



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



Get started



* Lenovo USB-C to Ethernet Adapter



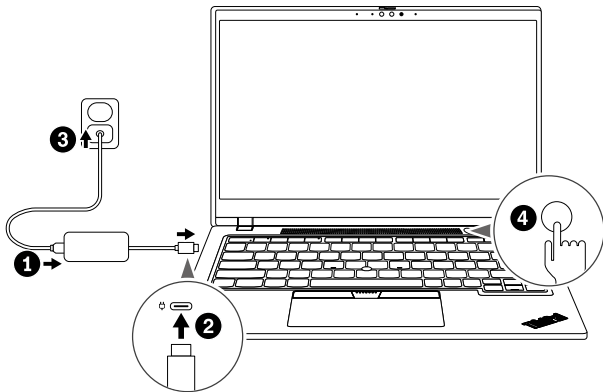
* Lenovo USB-C to DisplayPort Adapter



* Lenovo USB-C to VGA Adapter



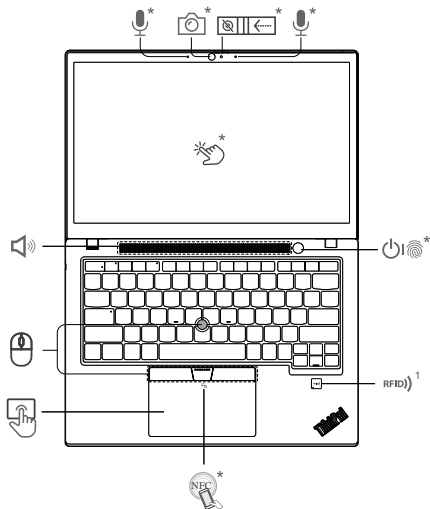
* Lenovo HDMI to VGA Adapter



* For selected models

Front view

T14 Gen 4 / P14s Gen 4



Press to log in to the computer*



Navigate as a traditional mouse

¹ For selected models of T14 Gen 4

Front view

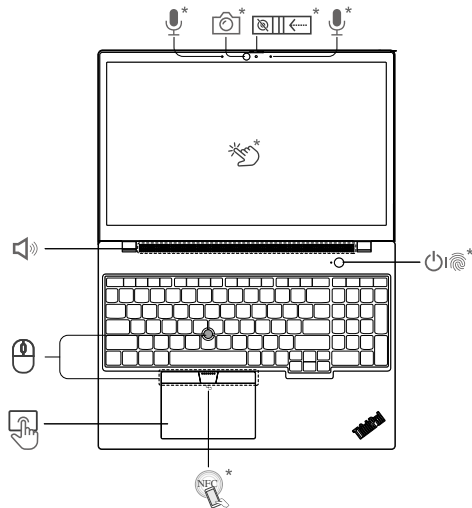


Press to log in to the computer*



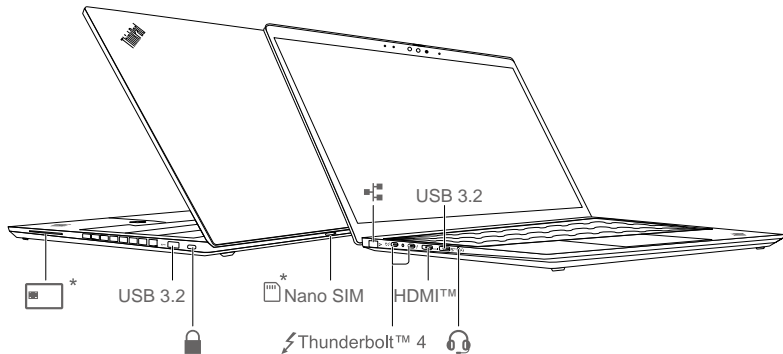
Navigate as a traditional mouse

T16 Gen 2 / P16s Gen 2



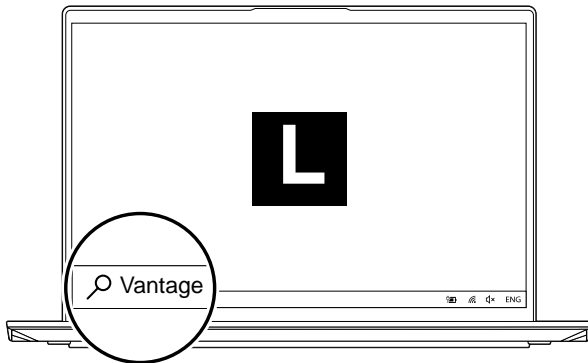
* For selected models of T14 Gen 4

Overview



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

Lenovo Commercial Vantage*



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

Lock on leave²



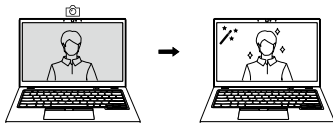
Protect your privacy and improve battery life.

² For infrared camera models only

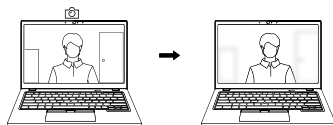
Lenovo View*



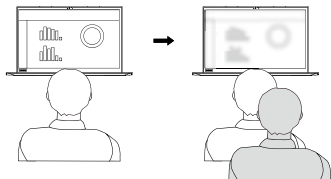
Video Enhancer



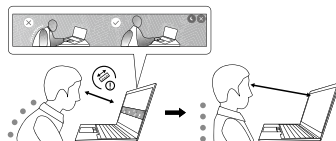
Background



Privacy Guard



Posture Warning



[English]

Specific absorption rate (SAR)

YOUR DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES.

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

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

Maximum SAR with 0 mm separation distance:

| Product name | Body-worn SAR value | Limb SAR value |
|-------------------------------|---------------------|----------------|
| ThinkPad T14 Gen 4/P14s Gen 4 | 1.353 W/kg | 3.057 W/kg |
| ThinkPad T16 Gen 2/P16s Gen 2 | 1.547 W/kg | 3.104 W/kg |

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

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

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

| Technology | Frequency [MHz] / band | Maximum transmit power |
|----------------------|---------------------------------|------------------------|
| WLAN 802.11b/g/n/ax | 2400 - 2483.5 | < 20 dBm |
| WLAN 802.11a/n/ac/ax | 5150 - 5725 | < 23 dBm |
| WLAN 802.11a/n/ac/ax | 5725 - 5875 | < 13.98 dBm |
| WLAN 802.11ax | 5945 - 6425 | < 23 dBm |
| Bluetooth BR/EDR/LE | 2400 - 2483.5 | < 20 dBm |
| WWAN UMTS | 1/8 | < 25.5 dBm |
| WWAN LTE | 1/3/7/8/20/28/34/38/40/41/42/43 | < 25.5 dBm |
| WWAN LTE HPUE | 41 | < 26 dBm |
| NFC | 13.56 | < -5.31 dBμA/m@10m |
| RFID | 0.125/13.56 | < 19.21dBμA/m@3m |

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

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Reduce
Reuse
Recycle

For FSC Mix logo only

