

ThinkPad T14 Gen 5 / ThinkPad T16 Gen 3

Get started

Get started | Get started | Get started | Get started | Get started



* Lenovo USB-C to
VGA Adapter



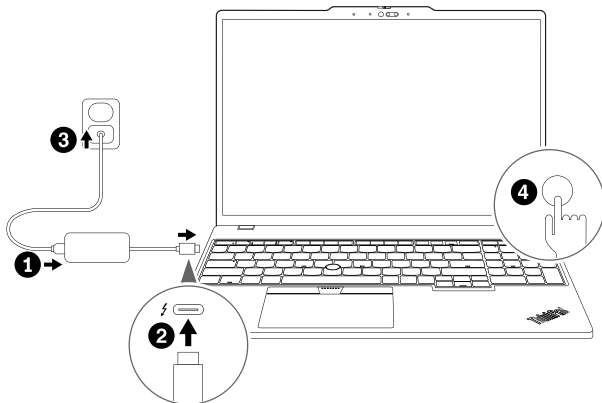
* Lenovo USB-C to
DisplayPort Adapter



* Lenovo HDMI to
VGA Adapter



* Lenovo USB-C to
Ethernet Adapter

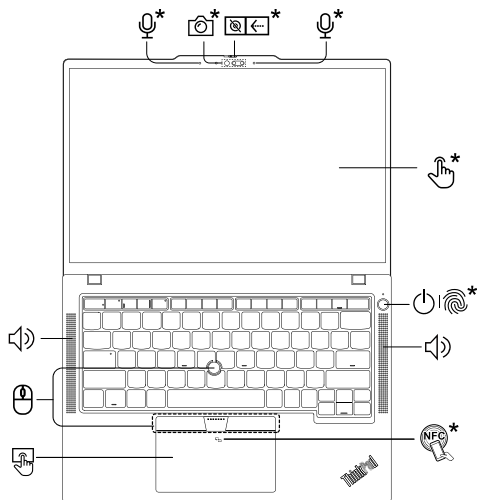


* For selected models | For selected models | For selected models | For selected models | For selected models

Overview

Overview | Overview | Overview | Overview | Overview

ThinkPad T14 Gen 5



Press to log in to the computer*

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Navigate as a traditional mouse

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Overview

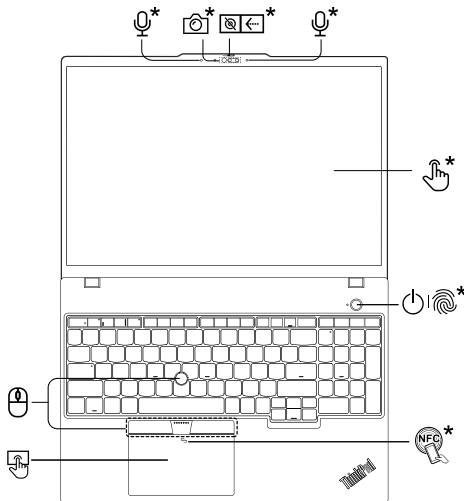
Overview | Overview | Overview | Overview | Overview



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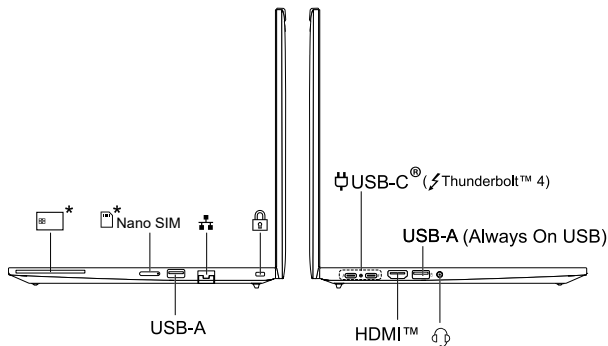


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Overview

Overview | Overview | Overview | Overview | 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.
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TrackPoint Quick Menu

Double tap to launch¹ TrackPoint Quick Menu for quick configuration of some device settings.

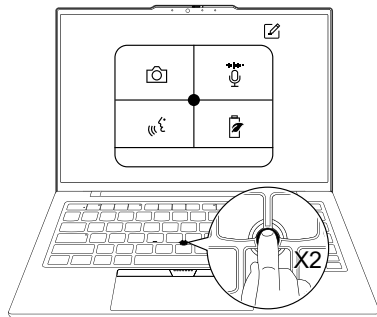
Double tap to launch¹ TrackPoint Quick Menu for quick configuration of some device settings.

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

Lenovo Commercial Vantage*

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

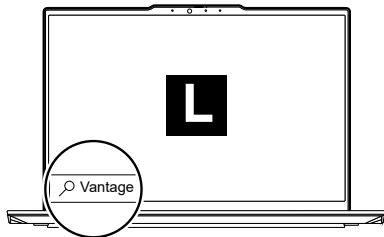
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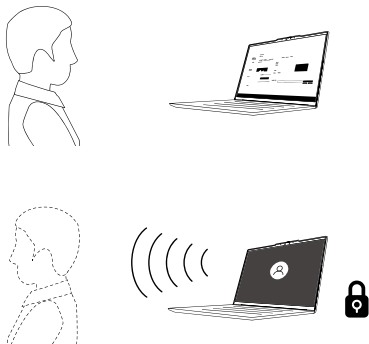
Access Commercial Vantage to adjust device settings and check for system updates.

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Lock on leave²

Lock on leave | Lock on leave | Lock on leave | Lock on leave | Lock on leave



Protect your privacy and improve battery life.

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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.

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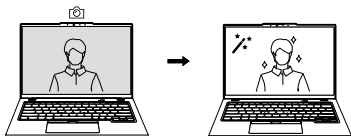
Note: The initial BIOS disabled this function. It will be enabled by software update soon. Refer to README file for BIOS on system support site.

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

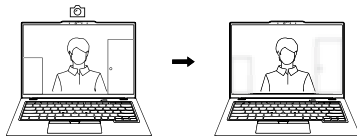
Lenovo View*



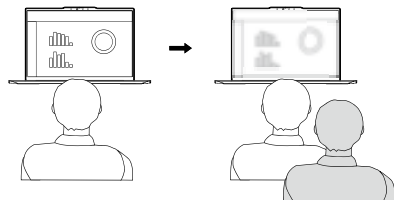
Video Enhancer | Video Enhancer
Video Enhancer | Video Enhancer
Video Enhancer | Video Enhancer



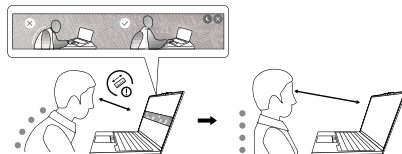
Background Removal* | Background Removal*
Background Removal* | Background Removal*
Background Removal* | Background Removal*



Privacy Guard | Privacy Guard | Privacy Guard
Privacy Guard | Privacy Guard | Privacy Guard



Posture Warning | Posture Warning | Posture Warning
Posture Warning | Posture Warning | 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: XX W/kg (body-worn SAR); XX W/kg (limb SAR)

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	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
Bluetooth BR/EDR/LE	2400 - 2483.5	< 20 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.

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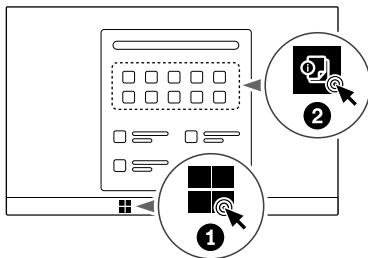
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Access User Guide

Access User Guide | Access User Guide | Access User Guide | Access User Guide | Access User Guide



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Reduce
Reuse
Recycle

For FSC Mix logo only