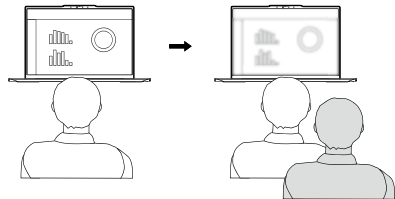
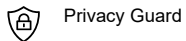
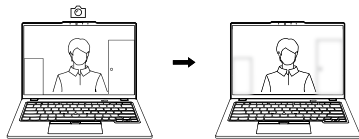
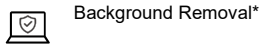
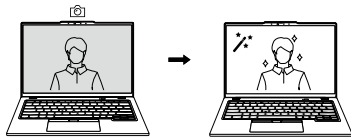
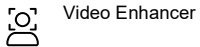


Protect your privacy and improve battery life.

Note: The initial BIOS disabled this function. It will be enabled by software update soon. Refer to README file for BIOS on system support site.

² For infrared camera models only | For infrared camera models only | For infrared camera models only | For infrared camera models only | For infrared camera models only

Lenovo View*



[English]

Specific absorption rate (SAR)

YOUR DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES.

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

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

Maximum SAR with 0 mm separation distance:

Product name	Body-worn SAR value	Limb SAR value
ThinkPad T14 Gen 5	1.600 W/kg	1.929 W/kg
ThinkPad T16 Gen 3	1.569 W/kg	1.569 W/kg

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

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

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

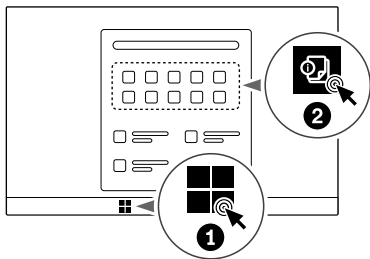
Technology	Frequency [MHz] / band	Maximum transmit power
WLAN 802.11b/g/n/ax/be Bluetooth BR/EDR/LE	2400 - 2483.5	< 20 dBm
WLAN 802.11a/n/ac/ax/be	5150 – 5350; 5470 - 5725	< 23 dBm
WLAN 802.11a/n/ac/ax/be	5725 - 5875	< 13.98 dBm
WLAN 802.11ax/be	5945 - 6425	< 23 dBm
WWAN UMTS	1/3/8	< 25.2 dBm
WWAN LTE	1/3/7/8/20/28/34/38/40/41/42/43	< 25 dBm
WWAN LTE HPUE	41	< 27 dBm
WWAN 5G NR	1/3/7/8/20/28/38/40/41/77/78	< 25 dBm
WWAN 5G NR HPUE	41/77/78	< 27.5 dBm
NFC	13.56	< -5.31 dBμA/m@10m

Note: Not all wireless bands may be enabled depending on your product configuration. Usage of this device is limited to indoor locations in the bands 5150 - 5350 MHz and 5945 - 6425 MHz.

For Barcode Position Only

PN: xxxxxxxx Printed in China

Access User Guide



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Reduce
Reuse
Recycle

For FSC Mix logo only