

Nokia 5500 Sport

User Guide

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This device may contain commodities, technology, or software subject to export laws and regulations from the US and other countries. Diversion contrary to law is prohibited.

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Your device 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 following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Any changes or modifications not expressly approved by Nokia could void the user's authority to operate this equipment.

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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

Obeys 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

Do not use the phone at a refueling point. Do not use near fuel or chemicals.



SWITCH OFF NEAR BLASTING

Follow any restrictions. Do not use the phone where blasting is in progress.



USE SENSIBLY

Use only in the normal position as explained in the product documentation. Do not 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.



BACK-UP 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 to clear the display and return to the start screen. Enter the emergency number, then press the call key. Give your location. Do not end the call until given permission to do so.

■ About your device

The wireless device described in this guide is approved for use on the GSM 900, 1800, and 1900 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.

When taking and using images or video clips, obey all laws and respect local customs as well as privacy and legitimate rights of others, including copyright.



Warning: To use any features in this device, other than the alarm clock, the device must be switched on. Do not switch the device on when wireless device 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 on your device menu. Your device may also have been specially configured. This configuration may include changes in menu names, menu order, and icons. Contact your service provider for more information.

This device supports WAP 2.0 protocols (HTTP and SSL) that run on TCP/IP protocols. Some features of this device, such as Web browsing, e-mail, push to talk, instant messaging, and multimedia messaging, require network support for these technologies.

■ Enhancements, batteries, and chargers

Check the model number of any charger before use with this device. This device is intended for use when supplied with power from the AC-3 or AC-4 charger. This device uses BL-5B batteries.



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.

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.

General information

■ Overview of functions

Your phone provides many functions that are practical for daily use, such as a calendar, e-mail application, clock, alarm clock, XHTML Web browser, and radio. Your phone also includes the following functions:

- Instant swap key to quickly switch between phone, sports, and music mode
- Message reader for listening to text messages
- Music player with support for MP3, WMA, AAC, and eAAC+ files
- Sports mode including exercise monitoring, pedometer, exercise diary, and exercise program planner
- Tapping commands for listening to text messages and exercise information and controlling music playback
- 2-megapixel camera with video recording capability
- Enhanced voice dialing and voice commands
- Bluetooth and infrared connectivity

■ Access codes

Lock code

The lock code (5 to 10 digits) helps to protect your phone against unauthorized use. The preset code is 12345. Change the code, and keep the new code secret and in a safe place separate from your phone. To change the code and to set the phone to request the code, see "Security," p. 64.

If you enter an incorrect lock code five times in succession, the phone ignores further entries of the code. Wait for 5 minutes, and enter the code again.

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

PIN codes

- The personal identification number (PIN) code and the universal personal identification number (UPIN) code (4 to 8 digits) help to protect your SIM card

against unauthorized use. See "Security," p. 64. The PIN code is usually supplied with the SIM card.

- The PIN2 code (4 to 8 digits) may be supplied with the SIM card and is required for some functions.
- The module PIN is required to access the information in the security module. The module PIN is supplied with the SIM card if the SIM card has a security module in it.
- The signing PIN is required for the digital signature. The signing PIN is supplied with the SIM card if the SIM card has a security module in it.

PUK codes

The personal unblocking key (PUK) code and the universal personal unblocking key (UPUK) code (8 digits) are required to change a blocked PIN code and UPIN code, respectively. The PUK2 code is required to change a blocked PIN2 code.

If the codes are not supplied with the SIM card, contact your local service provider for the codes.

Barring password

The barring password (4 digits) is required when using *Call barring*. See "Call barring," p. 66. You can obtain the password from your service provider.

If you enter an incorrect barring password three times in succession, the password is blocked. Contact your service provider or network operator.

■ Nokia support and contact information

Check www.nokia.com/support or your local Nokia Web site for the latest version of this guide, additional information, downloads, and services related to your Nokia product.

On the Web site, you can get information on the use of Nokia products and services. If you need to contact customer service, check the list of local Nokia contact centers at www.nokia.com/customerservice.

For maintenance services, check your nearest Nokia service center at www.nokia.com/repair.

Software updates

Nokia may produce software updates that may offer new features, enhanced functions, or improved performance. You may be able to request these updates through the Nokia

Software Updater PC application. To update the device software, you need the Nokia Software Updater application and a compatible PC with Microsoft Windows 2000 or XP operating system, broadband internet access, and a compatible data cable to connect your device to the PC.

To get more information and to download the Nokia Software Updater application, visit www.nokia.com/softwareupdate or your local Nokia web site.

1. Get started

■ Insert a SIM card, microSD card and battery



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

Keep all SIM cards out of the reach of small children.

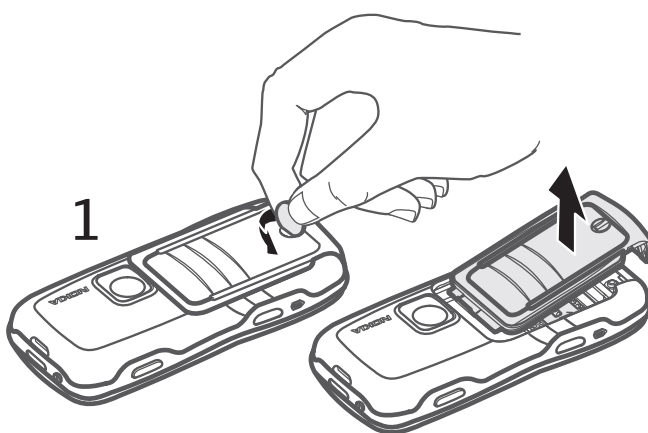
Keep microSD cards out of the reach of small children.

For availability and information on using SIM card services, contact your SIM card vendor. This may be the service provider, network operator, or other vendor.

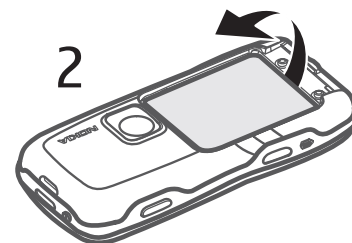
Use only compatible microSD cards with this device. Other memory cards, such as Reduced Size MultiMediaCards, do not fit in the microSD card slot and are not compatible with this device. Using an incompatible memory card may damage the memory card as well as the device, and data stored on the incompatible card may be corrupted.

Use only microSD cards approved by Nokia for use with this device. Nokia utilizes the approved industry standards for memory cards but not all other brands may function correctly or be fully compatible with this device.

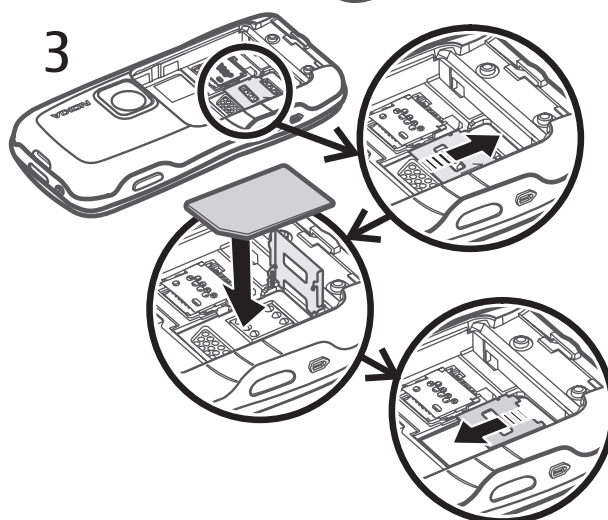
1. With the back of the phone facing you, to release the back cover, turn the screw 90 degrees counter-clockwise, for example, with a coin. Remove the cover.



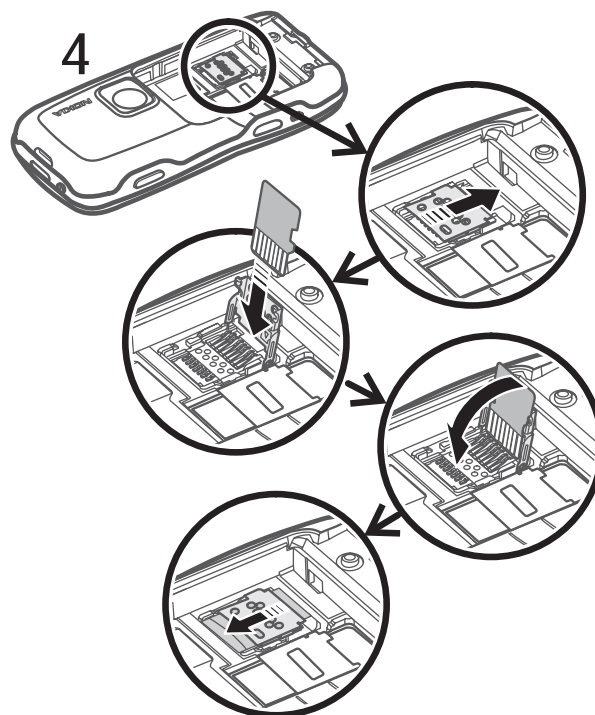
2. To remove the battery, lift it as shown.



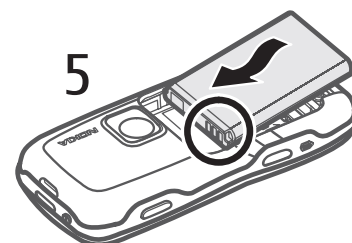
3. To release the SIM card holder, slide it in the direction of the arrow, and lift it. Insert the SIM card so that the beveled edge of the SIM card faces the beveled corner. Turn down the SIM card holder, and slide it in the opposite direction to lock it.



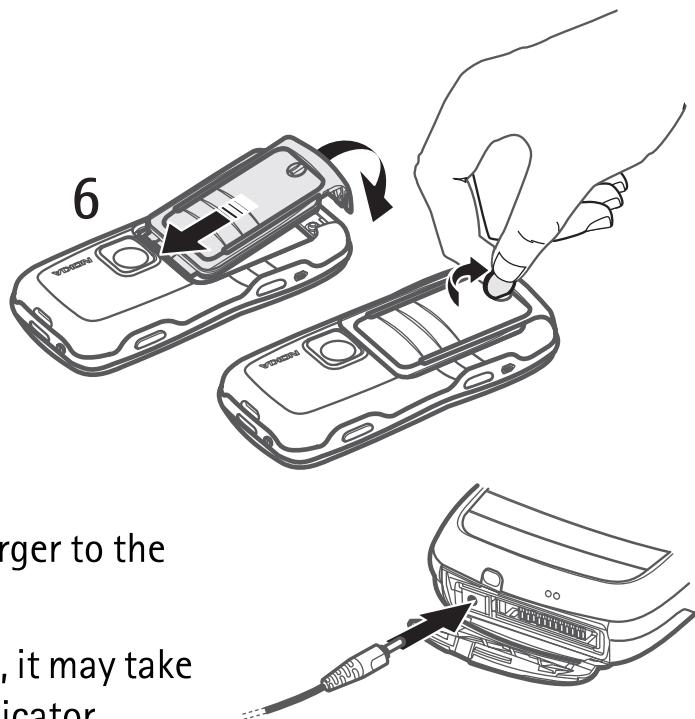
4. To release the microSD card holder, slide it in the direction of the arrow, and lift it. Insert the microSD card with the golden contact surface first and so that the contact surface will face down when you turn down the holder. Turn down the microSD card holder, and slide it in the opposite direction to lock it.



5. Replace the battery.



6. Replace the back cover. Ensure that the back cover seals are properly in place. Lock the back cover by turning the screw 90 degrees clockwise.



■ Charge the battery

Connect the charger to the wall socket. Connect the lead from the charger to the charger connector in the phone.

If the battery is completely discharged, it may take a few minutes before the charging indicator appears on the display or before any calls can be made.

The charging time depends on the charger and the battery used. Charging a BL-5B battery with the AC-3 charger takes approximately 2 hours and 20 minutes and with the AC-4 charger approximately 1 hour and 20 minutes.

■ Switch the phone on and off

Press and hold the power key.

If the phone asks for a PIN code, enter the PIN code, and select **OK**.

If the phone asks for the lock code, enter the lock code, and select **OK**. The factory setting for the lock code is 12345.



■ Set time and date

To set the correct time zone, time, and date, select your current city or the nearest city in the list that is in the same time zone, then enter the local time and date.

■ Normal operating position

Use the phone only in its normal operating position.

Your device has an internal antenna.



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 device to operate at a higher power level than otherwise needed. Avoiding contact with the antenna area when operating the device optimizes the antenna performance and the battery life.



■ Configuration settings

Before you can use multimedia messaging, instant messaging, push to talk, e-mail application, synchronization, streaming, and the browser, you must have the proper configuration settings on your phone. Your phone may automatically configure browser, multimedia messaging, access point, and streaming settings based on the SIM card used. You may also receive the settings directly as a configuration message, which you save to your phone. For more information on availability, contact your network operator, service provider, or nearest authorized Nokia dealer.

When you receive a configuration message, and the settings are not automatically saved and activated, *1 new message* is displayed. Select **Show** to open the message. To save the settings, select **Options > Save**. If the phone requests *Configuration settings' PIN code*, enter the PIN code for the settings, and select **OK**. To receive the PIN code, contact the service provider.

2. Your phone

■ Keys and parts

Earpiece (1)

Flashlight (2)

Loudspeaker (3)

Power key (4)

Scroll key (5)

Instant swap key (6)

Selection keys (7)

Call key (8)

End key (9)

Menu key (10)

Clear key (11)

Number keys (12)

Infrared port (13)

Edit key (14)

Camera lens (15)

Push to talk key (16)

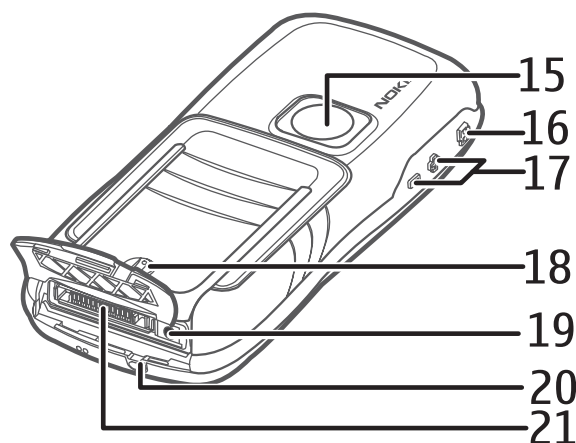
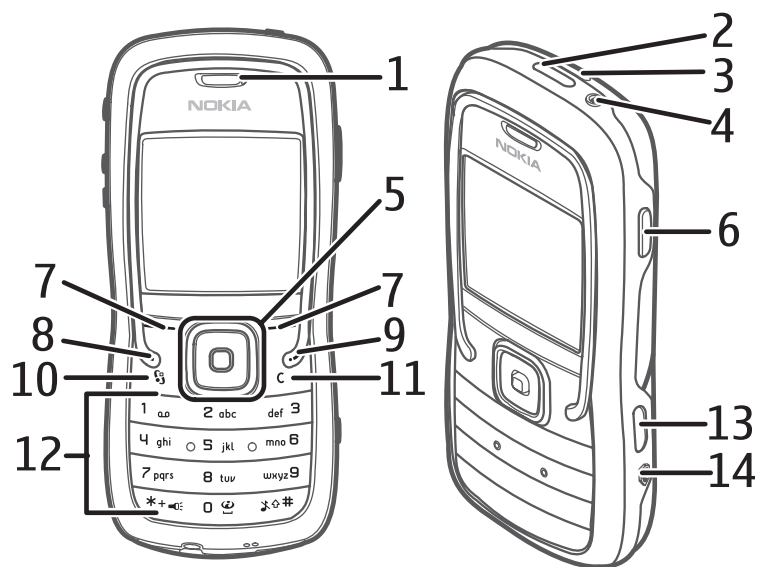
Volume keys (17)

Back cover screw (18)

Charger connector (19)

Wrist strap eyelet (20)

Pop-Port™ connector (21)



■ Standby mode

When you have switched on the phone, and it is registered to a network, the phone is in the standby mode and ready for use.

signal strength (1)

clock (2)

network operator (3)

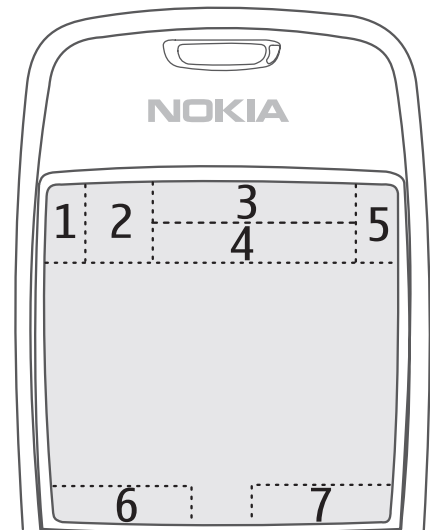
date or active profile (4)

battery indicator (5)

left selection key shortcut (6)

right selection key shortcut (7)

The name of the active profile is displayed instead of the date if any profile other than *General* or *Offline* is active.



To change the profile, press the power key, and select a profile.

To open the list of last dialed numbers, press the call key.

To use the voice commands, press and hold the right selection key.

To start a connection to the Web, press and hold 0.

Standby mode scroll key shortcuts

The scroll key shortcuts cannot be used when active standby is enabled.

To open *Contacts*, scroll down, or press the scroll key. To activate the camera, scroll up. To open *Calendar*, scroll right. To write a text message, scroll left.

To change the scroll key application shortcuts, see "Standby mode," in "Settings," p. 58.

Some shortcuts may be fixed and cannot be changed.

Active standby

When active standby is enabled, you can use the main display for fast access to frequently used applications. To select whether the active standby is shown, select **Menu > Tools > Settings > Phone > Standby mode > Active standby > On or Off**.

In active standby the default applications are shown across the top of the display, and calendar, to-do, and player events are listed below. To select an application or event, scroll to it, and press the scroll key.

■ Modes

Your phone has three different modes: phone, music, and sports mode. In the sports mode, you can monitor your exercise, plan your exercises, set targets, manage exercise results, and perform tests. In the music mode, you can quickly access the music player.

Change between modes

To change between the phone, music, and sports mode, press the instant swap key. For a moment, the light on the scroll key turns red when sports mode is activated, green when the music mode is activated and white when the phone mode is activated.

■ Indicators

-  The phone is connected to a GSM network.
-  You have received one or several messages to the *Inbox* folder in *Messag..*
-  There are messages waiting to be sent in *Outbox*. See "Outbox," p. 32.
-  You have missed calls. See "Recent calls," p. 24.
-  Shown if *Ringing type* is set to *Silent* and *Message alert tone* and *E-mail alert tone* are set to *Off*. See "Profiles," p. 56.
-  The phone keypad is locked. See "Keypad lock (keyguard)," p. 20.
-  The loudspeaker is activated.
-  An alarm is active.
-  The second phone line is being used. See *Line in use* in "Call," p. 59.
-  All calls to the phone are diverted to your voice mailbox or to another number. If you have two phone lines, the divert indicator is  for the first line and  for the second.
-  A headset is connected to the phone.
-  A loopset is connected to the phone.



The connection to a Bluetooth headset has been lost.

D / D⁺ A data call is active.



A packet data connection is available.



A packet data connection is active.



A packet data connection is on hold.



Bluetooth is switched on.



Data is being transmitted using Bluetooth. See "Bluetooth connection," p. 72.



An infrared connection is active. When infrared is active, but there is no connection, the indicator blinks.



A USB connection is active.

Other indicators may also be shown. For push to talk indicators, see "Push to talk," p. 80.

■ Scroll and select

To scroll left, right, up, or down, press the edge of the scroll key. To select the highlighted item, press the center of the scroll key.

Mark and unmark items in applications

To mark or unmark an item in applications, press and hold the edit key, and press the scroll key. To mark or unmark several consecutive items, press and hold the edit key, and scroll up or down.

■ Menu

In the menu you can access the functions in your phone. To access the main menu, select **Menu**.

To open an application or a folder, scroll to it, and press the scroll key.

To change the menu view, select **Menu > Options > Change view > Grid** or *List*.

If you change the order of the functions in the menu, the order may differ from the default order described in this user guide.

To close an application or a folder, select **Back** and **Exit** as many times as needed to return to the standby mode, or select **Options** > *Exit*.

To display and switch between open applications, press and hold the menu key. The application switching window opens, showing a list of open applications. Scroll to an application, and select it.

Leaving applications running in the background increases the demand on battery power and reduces the battery life.

■ Tutorial

Tutorial contains an introduction to the phone features and a tutorial to teach how to use the phone. The tutorial starts automatically when you start your phone for the first time. To start the tutorial yourself, select **Menu** > *Tutorial* and a tutorial item.

■ Help

Your device has context-sensitive help. You can access the help from an application or from the main menu.

To access help when an application is open, select **Options** > *Help*. To switch between help and the application that is open in the background, select and hold **Menu**. Select **Options** and from the following options:

Topic list — to view a list of available topics in the appropriate category

Help category list — to view a list of help categories

Search by keyword — to search for help topics using keywords

To open help from the main menu, select *Tools* > *Help*. In the list of help categories, select the desired application to view a list of help topics. To switch between the help category list, indicated with , and a keywords list, indicated with  **abc**, scroll left or right. Press the scroll key to display the related help text.

■ Volume control

To adjust the earpiece or loudspeaker volume during a call or when listening to an audio file, press the volume keys.

To activate the loudspeaker during a call, select **Loudsp..**

To deactivate the loudspeaker during a call, select **Handset**.



Warning: Do not hold the device near your ear when the loudspeaker is in use, because the volume may be extremely loud.

■ Keypad lock (keyguard)

To prevent the keys from being accidentally pressed, press the left selection key and * within 1.5 seconds to lock the keypad.

To unlock the keypad, select **Unlock**, and press * within 1.5 seconds.

When the keypad lock is on, calls may be possible to the official emergency number programmed into your device.

■ Flashlight

To switch the flashlight on or off, in the standby mode, press and hold *.

3. Call functions

■ Make a call

1. In the standby mode, enter the phone number, including the area code. Press the clear key to remove a number.

For international calls, press * twice for the international prefix (the + character replaces the international access code), and enter the country code, area code (omit the leading zero if necessary), and phone number.

2. To call the number, press the call key.

To adjust the volume during the call, press the volume keys.

3. To end the call, or to cancel the call attempt, press the end key.

When security features that restrict calls are in use (such as call barring, closed user group, and fixed dialing), calls may be possible to the official emergency number programmed into your device.

To make a call from *Contacts*, select **Menu** > *Contacts*. Scroll to the desired name, or enter the first letters of the name, and scroll to the desired name. To call the number, press the call key.

To call your voice mailbox (network service), press and hold 1 in the standby mode. You must define the voice mailbox number before you can call your voice mailbox. See "Voice mailbox," p. 56.

To call a recently dialed number, press the call key in the standby mode. The list of the last 20 numbers you called or attempted to call is shown. Scroll to the number you want, and press the call key.

To make a push to talk call, see "Push to talk," p. 80.

Speed dialing

You can assign a phone number to one of the speed dialing keys 2 to 9. See "Assign speed dialing keys," p. 39.

Call a speed dialing number in either of the following ways:

- Press the speed dialing key, then the call key.
- If *Speed dialling* is set to *On*, press and hold the speed dialing key until the call begins. To set *Speed dialling* to *On*, select **Menu > Tools > Settings > Call > Speed dialling > On**.

Enhanced voice dialing

You can make a phone call by saying the name that is saved in the contact list of the phone. A voice command is added automatically to all entries in the contact list of the phone.

Use long names, and avoid similar names for different numbers.

Make a voice dialing call

If an application is sending or receiving data using a packet data connection, end the application before you use voice dialing.



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.

1. In the standby mode, press and hold the right selection key. A short tone is played, and *Speak now* is displayed.

If you are using a compatible headset with the headset key, press and hold the headset key.

2. Say the voice command clearly. The phone plays the voice command of the best match. After about 1.5 seconds, the phone dials the number; if the result is not the correct one, before dialing select **Next**, and select another entry to dial it.

Using voice commands to carry out a phone function is similar to voice dialing. See "Voice commands," p. 55.

Make a conference call

Conference call is a network service.

1. Make a call to the first participant.
2. To make a call to another participant, select **Options** > *New call*. The first call is automatically put on hold.
3. To join the first participant in the conference call when the new call is answered, select **Options** > *Conference*.
 - To add a new person to the call, repeat step 2, and select **Options** > *Conference* > *Add to conference*. The phone supports conference calls between a maximum of six participants, including yourself.
 - To have a private conversation with one of the participants, select **Options** > *Conference* > *Private*. Select a participant and **Private**. The conference call is put on hold on your phone. The other participants can still continue the conference call. To return to the conference call, select **Options** > *Add to conference*.
 - To drop a participant, select **Options** > *Conference* > *Drop participant*, scroll to the participant, and select **Drop**.
4. To end the conference call, press the end key.

■ Answer or reject a call

To answer the call, press the call key.

To adjust the volume during the call, press the volume keys.

To mute the ringing tone before you answer the call, select **Silence**.



Tip: If a compatible headset is connected to the phone, press the headset key to answer and end a call.

To reject the call, press the end key. The caller hears a line busy tone. If you have activated the *Call divert* option *If busy* to divert calls, rejecting the call diverts the call.

To send a text message to the caller informing why you cannot answer the call, select **Options** > *Send text message*. You can edit the text before sending it. See *Reject call with SMS* and *Message text* in "Call," p. 59.

Call waiting

To activate the *Call waiting* function (network service), select **Menu > Tools > Settings > Call > Call waiting > Activate**.

During a call, to answer the waiting call, press the call key. The first call is put on hold. To end the active call, press the end key.

To switch between the two calls, select **Swap**.

Options during a call

Many of the options that you can use during a call are network services. For availability, contact your network operator or service provider.

Select **Options** during a call for some of the following options:

Mute or Unmute; Activate handset, Activate loudsp., or Activate handsfree (if a compatible Bluetooth headset is attached); *End active call or End all calls; New call; Conference; Answer; Reject; Swap; Hold or Unhold; and Open active standby.*

Transfer — to connect a call on hold to an active call and disconnect yourself

Replace — to end an active call and replace it by answering the waiting call

Send DTMF — to send DTMF tone strings (for example, a password). Enter the DTMF string or search for it in *Contacts*. To enter a wait character (w) or a pause character (p), press * repeatedly. To send the tone, select **OK**.



Tip: You can add DTMF tones to the *Phone number* or *DTMF* fields in a contact card.

■ Log

In the log, you can monitor phone calls, text messages, packet data connections, and fax and data calls registered by the phone.

Connections to your remote mailbox, multimedia messaging center, or browser pages are shown as data calls or packet data connections in the general communications log.



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

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

Recent calls

The phone registers the phone numbers of missed, received, and dialed calls, and the approximate duration of your calls. The phone registers missed and received calls only if the network supports these functions, and the phone is switched on and within the network service area.

To view recent calls (network service), select **Menu** > *Log* > *Recent calls* and a call type.

Erase recent call lists

To clear all recent call lists in the *Recent calls* view, select **Options** > *Clear recent calls*. To clear only one of the call registers, open the register you want to erase and select **Options** > *Clear list*.

General log

To view the general log, select **Menu** > *Log*, and scroll right.

To filter the log, select **Options** > *Filter* and the filter type.

To erase all the log contents permanently, select **Options** > *Clear log* > **Yes**.

4. Write text

You can enter text, for example, when writing messages, using traditional or predictive text input. When you write text,  appears on the top right of the display, indicating predictive text input, or  appears, indicating traditional text input. To set the predictive text input on or off when writing text, press # twice within 1.5 seconds; or press the edit key and select *Predictive text on* or *Predictive text* > *Off*.

Abc, **abc**, or **ABC** appears next to the text input indicator, indicating the character case. To change the character case, press #.

123 indicates the number mode. To change between letter and number mode, press and hold #, or press the edit key, and select *Number mode* or *Alpha mode*.

■ Traditional text input

Press a number key, 1 to 9, repeatedly until the desired character appears. Not all characters available under a number key are printed on the key. The availability of

characters depends on the selected writing language. See *Writing language* in "Phone," p. 58.

If the next letter you want is on the same key as the present one, wait until the cursor appears (or scroll forward to end the time-out period), and enter the letter.

To insert a number, press and hold the number key.

The most common punctuation marks and special characters are available under the 1 key. For more characters, press *; or press the edit key, and select *Insert symbol*.

To erase a character, press the clear key. To erase more characters, press and hold the clear key.

To insert a space, press 0. To move the cursor to the next line, press 0 three times.

■ Predictive text input

You can enter any letter with a single keypress using predictive text input. To activate predictive text input, press the edit key, and select *Predictive text on*. This activates predictive text input for all editors in the phone.

1. To write the desired word, press the keys 2–9. Press each key only once for one letter. The word changes after every keypress.

For the most common punctuation marks, press 1. For more punctuation marks and special characters, press and hold *; or press the edit key, and select *Insert symbol*.

To erase a character, press the clear key. To erase more characters, press and hold the clear key.

2. When you have finished the word and it is correct, to confirm it, scroll forward or press the 0 key to insert a space.

If the word is not correct, you have the following options:

- To view the matching words the dictionary has found one by one, press * repeatedly.
- To view a list of matching words, press the edit key, and select *Predictive text > Matches*. Scroll to the word you want to use, and press the scroll key to select it.

If the ? character is shown after the word, the word you intended to write is not in the dictionary. To add a word to the dictionary, select **Spell**; or press the edit key, and select *Predictive text > Insert word*. Enter the word (max. 32

letters) using traditional text input, and select **OK**. The word is added to the dictionary. When the dictionary becomes full, a new word replaces the oldest added word.

To open a view where you can edit the word, available only if the word is active (underlined), press the edit key, and select *Predictive text > Edit word*.

Write compound words

Write the first half of a compound word, and scroll forward to confirm it. Write the last part of the compound word, and to complete the compound word, press **O** to add a space.

■ Copy and delete text

1. To select letters and words, press and hold the edit key, and at the same time scroll left or right. As the selection moves, text is highlighted. To select lines of text, press and hold the edit key, and at the same time scroll up or down.
2. To copy the text to the clipboard, press and hold the edit key, and at the same time select **Copy**.

If you want to delete the selected text from the document, press the clear key.

3. To insert the text, scroll to the insertion point, press and hold the edit key, and at the same time select **Paste**.

5. Messaging

You can create, send, receive, view, edit, and organize text messages, multimedia messages, e-mail messages, presentations, and documents. You can also receive messages and data using Bluetooth wireless technology, receive and forward picture messages, receive service messages and cell broadcast messages, and send service commands.

To open the *Messaging* menu, select **Menu > Messag..** You can see the *New message* function and a list of default folders:

 *Inbox* — contains received messages except e-mail and cell broadcast messages. E-mail messages are saved in the *Mailbox* folder. To read cell broadcast messages, select **Options > Cell broadcast**.

 *My folders* — for organizing your messages into folders

 *Mailbox* — for connecting to your remote mailbox to retrieve your new e-mail messages or viewing your previously retrieved e-mail messages offline. After you define settings for a new mailbox, the name given to that mailbox is displayed instead of *Mailbox*.

 *Drafts* — saves draft messages that have not been sent

 *Sent* — saves the messages that are sent, excluding messages sent using Bluetooth. You can change the number of messages to be saved. See "Other settings," p. 37.

 *Outbox* — temporarily saves the messages waiting to be sent

 *Reports* (network service) — saves the delivery reports of the text messages, special message types such as business cards, and multimedia messages you have sent. Receiving a delivery report of a multimedia message that has been sent to an e-mail address may not be possible.

■ Write and send messages

The wireless network may limit the size of MMS messages. If the inserted picture exceeds this limit, the device may make it smaller so that it can be sent by MMS.

Your device supports the sending of text messages beyond the character limit for a single message. Longer messages are sent as a series of two or more messages. Your service provider may charge accordingly. Characters that use accents or other marks, and characters from some language options like Chinese, take up more space limiting the number of characters that can be sent in a single message.

 **Note:** Only devices that have compatible features can receive and display multimedia messages. The appearance of a message may vary depending on the receiving device.

Before you can send and receive an SMS message, a multimedia message, or an e-mail, or connect to your remote mailbox, you must have the correct connection settings in place. See "Messaging settings," p. 33.

1. To create a message, select **Menu** > *Messag.* > *New message* and from the following options:

Text message — to create a text message

Multimedia message — to create a multimedia message (MMS)

E-mail — to create an e-mail message. If you have not set up your e-mail account, you are asked if you want to do so.

Audio message — to create an audio message. See "Nokia Xpress audio messaging," p. 28.

2. In the *To* field, enter the phone number or e-mail address of the recipient. To select the recipients or groups from *Contacts*, press the scroll key. Separate recipients with a semicolon (;).
3. When creating an e-mail or multimedia message, scroll down to the subject field, and write the message subject.
4. Scroll down to move to the message field.
5. Write the message.

When writing text messages, the message length indicator shows how many characters you can enter in the message. For example, 10 (2) means that you can still add 10 characters for the text to be sent as two separate text messages.

To use a template for the text message, select **Options** > *Insert* > *Template*. To create a presentation based on a template to be sent as a multimedia message, select **Options** > *Create presentation*. To use a text template for the multimedia message, select **Options** > *Insert object* > *Template*.

To add a media object to a multimedia message, select **Options** > *Insert object* > *Image*, *Sound clip*, or *Video clip*. To create and add a new media object, select **Options** > *Insert new* > *Image*, *Sound clip*, *Video clip* or *Slide*. When sound has been added, the  icon is shown.

To add a media object to an e-mail, select **Options** > *Insert* > *Image*, *Sound clip*, *Video clip*, *Note* or *Template*.

6. To send the message, select **Options** > *Send*; or press the call key.

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

Nokia Xpress audio messaging

Audio messages are multimedia messages that consist of a single sound clip. To create and send an audio message:

1. Select **Menu** > *Messag.* > *New message* > *Audio message*.
2. In the *To* field, enter the phone number or e-mail address of the recipient. To select the recipients or groups from *Contacts*, press the scroll key. Scroll down to the message field.

3. To record a new sound clip, select **Options** > *Insert sound clip* > *New sound clip*. The recording will start.

To use a previously recorded sound clip, select **Options** > *Insert sound clip* > *From Gallery*, scroll to the sound clip, and select it.

4. To send the message, select **Options** > *Send*.

E-mail settings

Before you can send, receive, retrieve, reply to, and forward e-mail to a separate e-mail account, you must:

- Configure an Internet access point (IAP) correctly. See "Connection," p. 60.
- Define your e-mail settings correctly. See "E-mail settings," p. 35.

Follow the instructions given by your remote mailbox and Internet service provider.

■ Inbox—receive messages

Select **Menu** > *Messag.* > *Inbox*.

When there are unread messages in the Inbox, the icon changes to .

To open a received message, select **Menu** > *Messag.* > *Inbox* and the desired message.



Important: Exercise caution when opening messages. Multimedia message objects may contain malicious software or otherwise be harmful to your device or PC.

View multimedia objects

To view the list of media objects that are included in the multimedia message, open the message, and select **Options** > *Objects*. You can save the file in your phone or send it using Bluetooth technology or as a multimedia message to another compatible device.

Special message types

Your phone can receive many kinds of messages, such as operator logos, business cards, calendar entries, and ringing tones.

To open a received message, select **Menu** > *Messag.* > *Inbox* and the desired message. You can save the special message content to your phone. For example, to save a received calendar entry to the calendar, select **Options** > *Save to Calendar*.



Note: The picture message function can be used only if it is supported by your network operator or service provider. Only compatible devices that offer picture message features can receive and display picture messages. The appearance of a message may vary depending on the receiving device.

Service messages

Service messages (network service) are notifications (for example, news headlines), and they may contain a text message or the address of a browser service. For availability and subscription, contact your service provider.

■ My folders

You can organize your messages into folders, create new folders, and rename and delete folders.

Select **Menu** > *Messag.* > *My folders*. To create a folder, select **Options** > *New folder* and enter a name for the folder.

■ Mailbox

Select **Menu** > *Messag.* > *Mailbox*.

When you open this folder, you can connect to your remote mailbox (network service) to do the following:

- Retrieve new e-mail headers or messages.
- View your previously retrieved e-mail headers or messages offline.

When you scroll to your mailbox and press the scroll key, the phone asks you if you want to *Connect to mailbox?*. Select *Yes* to connect to your mailbox or *No* to view previously retrieved e-mail messages offline.

To connect to the mailbox afterwards, select **Options** > *Connect*.

When you create a new mailbox, the name you give to the mailbox automatically replaces *Mailbox* in the Messaging main view. You can have up to six mailboxes.

When you are online, select **Options** > *Disconnect* to end the data call or packet data connection to the remote mailbox.

Retrieve e-mail messages from the mailbox

1. Select **Menu** > *Messag.* > *Mailbox* > **Options** > *Connect*. A connection is established to the remote mailbox.
2. Select **Options** > *Retrieve e-mail* and from the following options:
 - New* — to retrieve all new e-mail messages to your phone
 - Selected* — to retrieve only the e-mail messages that have been marked
 - All* — to retrieve all messages from the mailbox
3. After you have retrieved the e-mail messages, you can continue viewing them online. Select **Options** > *Disconnect* to close the connection and to view the e-mail messages offline.
4. To open an e-mail message, scroll to the e-mail you want to view and press the scroll key. If the e-mail message has not been retrieved and you are offline and select *Open*, you are asked if you want to retrieve this message from the mailbox.

To view e-mail attachments, indicated with , select **Options** > *Attachments*. You can retrieve, open, or save attachments in supported formats. You can also send attachments using Bluetooth technology.



Important: Exercise caution when opening messages. E-mail messages may contain malicious software or otherwise be harmful to your device or PC.

Delete e-mail messages

Delete from the phone

To delete an e-mail from the phone while still retaining it in the remote mailbox, select **Menu** > *Messag.* > *Mailbox* > **Options** > *Delete* > *Phone only*.

The e-mail header stays in your phone. To remove the header as well, delete the e-mail message from your remote mailbox first, then connect your phone to the remote mailbox to update the status.

Delete from the phone and server

To delete an e-mail from the phone and the remote mailbox, select **Options** > *Delete* > *Phone and server*.

Undelete

To cancel deletion of an e-mail from both the phone and server, scroll to an e-mail that has been marked to be deleted during the next connection, and select **Options** > *Restore*.

■ Outbox

The *Outbox* folder is a temporary storage place for messages that are waiting to be sent.

To access the *Outbox* folder, select **Menu** > *Messag.* > *Outbox*. Message statuses:

Sending — The phone is sending the message.

Waiting/Queued — The phone is waiting to send messages or e-mail.

Resend at ... (time) — Sending failed. The phone tries to send the message again after a time-out period. To restart the sending immediately, select **Options** > *Send*.

Deferred — To set documents to be on hold while they are in the *Outbox* folder, scroll to a message that is being sent, and select **Options** > *Defer sending*.

Failed — The maximum number of sending attempts has been reached.

■ View messages on the SIM card

Before you can view SIM messages, you need to copy them to a folder in your phone.

1. Select **Menu** > *Messag.* > **Options** > *SIM messages*.
2. Mark the messages you want to copy.
3. To copy the marked messages, select **Options** > *Copy*, and the folder to which you want to copy the messages. To start the copying, select **OK**.

■ Cell broadcast

You may be able to receive messages on various topics, such as weather or traffic conditions from your service provider (network service). For available topics and relevant topic numbers, contact your service provider. To turn on the service, see *Cell broadcast* settings in "Cell broadcast settings," p. 36.

Select **Menu** > *Messag.* > **Options** > *Cell broadcast*. In the message list, you can see the status of the topic, the topic number, topic name, and whether it has been flagged ► for follow-up.

A packet data connection may prevent cell broadcast reception.

■ Service command editor

To enter and send service commands (also known as USSD commands) such as activation commands for network services to your service provider, select **Menu > Messag. > Options > Service command**. To send the command, select **Options > Send**.

■ Messaging settings

Text message settings

Select **Menu > Messag. > Options > Settings > Text message** and from the following options:

Message centres — lists all the defined message centers.

Msg. centre in use — defines which message center is used for delivering text messages and special message types such as business cards.

Character encoding > Full support — to select all characters in the message to be sent as viewed. If you select *Reduced support*, characters with accents and other marks may be converted to other characters.

Receive report — When set to *Yes*, the status of the sent message (*Pending, Failed, Delivered*) is shown in *Reports* (network service).

Message validity — If the recipient of a message cannot be reached within the validity period, the message is removed from the message service center. Note that the network must support this feature. *Maximum time* — the maximum amount of time allowed by the network for which the message remains valid.

Message sent as — to define how the message is sent. Default is *Text*.

Preferred conn. — You can send text messages using the normal GSM network or, if supported by the network, packet data.

Reply via same ctr. (network service) — If you select *Yes*, and the recipient replies to your message, the return message is sent using the same message service center number. All networks do not provide this option. For availability, contact your network operator or service provider.

Multimedia messaging settings

Select **Menu > Messag. > Options > Settings > Multimedia message** and from the following options:

Image size — Define the size of the image in a multimedia message: *Small* (max. 160 x 120 pixels) or *Large* (max. 640 x 480 pixels). If you select *Original*, the image is not scaled.

MMS creation mode — If you select *Guided*, the phone informs you if you try to send a message that may not be supported by the recipient. To set the phone to prevent you from sending messages that are not supported, select *Restricted*. If you select *Free*, message creation is not restricted, but the recipient may not be able to view your message.

Access point in use — Select which access point is used as the preferred connection for multimedia messaging.

Multimedia retrieval — To receive multimedia messages only when you are in your home network, select *Auto. in home network*. When you are outside your home network, multimedia message reception is turned off. To always receive multimedia messages, select *Always automatic*. To retrieve messages manually, select *Manual*. To not receive any multimedia messages or advertisements, select *Off*.

Allow anon. msgs. — To reject messages coming from an anonymous sender, select *No*.

Receive adverts — Define whether you want to allow reception of multimedia message advertisements.

Receive report — If you want the status of the sent message (*Pending*, *Failed*, or *Delivered*) to be shown in *Reports*, select *Yes*. Receiving a delivery report of a multimedia message that has been sent to an e-mail address may not be possible.

Deny report sending > Yes — to deny sending delivery reports.

Message validity (network service) — If the recipient of a message cannot be reached within the validity period, the message is removed from the multimedia message center. *Maximum time* is the maximum amount of time allowed by the network for which the message remains valid.

E-mail settings

Settings for mailboxes

Select **Menu > Messag. > Options > Settings > E-mail > Mailboxes** and a mailbox.

If no mailbox settings have been defined before, you are asked if you want to define the settings. You need to define the mailbox type, e-mail address, incoming server, outgoing server, used access point, and the mailbox name.

Connection settings — To define the correct *Incoming e-mail* and *Outgoing e-mail* settings, contact your e-mail service provider for the settings.

User settings

Select *User settings* and from the following settings:

My name — Enter the name to be displayed in outgoing e-mail.

Send message (network service) — To set when your e-mail messages are sent, select *Immediately* or *During next conn..*

Send copy to self — Select *Yes* to send a copy of the e-mail to the address defined in *My e-mail address*.

Include signature — Select *Yes* to attach a signature to your e-mail messages and to create or edit a signature text.

New e-mail alerts — To not receive alerts about new e-mail, select *Off*.

Retrieval settings

Select *Retrieval settings* and from the following settings:

E-mail to retrieve — To only retrieve headers, select *Headers only*. To limit how much data is retrieved, select *Size limit*, and enter the maximum amount of data per message in kilobytes. To retrieve messages and attachments, select *Msgs. & attaches..* The *Size limit* and *Msgs. & attaches.* options are only available with POP3 mailboxes.

Retrieval amount — To limit the number of messages to retrieve from the inbox of the remote mailbox, select *From Inbox > No. of e-mails* and enter the maximum number of messages to retrieve. You can also limit the number of messages to retrieve from other subscribed folders in *From folders* (only IMAP4 mailboxes).

IMAP4 folder path (only IMAP4 mailboxes) — Define the folder path for IMAP4 mailboxes.

Folder subscriptions (only IMAP4 mailboxes) — Select the mailbox folders you want to subscribe to. To subscribe to or unsubscribe from a folder, scroll to it, and select **Options** > *Subscribe* or *Unsubscribe*.

Automatic retrieval

Select *Automatic retrieval* > *Header retrieval* — To have e-mail headers automatically retrieved at set intervals, select *Always enabled*, or if you only want headers to be retrieved in your home network, *Only in home net.*. Headers can be automatically retrieved for two mailboxes at most. You can set on which days, at what times, and how frequently the headers are retrieved in *Retrieval days*, *Retrieval hours*, and *Retrieval interval*.

Service message settings

Select **Menu** > *Messag.* > **Options** > *Settings* > *Service message* and from the following settings:

Service messages — Select whether you want to allow the reception of service messages.

Download messages — Select whether to download messages automatically or manually.

Cell broadcast settings

Check with your service provider whether cell broadcast (network service) is available and what the available topics and related topic numbers are.

Select **Menu** > *Messag.* > **Options** > *Settings* > *Cell broadcast* and from the following settings:

Reception — Select *On* or *Off*.

Language — *All* allows you to receive cell broadcast messages in all available languages. *Selected* allows you to choose in which languages you wish to receive cell broadcast messages. If the language you want is not in the list, select *Other*.

Topic detection — If you receive a message that does not belong to any of the existing topics, *On* allows you to save the topic number automatically. The topic number is saved to the topic list and shown without a name.

Other settings

Select **Menu** > *Messag.* > **Options** > *Settings* > *Other* and from the following settings:

Save sent messages — Select to save a copy of every sent text message, multimedia message, or e-mail to the *Sent* folder.

No. of saved msgs. — Define how many sent messages are saved to the sent items folder at a time. When the limit is reached, the oldest message is deleted.

Memory in use — Select whether to save messages to the phone memory or memory card.

■ Message reader

With *Msg. reader*, you can listen to text messages in the *Inbox*.

Select **Menu** > *Msg. reader*. To listen to messages, scroll right to choose the message from which to start reading, and select **Play**.



Tip: To listen to a text message you have received, when *1 new message* is displayed in the standby mode, press and hold the left selection key until *Msg. reader* starts.



Tip: When you receive a text message, to listen to it with *Msg. reader*, within 30 seconds of receiving the message, tap twice on the upper part of the keypad with your fingertips. For the tapping commands to work, they must be enabled in *Tapping settings*. See "Tapping settings," p. 71.



6. Contacts

You can save and manage contact information, such as names, phone numbers, and addresses. You can also add a personal ringing tone, voice tag, or a thumbnail image to a contact card. You can create contact groups, which allow you to send text messages or e-mail to many recipients at the same time. Contact information can only be sent to or received from compatible devices.

■ Manage contacts

Select **Menu** > *Contacts*.

To add a new contact, select **Options** > *New contact*. Fill in the fields you want, and select **Done**.

To edit a contact, scroll to it and select **Options** > *Edit*.

To assign default numbers and addresses to a contact, select it, and select **Options** > *Defaults*. Scroll to the desired default option, and select **Assign**.

To copy names and numbers from a SIM card to your phone, select **Options** > *SIM contacts* > *SIM directory*. Scroll to the name you want to copy or mark the desired names, and select **Options** > *Copy to Contacts*.

To copy a phone, fax, or pager number from contacts to your SIM card, scroll to the contact you want to copy, and select **Options** > *Copy* > *To SIM directory*.

To view the list of fixed dialing numbers, select **Options** > *SIM contacts* > *Fixed dialling contacts*. This setting is only shown if supported by your SIM card.

■ Manage contact groups

Create a contact group so that you can send text or e-mail messages to several recipients at the same time.

1. Scroll to the right, and select **Options** > *New group*.
2. Enter a name for the group or use the default name, and select **OK**.
3. Open the group, and select **Options** > *Add members*.
4. Scroll to each contact you want to add to the group, and press the scroll key to mark it.
5. Select **OK** to add all marked contacts to the group.

■ Add a ringing tone

You can set a ringing tone for each contact and group. When that contact or group member calls you, the phone plays the chosen ringing tone (if the caller's telephone number is sent with the call and your phone recognizes it).

1. Select **Menu** > *Contacts*.
2. To add a ringing tone to a contact, select the contact, **Options** > *Ringing tone*, and the desired ringing tone.

To add a ringing tone to a group, select the groups list and scroll to a contact group. Select **Options** > *Ringing tone* and the ringing tone for the group.

To remove the personal or group ringing tone, select *Default tone* as a ringing tone.

■ Assign speed dialing keys

Speed dialing is a quick way to call frequently used numbers. You can assign a phone number to the speed dialing keys 2 to 9. The number 1 is reserved for the voice mailbox. Speed dialing has to be activated before using speed dialing. See *Speed dialling* in "Call," p. 59.

1. Select **Menu** > *Contacts* and a contact.
2. Scroll to a number, and select **Options** > *Assign speed dial*. Scroll to the desired speed dialing key, and select **Assign**. When you return to the contact information view,  next to the number indicates the assigned speed dial.

To call the contact by speed dialing, in the standby mode, press the speed dialing key and the call key, or press and hold the speed dialing key.

7. Gallery

Select **Menu** > *Gallery*.

Use *Gallery* to store and organize your images, video clips, music tracks, sound clips, playlists, streaming links, .ram files, and presentations.

Open the gallery to see a list of the folders in the memory. Scroll to a folder (such as *Images*), and press the scroll key to open it.

To open a file, scroll to the file, and press the scroll key. The file opens in its corresponding application.

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

■ Gallery functions

Select **Menu** > *Gallery* and a folder.

To set an image as your wallpaper, select *Images*, and scroll to the image. Select **Options** > *Set as wallpaper*. To assign the image to a contact, select *Add to contact*.

To copy files to phone memory or to the memory card, scroll to the file or mark the files, and select **Options** > *Organise* > *Copy to phone mem.* or *Copy to memory card*.

To create image folders and move images to them, select *Images*, scroll to an image, select **Options** > *Organise* > *New folder*, and enter a name for the folder. Mark the images you want to move to the folder, select **Options** > *Organise* > *Move to folder*, and select the folder.

■ Download files

Select **Menu** > *Gallery*, the folder for the file type you want to download, and the download function (for example, *Images* > *Graphic downl.*). The browser opens. Choose a bookmark for the site to download from. See "View bookmarks," p. 44.

8. Media

■ Camera

To use the camera, select **Menu** > *Media* > *Camera*.

To zoom in or out, scroll up or down. To capture an image, press the scroll key. The image is saved to the *Images* folder in *Gallery*, and the image is displayed. To return to the viewfinder, select **Back**. To delete the photo, press the clear key.

To capture images sequentially, select **Options** > *Sequence mode* > *On*, or press 4. When you press the scroll key, the camera captures six images in short intervals and displays the images in a grid.

In dim lighting, to use night mode, select **Options** > *Night mode* > *On*, or press 1.

To use the self-timer, select **Options** > *Self-timer* and the time you want the camera to wait before capturing the image. Press the scroll key, and the timer starts.

To adjust the white balance or color tone, select **Options** > *Adjust* > *White balance* or *Colour tone*.

To record a video, scroll right to activate the video mode, and press the scroll key to start recording.

Your device supports an image capture resolution of 1600x1200 pixels.

Camera settings

To change camera settings, select **Menu** > *Media* > *Camera* > **Options** > *Settings*.

Select *Image* and from the following settings:

Image quality and *Image resolution* — The better the image quality and the higher the resolution, the more memory the image consumes.

Show captured img. — To not display the image after capturing, select *No*.

Default image name — Change how the captured images are named.

Memory in use — Select whether you want to save your images in the phone memory or on the memory card.

Select *Video* and from the following settings:

Length — If set to *Maximum*, the length of the recorded video is only restricted by the available memory. If set to *Short*, the recording time is optimized for MMS sending.

Video resolution — Select between two video resolutions.

Default video name — Select how the video clips are named.

Memory in use — Select whether you want to save your video clips in the phone memory or on the memory card.

■ RealPlayer

With RealPlayer, you can play media files such as video clips saved in the phone memory or memory card, or stream media files over the air by opening a streaming link. To open RealPlayer, select **Menu** > *Media* > *RealPlayer*.

RealPlayer does not support all file formats or all the variations of file formats.

Play media files

To play a media file in RealPlayer, select **Options** > *Open* and from the following:

Most recent clips — to play media files that you have recently played

Saved clip — to play media files saved in the phone or memory card

To stream content over the air:

- Select a streaming link saved in the gallery. A connection to the streaming server is established.
- Open a streaming link while browsing the Web.

To stream live content, you must first configure your default access point. See "Access points," p. 60.

Many service providers require you to use an Internet access point (IAP) for your default access point. Other service providers allow you to use a WAP access point. Contact your service provider for more information.

In RealPlayer, you can only open an rtsp:// URL address. You cannot open an http:// URL address; however, RealPlayer recognizes an http link to a .ram file since a .ram file is a text file containing an rtsp link.



Warning: Do not hold the device near your ear when the loudspeaker is in use, because the volume may be extremely loud.

Shortcuts during play

Scroll up to seek forward or down to seek back in the media file.

Press the volume keys to increase or decrease the sound volume.

Settings

Select **Options** > *Settings* > *Video* and from the following settings:

Contrast — To change the contrast, scroll left or right.

Loop — Select *On* to have the currently playing video or audio file restart automatically after it is finished.

Select *Connection* and from the following settings:

Proxy — to define a proxy server for streaming

Network — to define network settings

■ Recorder

The voice recorder allows you to record phone conversations and voice memos. If you record a phone conversation, all parties hear a beeping sound during recording.

Recorded files are stored in *Gallery*. See "Gallery," p. 39.

Select **Menu** > *Media* > *Recorder*. Select **Options** > *Record sound clip*, or select . To listen to the recording, select .

■ Flash Player

With *Flash Player*, you can view, play, and interact with Flash files made for mobile devices.

Play flash files

Select **Menu** > *Media* > *Flash Player*.

To open a folder or play a Flash file, scroll to it, and press the scroll key.

Select **Options** and from the following:

Full screen — to play the file using the entire display. To return to the normal screen, select *Normal screen*.

The key functions are not visible in full screen, but they may still be available when you press either key below the display.

Fit to screen — to play the file in its original size after zooming it

Pan mode on — to be able to move around the display with the scroll key when you have zoomed in

9. Services (Web browser)

With *Services*, you can browse web pages written in HTML, WML, or XHTML.



Important: Use only services that you trust and that offer adequate security and protection against harmful software.

Select **Menu** > *Services* or press and hold **0** in standby mode.

Check the availability of services, pricing, and tariffs with your network operator or service provider. Service providers also give you instructions on how to use their services.

■ Set up the phone for the browser service

Receive settings in a configuration message

You may receive service settings in a configuration message, from the network operator or service provider that offers the service.

Enter the settings manually

Follow the instructions given to you by your service provider.

1. Select **Menu** > *Tools* > *Settings* > *Connection* > *Access points*, and define the settings for an access point. See "Connection," p. 60.
2. Select **Menu** > *Services* > **Options** > *Bookmark manager* > *Add bookmark*. Write a name for the bookmark and the address of the browser page defined for the current access point.
3. To set the created access point as the default access point in *Services*, select *Services* > **Options** > *Settings* > *Access point*.

■ Make a connection

Once you have stored all the required connection settings, you can access browser pages.

There are three different ways to access browser pages:

- Select the home page (🏠) of your service provider.
- Select a bookmark from the bookmarks view.
- Press the keys 1—9 to start to write the address of a browser service. The **Go to** field at the bottom of the display is immediately activated, and you can continue writing the address there.

After you have selected a page or written the address, press the scroll key to start to download the page.

■ View bookmarks

Your device may have preinstalled bookmarks and links for third-party internet sites. You may also access other third-party sites through your device. Third-party sites are not affiliated with Nokia, and Nokia does not endorse or assume liability for them. If you choose to access such sites, you should take precautions for security or content.

In the bookmarks view, you can see bookmarks pointing to different kinds of browser pages. Bookmarks are indicated by the following icons:



The starting page defined for the default access point.



The automatic bookmarks folder contains bookmarks (🔗) that are collected automatically when you browse pages.



Any bookmark showing the title or Internet address of the bookmark.

Add bookmarks manually

1. In the bookmarks view, select **Options** > *Bookmark manager* > *Add bookmark*.
2. Fill in the fields.
3. Select **Options** > *Save* to save the bookmark.

Send bookmarks in a text message

Scroll to a bookmark, and select **Options** > *Send* > *Via text message*. You can send more than one bookmark at the same time.

■ Connection security

If the security indicator  is displayed during a connection, the data transmission between the device and the Internet gateway or server is encrypted.

The security icon does not indicate that the data transmission between the gateway and the content server (or place where the requested resource is stored) is secure. The service provider secures the data transmission between the gateway and the content server.

Select **Options** > *Details* > *Security* to view details about the connection, encryption status, and information about server authentication.

Security features may be required for some services, such as banking services. For such connections you need security certificates. For more information, contact your service provider. See also "Certificate management," p. 64.

■ Browse Web pages

Keys and commands for browsing

To open a link, press the scroll key.

To go to the previous page while browsing, select **Back**. If **Back** is not available, select **Options** > *Navigation options* > *History* to view a chronological list of the pages visited during a browsing session. The history list is cleared each time a session is closed.

To save a bookmark while browsing, select **Options** > *Save as bookmark*.

To check boxes and make selections, press the scroll key.

To retrieve the latest content from the server, select **Options** > *Navigation options* > *Reload*.

View saved pages

If you regularly browse pages containing information that does not change very often, you can save and then browse them when offline.

To save a page while browsing, select **Options** > *Advanced options* > *Save page*.

To open the *Saved pages* view, scroll right in the *Bookmarks* view. Saved pages are indicated by . To open a page, scroll to it, and press the scroll key. You can organize the saved pages into folders.

To start a connection to the browser service and retrieve the page again, select **Options** > *Navigation options* > *Reload*.

The phone stays online after you reload the page.

■ Download

You can download items such as ringing tones, images, operator logos, software, and video clips using the mobile browser.

Once downloaded, items are handled by the respective applications on your phone, for example, a downloaded photo is saved in the gallery.

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



Important: Only install and use applications and other software from sources that offer adequate security and protection against harmful software.

■ End a connection

Select **Options** > *Advanced options* > *Disconnect* to end the connection and view the browser page offline, or select **Options** > *Exit* to quit browsing and to return to the standby mode.

■ Empty the cache

A cache is a memory location that is used to store data temporarily. If you have tried to access or have accessed confidential information requiring passwords, empty the cache after each use. The information or services you have accessed is stored in the cache memory of the phone. To empty the cache, select **Menu** > *Services* > **Options** > *Advanced options* > *Clear cache*.

■ Browser settings

Select **Options** > *Settings* and from the following:

Access point – Select the default access point.

Homepage – Enter the address of the desired homepage.

Load imgs. & sounds – Select whether to view pictures and hear sounds when you are browsing. If you select *No*, to later load images and sounds during browsing, select **Options** > *Show images*.

Font size – Select the font size.

Default encoding – When you select *Automatic*, the browser automatically tries to choose the correct character encoding.

Auto. bookmarks – Select *On* if you want the bookmarks to be automatically saved in the *Auto. bookmarks* folder when you visit a page. When you select *Hide folder*, the bookmarks are still automatically added to the folder.

Screen size – Choose how to use the display area for viewing pages.

Search page – Enter the address of the desired search page.

Volume – Select the volume for music or other sound in Web pages.

Rendering – Select the image quality for the pages.

Cookies > *Allow/Reject* – Enable or disable the receiving and sending of cookies (a means for content providers to identify users and their preferences for frequently used content).

Java/Ecma Script – Enable or disable the use of scripts.

Security warnings – Hide or show security notifications.

Conf. DTMF sending > *Always/First time only* – Choose whether you want to confirm before the phone sends DTMF tones during a voice call. See "Options during a call," p. 23.

10. My own

■ Themes

To change the look of your phone's display, activate a theme. A theme can include the standby mode wallpaper and power saver. You can edit a theme to personalize your phone further.

Select **Menu** > *My own* > *Themes*. You see a list of the available themes. The active theme is indicated by a check mark.

To preview a theme, scroll to the theme, and select **Options** > *Preview* to view the theme. Select **Apply** to activate the theme. To activate the theme without previewing it, select **Options** > *Apply* from the main view.

Edit a theme:

1. Scroll to a theme, select **Options** > *Edit*, and select from the following:
 - Wallpaper* — Select an image from one of the available themes, or select your own image from the gallery to use as a background image in the standby mode.
 - Power saver* — Select what is shown on the power saver bar: the time and date or a text. You can set the time-out before the power saver is activated. See "Phone," p. 59.
2. Scroll to the element to be edited, and press the scroll key.
3. To preview the selected element, select **Options** > *Preview*. You cannot preview all elements. Select **Options** > *Set* to select the current setting.

To restore the currently selected theme to its original settings, select **Options** > *Restore orig. theme* when editing a theme.

■ Positioning

With the positioning service you can receive information from service providers about local issues such as weather and traffic conditions, based on the location of your device (network service).

Select **Menu** > *My own* > *Position..*

To select a positioning method, scroll to the positioning method, and select **Options** > *Enable*. To stop using it, select **Options** > *Disable*.

■ Navigator

This feature is not designed to support positioning requests for related calls. Contact your service provider for more information about how your phone complies with government regulations on location-based emergency calling services.

GPS should not be used for precise location measurement, and you should never rely solely on location data from the GPS receiver.

Navigator is a GPS application that enables you to view your current location, find your way to a desired location, and track distance. The application requires a Bluetooth GPS enhancement to operate. You must also have Bluetooth GPS positioning method enabled in **Menu** > *My own* > *Position..*

Select **Menu** > *My own* > *Navigator*.

■ Landmarks

Landmarks are coordinates to geographic locations that you can save to your device for later use in different location-based services. You can create landmarks using a Bluetooth GPS enhancement or network (network service).

Select **Menu** > *My own* > *Landmarks*.

11. Organizer

■ Clock

Select **Menu** > *Organiser* > *Clock*.

Clock settings

To change the time or date, select **Options** > *Settings*. For more information about the settings, see "Date and time," p. 63.

Set an alarm

1. To set a new alarm, select **Options** > *Set alarm*.
2. Enter the alarm time and select **OK**. When the alarm is active,  is shown.

To cancel an alarm, select **Options** > *Remove alarm*.

Turn off the alarm

Select **Stop** to turn off the alarm.

Select **Snooze** to stop the alarm for 5 minutes, after which it resumes. You can do this a maximum of five times.

If the alarm time is reached while the device is switched off, the device switches itself on and starts sounding the alarm tone. If you select **Stop**, the device asks whether you want to

activate the device for calls. Select **No** to switch off the device or **Yes** to make and receive calls. Do not select **Yes** when wireless phone use may cause interference or danger.

■ Calendar

Select **Menu** > *Organiser* > *Calendar*.

In the calendar, you can keep track of your appointments, meetings, birthdays, anniversaries, and other events. You can also set a calendar alarm to remind you of upcoming events.

Create calendar entries

1. Select **Options** > *New entry* and an entry type.

Anniversary entries are repeated every year.

2. Fill in the fields.

Repeat — Press the scroll key to change the entry to be repeated. A repeating entry is indicated by ↻ in the day view.

Repeat until — Set an ending date for the repeated entry, for example, the last date of a weekly course you are taking. This option is shown only if you have selected to repeat the event.

Synchronisation > *Private* — After synchronization the calendar entry can be seen only by you, and it is not shown to others even if they have online access to view the calendar. *Public* — The calendar entry is shown to others who have access to view your calendar online. *None* — The calendar entry is not copied when you synchronize your calendar.

3. To save the entry, select **Done**.

Calendar views

Press **#** in the month, week, or day views to automatically highlight today's date.

To write a calendar entry, press any number key (0–9) in any calendar view. A meeting entry opens, and the characters entered are added to the *Subject* field.

To go to a certain date, select **Options** > *Go to date*. Write the date, and select **OK**.

To-do

Select **Options** > *To-do view*.

In the *To-do view*, you can keep a list of tasks that you need to do.

Create a to-do note

1. To start to write a to-do note, press any number key (0–9).
2. Write the task in the *Subject* field. Press * to add special characters. Set a due date and a priority for the task.
3. To save the to-do note, select **Done**.

■ Converter

Select **Menu** > *Organiser* > *Converter*.

In the converter, you can convert measurement parameters such as *Length* from one unit to another, for example, *Yards* to *Metres*.

The converter has limited accuracy and rounding errors may occur.

Convert units

To convert currency, you must first set the exchange rate. See "Set a base currency and exchange rates," p. 51.

1. Scroll to the *Type* field, and press the scroll key to open a list of measurement parameters. Scroll to the measurement parameter you want to use, and select **OK**.
2. Scroll to the first *Unit* field, and press the scroll key to open a list of available units. Select the unit **from** which you want to convert and select **OK**.
3. Scroll to the next *Unit* field, and select the unit to which you want to convert.
4. Scroll to the first *Amount* field, and enter the value that you want to convert. The other *Amount* field changes automatically to show the converted value.

Press # to add a decimal and press * for the +, - (for temperature), and E (exponent) symbols.

The conversion order changes if you write a value in the second *Amount* field. The result is shown in the first *Amount* field.

Set a base currency and exchange rates

Before you can convert currency, you need to choose a base currency (usually your domestic currency) and add exchange rates.

The rate of the base currency is always 1. The base currency determines the conversion rates of the other currencies.

1. Select *Currency* as the measurement parameter type, and select **Options** > *Currency rates*. A list of currencies opens; you can see the current base currency at the top.
2. To change the base currency, scroll to the currency (usually your domestic currency), and select **Options** > *Set as base curr.*
3. Add exchange rates, scroll to the currency, and enter a new rate, that is, how many units of the currency equal one unit of the base currency you selected.
4. After you insert all the required exchange rates, you can convert currency. See "Convert units," p. 51.



Note: When you change base currency, you must enter new exchange rates because all previously set exchange rates are cleared.

■ Notes

Select **Menu** > *Organiser* > *Notes*.

You can send notes to other devices. You can save plain text files (TXT format) you receive to notes.

Press keys 1–9 to start to write. Press the clear key to clear letters. Select **Done** to save.

■ Calculator

Select **Menu** > *Organiser* > *Calculator*.

1. Enter the first number of your calculation. If you make a mistake, press the clear key to erase it.
2. Scroll to an arithmetic function, and press the scroll key to select it.
3. Enter the second number.
4. To execute the calculation, scroll to [=] and press the scroll key.



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

To add a decimal, press #.

Press and hold the clear key to clear the result of the previous calculation.

Use [↗] and [↘] to view previous calculations and move in the sheet.

■ File manager

Select **Menu** > *Organiser* > *File mgr.*

In the file manager, you can browse, open, and manage files and folders in the phone memory or on the memory card.

Open the file manager to see a list of the folders in the phone memory. Scroll right to see the folders on the memory card.

You can browse, open, and create folders; and mark, copy, and move items to folders.

View memory consumption

Scroll either right or left to view the phone memory or the memory card contents. To check memory consumption of the current memory, select **Options** > *Memory details*. The phone calculates the approximate amount of free memory for storing data and installing new applications.

In the memory views, you can view the memory consumption of the different applications or file types. If the phone memory is getting low, remove some files, or move them to the memory card.

■ Memory card

Keep all memory cards out of the reach of small children.

Select **Menu** > *Organiser* > *Memory*.

For details on inserting a memory card into the phone, see "Get started," p. 11.

You can use it to store your multimedia files such as video clips, music tracks, and sound files, photos, and messaging data, and to back up information from phone memory.

Format the memory card

When a memory card is formatted, all data on the card is permanently lost. Some memory cards are supplied preformatted and others require formatting. Consult your retailer to find out if you must format the memory card before you can use it.

1. Select **Options** > *Format mem. card*.
2. Select **Yes** to confirm.
3. When formatting is complete, enter a name for the memory card (max. 11 letters or numbers).

Back up and restore information

To back up information from phone memory to the memory card, select **Options** > *Backup phone mem.*

To restore information from the memory card to the phone memory, select **Options** > *Restore from card.*

You can only back up the phone memory and restore it to the same phone.

Lock the memory card

To set a password to lock your memory card to help prevent unauthorized use, select **Options** > *Set password.* You are asked to enter and confirm your password. The password can be up to eight characters long.

Unlock a memory card

If you insert another password-protected memory card into your phone, you are prompted to enter the password of the card. To unlock the card, select **Options** > *Unlock memory card.*

Once the password is removed, the memory card is unlocked and can be used on another phone without a password.

Check memory consumption

To check the memory consumption and the amount of memory available on your memory card, select **Options** > *Memory details.*

■ Zip manager

Use *Zip manager* to archive and compress files and to extract files from .zip archives.

Select **Menu** > *Organiser* > *Zip*. In the main view, the folders and the .zip archives in the phone memory are displayed. To view the memory card, scroll right.

Create an archive or add files to an existing archive

1. To create a new archive to the folder you are in, select **Options** > *New archive*, and enter the name of the archive. To open an existing archive, scroll to the .zip archive, and press the scroll key.
2. Select **Options** > *Add to archive.*
3. Scroll to the file or folder you want to archive, and press the scroll key.

To archive multiple files, mark the desired files and folders, and select **Options** > *Add to archive*.

Extract files

1. Scroll to the .zip file, and press the scroll key. The files contained in the .zip file are displayed.
2. Scroll to the file or mark the files you want to extract, and select **Options** > *Extract*.
3. Select whether you want to extract the files to the phone memory or the memory card, and select the folder to which to extract the files.

Settings

Select **Options** > *Settings* and from the following settings:

Compression level — to set the compression level. A higher compression level may produce a smaller .zip file but the compression takes more time.

Include subfolders > *Yes* — to add also the subfolders of folders you archive.

12. Tools

■ Voice commands

You can call contacts and carry out phone functions by saying voice commands.

To select the phone functions to activate with a voice command, select **Menu** > *Tools* > *Voice cm.*. The voice commands for changing profiles are in the *Profiles* folder.

To activate a new voice command for an application, select **Options** > *New application* and the application.

To manage the voice commands, scroll to a function, select **Options** and from the following options:

Change command or *Remove application* — to change or deactivate the voice command of the selected function

Playback — to play the activated voice command

To use voice commands, see "Enhanced voice dialing," p. 21.



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.

To change voice command settings, select **Options** > *Settings* and from the following options:

Synthesiser — to activate or deactivate the text-to-speech synthesiser that says out loud the recognized voice command

Reset voice adapts. — to reset the voice adaptations. The phone adapts to the user's voice to better recognize the voice commands.

■ Voice mailbox

To define or change the voice mailbox number, select **Menu** > *Tools* > *Voice mail* > **Options** > *Define number* or *Change number*, and enter the number. Voice mailbox is a network service. Contact your network operator for the voice mailbox number.

■ Speed dial

To assign phone numbers to the speed dialing keys, select **Menu** > *Tools* > *Spd. dial*, scroll to the speed dialing key, and select **Options** > *Assign*. Select the contact and the number for the speed dial.

To view the number assigned to a speed-dialing key, scroll to the speed dialing key, and select **Options** > *View number*. To change or remove the number, select *Change* or *Remove*.

■ Profiles

Select **Menu** > *Tools* > *Profiles*.

In *Profiles*, you can adjust and personalize the phone tones for different events, environments, or caller groups. You can see the currently selected profile at the top of the display in the standby mode. If the *General* profile is in use, only the current date is shown.

To activate the profile, scroll to a profile, press the scroll key, and select *Activate*.



Tip: To quickly change between *General* and *Silent* profile, in the standby mode, press and hold #.

To personalize a profile, scroll to the profile in the profile list, press the scroll key, select *Personalise* and from the following options:

Ringtone — To set the ringing tone for voice calls, choose a ringing tone from the list. Press any key to stop the sound. You can also change ringing tones in contacts. See "Add a ringing tone," p. 38.

Say caller's name — Select *On* to have the phone say the caller's name when the phone is ringing.

Ringtone type — When *Ascending* is selected, the ringing volume starts from level one and increases level by level to the set volume level.

Ringtone volume — Set the volume level for the ringing and message alert tones.

Message alert tone — Set the alert tone for text and multimedia messages.

E-mail alert tone — Set the alert tone for e-mail messages.

Vibrating alert — Set the phone to vibrate to alert for incoming calls and messages.

Keypad tones — Set the volume level for keypad tones.

Warning tones — Activate or deactivate warning tones.

Alert for — Set the phone to ring only upon calls from phone numbers that belong to a selected contact group. Phone calls coming from people outside the selected group have a silent alert.

Profile name — Name the profile. This setting is not shown for the *General* and *Offline* profiles.

When using the *Offline* profile, the phone is not connected to the GSM network. You can use certain functions of the phone without a SIM card by starting the phone with the *Offline* profile.



Important: In the offline profile you cannot make or receive any calls, or use other features that require cellular network coverage. Calls may still be possible to the official emergency number programmed into your device. To make calls, you must first activate the phone function by changing profiles. If the device has been locked, enter the lock code.

■ Settings

Phone

General

Select **Menu** > *Tools* > *Settings* > *Phone* > *General* and from the following options:

Phone language — to change the language for the display texts in your phone. This change may also affect the format used for date and time and the separators used, for example, in calculations. If you select *Automatic*, the phone selects the language according to the information on your SIM card. After you have changed the display text language, the phone restarts.

Writing language — to change the writing language of your phone. Changing the language affects the characters and special characters available when writing text and the predictive text dictionary used.

Predictive text — to set predictive text input *On* or *Off* for all editors in the phone. Select a language for entering predictive text from the list.

Welcome note / logo — to set the welcome note or logo which is displayed briefly each time you switch on the phone.

Orig. phone settings — to reset some of the settings to their original values. You need the lock code. See "Security," p. 64.

Standby mode

Select **Menu** > *Tools* > *Settings* > *Phone* > *Standby mode* and from the following options:

Active standby — to enable or disable active standby. See "Active standby," p. 16.

Left selection key and *Right selection key* — to assign a shortcut to the left and right selection keys in the standby mode

Active standby apps. — to select the application shortcuts you want to appear in the active standby. This setting is available only if *Active standby* is set to *On*.

Navigation key right, *Navigation key left*, *Navigat. key down*, *Navigation key up*, and *Selection key* — to assign function shortcuts for scrolling in different directions or pressing the scroll key in the standby mode. The scroll key shortcuts are not available if *Active standby* is *On*.

Operator logo — this setting is visible only if you have received and saved an operator logo. You can select whether the operator logo is shown.

Display

Select **Menu** > *Tools* > *Settings* > *Phone* > *Display* and from the following options:

Brightness — to adjust the brightness of the display

Power saver time-out — to set the time-out for the power saver to activate

Light time-out — to set the time-out for the phone backlights

Call

Select **Menu** > *Tools* > *Settings* > *Call* and from the following options:

Send my caller ID (network service) — to set your phone number to be displayed (Yes) or hidden (No) from the person whom you are calling. The value may be set by your network operator or service provider when you subscribe to the service (*Set by network*).

Call waiting (network service) — to set the network to notify you of a new incoming call while you have a call in progress. To request the network to activate call waiting, select *Activate*. To request the network to deactivate call waiting, select *Cancel*. To check whether the function is active, select *Check status*.

Reject call with SMS — to enable rejecting phone calls with a text message. See "Answer or reject a call," p. 22.

Message text — to enter a text to be sent when you reject a call with a text message

Automatic redial — to set the phone to make a maximum of 10 attempts to connect the call after an unsuccessful call attempt. Press the end key to stop automatic redialing.

Summary after call — to set the phone to briefly display the approximate duration of the last call

Speed dialling > *On* — to set the phone to dial the numbers assigned to the speed dialing keys 2 to 9 by pressing and holding the corresponding number key

Anykey answer > *On* — to answer an incoming call by briefly pressing any key, except the end key, left and right selection keys, the power key, volume keys, and the push to talk key

Line in use (network service) — this setting is shown only if the SIM card supports two subscriber numbers, that is, two phone lines. Select which phone line (*Line 1* or *Line 2*) you want to use for making calls and sending short messages.

Calls on both lines can be answered irrespective of the selected line. You cannot make calls if you select *Line 2* and have not subscribed to this network service. To prevent line selection, select *Line change > Disable* if supported by your SIM card. To change this setting, you need the PIN2 code.

Connection

Your phone supports packet data connections , such as GPRS in the GSM network. See "Indicators," p. 17. To establish a data connection, an access point is required. You can define different kinds of access points:

- MMS access point to send and receive multimedia messages
- Access point for the Web application to view WML or XHTML pages
- Internet access point (IAP) (for example, to send and receive e-mail)

Check which kind of access point you need with your service provider for the service you wish to access. For availability and subscription to packet data connection services, contact your network operator or service provider.

Receive access point settings

You may receive access point settings in a message from your service provider, or you may have preset access point settings in your phone.

Access points

To create a new access point or edit an existing access point, select **Menu > Tools > Settings > Connection > Access points > Options > New access point or Edit**. If you create a new access point, use the settings of an existing access point as a basis by selecting *Use existing settings*, or start with default settings by selecting *Use default settings*.

Follow the instructions from your network operator or service provider.

Connection name — to give a descriptive name for the connection

Data bearer — The options are *Packet data*, *Data call*, and *High speed (GSM)*.

Depending on what data connection you select, only certain setting fields are available. Fill in all fields marked with *Must be defined* or with an asterisk. Other fields can be left empty, unless you have been instructed otherwise by your service provider.

Access point name (for packet data only) — The access point name is needed to establish a connection to the GPRS network.

Dial-up number (for data call only) — the modem telephone number of the access point

User name — The user name may be needed to make a data connection, and is usually provided by the service provider. The user name is often case-sensitive.

Prompt password — If you must enter a new password every time you log onto a server, or if you do not want to save your password to the phone, select **Yes**.

Password — A password may be needed to make a data connection, and is usually provided by the service provider. The password is often case-sensitive.

Authentication — **Normal** or **Secure**

Homepage — Depending on whether you are setting up an Internet access point or MMS access point, enter the Web address or the address of the multimedia messaging center.

Data call type (for data call only) — defines whether the phone uses an analog or digital connection. For details, contact your ISP.

Max. data speed (for data call only) — This option allows you to limit the maximum connection speed when a data call connection is used. During the connection, the operating speed may be less, depending on network conditions.

Select **Options** > *Advanced settings* to change the following options:

Network type (for packet data only) — the Internet protocol (IP) version of the network: *IPv4* or *IPv6*. The other settings depend on the selected network type.

IPv4 settings and *IPv6 settings* (for data call only) — the Internet protocol settings. The settings depend on the network type.

Phone IP address (for IPv4) — to enter the IP address of your phone

DNS address — to enter the IP address of the primary and secondary DNS servers

Proxy serv. address — to enter the IP address of the proxy server

Proxy port number — to enter the port number of the proxy server

The following settings are shown if you have selected data call as the connection type:

Use callback > **Yes** — to allow a server to call you back once you have made the initial call. Contact your service provider to subscribe to this service.

The phone expects the callback call to use the same data call settings that were used in the callback-requesting call. The network must support that type of call in both directions, to and from the phone.

Callback type — The options are *Use server no.* and *Use other no.*.

Callback number — to enter your phone number which the dial-back server uses.

Use PPP compress. — To speed up data transfer, select *Yes* if supported by the remote PPP server.

Use login script > *Yes* — to use a login script when establishing the connection

Login script — to insert the login script

Modem initialisation (modem initialization string) — to control your phone using modem AT commands. If required, enter commands specified by your service provider or Internet service provider.

Packet data

The packet data settings affect all access points using a packet data connection.

Select **Menu** > *Tools* > *Settings* > *Connection* > *Packet data* and from the following options:

Packet data conn. — If you select *When available* and you are in a network that supports packet data, the phone registers to the GPRS network and short messages are sent using GPRS. Also, starting an active packet data connection, for example, to send and receive e-mail, is quicker. If you select *When needed*, the phone uses a packet data connection only if you start an application or function that needs it. The GPRS connection can be closed when it is not needed by any application.

If there is no GPRS coverage and you have chosen *When available*, the phone periodically tries to establish a packet data connection.

Access point — The access point name is needed when you want to use your phone as a packet data modem to your computer.

SIP settings

SIP (Session Initiation Protocol) profiles include the settings for communications sessions using SIP protocols. To view, create, and edit SIP profiles, select **Menu** > *Tools* > *Settings* > *Connection* > *SIP settings*.

Data call

The *Data call* settings affect all access points that use a GSM data call.

Select **Menu** > *Tools* > *Settings* > *Connection* > *Data call* and from the following options:

Online time — to set the data call to disconnect automatically after a time-out if there is no activity. To enter a time-out, select *User defined*, and enter the time in minutes. If you select *Unlimited*, the data call is not disconnected automatically.

Configurations

Certain functions, such as Web browsing and multimedia messaging, may require configuration settings. You may receive the settings from your service provider. See "Configuration settings," p. 14.

To view the list of configurations saved to your phone, select **Menu** > *Tools* > *Settings* > *Connection* > *Configurations*. To delete a configuration, scroll to the configuration, press the scroll key, and select *Delete*.

Date and time

To define the date and time used in your phone, and change the date and time format and separators, select **Menu** > *Tools* > *Settings* > *Date and time* and from the following options:

Time and Date — to set the time and date

Time zone — to set the time zone of your location. If you set *Network operator time* > *Auto-update*, the local time is shown.

Date format — to select the format to display dates

Date separator — to select the date separator

Time format — to select between 24-hour and 12-hour time format

Time separator — to select the time separator

Clock type — to select whether the analog or digital clock is shown in the standby mode. See "Clock," p. 49.

Clock alarm tone — to select the alarm clock tone

Network operator time (network service) — to allow the network to update time, date, and time zone information to your phone. If you select *Auto-update*, all active connections are disconnected. Check any alarms as these may be affected.

Security

Phone and SIM

You can change the following codes: lock code, PIN code, and PIN2 code. These codes can only include the numbers from 0 to 9.

Avoid using access codes similar to emergency numbers, to prevent accidental dialing of the emergency number.

To set the security settings, select **Menu** > *Tools* > *Settings* > *Security* > *Phone and SIM* and from the following options:

Code in use — to select the active code, *PIN* or *UPIN*, for the active USIM. This is shown only if the active USIM supports UPIN, and the UPIN is not rejected.

PIN code request (or *UPIN code request*) — to set the phone to request the code each time the phone is switched on. Some SIM cards may not allow the PIN code request to be turned *Off*. If you select *Code in use* > *UPIN*, *UPIN code request* is shown instead.

PIN code (or *UPIN code*) / *PIN2 code* / *Lock code* — to change the codes

Autolock period — to set a time-out after which the phone is automatically locked. To use the phone again, you need to enter the correct lock code. To turn off the autolock period, select *None*.

Lock if SIM changed — to set the phone to prompt for the lock code when an unknown, new SIM card is inserted into your phone. The phone keeps a list of SIM cards that are recognized as the owner cards.

Closed user group (network service) — to specify a group of people whom you can call and who can call you. For more information, contact your network operator or service provider. To activate the default group agreed on with the network operator, select *Default*. If you want to use another group (you need to know the group index number), select *On*.

Confirm SIM services (network service) — to set the phone to display confirmation messages when you use a SIM card service

Certificate management

Digital certificates do not guarantee safety: they are used to verify the origins of software.

To view a list of authority certificates that have been stored in your phone, select **Menu** > *Tools* > *Settings* > *Security* > *Certif. management*. To see a list of personal certificates if available, scroll right.

Digital certificates should be used if you want to connect to an online bank or another site or remote server for actions that involve transferring confidential information. They should also be used if you want to reduce the risk of viruses or other malicious software and be sure of the authenticity of software when downloading and installing software.



Important: Even if the use of certificates makes the risks involved in remote connections and software installation considerably smaller, they must be used correctly in order to benefit from increased security. The existence of a certificate does not offer any protection by itself; the certificate manager must contain correct, authentic, or trusted certificates for increased security to be available. Certificates have a restricted lifetime. If Expired certificate or Certificate not valid yet is shown even if the certificate should be valid, check that the current date and time in your device are correct.

Before changing any certificate settings, you must make sure that you really trust the owner of the certificate and that the certificate really belongs to the listed owner.

View certificate details and check authenticity

You can only be sure of the correct identity of a server when the signature and the period of validity of a server certificate have been checked.

The phone notifies you if the identity of the server is not authentic or if you do not have the correct security certificate in your phone.

To check certificate details, scroll to a certificate, and select **Options** > *Certificate details*. While opening the certificate details, the phone checks the validity of the certificate, and one of the following notes may appear:

Expired certificate — The validity period has ended for the selected certificate.

Certificate not valid yet — The validity period has not yet begun for the selected certificate.

Certificate corrupted — The certificate cannot be used. Contact the certificate issuer.

Certificate not trusted — You have not set any application to use the certificate.

Change the trust settings

Before changing any certificate settings, you must make sure that you really trust the owner of the certificate and that the certificate really belongs to the listed owner.

Scroll to an authority certificate, and select **Options** > *Trust settings*. Depending on the certificate, a list of the applications that can use the selected certificate is shown.

Security module

To view or edit security modules, select **Menu** > *Tools* > *Settings* > *Security* > *Secur. mod.*.

Call divert

1. To divert your incoming calls to your voice mailbox or another phone number, select **Menu** > *Tools* > *Settings* > *Call divert*. For details, contact your service provider.
2. Select which calls you want to divert: *Voice calls*, *Data calls*, or *Fax calls*.
3. Select the desired option. For example, to divert voice calls when your number is busy or when you reject an incoming call, select *If busy*.
4. To set the divert option on or off, select **Options** > *Activate* or *Cancel*. To check whether the option is activated, select *Check status*. Several divert options can be active at the same time.

Call barring and call diverting cannot be active at the same time.

Call barring

Call barring (network service) allows you to restrict the calls that you make and receive with your phone. To change the settings, you need the barring password from your service provider.

1. Select **Menu** > *Tools* > *Settings* > *Call barring*.
2. Scroll to the desired barring option, and to request the network to set call restriction on, select **Options** > *Activate*. To set the selected call restriction off, select *Cancel*. To check whether the calls are barred, select *Check status*. To change the barring password, select *Edit barrings passw.*. To cancel all active call barrings, select *Cancel all barrings*.

Call barring and call diverting cannot be active at the same time.

When calls are barred, calls still may be possible to certain official emergency numbers.

Network

Select **Menu** > *Tools* > *Settings* > *Network* and from the following options:

Operator selection – To set the phone to search for and select automatically one of the available networks, select *Automatic*. To select the desired network manually from a list of networks, select *Manual*. If the connection to the manually selected network is lost, the phone sounds an error tone and asks you to select a

network again. The selected network must have a roaming agreement with your home network, that is, the operator whose SIM card is in your phone.

Cell info display (network service) — To set the phone to indicate when it is used in a cellular network based on Micro Cellular Network (MCN) technology and to activate cell info reception, select *On*.

Enhancement

To change settings of an enhancement, select **Menu** > *Tools* > *Settings* > *Enhancement* and an enhancement, such as *Headset*. Select from the following options:

Default profile — to select the profile you want to activate each time you connect the enhancement to your phone

Automatic answer — to set the phone to answer an incoming call automatically after 5 seconds when this enhancement is connected to your phone. If the *Ringing type* is set to *Beep once* or *Silent*, automatic answer cannot be used, and you must answer the phone manually.

Lights — To set the phone lights continuously on while using the enhancement, select *On*.

To use the text phone, select *Text phone* > *Use text phone* > *Yes*.

■ Application manager

You can install two types of applications and software to your phone:



J2ME™ applications based on Java™ technology with the extension .jad or .jar. Do not download PersonalJava™ applications to your phone as they cannot be installed.



Other applications and software suitable for the Symbian operating system. The installation files have the .sis extension. Only install software specifically designed for your phone.

Installation files may be transferred to your phone from a compatible computer, downloaded during browsing, or sent to you in a multimedia message, as an e-mail attachment, or using Bluetooth. You can use Nokia Application Installer in Nokia PC Suite to install an application to your phone or a memory card.

To open *App. manager*, select **Menu** > *Tools* > *App. mgr.*.

Install an application



Important: Only install and use applications and other software from sources that offer adequate security and protection against harmful software.

Before installation, select **Menu** > *Tools* > *App. mgr.*, scroll to the installation file, and select **Options** > *View details* to view information such as the application type, version number, and the supplier or manufacturer of the application.

The .jar file is required for installing Java applications. If it is missing, the phone may ask you to download it.

To install an application or software package:

1. Scroll to an installation file. Applications on the memory card are indicated with .
2. Select **Options** > *Install*.

Alternatively, search the phone memory or the memory card, select the application, and press the scroll key to start the installation.

During the installation, the phone shows information about the progress of the installation. If you are installing an application without a digital signature or certification, the phone displays a warning. Continue installation only if you are sure of the origins and contents of the application.

To view extra information about the application, scroll to it, and select **Options** > *Go to web address*. This option may not be available with all applications.

To see what software packages have been installed or removed and when, select **Options** > *View log*. To send your installation log to a help desk so that they can see what has been installed or removed, select *Send log*.

Remove an application

Select **Menu** > *Tools* > *App. mgr.*, scroll to the software package, and select **Options** > *Remove*.

Application settings

Select **Menu** > *Tools* > *App. mgr.* > **Options** > *Settings* and from the following settings:

Software installation — to select if you want to allow installation of all Symbian applications (*All*) or only signed applications (*Signed only*)

Online certif. check — to select if you want *App. manager* to check the online certificates for an application before installing it

Default web address — default address used when checking online certificates

Some Java applications may require a phone call, a message to be sent, or a network connection to be made to a specific access point for downloading extra data or components. In the *App. manager* main view, scroll to an application, and select **Options** > *Suite settings* to change the settings related to that specific application.

■ Activation keys

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

Digital rights management (DRM) protected content comes with an associated activation key that defines your rights to use the content.

Select **Menu** > *Tools* > *Actv. keys* to view the digital rights activation keys stored in your phone.

To view valid keys (🔑) that are connected to one or more media files, select *Valid keys*.

To view invalid keys (🔒) with which the time period for using the file is exceeded, select *Invalid keys*. To buy more usage time or extend the usage period for a media file, scroll to a key, and select **Options** > *Get activation key*. It may not be possible to update activation keys if Web service message reception is disabled. See "Service message settings," p. 36.

To view activation keys that are not in use, select *Not in use*. Unused activation keys have no media files connected to them.

To view detailed information such as the validity status and the ability to send the file, scroll to an activation key, and press the scroll key.

If your device has OMA DRM protected content, to back up both the activation keys and the content, use the backup feature of Nokia PC Suite. Other transfer methods may not transfer the activation keys which need to be restored with the content for you to be able to continue the use of OMA DRM protected content after the device memory is formatted. You may also need to restore the activation keys in case the files on your device get corrupted.

■ Device manager

You may receive server profiles and configuration settings from your network operator, service provider, or company information management department.

To open *Device mgr.*, select **Menu** > *Tools* > *Dev. mgr.*. If you have no server profiles defined, the phone asks whether you want to define one.

To connect to a server and receive configuration settings for your phone, scroll to the server profile, and select **Options** > *Start configuration*.

To edit a server profile, select **Options** > *Edit profile* and from the following settings:

Server name — Enter a name for the configuration server.

Server ID — Enter the unique ID to identify the configuration server.

Server password — Enter the password to be sent to the server.

Access point — Select the access point to be used when connecting to the server.

Host address — Enter the URL address of the server.

Port — Enter the port number of the server.

User name and Password — Enter your user name and password.

Allow configuration — To receive configuration settings from the server, select *Yes*.

Auto-accept all reqs. — If you want the phone to ask for confirmation before accepting a configuration from the server, select *No*.

Network authentic. — To use authentication, select *Yes*, and enter your user name and password in *Network user name* and *Network password*.

■ Data transfer

With *Data transfer*, you can copy or synchronize contacts, calendar entries, and possibly other data, such as video clips and images, from a compatible phone using a Bluetooth or infrared connection. When both Bluetooth and infrared are available on both devices, it is preferable to use Bluetooth.

Depending on the other phone, synchronization may not be possible and data can be copied only once.

To transfer or synchronize data:

1. When using infrared, place the devices so that the infrared ports face each other, and activate infrared on both devices.

Select **Menu** > *Tools* > *Transfer*. If you have not used *Data transfer* before, information about the application is displayed. Select **Continue** to start transferring data.

If you have used Transfer, select *Transfer data*.

2. Select whether to use Bluetooth or infrared for transferring the data. When using Bluetooth, the phones need to be paired in order to transfer data.
Depending on the type of the other phone, an application may be sent and installed on the other phone to enable the data transfer. Follow the instructions.
3. Select what content you want to be transferred to your phone.
4. Content is transferred to your phone. The transfer time depends on the amount of data. You can stop the transfer and continue later.

■ Speech

In *Speech*, you can select the voice and the language used for reading messages and adjust the voice properties, such as rate and volume. Select **Menu** > *Tools* > *Speech*.

To view details of a voice, scroll right, scroll to the voice, and select **Options** > *Voice details*. To test a voice, scroll to the voice, and select **Options** > *Play voice*.

■ Setting wizard

Sett. wizard configures your device for operator (MMS, GPRS, and Internet) and e-mail settings based on your network operator information. Configuring other settings may also be possible.

To use these services, you may have to contact your network operator or service provider to activate a data connection or other services.

To edit settings, select **Menu** > *Tools* > *Sett. wizard* and the item you want to configure.

■ Tapping settings

You can control some functions of your phone by tapping on the phone. With *Tapping settings* you can define how the tapping commands work.

Select **Menu** > *Tools* > *Tapping settings* and from the following settings:

Reading SMS messages > *On* — to enable listening to new messages when you receive them by tapping twice on the upper part of the keypad.

Tapping control — to select whether to control sports mode (*Training control*) or music playback (*Music player*) by tapping. To not use tapping commands in either application, select *Off*.

13. Connectivity

■ PC Suite

You can use your phone with a variety of PC connectivity and data communications applications. With PC Suite you can synchronize contacts, calendar and to-do notes and notes between your phone and a compatible PC, or a remote Internet server (network service).

You can use Nokia Music Manager to copy music from CDs and transfer it to your phone in a suitable format.

You may find more information about PC Suite and the download link in the support area on the Nokia Web site, www.nokia.com/support.

■ Bluetooth connection

Bluetooth technology enables wireless connections between electronic devices within a maximum range of 10 meters (33 feet). A Bluetooth connection can be used to send images, videos, texts, business cards, calendar notes, or to connect wirelessly to compatible devices using Bluetooth technology, such as computers.

This device is compliant with Bluetooth technology Specification 2.0 supporting the following profiles: Generic Access Profile, Hands-free Profile, Headset Profile, Basic Imaging Profile, Object Push Profile, File Transfer Profile, Dial Up Networking Profile, Serial Port Profile, Generic Object Exchange Profile, and SIM Access Profile. To ensure interoperability between other devices supporting Bluetooth technology, use Nokia approved enhancements for this model. Check with the manufacturers of other devices to determine their compatibility with this device.

There may be restrictions on using Bluetooth technology in some locations. Check with your local authorities or service provider.

Features using Bluetooth technology, or allowing such features to run in the background while using other features, increase the demand on battery power and reduce the battery life.

Bluetooth connection settings

Select **Menu** > *Connect.* > *Bluetooth.*

When you activate Bluetooth technology for the first time, you are asked to give a name to your phone.

Bluetooth — to switch Bluetooth *On/Off*

My phone's visibility > *Shown to all* — to allow your phone to be found by other Bluetooth devices. For security reasons it is advisable to use the *Hidden* setting whenever possible.

My phone's name — to define a name for your phone.

Remote SIM mode > *On* — to enable the usage of the SIM card of the phone by another device (for example a car kit) by Bluetooth technology (SIM Access Profile SAP)

When the wireless device is in the remote SIM mode, you can only use a compatible connected enhancement, such as a car kit, to make or receive calls. Your wireless device will not make any calls, except to the emergency numbers programmed into your device, while in this mode. To make calls from your device, you must first leave the remote SIM mode. If the device has been locked, enter the code to unlock it first.

Send data using Bluetooth technology

There can be only one active Bluetooth connection at a time.

1. Open an application where the item you wish to send is stored. For example, to send a photo to another device, open the gallery application.
2. Scroll to the item you want to send, and select **Options** > *Send* > *Via Bluetooth.*
3. The phone starts to search for devices within range. Paired devices are shown with *.

To interrupt the search, select **Stop**. The device list freezes, and you can start to form a connection to one of the devices already found.

When searching for devices, some devices may show only the unique device addresses. To find out the unique address of your phone, enter the code ***#2820#** in the standby mode.

If you have searched for devices earlier, a list of the devices that were found previously is shown first. To start a new search, select *More devices*. If you switch off the phone, the list of devices is cleared and the device search needs to be started again before sending data.

4. Scroll to the device you want to connect with, and select it. The item you are sending is copied to the outbox, and the note *Connecting* is shown.
5. Pairing:
 - If the other device requires pairing before data can be transmitted, a tone sounds and you are asked to enter a passcode.
 - Create your own passcode (1-16 characters long, numeric) and agree with the owner of the other device to use the same code. This passcode is used only once and you do not have to memorize it.
 - After pairing, the device is saved to the *Paired devices* view.
6. When the connection has been successfully established, the note *Sending data* is shown.

Data received using Bluetooth connection can be found in the *Inbox* folder in *Messag.*.

Icons for different devices:  (*Computer*),  (*Phone*),  (*Audio/video*), and  (*Bluetooth device*)

If sending fails, the message or data are deleted. The *Drafts* folder in *Messag.* does not store messages sent using a Bluetooth connection.

Paired devices view

Paired devices are indicated by  in the search result list. In the Bluetooth main view, scroll right to open a list of paired devices.

Do not accept Bluetooth connections from sources you do not trust.

To pair with a device, select **Options** > *New paired device*. The phone starts a device search. Scroll to the device you want to pair with, and select it. Exchange passcodes. The device is added to the *Paired devices* list.

To cancel pairing, scroll to the device whose pairing you want to cancel and press the clear key, or select **Options** > *Delete*. If you want to cancel all pairings, select **Options** > *Delete all*.

To set a device to be authorized, scroll to the device, and select **Options** > *Set as authorised*. Connections between your phone and this device can be made without your knowledge. No separate acceptance or authorization is needed. Use this status only for your own devices that others do not have access to, for example, your PC, or devices that belong to someone you trust. The icon  is added next to authorized devices in the *Paired devices* view. If you select *Set as*

unauthorised, connection requests from this device need to be accepted separately every time.

Receive data using Bluetooth technology

When you receive data using Bluetooth technology, a tone is played, and you are asked if you want to accept the message. If you accept, the item is placed in the *Inbox* folder in *Messag..*

Disconnect Bluetooth connection

A Bluetooth connection is disconnected automatically after sending or receiving data.

■ Instant messaging

Instant messaging (network service) allows you to converse with other people using instant messages, and join discussion forums (IM groups) with specific topics. Once you have registered with an instant messaging (IM) service, you can log into the service provider's IM server.

Check the availability of IM services, pricing, and tariffs with your network operator or service provider. Service providers also provide you instructions on how to use their services.

To access an instant messaging service you need to save the settings for that service. You may receive the settings from the network operator or service provider that offers the service in a configuration message. You can also enter the settings manually. See "Instant messaging settings," p. 76.

Connect to an instant messaging server

Select **Menu > Connect. > IM.**

1. To log in, select **Options > Login.**
2. Enter your user ID and password. For the user ID and password, contact your service provider.

To log out, select **Options > Logout.**

Instant messaging settings

Select **Menu** > *Connect.* > *IM* > **Options** > *Settings* > *IM settings* and from the following settings:

Use screen name — Select *Yes* to enter a nickname (max. 10 characters).

Show my availability — To allow only people in your contacts to see if you are online, select *To IM contacts only*. To prevent others from seeing if you are online, select *To no-one*.

Allow messages from — Select *All*, *From IM contacts*, or *None*.

Allow invitations from — Select *All*, *From IM contacts*, or *None*.

Other settings may also be available.

Select **Menu** > *Connect.* > *IM* > **Options** > *Settings* > *Server settings* and from the following settings:

Servers — To edit connection settings, scroll to the server, and select **Options** > *Edit*. Contact your service provider for the settings. To define new server settings, select **Options** > *New server*. To delete a server, scroll to it, and select **Options** > *Delete*.

Default server — Choose the default server.

IM login type — To be automatically connected to the IM server during the days and times you define, select *Automatic*. To only be automatically connected while in your home network, select *Auto. in home network*. To be automatically connected when you start the IM application, select *On app. start-up*. To connect manually, select *Manual*.

Automat. login days and *Automatic login hrs.* — to set at what times you want to establish a connection automatically. These settings are only visible if *IM login type* is set to *Automatic* or *Auto. in home network*.

Join and leave an IM group

Select **Menu** > *Connect.* > *IM* > *IM groups*.

IM groups are only available if supported by the service provider.

To join an IM group, scroll to the group on the list, and press the scroll key. To join an IM group not on the list but whose group ID you know, select **Options** > *Join new group*. Enter the group ID, and press the scroll key.

Scroll to a group, select **Options** > *Group* and from the following options: *Save* to save it to *IM groups*, *Delete* to delete the group, *View participants* to see who is currently joined to the group, and *Details* to see the group ID, topic, members, editing rights in the group, and whether sending private messages is allowed in the group.

To leave the IM group, select **Options** > *Leave IM group*.

Search for IM groups and users

To search for groups, select **Menu** > *Connect.* > *IM* > *IM groups* > **Options** > *Search*. You can search IM groups by *Group name*, *Topic*, or *Members* (user ID). To join or save a group that is found in the search, scroll to it, and select **Options** > *Join* or *Save*. If you want to search again, select **Options** > *New search*.

To search for new contacts, select *IM contacts* > **Options** > *New IM contact* > *Search from server*. You can search by *User's name*, *User ID*, *Phone number*, and *E-mail address*. To search again, select **Options** > *New search*. To start a conversation with a user that is found, scroll to the user, and select **Options** > *Open conversation*. To save the user to contacts, select *Add to IM contacts*. To invite the user to a group, select *Send invitation*.

When the search result is displayed, to see more search results, select **Options** > *New search* > *More results*.

Chat in an IM group

Select **Menu** > *Connect.* > *IM* > *IM groups*.

After you join an IM group, you can view the messages that are exchanged in the group, and send your own messages.

To send a message, write the message, and press the scroll key.

To send a private message to a member (if allowed in the group), select **Options** > *Send private msg.*, select the recipient, write the message, and press the scroll key.

To reply to a private message sent to you, scroll to the message, and select **Options** > *Reply*.

To invite IM contacts who are online to join the IM group (if allowed in the group), select **Options** > *Send invitation*, select the contacts you want to invite, write the invitation message, and select **Done**.

Record messages

To record the messages that are exchanged in an IM group or during an individual conversation, select **Options** > *Record chat*. Enter the name for the message file, and press the scroll key. To stop recording, select **Options** > *Stop recording*.

Start and view individual conversations

Select **Menu** > *Connect.* > *IM* > *Conversations*.

This shows a list of the IM users with whom you have an ongoing conversation.



next to a user indicates that you have received a new message from that user.

To view an ongoing conversation, scroll to the user, and press the scroll key. To send a message, write your message, and press the scroll key. To return to the conversations list without closing the conversation, select **Back**.

To start a new conversation, select **Options** > *New conversation* > *Select recipient* to select from a list of your saved IM contacts that are currently online, or *Enter user ID* to enter the user ID.

To close the conversation, select **Options** > *End conversation*. Ongoing conversations are automatically closed when you exit instant messaging.

To save a user to your IM contacts, scroll to the user, and select **Options** > *Add to IM contacts*.

To prevent receiving messages from certain users, select **Options** > *Blocking options* and from the following:

Add to blocked list — to block messages from the currently selected user

Add ID to list manually — Enter the user ID of the user, and press the scroll key.

View blocked list — to see the users whose messages are blocked

Unblock — Select the user that you want to remove from the blocked list, and press the scroll key.

IM contacts

Select **Menu** > *Connect.* > *IM* > *IM contacts*.

You can see a list of your saved IM contacts.  indicates contacts that are currently online, and  indicates contacts that are offline.

To create a new contact manually, select **Options** > *New IM contact* > *Enter manually*.

To view contact details, scroll to a contact, and select **Options** > *Contact details*.

Scroll to a contact, and select **Options** and from the following options:

Open conversation — Start a new conversation or continue an ongoing conversation with the contact.

Contact details — View the contact's details.

Switch tracking on — Be notified every time the IM contact goes online or offline.

Belongs to groups — See which groups the IM contact has joined.

Blocking options — Prevent or allow receiving messages from the contact.

Reload users' availab. — Update information about whether contacts are online or offline. This option is not available if you have selected *Availabil. reloading* > *Automatic* in *IM settings*.

Editing options — Edit the contact's details, delete the contact, move the contact, or be notified when the contact's status changes.

Create a new IM group

Select **Menu** > *Connect.* > *IM* > *IM groups* > **Options** > *Create new group*. Enter the settings for the group:

Group name, *Group topic*, and a *Welcome note* that the participants see when they join the group

Group size — Specify the maximum number of members allowed to join the group.

Allow search — Define whether others can find the IM group by searching.

Editing rights — Scroll to the IM group members to whom you want to give editing rights and permission to invite contacts to join the group.

Group members — See "Restrict access to an IM group," p. 79.

Banned — Display a list of banned users.

Allow private msgs. — Allow or prevent private messaging between members.

Group ID — The group ID is created automatically and cannot be changed.

Restrict access to an IM group

You can make an IM group closed by creating a group members list. Only the users on the list are allowed to join the group. Select the *IM groups* view, scroll to the group, and select **Options** > *Group* > *Settings* > *Group members* > *Selected only*.

■ Connection manager

Select **Menu** > *Connect.* > *Conn. mgr.*

In the connection manager, you can identify the status of multiple data connections, view details on the amount of data sent and received, and end unused connections.

When you open the connection manager, you can see the following:

- Open data connections. **D** indicates a *Data call*, and **=** indicates *Packet data*.
- The status of each connection.
- Amount of data uploaded and downloaded for each connection (packet data connections only).
- The duration of each connection (data call connections only).



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

View connection details

To view the details of a connection, scroll to a connection, and select **Options > Details**.

End connections

To end a connection, scroll to the connection, and select **Options > Disconnect**. To close all currently active connections, select **Options > Disconnect all**.

■ Push to talk

Push to talk (PTT) (network service) is a real-time voice over IP service (network service) available over a GSM/GPRS network. Push to talk provides direct voice communication connected with the push of a key.

Before you can use the push to talk service, you must define the push to talk access point and push to talk settings. You may receive the settings in a configuration message from the push to talk service provider.

In push to talk communication, one person talks while the others listen from the built-in loudspeaker. Speakers take turns responding to each other. Because only one group member can talk at any time, the maximum duration of a speech turn is limited.

Phone calls always take priority over push to talk calls.

Besides the packet data counters, the phone registers only one-to-one calls in the recent calls lists in *Log*. The participants should confirm the reception of any communications where appropriate as there is no other confirmation of whether the recipients have heard the call.

To check availability and costs, and to subscribe to the service, contact your network operator or service provider. Note that roaming services may be more limited than home network services.

While connected to the push to talk service, you can use the other functions of the phone. Many of the services available for traditional voice calls (for example, voice mailbox) are not available for push to talk communications.

Define a push to talk access point

Many service providers require you to use an Internet access point for your default access point. Other service providers allow you to use a WAP access point. Contact your service provider for more information.

If you do not have a WAP connection, you may need to contact your service provider for assistance with the connection.

Settings for push to talk

For push to talk service settings, contact your network operator or service provider. You may receive the settings over the air in a configuration message.

To view and change push to talk settings, select **Menu > Connect. > PTT > Options > Settings**.

User settings

Incoming PTT calls — To see a notification of incoming calls, select *Notify*. To answer PTT calls automatically, select *Auto-accept*. If you do not want to receive PTT calls, select *Not allowed*.

PTT call alert tone — Select the tone for incoming push to talk calls. If you want the incoming call alert setting for push to talk to follow your profile settings, select *Set by profile*. For example, if your profile is silent, push to talk is set to do not disturb (DND) and, except for callback requests, you are not available to others using push to talk.

Callback request tone — Select a tone for callback requests.

Application start-up — To start push to talk automatically, select *Always automatic*. To start push to talk automatically only while in your home network, select *Auto in home netw..*

Default nickname — Enter your nickname shown to other users. Your service provider may have disabled the editing of this option in your phone.

Show my PTT address — Select *Never* if you want to hide your push to talk address from others in push to talk channels and one-to-one calls.

Show my login status — Select *Yes* if you want your status to be shown or *No* if you want your status to be hidden.

Connection settings

Domain — Enter the domain name obtained from your service provider.

Access point name — Enter the push to talk access point name. The access point name is needed to establish a connection to the GSM/GPRS network.

Server address — Enter the IP address or domain name of the push to talk server obtained from your service provider.

User name — Enter your user name obtained from your service provider.

Password — Enter your password used to enter the push to talk service.

Log in to push to talk

Select **Menu > Connect. > PTT**, or press the push to talk key. Push to talk automatically logs in to the service when started.

When log in is successful, push to talk automatically connects to channels that were active when the application was last closed. If the connection is lost, the device automatically tries to log back in until you exit push to talk.

 indicates a push to talk connection.

 indicates that push to talk is set to do not disturb (DND).

Exit push to talk

Select **Menu > Connect. > PTT > Options > Exit**. *Switch push to talk off after exiting application?* is displayed. Select *Yes* to log out and close the service. If you want to keep the application active in the background, select *No*.

Make a one-to-one call



Warning: Do not hold the device near your ear when the loudspeaker is in use, because the volume may be extremely loud.

1. Select **Menu** > *Connect.* > *PTT* > **Options** > *PTT contacts*, scroll to the contact you want to talk to, and press the push to talk key.
2. When the connection has been established, to talk to the other participant, press and hold the push to talk key the entire time you are talking.
3. To end the PTT call, select *Disconnect*, or if there are several PTT calls, select **Options** > *Disconnect*.

Answer a push to talk call

If *Incoming PTT calls* is set to *Notify* in *User settings*, a short tone notifies you of an incoming call. To accept the call, select **Accept**. To silence the tone, select **Silence**. To reject the call, press the end key.

Make a push to talk group call

To call a group, select **Options** > *PTT contacts*, select **Options** > *Make PTT group call*, mark the contacts you want to call by scrolling to them and pressing the scroll key, and press the push to talk key.

Subscribe to the login status of others

To subscribe to or unsubscribe from the push to talk online status of others, select **Options** > *PTT contacts*, scroll to the contact, and select **Options** > *Show login status* or *Hide login status*.

Callback requests

Send a callback request

If you make a one-to-one call and do not get a response, you can send a request for the person to call you back. You can send a callback request in different ways:

- To send a callback request from *PTT contacts*, scroll to a contact, and select **Options** > *Send callback request*.
- To send a callback request from *Contacts*, scroll to a contact, and select **Options** > *PTT options* > *Send callback request*.

Respond to a callback request

When someone sends you a callback request, *1 new callback request* is displayed in the standby mode. Select **Show** to open *Callback inbox*. Scroll to a contact, and press the push to talk key.

Channels

When you are connected to a channel, all members joined to the channel hear you talking. Up to five channels can be active at the same time. When more than one channel is active, select **Swap** to change the channel you want to talk to.

Each member in the channel is identified by a user name given by the service provider. Channel members can choose a nickname for within each channel, which is shown as a caller identification.

Channels are registered with a URL address. One user registers the channel URL in the network by joining the channel the first time.

Create your own channel

1. Select **Options** > *PTT channels*.
2. Select **Options** > *New channel* > *Create new*.
3. Enter a *Channel name*.
4. Select a *Channel privacy* level.
5. Enter your own nickname in *Nickname in channel*.
6. If you want to add a thumbnail image to the group, select *Channel thumbnail*, and select an image.
7. Select **Done**. When you have created a channel, you are asked if you want to send channel invitations. Channel invitations are text messages.

Join a preconfigured channel

A preconfigured channel is a talk group that is set up by your service provider. Only preconfigured users are allowed to join and use the channel. When you join an existing channel, you must fill in a URL for the channel.

For channel detail information, contact your network operator or service provider. You may receive the details in a text message.

1. Select **Options** > *PTT channels*.
2. Select **Options** > *New channel* > *Add existing*.

3. Enter the *Channel name*, *Channel address*, and *Nickname in channel*. You can also add a *Channel thumbnail*.
4. Select **Done**.

Respond to a channel invitation

To save a received channel invitation, select **Options** > *Save PTT channel*. The channel is added to your PTT contacts, channels view. After you save the channel invitation, you are asked if you want to connect to the channel.

PTT sessions

PTT sessions are displayed as call bubbles in the push to talk display, giving information about the status of the PTT sessions:

 indicates the currently active PTT session

Wait — shown when you press and hold the push to talk key and somebody else is still speaking in the PTT session

Talk — shown when you press and hold the push to talk key and get the permission to speak

The text field displays the nickname for one-to-one calls or the channel name for dial-in channel calls. For a dial-out group call, *Group call* is displayed.

Select **Options** to access the following:

Disconnect — to disconnect the selected PTT session and to close the call bubble

PTT contacts — to open the PTT contacts list

PTT channels — to open the PTT channels list

Callback inbox — to open the callback request inbox

PTT log — to view the push to talk log

Settings — to access the push to talk main settings

For group calls and channels additional options are available:

Active members — to view a list of active group members

Send invitation — to start the invitation view (only available for own channels or public channels)

■ Remote synchronization

Select **Menu** > *Connect.* > *Sync.*

Sync enables you to synchronize your calendar, contacts, or notes with various calendar and address book applications on a compatible computer or on the Internet. The synchronization application uses SyncML technology for synchronization.

Create a new synchronization profile

1. If no profiles have been defined, the phone asks you if you want to create a new profile. Select **Yes**.

To create a new profile in addition to existing ones, select **Options > New sync profile**. Choose whether you want to use the default setting values or copy the values from an existing profile to be used as the basis for the new profile.

2. Define the *Applications* to be synchronized.

Select an application, press the scroll key, and edit the synchronization settings:

Include in sync — to enable/disable the synchronization

Remote database — the name of the used remote database

Synchronisation type — Select *Normal* for synchronization of the data on your phone and the remote database, *To phone only* for the synchronization of the data on your phone only, or *To server only* for the synchronization of the data on the remote database only.

3. Define the *Connection settings* :

Server version, Server ID, Data bearer, Host address, Port, User name, and Password — Contact your service provider or system administrator for the correct settings.

Access point (only visible if *Internet* is selected as *Data bearer*) — Select an access point you want to use for the data connection.

Allow sync requests > Yes — to allow that the server starts the synchronization

Accept all sync reqs. > No — to require a confirmation before the server starts the synchronization

Network authentic. — To use HTTPS authentication, select *Yes*, and enter user name and password in *Network user name* and *Network password*.

Synchronize data

In the main view, scroll to a profile, and select **Options** > *Synchronise*. The status of the synchronization is shown.

To cancel synchronization before it is finished, select **Cancel**.

You are notified when the synchronization has been completed.

After synchronization is complete, select **Options** > *View log* to open a log file showing the synchronization status (*Complete* or *Incomplete*) and how many calendar or contact entries have been added, updated, deleted, or discarded (not synchronized) in the phone or on the server.

■ Infrared

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

Use infrared to connect two devices and transfer data between them. With infrared, you can transfer data such as business cards, calendar notes, and media files with a compatible device.

Send and receive data

1. Ensure that the infrared ports of the devices face each other. The positioning of the devices is more important than angle or distance.
2. To turn on infrared on your device, select **Menu** > *Connect.* > *Infrared*. Turn on infrared on the other device. Wait a few seconds until an infrared connection is established.
3. To send, locate the desired file in an application or the file manager, and select **Options** > *Send* > *Via infrared*.

If data transfer is not started soon after the activation of the infrared port, the connection is cancelled and must be started again.

All items received through infrared are placed in the *Inbox* folder in *Messag..*

■ Modem

Before you can use your device as a modem:

- You need the appropriate data communications software on your computer.
- You must subscribe to the appropriate network services from your service provider or Internet service provider.

- You must have the appropriate drivers installed on your computer. You must install drivers for your cable connection, and you may need to install or update Bluetooth or infrared drivers.

Select **Menu** > *Connect.* > *Modem.*

To connect the device to a compatible computer using infrared, press the scroll key. Make sure the infrared ports of the device and computer are directly facing each other with no obstacles between them.

To connect your device to a computer using Bluetooth wireless technology, initiate the connection from the computer. To activate Bluetooth in your device, select **Menu** > *Connect.* > *Bluetooth* and select *Bluetooth* > *On.*

If you use a cable to connect your device to a computer, initiate the connection from the computer.

Note that you may not be able to use some of the other communication features when the device is used as a modem.

■ USB data cable

You can use the USB data cable to transfer data between the phone and a compatible PC. You can also use the USB data cable with Nokia PC Suite.

Select **Menu** > *Connect.* > *Data cbl..* Select what the USB data cable connection is used for: *Media player*, *PC Suite*, or *Data transfer*. To have the device ask the purpose of the connection each time the cable is connected, select *Ask on connection.*

For *Data transfer* and *Media player* connections the phone is in offline mode, and no incoming or outgoing calls are possible.

After transferring data, ensure that it is safe to unplug the USB data cable from the PC.

14. Music

■ Music player

To activate music mode and start *Music player*, press the instant swap key to switch to music mode.

Music library

Music library is a database of the available music tracks. In the music library, you can choose the music to listen to, and create and manage playlists.

To open the music library, in the music player main view, scroll to , and press the scroll key.

To update the music library and search for music tracks in the phone memory and on the memory card, select **Options** > *Update Music library*. After the update, the changes to the music library are displayed.

You can select music to listen to from the music library in different ways. For example, to play a specific album, select *Albums*, scroll to the album, and select **Options** > *Play*. Or, to listen to specific tracks on the album, select *Albums* and an album, mark the tracks, and select **Options** > *Play*.

Track lists

To compile and save your own track list, select *Track lists* > **Options** > *New track list*. Then select the memory to save the track list in, and enter a name for the track list. Mark the desired tracks, and press the scroll key.

To listen to a track list, select *Track lists*, scroll to the track list, and select **Options** > *Play*.

You can add tracks to a saved track list from other views. For example, to add an album, select *Albums*, locate the album, scroll to it, and select **Options** > *Add to track list* > *Saved track list*. Scroll to the track list to add the album to, and press the scroll key.

Listen to music



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

To start playing or pause playback, select . To stop playback, select . To skip to the next or previous track, select  or . To fast forward or rewind, select and hold  or .

To see the currently playing playlist, select .

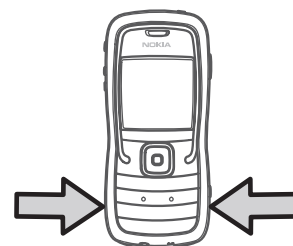
To return to the standby mode and leave the music player in the background, press the end key.

To play the music tracks repeatedly, select **Options** > *Loop*. Select *All* to repeat all the currently playing tracks, *One* to repeat the currently playing track, or *Off* to not repeat tracks.

Music player tapping commands

To pause playback or resume paused playback, tap twice on the upper part of the keypad.

To skip tracks, tap twice on either the left or right lower side of the phone with your fingertips. For the tapping commands to work, they must be enabled in *Tapping settings*. See "Tapping settings," p. 71.



Audio settings

With *Audio settings*, you can adjust the tone of the sound and apply effects to the sound. Select **Options** > *Audio settings*.

Equalizer

With *Equaliser*, you can enhance or diminish frequencies during music playback and modify how your music sounds.

Select **Options** > *Audio settings* > *Equaliser*. To use a preset, scroll to it, and select **Options** > *Activate*.

Create a new preset

1. To create a new preset, select **Options** > *New preset*, and enter the preset's name.
2. To move between frequency bands, scroll left or right. To enhance or diminish sound in the frequency band, scroll up or down.
3. Select **Back**.

■ Visual Radio

You can use the Visual Radio application as a FM radio with automatic tuning and preset stations, or with parallel visual information related to the radio program if you tune in to stations that offer Visual Radio service. The Visual Radio service uses packet data (network service).

To use the Visual Radio service, the following requirements must be met:

- The radio station and your network operator must support this service.
- Your Internet access point must be defined for access to the network operator's Visual Radio server.
- The preset radio station must have the correct Visual Radio service ID defined and have Visual Radio service enabled.

Visual Radio cannot be started when the *Offline* profile is active.

The FM radio depends on an antenna other than the wireless device antenna. A compatible headset or enhancement needs to be attached to the device for the FM radio to function properly.



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

You can make a call or answer an incoming call while listening to the radio. The radio is turned off when there is an active call.

Turn the radio on

Select **Menu** > *Music* > *Radio* to open Visual Radio.

To turn the radio off, select **Exit**.

Tune and save a radio station

To start the station search when the radio is on, scroll to  or , and press the scroll key. Searching stops when a station is found. To save the station, select **Options** > *Save station*. Scroll to a location for the station with the scroll key and press the scroll key. Enter the name of the station, and select **OK**.

Use the radio

To adjust the volume, press the volume keys.

Select  or  to scroll to the next or previous saved station. The buttons are inactive if there are no saved stations.

When using a compatible headset, press the headset key to scroll to a saved radio station.

When the radio is on, select **Options** and from the following options:

Start visual service — Launch viewing of visual content.

Station directory — Activate the station directory (network service) to seek available radio stations and save them for later use.

Save station — Save the radio station.

Stations — Open the station list.

Manual tuning — Set the station frequency manually.

Activate loudspeaker — Listen to the radio using the loudspeaker. To deactivate the loudspeaker, select *Deactivate loudsp.*

Play in background — Put Visual Radio in the background and display the standby screen.

Settings — Change or view Visual Radio settings.

Exit — Turn off the radio.

Station list

When the radio is on, select **Options** > *Stations*.

The station list is used for managing the saved radio stations. When you open the list, the currently active station is highlighted if it is saved. Otherwise, the first saved station is highlighted.

Select **Options** and from the following options:

Station > *Listen* — Listen to the selected station.

Station > *Edit* — View the settings of the highlighted station. See "Station setup," p. 92.

Station > *Move* — Move a station to another position in the list.

Station > *Delete* — Delete the highlighted station from the station list.

Station directory — Activate the station directory (network service).

Station setup

Scroll to a station in the station list, press the scroll key, and select *Edit* to change the following station parameters:

Name — to edit the name of the station

Location — to edit the location of the radio station

Frequency — to edit the frequency of the station

Visual service ID — to edit the visual service ID

Enable visual service — to allow or deny the viewing of visual content of the current radio station

View visual content

You can view visual content if the station is saved in the station list and visual service is enabled for this station.

To check availability and costs, and to subscribe to the service, contact your network operator or service provider.

To view visual content of the current station, scroll to , and press the scroll key.

If the visual service ID was not saved in the station list, you are asked for the visual service ID. Enter the visual service ID and select **OK**. If you do not have the visual service ID, select **Retrieve** to access the station directory (network service).

To end the visual content feed but not the FM radio, select **Close**.

To set light settings and the power saver time-out, select **Options** > *Display settings*.

Visual Radio settings

When the radio is on, select **Options** > *Settings* and the following:

Start-up tone — to enable or disable the start-up tone

Auto-start service — to enable or disable the automatic display of visual content

Access point — to select the access point

Station directory

With the station directory (network service) you can select Visual Radio enabled or traditional radio stations from a list, grouped in several folders.

To check availability and costs, and to subscribe to the service, contact your network operator or service provider.

Access the station directory from the visual content view

To retrieve the visual service ID and to start visual content for the currently tuned radio station, scroll to , press the scroll key, and select *Retrieve*. After the connection to the station directory is established, select the nearest location to your current position from a list of folders, and press the scroll key.

The device compares the frequencies of the listed radio stations with the currently tuned in frequency. If a matching frequency is found, the visual service ID of the tuned radio station is displayed. Select **OK** to start viewing the visual content.

If there is more than one radio station with matching frequencies, the radio stations and their visual service ID are displayed in a list.

Scroll to the desired radio station in the list and select it. The tuned radio station and the visual service ID are displayed. Select **OK** to start viewing the visual content.

Access the station directory from Options

To access the station directory (network service) from the station list, select **Options > Station directory**.

After the connection to the station directory, you are requested to select the nearest location to your current position from a list of locations.

Radio stations, which provide visual content are indicated with 📺.

Scroll to the desired radio station, and press the scroll key to open the selection menu for radio stations:

Listen — to tune to the highlighted radio station. To confirm the frequency setting, select **Yes**.

Start visual service — to open the visual content of the selected radio station (if available)

Save — to save the details of the selected radio station to the station list

15. Sports mode

Before beginning a regular exercise program, consult your physician or doctor.



Warning: Exercise may include some risk, especially for those who have been sedentary. Before beginning a regular exercise program, consult your physician or doctor.

There are numerous factors to consider when determining pace limits and exercise intensity levels. Some of these factors include age, exercise frequency, and overall physical fitness.

In addition to exercise intensity, there are many factors that can increase the risks involved in exercising, especially if you have high blood pressure, high blood cholesterol, or any signs or symptoms of any disease; if you are recovering from a serious illness or a medical treatment e.g. surgery; or heart, circulation; or if you use a pacemaker or another implanted electronic device.

For the built-in pedometer to work accurately, you should strap the phone onto your waist. The pedometer only works accurately when walking or running. It is possible to use an optional Bluetooth GPS enhancement for tracking distances and speed.

To activate the sports mode, press the instant swap key until the *Sports* view is displayed. When the scroll key light turns red, sports mode is active. On the first time you activate the sports mode, you are asked to enter a password, confirm the

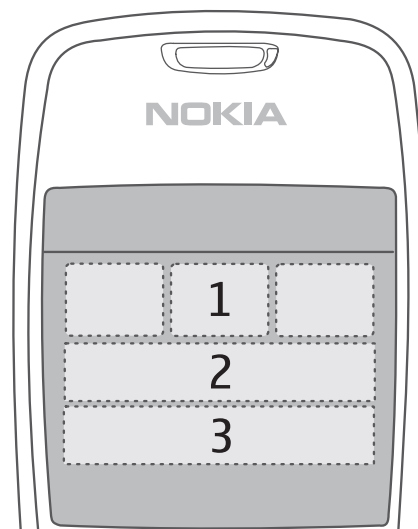
password and then enter your *Personal data* settings. The *Personal data* settings are necessary for the pedometer and exercise planning to function accurately.

In sports mode you can monitor and record your exercise, make an exercise plan, review your progress, and perform tests.

The following is displayed in the *Sports* view:

1. Icons for accessing *Quickstart*, *Diary*, and *Tests*.
2. Current exercise targets and your progress.
If you set several targets, scroll down to the targets, and scroll left or right to view the other targets. To view details about your progress with the set target, press the scroll key.
3. Next planned exercise. If there are several targets and no upcoming planned exercises, a target is displayed instead of the planned exercise.

To start monitoring the next planned exercise, scroll down to the next planned exercise, and press the scroll key.



■ Activities

To start an activity, in the main *Sports* view, select **Options** > *Activities*, scroll to the activity, select **Options** > *Start*. To start monitoring, press the scroll key.

To create a new activity or edit the settings of an activity, in the main view, select **Options** > *Activities*, select **Options** > *Create new*, or scroll to the activity and select **Options** > *Edit* and from the following settings:

Activity name — to name the activity. You can only name activities that you have created.

Data and layout — to define what data is displayed in the monitoring view and what type of a layout is used. To change the layout, select **Options** > *Select layout*, scroll to the desired layout type, and press the scroll key. To define what information is displayed in a frame, scroll to the frame, select **Options** > *Change*, and select the desired type of data.

Use Bluetooth GPS > *Yes* — to use a Bluetooth GPS enhancement in monitoring if available. A Bluetooth GPS enhancement can be used to monitor and record speed and distance in activities, with which the pedometer cannot be used, for example rowing and cycling.

Timed voice feedback > *On* — to listen to exercise information at set intervals during the exercise.

■ Set targets

To set weekly or monthly targets, select **Options** > *Set targets*, select the target period, and set the targets. You can set several simultaneous targets.

■ Quick start

To start monitoring your exercise immediately:

1. Select *Quickstart*.

If Bluetooth is enabled and *Use Bluetooth GPS* is set to *Yes* in the activity settings, the phone automatically searches for Bluetooth devices. Select the enhancement from the list.

2. To change the type of exercise, select **Options** > *Activity* and the type of exercise. To set the intensity of the exercise, select *Intensity* and the desired intensity.

To set a target, select *Set exercise target*. To enter the target manually, select *Manually*, press the scroll key, select a target type, and, if necessary, enter a value. To set a target from a planned or performed exercise, select *From Diary*, a target type, and the target.

3. In the monitoring view, press the scroll key to start monitoring. To view other tabs containing other exercise data, scroll right.

To listen to information about your current exercise, tap twice on the upper part of the keypad. For the tapping commands to work, they must be enabled in *Tapping settings*. See "Tapping settings," p. 71.

To store laptimes, select *Lap* every time you start a new lap.

To stop the monitoring, select **Pause** and **Stop**. The exercise is automatically recorded in the diary.

■ Diary

To plan exercises and view, record, and manage exercise records, select *Diary*. To view planned and performed exercises on a certain day, scroll to the day, and select **Options** > *Open*. To view a list of all planned and performed exercises, in the month view, select **Options** > *View list*.

To add a result of a performed exercise that was not monitored and recorded by the phone, scroll to the date, select **Options** > *Add result*, enter the result data, and select **Done**.

To plan a single exercise or several recurring exercises, scroll to the exercise day, and select **Options** > *Plan* > *Single exercise*. To repeat the exercise on certain weekdays for a number of weeks, select *Repeats*, select the weekdays on which to repeat the exercise, and enter the number of weeks.

To create a long-term plan automatically based on your preferences and your target, select **Options** > *Plan* > *Fitness coach*, define the settings, and select *Create plan*.

■ Tests

To perform tests, in the *Sports* view, select *Tests* and the desired test. Follow the instructions.

To view results of performed tests and keep track of your progress, in the *Tests* view, select **Options** > *Test results*.

■ Settings

In the main view, select **Options** > *Settings* and from the following options:

General settings > *Measurement unit* — to select the measurements used

General settings > *Backlight* — to set how long the backlight will stay lit

Personal data — to enter your sex, birthday, height, weight, endurance level, maximum heart rate, and rest heart rate

To change the *Personal data* password, select **Options** > *Change password*, enter the old password, enter the new password, and confirm the new password.

To delete all data, select **Options** > *Delete all data*. All data, including exercise results, exercise plans, and personal data, is deleted.

■ Nokia Sports Manager

With the Nokia Sports Manager, you can view and manage your exercise data on a compatible PC. To download the software, visit www.nokia.com/support.

16. Battery information

■ Charging and discharging

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, replace the battery. Use only Nokia approved batteries, and recharge your battery only with Nokia approved chargers designated for this device.

If a replacement battery is being used for the first time or if the battery has not been used for a prolonged period, it may be necessary to connect the charger then disconnect and reconnect it to begin charging the battery.

Unplug the charger from the electrical plug and the device when not in use. Do not leave a fully charged battery connected to a charger, since overcharging may shorten its lifetime. If left unused, a fully charged battery will lose its charge over time.

If the battery is completely discharged, it may take a few minutes before the charging indicator appears on the display or before any calls can be made.

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 15°C and 25°C (59°F and 77°F). 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.

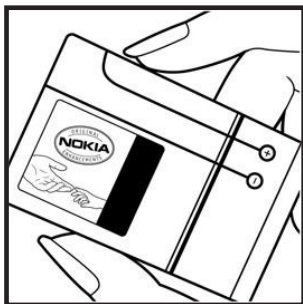
Do not dispose of batteries in a fire as they may explode. Batteries may also explode if damaged. Dispose of batteries according to local regulations. Please recycle when possible. Do not dispose as household waste.

■ Nokia battery authentication guidelines

Always use original Nokia batteries for your safety. To check that you are getting an original Nokia battery, purchase it from an authorized Nokia dealer, look for the Nokia Original Enhancements logo on the packaging, and inspect the hologram label using the following steps:

Successful completion of the four steps is not a total assurance of the authenticity of the battery. If you have any reason to believe that your battery is not an authentic original Nokia battery, you should refrain from using it, and take it to the nearest authorized Nokia service point or dealer for assistance. Your authorized Nokia service point or dealer will inspect the battery for authenticity. If authenticity cannot be verified, return the battery to the place of purchase.

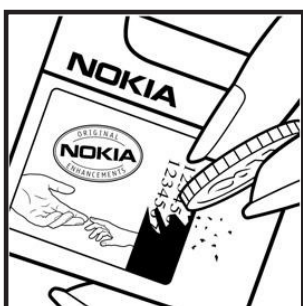
Authenticate hologram



1. When looking at the hologram on the label, you should see the Nokia connecting hands symbol from one angle and the Nokia Original Enhancements logo when looking from another angle.



2. When you angle the hologram left, right, down, and up, you should see 1, 2, 3, and 4 dots on each side respectively.



3. Scratch the side of the label to reveal a 20-digit code, for example, 12345678919876543210. Turn the battery so that the numbers are facing upwards. The 20-digit code reads starting from the number at the top row followed by the bottom row.



4. Confirm that the 20-digit code is valid by following the instructions at www.nokia.com/batterycheck.

To create a text message enter the 20-digit code, for example, 12345678919876543210, and send to +44 7786 200276.

National and international operator charges will apply.

You should receive a message indicating whether the code can be authenticated.

What if your battery is not authentic?

If you cannot confirm that your Nokia battery with the hologram on the label is an authentic Nokia battery, please do not use the battery. Take it to the nearest authorized Nokia service point or dealer for assistance. The use of a battery that is not approved by the manufacturer may be dangerous and may result in poor performance and damage to your device and its enhancements. It may also invalidate any approval or warranty applying to the device.

To find out more about original Nokia batteries, visit www.nokia.com/battery.

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.

- Keep the device dry. Precipitation, humidity, and all types of liquids or moisture can contain minerals that will corrode electronic circuits. If your device does get wet, remove the battery, and allow the device to dry completely before replacing it.
- 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 a soft, clean, dry cloth to clean any lenses, such as camera, proximity sensor, and light sensor lenses.
- 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.
- Use chargers indoors.
- Always create a backup of data you want to keep, such as contacts and calendar notes, before sending your device to a service facility.

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.

Additional safety information

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

■ 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. This device meets RF exposure guidelines when used either in the normal use position against the ear or when positioned at least 1.5 centimeters (5/8 inches) from the body. When a carry case, belt clip, or holder is used for body-worn operation, it should not contain metal and should position the device the above-stated distance from your body.

To transmit data files or messages, this device requires a quality connection to the network. In some cases, transmission of data files or messages may be delayed until such a connection is available. Ensure that the above separation distance instructions are followed until the transmission is completed.

Parts of the device are magnetic. Metallic materials may be attracted to the device. Do not place credit cards or other magnetic storage media near the device, because information stored on them may be erased.

■ 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 device 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 15.3 centimeters (6 inches) 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. Persons with pacemakers should do the following:

- Always keep the device more than 15.3 centimeters (6 inches) from the pacemaker
- Not carry the device in a breast pocket
- Hold the device to the ear opposite the pacemaker to minimize the potential for interference.

If you suspect interference, switch off your device, and move the device away.

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, and 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 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.

Using your device while flying in aircraft is prohibited. Switch off your device before boarding an aircraft. The use of wireless teledevices in an aircraft may be dangerous to the operation of the aircraft, disrupt the wireless telephone network, and may be illegal.

■ 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 refueling 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.

■ Emergency calls



Important: Wireless phones, including this device, 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 device for essential communications like medical emergencies.

To make an emergency call:

1. If the device is not on, switch it on. Check for adequate signal strength.
Some networks may require that a valid SIM card is properly inserted in the device.
2. Press the end key as many times as needed to clear the display and ready the device for calls.
3. Enter the official emergency number for your present location. Emergency numbers vary by location.
4. Press the call key.

If certain features are in use, you may first need to turn those features off before you can make an emergency call. If the device is in the offline mode, you must change the profile to activate the phone function before you can make an emergency call. Consult this guide or your service provider for more information.

When making an emergency call, give all the necessary information as accurately as possible. Your wireless device may be the only means of communication at the scene of an accident. Do not end the call until given permission to do so.

■ Certification information (SAR)

This mobile device meets guidelines for exposure to radio waves

Your mobile device is a radio transmitter and receiver. It is designed not to exceed the limits for exposure to radio waves recommended by international guidelines. These guidelines were developed by the independent scientific organization ICNIRP and include safety margins designed to assure the protection of all persons, regardless of age and health.

The exposure guidelines for mobile devices employ a unit of measurement known as the Specific Absorption Rate or SAR. The SAR limit stated in the ICNIRP guidelines is 2.0 watts/kilogram (W/kg) averaged over 10 grams of tissue. Tests for SAR are conducted using standard operating positions with the device transmitting at its highest certified power level in all tested frequency bands. The actual SAR level of an operating device can be below the maximum value because the device is designed to use only the power required to reach the network. That amount changes depending on a number of factors such as how close you are to a network base station. The highest SAR value under the ICNIRP guidelines for use of the device at the ear is 0.50 W/kg.

Use of device accessories and enhancements may result in different SAR values. SAR values may vary depending on national reporting and testing requirements and the network band. Additional SAR information may be provided under product information at www.nokia.com.

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