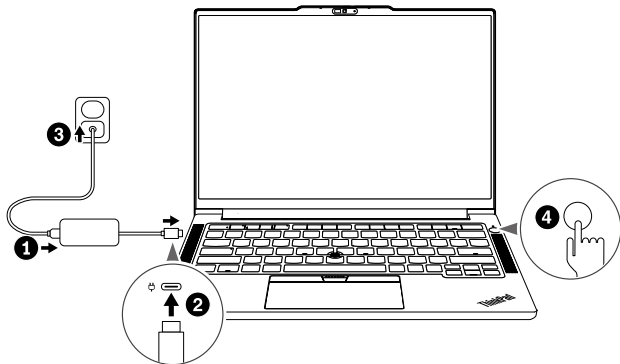


ThinkPad E14 Gen 7 / ThinkPad E16 Gen 3

Get started

Első lépések | Introdúcere | เริ่มต้นใช้งาน | Memulai

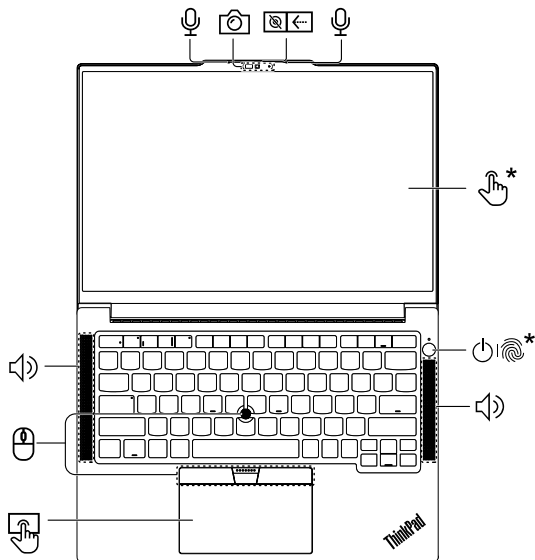


* For selected models | Bizonyos modellek esetén | Pentru modelele selectate | เฉพาะบางรุ่นเท่านั้น | Untuk model tertentu

Overview

Áttekintés | Prezentare generală | ภาพรวม | Ikhtisar

ThinkPad E14 Gen 7



Press to log in to the computer*

Nyomja meg a számítógépre való bejelentkezéshez*

Apăsați pentru a vă conecta la computer*

กดเพื่อเข้าสู่ระบบคอมพิวเตอร์*

Tekan untuk masuk ke komputer*



Navigate as a traditional mouse

Navigálás hagyományos egérként

Navigați ca un mouse tradițional

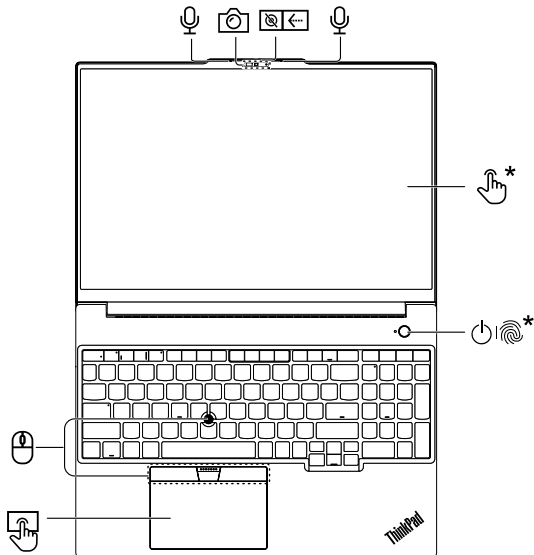
ไปยังส่วนต่างๆ โดยใช้เมาส์แบบดั้งเดิม

Navigasikan selainya mouse tradisional

Overview

Áttekintés | Prezentare generală | ภาพรวม | Ikhtisar

ThinkPad E16 Gen 3



Press to log in to the computer*

Nyomja meg a számítógépre való bejelentkezéshez*

Apăsați pentru a vă conecta la computer*

กดเพื่อเข้าสู่ระบบคอมพิวเตอร์*

Tekan untuk masuk ke komputer*



Navigate as a traditional mouse

Navigálás hagyományos egérként

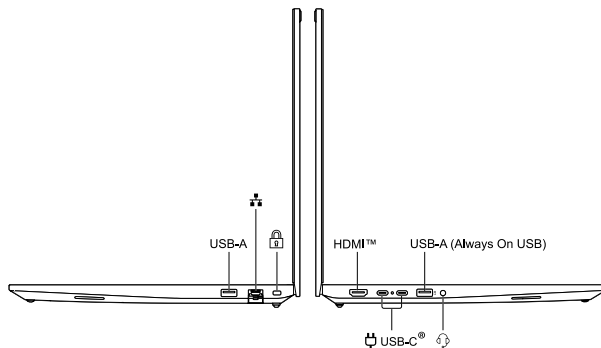
Navigați ca un mouse tradițional

ไปยังส่วนต่างๆ โดยใช้เมาส์แบบดั้งเดิม

Navigasikan selainya mouse tradisional

Overview

Áttekintés | Prezentare generală | ภาพรวม | Ikhtisar



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

Az USB átviteli sebességére vonatkozó nyilatkozat a *Felhasználói kézikönyvben* található. A *Felhasználói kézikönyv* megnyitásával kapcsolatban tekintse meg a hátsó borítón említett eljárásokat.

Citiți declarația privind rata de transfer USB din *Ghidul utilizatorului*. Pentru a accesa *Ghidul utilizatorului*, consultați metodele menționate pe capacul din spate.

อ่านคำชี้แจงเกี่ยวกับอัตราการถ่ายโอนข้อมูลผ่าน USB ได้ใน *คู่มือผู้ใช้* หากต้องการเข้าถึง *คู่มือผู้ใช้* โปรดดูวิธีการที่ระบุไว้บนฝาครอบด้านหลัง

Baca pernyataan tentang kecepatan transfer USB di *Panduan Pengguna*. Untuk mengakses *Panduan Pengguna*, lihat metode yang tertera di penutup belakang.

Lenovo Commercial Vantage*

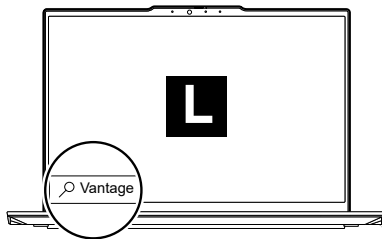
Access Commercial Vantage to adjust device settings and check for system updates.

A Commercial Vantage szolgáltatásban megadhatja az eszközbeállításokat, és ellenőrizheti a rendszerfrissítéseket.

Accesați Commercial Vantage pentru a ajusta setările dispozitivului și pentru a verifica dacă există actualizări de sistem.

เข้าถึง Commercial Vantage เพื่อปรับการตั้งค่าอุปกรณ์และตรวจสอบการอัปเดตระบบ

Akses Commercial Vantage untuk menyesuaikan pengaturan perangkat dan memeriksa pembaruan sistem.



[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 E14 Gen 7	1.056 W/kg	1.056 W/kg
ThinkPad E16 Gen 3	1.010 W/kg	1.010 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 - 5850	< 13.98 dBm
WLAN 802.11a/ax/be	5945 - 6425	< 23 dBm

Note: Not all wireless modes / 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.

Connect to and disconnect from a wireless network

Connecting to a wireless network will increase energy consumption of the product.

Connect to and disconnect from a Wi-Fi network

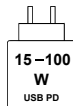
- Click the quick settings area on the taskbar.
- For the Wi-Fi quick setting, click on the right arrow to list available networks.
- Select a network available for connection and connect. Provide the necessary information if required.

Clicking the Wi-Fi box will disconnect the Wi-Fi network.

Important:

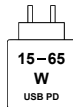
Disabling the OS's sleep setting will result in higher energy consumption. It is recommended that you keep the sleep setting enabled, as it will automatically switch the product into standby mode.

Power adapter notice



For Intel Raptor Lake Refresh models

The power delivered by the adapter must be between min 15 Watts (5V, 3A) required by the radio equipment, and max 100 Watts (20V, 5A) to achieve the maximum charging speed. This product supports USB PD fast charging.



For Intel Lunar Lake / Intel Arrow Lake / AMD models

The power delivered by the adapter must be between min 15 Watts (5V, 3A) required by the radio equipment, and max 65 Watts (20V, 3.25A) to achieve the maximum charging speed. This product supports USB PD fast charging.

[Magyar]

Fajlagos energiafelvétel tényező (SAR)

AZ ESZKÖZ MEGFELEL A RÁDIÓHULLÁMOKNAK VALÓ KITETTSÉGRE VONATKOZÓ NEMZETKÖZI IRÁNYELVEKNEK.

Az alábbiakban további információkat tudhat meg a 10 g SAR-határértékről és a legmagasabb jelentett SAR-értékekről:

10 g SAR-határérték: 2 W/kg (határérték testen viselés esetén); 4 W/kg (határérték végtagok esetében)

Maximális SAR-érték 0 mm távolság esetén:

A termék neve	Fajlagos energiafelvételi érték testen való viseléskor	Fajlagos energiafelvételi érték végtagon való viseléskor
ThinkPad E14 Gen 7	1,056 W/kg	1,056 W/kg
ThinkPad E16 Gen 3	1,010 W/kg	1,010 W/kg

A SAR-értékről a készülékhez mellékelt *Biztonsági és jótállási útmutatóban* talál további információt.

Európai Unió (EU) / Egyesült Királyság (UK) – Rádióberendezések frekvenciája és energiája

Ez a rádióberendezés a következő frekvenciasávokat és maximális rádiófrekvenciás teljesítményt használja:

Technológia	Frekvencia [MHz]/sáv	Maximális átviteli teljesítmény
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 - 5850	< 13,98 dBm
WLAN 802.11a/ax/be	5945 - 6425	< 23 dBm

Megjegyzés: A termékkonfigurációtól függően előfordulhat, hogy nem minden vezeték nélküli mód/sáv van engedélyezve. Az eszköz használata beltérre, az 5150 - 5350 MHz-es és a 5945 - 6425 MHz-es frekvenciatarományra korlátozódik.

Vezeték nélküli hálózathoz való csatlakozás és onnan való lecsatlakozás

A vezeték nélküli hálózathoz való csatlakozás növeli a termék energiafogyasztását.

Wi-Fi-hálózathoz való csatlakozás és onnan való lecsatlakozás

1. Kattintson a gyorsbeállítások területre a tálcán.
2. A Wi-Fi gyorsbeállításához kattintson a jobbra mutató nyílra a rendelkezésre álló hálózatok listájának megtekintéséhez.
3. Válasszon ki egy rendelkezésre álló hálózatot, és csatlakozzon hozzá. Ha szükséges, adja meg a kért információkat.

A Wi-Fi jelölőnégyzetre kattintva megszakad a kapcsolat a Wi-Fi-hálózattal.

Fontos:

Az operációs rendszer alvó beállításának lelitása magasabb energiafogyasztást eredményez. Javasoljuk, hogy hagyja bekapcsolva az alvó beállítást, mivel ez automatikusan készenléti módba helyezi a terméket.

Hálózati adapterrel kapcsolatos megjegyzés

Intel Raptor Lake Refresh modellek esetén

Az adapter által leadott teljesítménynek a rádióberendezés által igényelt legalább 15 watt (5 V, 3 A) és a maximális töltési sebesség eléréséhez szükséges legfeljebb 100 watt (20 V, 5 A) között kell lennie. Ez a termék támogatja az USB PD gyorsítást.

Intel Lunar Lake / Intel Arrow Lake / AMD processzoros modellek esetén

Az adapter által leadott teljesítménynek a rádióberendezés által igényelt legalább 15 watt (5 V, 3 A) és a maximális töltési sebesség eléréséhez szükséges legfeljebb 65 watt (20 V, 3,25 A) között kell lennie. Ez a termék támogatja az USB PD gyorsítást.

[Română]

Rata specifică de absorbție (SAR)

DISPOZITIVUL DUMNEAVOASTRĂ RESPECTĂ REGULILE INTERNAȚIONALE PRIVIND EXPUNEREA LA UNDELE RADIO.

Pentru limita SAR 10 g și pentru valorile maxime raportate SAR, consultați următoarele: Limita SAR 10 g: 2 W/kg (limita SAR pentru dispozitive purtate asupra corpului); 4 W/kg (limita SAR pentru membre)

Limita maximă SAR la o distanță de separare de 0 mm:

Numele produsului	Valoarea SAR pentru dispozitive purtate asupra corpului	Valoarea SAR pentru membre
ThinkPad E14 Gen 7	1,056 W/kg	1,056 W/kg
ThinkPad E16 Gen 3	1,010 W/kg	1,010 W/kg

Pentru mai multe informații despre SAR, consultați Ghidul pentru măsuri de siguranță și garanție primit odată cu dispozitivul.

Uniunea Europeană (UE) / Regatul Unit (UK) – frecvență radio și alimentare

Acest echipament radio funcționează cu următoarele benzi de frecvență și puteri maxime ale frecvenței radio:

Tehnologie	Frecvență [MHz]/bandă	Puterea maximă de transmisie
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 - 5850	< 13,98 dBm
WLAN 802.11a/ax/be	5945 - 6425	< 23 dBm

Notă: este posibil ca nu toate modulele/benzile wireless să fie activate, în funcție de configurația produsului. Folosirea acestui dispozitiv este limitată la locațiile interioare, în benzile de 5150 - 5350 MHz și 5945 - 6425 MHz.

Conectarea și deconectarea de la o rețea fără fir

Conectarea la o rețea fără fir va crește consumul de energie al produsului.

Conectarea și deconectarea de la o rețea Wi-Fi

1. Faceți clic pe zona de setări rapide din bara de activități.
2. Pentru setarea rapidă Wi-Fi, faceți clic pe săgeata din dreapta pentru a lista rețelele disponibile.
3. Selectați o rețea disponibilă pentru conectare și conectați-vă. Introduceți informațiile necesare, dacă este cazul.

Dacă faceți clic pe pictograma Wi-Fi, rețeaua Wi-Fi se va deconecta.

Important:

Dezactivarea setării de repaus a sistemului de operare va duce la un consum mai mare de energie. Se recomandă să păstrați activată setarea de repaus, deoarece produsul va fi trecut automat în modul standby.

Notificare privind adaptorul de alimentare

Pentru modelele Intel Raptor Lake Refresh

Puterea adaptorului trebuie să fie între 15 wați (5 V, 3 A) și 100 wați (20 V, 5 A). Prima valoare reprezintă puterea minimă necesară echipamentului radio, în timp ce ultima valoare permite utilizarea celei mai rapide viteze de încărcare. Acest produs acceptă încărcarea rapidă USB PD.

Pentru modelele Intel Lunar Lake / Intel Arrow Lake / AMD

Puterea adaptorului trebuie să fie între 15 wați (5 V, 3 A) și 65 wați (20 V, 3,25 A). Prima valoare reprezintă puterea minimă necesară echipamentului radio, în timp ce ultima valoare permite utilizarea celei mai rapide viteze de încărcare. Acest produs acceptă încărcarea rapidă USB PD.

[Bahasa Indonesia]

No Pendaftaran: IMKG.971.05.2025

Diimpor oleh:

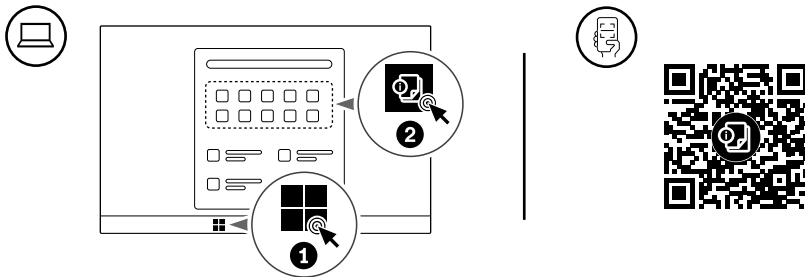
PT. Lenovo Indonesia

Wisma 46 Kota BNI, Lantai 21 Suite 21.05Jl. Jend Sudirman Kav.1, Kel. Karet Tengsin, Kec. Tanah AbangJakarta 10220

Tel +6221-30021000 / +6221-30021098/99

Access User Guide

Hozzáférés a Felhasználói kézikönyvhöz | Accesați Ghidul utilizatorului | เข้าถึงคู่มือผู้ใช้ | Mengakses Panduan Pengguna



Fourth Edition (April 2026)

© Copyright Lenovo 2025, 2026.

LIMITED AND RESTRICTED RIGHTS NOTICE: If data or software is delivered pursuant to a General Services Administration "GSA" contract, use, reproduction, or disclosure is subject to restrictions set forth in Contract No. GS-35F-05925.

Lenovo, Lenovo logo, ThinkPad, and ThinkPad logo are trademarks of Lenovo. Intel and Thunderbolt are trademarks of Intel Corporation or its subsidiaries in the U.S. and/or other countries. The terms HDMI and HDMI High-Definition Multimedia Interface are trademarks or registered trademarks of HDMI Licensing LLC in the United States and other countries. USB-C® is a registered trademark of USB Implementers Forum. All other trademarks are the property of their respective owners.



Reduce
Reuse
Recycle

For FSC Mix logo only