



**To sound the high-pitched alarm, always keep FOMA terminal away from your ears.**

Do

Failure to do so may cause hearing defect.

### CAUTION



**Do not swing FOMA terminal by its strap.**

Don't

May cause accident such as injury to yourself or others by hitting.



**Do not use damaged FOMA terminal.**

Don't

May cause fire, burns, injuries, electric shock.



**When using the motion tracking or motion sensor, check the safety around you, hold FOMA terminal firmly, and do not shake it unnecessarily.**

Don't

May cause accident such as injuries.



**If the display part is accidentally broken and liquid crystal leaks out, do not make the liquid contact with your skin of face or hands.**

Don't

May cause loss of sight or skin problems. If the liquid gets into your eyes or mouth, rinse it with clean water and see a doctor immediately.

And, if the liquid adheres to skin or clothing, use alcohol etc. to wipe it off, then wash with soap.



**To use the terminal in car, check with automobile manufacturer or dealer to determine how the device is affected by radio waves before using.**

Do

In rare cases, using the phone in some vehicle models can cause the vehicle's electronic equipment to malfunction. In that case, stop using the terminal immediately.



**Mobile phones can give some users skin problems such as itching, allergic reactions or rashes. If you develop skin problems, stop using the phone immediately, and see a doctor. ⇒ "Material list (P12)"**

Do



**When opening or closing FOMA terminal, take care not to have your fingers or strap caught by the terminal.**

Do

May cause accident such as injuries.



**When watching the display, take a certain distance from the display in a fully bright place.**

Do

May reduce visual acuity.

### Handling battery pack

- **Check that the battery type matches the type displayed on the battery pack label.**

| Display   | Battery type   |
|-----------|----------------|
| Li-ion 00 | Li-ion battery |

### DANGER



Don't

**Do not connect a wire or other metal objects to the jack. And, do not carry or store FOMA terminal with objects like a metal necklace.**

May cause battery pack to ignite, burst, heat or leak.



Don't

**Check the orientation of battery pack to install it to FOMA terminal, and do not try to force the battery pack onto FOMA terminal if you are having trouble installing it.**

May cause battery pack to ignite, burst, heat or leak.



Don't

**Do not throw the battery pack into the fire.**

May cause battery pack to ignite, burst, heat or leak.



Don't

**Do not nail the battery pack, hit with a hammer or step on it.**

May cause battery pack to ignite, burst, heat or leak.



Do

**If the battery pack's fluid contacts eyes, immediately flush the eyes with clean water and see a doctor right away. Do not rub the eyes.**

May cause loss of sight.

**⚠ WARNING**

Don't

If the battery pack seems to have abnormalities such as deformation or scratches due to falling, never use it. May cause battery pack to ignite, burst, heat or leak.



Do

If the battery pack leaks or gives off a strange smell, immediately remove it from the vicinity of open flames. The vapors from leaking battery pack fluid may ignite or explode.



Do

Be careful not to let your pet bite the battery pack. May cause battery pack to ignite, burst, heat or leak.

**⚠ CAUTION**

Don't

Do not discard old battery packs together with other garbage. May cause igniting or environmental destruction. Tape the terminals of old battery packs to insulate them, and then bring them into a sales outlet such as docomo Shop. If your local municipality has a battery recycling program, dispose of them as provided for.



Don't

Do not use or charge a wet battery pack. May cause battery pack to ignite, burst, heat or leak.



Do

If fluid leaks out from battery pack, do not make the fluid contact with your skin of face or hands.

May cause loss of sight or skin problems. If the fluid put into your eyes or mouth, or contacts skin or clothes, immediately flush the contacted area with clean water. If the fluid put into the eyes or mouth, immediately see a doctor after flushing.

**Handling adapter and desktop holder****⚠ WARNING**

Don't

Do not use the adapter cord if it gets damaged.

May cause fire, burns, electric shock.



Don't

Do not use the AC adapter or desktop holder in a bathroom or other highly humid area.

May cause fire, burns, electric shock.



Don't

Always use the DC adapter with a negative-ground vehicle. Do not plug it into a positive-ground vehicle.

May cause fire, burns, electric shock.



Don't

When it starts to thunder, do not touch adapter.

May cause electric shock.



Don't

Do not short the charging jack while it is connected to the outlet or cigarette lighter socket. Do not touch the charging jack with a part of your body such as your hand or finger.

May cause fire, burns, electric shock.



Don't

Do not place heavy objects on the adapter cord.

May cause fire, burns, electric shock.



Don't

When you insert and remove AC adapter from power outlet, do not contact a metal strap or other metal objects with the jack.

May cause fire, burns, electric shock.



No wet hands

Do not touch the adapter cord, desktop holder or outlet with wet hands.

May cause fire, burns, electric shock.



Do

Only use with the specified power source and voltage. When charging FOMA terminal overseas, use AC Adapter for global use.

If incorrect voltage is used, this may cause fire, burns or electric shock.

AC adapter : AC100V

DC adapter : 12 or 24V DC (specific for negative ground vehicle)

AC adapter for global use : Between 100V and 240V AC (Connect to the AC outlet for internal household use)

**If the DC adapter's fuse blows, replace it only with the specified fuse.**

Do

Failure to do so may cause fire, burns, electric shock. For the specified fuse, see the instructions that come with the DC adapter.

**Wipe off any dust that accumulates on the power plug.**

Do

Failure to do so may cause fire, burns, electric shock.

**When you connect the AC adapter to an outlet, do not fail to properly connect to the outlet.**

Do

May cause fire, burns, electric shock.

**When you disconnect the adapter from the outlet or cigarette lighter socket, do not pull the adapter cord with excessive force. Instead, hold the power plug to disconnect.**

Do

May cause fire, burns, electric shock.



Unplug

**Always remove the power plug from the outlet or cigarette lighter when not using the adapter for an extended period.**

Failure to do so may cause fire, burns, electric shock.



Unplug

**Immediately remove the power plug from the outlet or cigarette lighter socket if water or other fluids get into the adapter.**

May cause fire, burns, electric shock.



Unplug

**Always remove the power plug from the outlet or cigarette lighter socket when cleaning the equipment.**

Failure to do so may cause fire, burns, electric shock.

**Handling UIM****CAUTION****Be careful of the cut surface when removing UIM.**

Do

May cause injuries.

**Handling mobile phones near electronic medical equipment**

- These precautions are based on the guidelines produced at the Electromagnetic Compatibility Conference Japan, regarding the protection of electronic medical equipment from radio waves emitted by mobile phone units.

**WARNING****Obey the following rules inside medical facilities.**

Do

- Do not bring FOMA terminal into operating rooms (ORs), intensive care units (ICUs) or coronary care units (CCUs).
- Turn FOMA terminal OFF in hospital wards.
- Turn FOMA terminal OFF in hospital lobbies and corridors if electronic medical equipment could be nearby.



Do

**Turn FOMA terminal OFF in crowded trains or other public places where pacemaker or defibrillator wearers could be nearby.**

FOMA terminal's signals may affect the operation of implanted pacemakers or defibrillators, and other devices.



Do

**Wearers of implanted pacemakers or defibrillators must carry and use FOMA terminal at least 22 cm away from the implanted device.**

FOMA terminal's signals may affect the operation of implanted pacemakers or defibrillators, and other devices.



Do

**When electronic medical equipment other than implanted pacemakers or defibrillators are in use outside of medical facilities (such as in home care settings), check with the device manufacturer to determine how the device is affected by electrical signals.**

FOMA terminal's signals may affect the performance of electronic medical equipment.

## Material list

| Part          |                          | Material           | Surface treatment |
|---------------|--------------------------|--------------------|-------------------|
| Exterior case | Movable part Sub-display | ABS resin          | UV hard coating   |
|               | Movable part Display     | PA-GF resin        | UV hard coating   |
|               | Fixed part Keypad        | PA-GF resin        | UV hard coating   |
|               | Fixed part Battery       | PC+ABS resin       | UV hard coating   |
|               | Hinge Movable side       | PC+ABS resin       | UV hard coating   |
|               | Hinge Fixed side         | PC+ABS resin       | UV hard coating   |
|               | Back cover               | PC+ABS resin       | UV hard coating   |
|               | Back cover lock lever    | POM resin          | None              |
|               | Back cover inner plate   | Stainless steel    | None              |
|               | Case pad                 | Polyurethane resin | None              |

| Part                         |                 | Material                | Surface treatment |
|------------------------------|-----------------|-------------------------|-------------------|
| Display panel                |                 | Acrylic resin           | UV hard coating   |
| Sub-display panel            |                 | Acrylic resin           | UV hard coating   |
| IrDA panel                   |                 | Acrylic resin           | UV hard coating   |
| Side keys                    |                 | PC+ABS resin            | UV hard coating   |
| Operation keys               |                 | Urethane acrylate resin | UV hard coating   |
| External connection jack cap | Body            | PC+ABS resin            | UV hard coating   |
|                              | Bending part    | Elastomer resin (TPE)   | None              |
|                              | Water stop part | PC resin                | None              |
|                              | D ring          | Synthetic rubber (EPDM) | None              |
| External connection jack     | Stainless steel | Tin plating             |                   |

| Part                            |                                 | Material              | Surface treatment                  |
|---------------------------------|---------------------------------|-----------------------|------------------------------------|
| Battery contacts                | Battery contacts connector body | PPS resin             | None                               |
|                                 | Battery contacts                | Beryllium copper      | Gold plating (Ni-Pd plating based) |
| Screw (Battery install recess)  |                                 | Stainless steel       | None                               |
| Battery install recess face     |                                 | PC board              | Gold plating                       |
| Battery pack                    | Battery pack                    | PC resin              | None                               |
|                                 | Contacts                        | Beryllium copper      | Gold plating                       |
| Battery cover plate (inner lid) | Body                            | Stainless steel       | None                               |
|                                 | Gasket                          | Silicone rubber (VMQ) | None                               |
| Charging jack                   | Contacts part                   | Stainless steel       | Gold plating                       |
|                                 | Contacts holder                 | LCP resin             | None                               |
| UIM card tray                   |                                 | POM resin             | None                               |

# Handling precautions

## General

- **F-10B is waterproof, however, do not allow water to seep into FOMA terminal and do not allow accessories or optional devices to get wet.**
  - Waterproofness of IPX5 and IPX7, and dustproofness of IP5X are provided on FOMA terminal by firmly closing the external connection jack cap and installing the back cover in a locked state. However it is not completely waterproofed. Do not attach/remove the battery pack in the rain or with waterdrop attached, or do not open/close the external connection jack cap or back cover. Water seepage may cause corrode of inside or malfunction. Accessories and optional devices are not waterproof. Malfunctions deemed to be caused by water are not covered by the warranty. Since these conditions are outside the scope of the warranty, a repair, if at all possible, is charged.
- **Clean FOMA terminal with a dry soft cloth (such as a cloth for eyeglasses).**
  - Rubbing it roughly with a dry cloth may scratch the display.
  - Drops of water or dirt left on the display may cause stains.
  - If FOMA terminal is wiped with alcohol, paint thinner, benzene or detergent, the printing may disappear or color may fade.
- **Clean the jack occasionally with a dry cotton swab etc.**
  - If the jack is soiled, connection gets worse and it may cause power to be turned off or insufficient battery charge, so clean the jack with a dry cotton swab etc. Also, be careful never to damage the jack when cleaning it.
- **Do not place FOMA terminal near an air-conditioner outlet.**
  - The rapid change in temperature may cause condensation, causing internal corrosion and malfunction.
- **When using, be careful not to subject excessive force to FOMA terminal or the battery.**
  - If FOMA terminal is crammed into a brimming bag or placed in a pocket and sat on, display, internal PCBs or battery pack may be damaged or malfunction. And, if external devices are plugged into the external connection jack (earphone/microphone jack), the breakage of the connector or malfunction may result.
- **Carefully read the separate instructions that come with FOMA terminal and adapter.**
- **Do not rub or scrape the display with a metal piece etc.**
  - It may scratch the display, causing malfunction or damage.

## FOMA terminal

- **Avoid extreme temperature.**
  - Use FOMA terminal where the temperature ranges between 5 and 40°C (for more than 36°C, temporary use in bathroom etc. only) and humidity ranges between 45 and 85%.
- **FOMA terminal may affect land-line phones, TVs or radios in use nearby, so use it as far as possible from these appliances.**
- **Maintain a separate record of the data you saved in your FOMA terminal.**
  - If the data is deleted, DOCOMO assumes no responsibility for the loss of any data.
- **Do not drop FOMA terminal or subject it to shocks.**
  - May cause malfunction or damage.
- **Do not plug external devices into the external connection jack (earphone/microphone jack) at a slant, or do not pull it forcibly while it is plugged.**
  - May cause malfunction or damage.
- **Do not close FOMA terminal with the strap etc. held inside.**
  - May cause malfunction or damage.
- **It is normal for FOMA terminal to become warm during use or charging. Continue to use it.**
- **Do not leave FOMA terminal with the camera in areas under strong direct sunlight.**
  - May cause discoloring or burn-in of materials.
- **FOMA terminal should normally be used with the external connection jack cap closed.**
  - Dust and/or water brought into FOMA terminal cause troubles.
- **Do not use FOMA terminal with the back cover removed.**
  - It may cause the battery to come off, or may cause a malfunction or damage.
- **Do not put extremely thick stickers on the display or the key side.**
  - May cause malfunction or damage.
- **While microSD card is being used, do not take the card out and do not turn off FOMA terminal.**
  - May cause data loss or malfunction.

- **Do not bring magnetic cards etc. close to FOMA terminal or clip it with the terminal.**
  - Magnetic data in cash cards, credit cards, telephone cards, floppy disks, etc. may be erased.
- **Do not bring magnetized objects close to FOMA terminal.**
  - Bringing strong magnetism close may cause malfunction.

## Battery pack

- **The battery pack is a consumable part.**
  - Replace the battery pack if FOMA terminal has extremely short operation time on a full charge, though it may vary by operating conditions. Purchase a new battery pack of the specified type.
- **Charge the battery in an area within the proper ambient temperature range (5-35°C).**
- **The operation time provided by the battery pack varies by the operating environment and battery pack's deterioration.**
- **The battery pack may swell out as it comes to near the end of its lifetime depending on the usage conditions, but it is not a problem.**
- **Be careful especially about the following points when preserving the battery pack.**
  - Keeping under the state of the full charge (right after charging ends)
  - Keeping under the state of the empty charge (too exhausted to turn on FOMA terminal)

They may cause the battery pack performance to be degraded or its lifetime to be shortened.  
A recommended battery level to preserve the battery pack is the battery icon in 2 cells as a guide.

## Adapter

- **Charge the battery in an area within the proper ambient temperature range (5-35°C).**
- **Do not charge the battery in the areas below.**
  - In areas of excessive humidity, dust or vibrations
  - Near land-line phones or TVs/radios
- **It is normal for the adapter to become hot while charging. Continue to use it.**
- **When using the DC adapter for charging, keep the vehicle engine running.**
  - The vehicle's battery could become flat.
- **When using an outlet with a mechanism preventing unplugging, follow the handling instructions for that outlet.**
- **Do not give strong shock. Do not deform the charging jack.**
  - May cause malfunction.

## UIM

- **Do not use excessive force to install/remove UIM.**
- **Note that DOCOMO assumes no responsibility for malfunctions occurring as the result of inserting and using a UIM with another IC card reader/writer.**
- **Always keep UIM ICs clean.**
- **Clean UIM with a soft, dry cloth (such as a cloth for eyeglasses).**
- **Maintain a separate record of the data you saved in UIM.**
  - If the data is deleted, DOCOMO assumes no responsibility for the loss of any data.
- **To preserve the environment, bring the old UIM to a sales outlet such as docomo Shop.**
- **Take care not to scratch, touch accidentally or short IC.**
  - May cause data loss or malfunction.
- **Do not drop UIM or subject it to shocks.**
  - May cause malfunction.

- **Do not bend UIM or place heavy objects on it.**
  - May cause malfunction.
- **Do not install UIM into FOMA terminal with a label or sticker put on UIM.**
  - May cause malfunction.

## CAUTION

- **Do not use a remodeled FOMA terminal. Using a remodeled terminal violates the Radio Law.**  
FOMA terminal is certified according to technical standard conformance of specified wireless equipment based on the Radio Law, and as a proof of it, the "Technical Compliance Mark" is depicted on the engraved sticker of FOMA terminal.  
If you remodel FOMA terminal by removing its screws, your certification of technical standard conformance becomes invalid.  
Do not use FOMA terminal with its certification of technical standard conformance invalid as it violates the Radio Law.
- **Be careful when you use FOMA terminal while driving a car etc.**  
Using a mobile phone while driving is subject to penal regulations.  
If you inevitably receive a call, tell the caller that you will "call back" by handsfree, then park in a safe place and call back.
- **Use FeliCa reader/writer function only in Japan.**  
FeliCa reader/writer function of FOMA terminal conforms to Japanese radio standards.  
If you use this function overseas, you may be punished.

## Waterproofness

**F-10B is provided with the following waterproofness by firmly closing the external connection jack cap, installing the back cover and locking the cover.**

- IPX5 (Former JIS protection code 5)\*1
- IPX7 that is a higher standard than IPX7 (former JIS protection code 7)\*2

**Also, F-10B is provided with IP5X (JIS protection code 5)\*3 dustproofness by firmly closing the external connection jack cap, installing the back cover and locking the cover.**

- \*1 Code IPX5 means that a phone keeps functioning after directly applying a jet flow of 12.5 L/min. for at least 3 minutes from a distance of 2.5-3 m on a rotating turntable.
- \*2 Code IPX7 means that a phone keeps functioning after it is slowly submerged to depth of 1 m in static tap water at room temperature, left there for 30 minutes and then taken out.
- \*3 Code IP5X means a protection degree that the mobile phone keeps functioning after it is placed in a device with dust in diameter 75 μm or less for 8 hours, agitated and then taken out.

### ❖ What you can do with waterproofness of F-10B

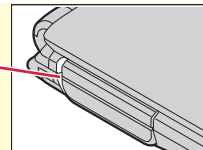
- **You can talk without using an umbrella in the rain (for rainfall of 20 mm or less per hour).**
  - When your hands or FOMA terminal are wet, avoid installing/removing the back cover or opening/closing the external connection jack cap.
- **You can use FOMA terminal in a bathroom.**
  - Do not put the terminal in the bathtub. Do not use the terminal in hot water. Doing so may cause malfunction.
  - Never put FOMA terminal in hot spring water or water containing soap, detergent or bath powder.
- **You can immerse FOMA terminal in static water of wash bowl and wash dirt out with shaking the terminal.**
  - Install the back cover and with it locked, holding the external connection jack cap not to open and wash it not using brush, sponge, etc.

### To ensure waterproofness/dustproofness

To avoid water ingress, be sure to observe the points below.

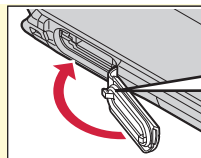
- Do not throw any liquid other than room-temperature tap water on FOMA terminal, or soak it in such liquid.
- Open/close the external connection jack cap as described below.
  - <Opening the external connection jack cap>**  
Place your finger at groove on the hinge side to open the cap.

Groove on the hinge side

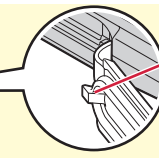


#### <Closing the external connection jack cap>

Close with the tab for the back cover at the rear side of the cap fitted into the concave of this terminal. Make sure that the cap is completely closed without slack.



Tab on the back side cover

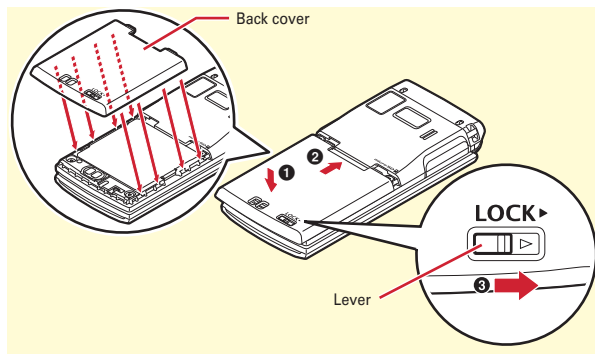




- Install the back cover as described below.

#### <Installing the back cover>

Align 8 tabs of the back cover with concaves of FOMA terminal. While pressing the back cover in the direction of ① so that there is no gap between FOMA terminal and back cover, slide the back cover in the direction of ② to install, then slide the back cover lever in the direction of ③ to lock.



- \* Make sure that the back cover is completely closed without slack. Slide the back cover in the direction of the arrow shown on the lever, and then make sure the cover is securely locked before using.
- Securely lock the back cover and firmly close the external connection jack cap. Even a fine obstacle (one hair, one grain of sand, tiny fiber, etc.) put between contact surfaces may allow water to enter.
- Do not poke the microphone, earpiece or speaker with a swab or sharp object.

- Do not let FOMA terminal fall. It may become scratched causing the waterproof performance to degrade.
- The external connection jack cap and the rubber packing of the inner lid play an important role for keeping waterproof performance. Do not remove or scratch it. Also, prevent dust from adhering to it.

To keep the FOMA terminal waterproof/dustproofness, replacement of parts is required every 2 years regardless of whether FOMA terminal appears normal or abnormal. DOCOMO replaces the parts as a chargeable service. Bring FOMA terminal to a sales outlet such as a DOCOMO-specified repair office.

## Important precautions

Do not perform actions shown in the illustrations below.

<Example>



Using Soap/Detergent/  
Bath power



Washing with  
brush/sponge



Washing by  
washing machine



Applying strong  
water flow



Using in hot spring



Soaking in ocean  
water



Using in pool water

**Observe the following precautions to use FOMA terminal properly.**

- Accessories and optional devices are not waterproof. When watching 1Seg etc. with FOMA terminal installed in the included desktop holder, do not use it in a bathroom, shower room, kitchen or lavatory even if it is not connected to the AC adapter.
- Do not apply water flow stronger than allowed (⇒P15) (e.g., such water flow that gives you pain when applied to your skin directly from a faucet or shower). F-10B provides the following waterproof performances of IPX5. Water may seep into the inside and it causes electric shock or corrosion of the battery.
- Do not put FOMA terminal in hot water, use it in a sauna or apply hot airflow (from a hair dryer etc.) to it.
- Do not move in water or slam the terminal against the surface of water with FOMA terminal opened.
- If you put the terminal in tap water or in water of swimming pool, be sure to have it within 30 minutes.
- When you use the terminal in swimming pool, obey rules of the facility.
- FOMA terminal does not float on water.
- Do not leave water on FOMA terminal. May short-circuit the power jacks, or in a cold region, water may freeze causing malfunction.
- Do not leave water on the microphone, earpiece or speaker. Such water may interfere with talking.
- If the back cover is damaged, replace it. Water may enter inside from a damaged section causing troubles such as electric shocks or corrosion of the battery.
- If FOMA terminal gets wet with water or other liquids with the external connection jack cap or back cover open, the liquid may get inside the terminal causing electric shocks or malfunction. Stop using FOMA terminal, turn the power OFF, remove the battery pack and contact a DOCOMO-specified repair office.

- If rubber gasket on the external connection jack cap or inner lid is damaged or deformed, replace it at DOCOMO-specified repair office.

DOCOMO does not guarantee actual operations under all states. Malfunctions deemed to be caused by inappropriate operation by the customer are not covered by the warranty.

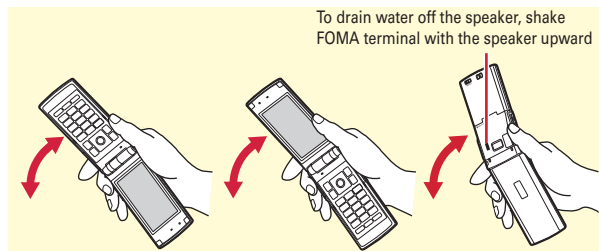
**Draining the water from FOMA terminal**

When FOMA terminal is wet, water may flow out after wiping it off; drain the water in the following steps.

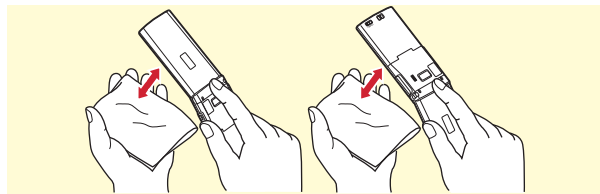
- ① **Wipe FOMA terminal surface with dry, clean cloth etc.**



- ② Shake FOMA terminal approximately 20 times, firmly holding its hinge section, until there is no more water splattering.

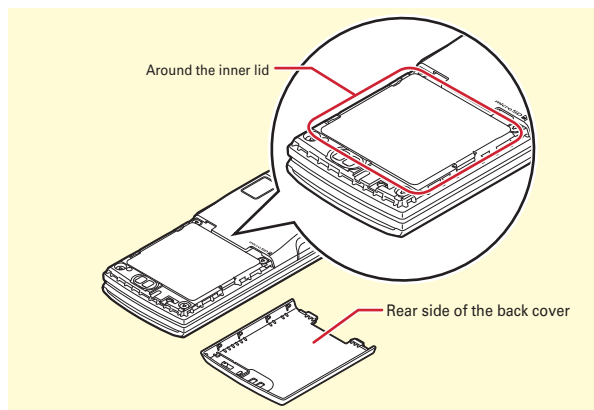


- ③ Softly press dry, clean cloth etc., against FOMA terminal to wipe off water remaining in the microphone, earpiece, speaker, keys, hinges or charging jack.



- ④ Remove the back cover and wipe off any drops of water around the inner lid and the rear side of the back cover. Never open the inner lid. After wiping off the water, install and lock the back cover.

Removing back cover ⇒ P21



- ⑤ Wipe off water drained from FOMA terminal with dry, clean cloth etc., and dry naturally.
- Water, if any, remaining in FOMA terminal may ooze up after wiping off.
  - Do not wipe off water remaining in concaves directly with a cotton swab etc.

## Charging

### Check the following before and after charging.

- Check that FOMA terminal is not wet. Never try to charge the battery pack when FOMA terminal is wet.
- Accessories and optional devices are not waterproof/dustproof.
- When charging the battery when or after FOMA terminal is wet, adequately drain it and wipe off water with a dry, clean cloth etc., before connecting the included desktop holder or opening the external connection jack cap.
- When the external connection jack cap is opened for charging, close the cap firmly after charging. It is recommended that the desktop holder be used for charging to prevent water from seeping inside from the external connection jack.
- Do not use the AC adapter or desktop holder in a bathroom, shower room, kitchen, lavatory or other highly humid area. May cause fire or electric shock.
- Do not touch the AC adapter or desktop holder with wet hands. May cause electric shock.

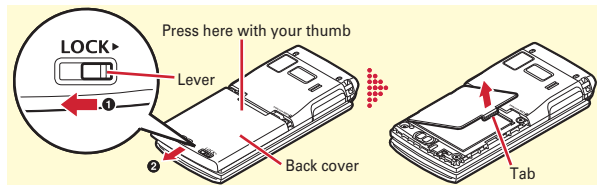
## Attaching UIM (FOMA card)/battery pack



After turning power OFF, close FOMA terminal and hold it in your hand so that you can properly attach UIM/battery pack.

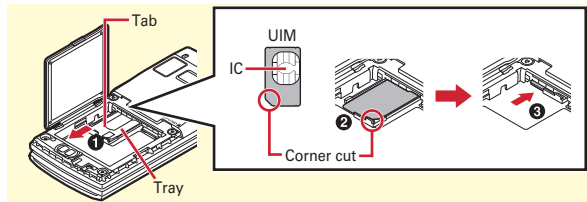
### ✦ Removing Back Cover

Slide the lever in the direction of ① to unlock, pressing the back cover with a thumb and slide approximately 2 mm in the direction of ② to remove. Pinch the tab of inner lid and hold it up in the direction of ③ to open until it stops.



### ✦ Installing UIM

Pull the tab with your nail and pull out the tray until it clicks ①. Hold UIM with the IC side down, align the corner cut with the tray ② and push into the tray until it stops ③.

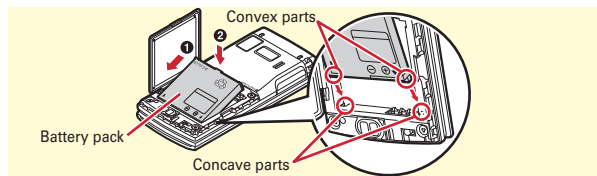


**Point**

- UIM (blue) is not available for this FOMA terminal. If you have the UIM (blue), bring it to a docomo Shop.

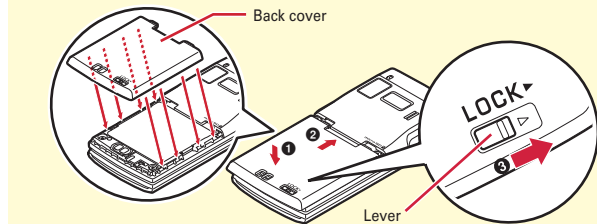
### ✦ Installing battery pack

With the label side of the battery pack upward, align convex parts of the battery pack with concave parts of FOMA terminal and slide the battery pack in the direction of ①, press the battery pack in the direction of ② to set it in and close the inner lid.



### ✦ Installing back cover

Place the 8 tabs of back cover to the notches, press back cover in the direction of ① to avoid forming any clearance between FOMA terminal and back cover, then slide it in the direction of ② to install and slide the lever of the back cover in the direction of ③ to lock it.



**Point**

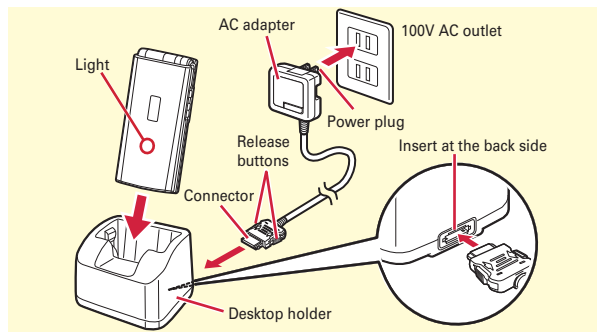
- The inner lid is designed to be closed firmly to maintain waterproofness. Note that forcibly opening may hurt your nail or finger.
- To avoid damage by forcible opening, hinge of the inner lid (joint part to terminal body) is designed to be removed. If it is removed, align the pin metal of the inner lid with groove of FOMA terminal and push it until it clicks.

# Charging

The battery pack does not have a full charge at time of purchase. Use AC adapter for FOMA terminal to charge the battery before using FOMA terminal.

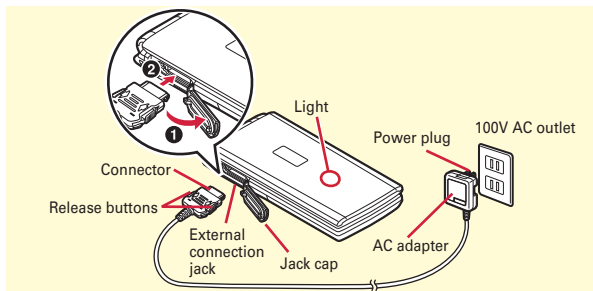
## Charging using desktop holder in combination

- 1 Insert the AC adapter to the attached desktop holder, with the arrows on the AC adapter's connector upward
- 2 Unfold the AC adapter's power plug and insert it into a 100V AC outlet
- 3 With FOMA terminal closed, insert it into the attached desktop holder
  - \* Check that the light turns on.
- 4 After charging is completed, remove FOMA terminal from the desktop holder



## Charging using AC adapter

- 1 Open jack cap (1) of FOMA terminal, hold the connector horizontally with the arrows side upward and insert it to the jack (2)
- 2 Unfold the power plug and insert it into a 100V AC outlet
  - \* Check that the light turns on.
- 3 When charging is over, pull out the power plug from the outlet, and pull out from FOMA terminal horizontally while pressing the release buttons on both sides of the connector




### Operations for charging

When charging starts, a charge start alert sounds. While charging, the light turns on and the battery icons on the display and the sub-display blink. When charging is over, a charge completion alert sounds.

## Turning power ON - Configuring default setting

Perform the following operations after turning the power ON for the first time.

1  (2 sec. or more)

2 On a confirmation screen of enlarged menu setting, "Yes" or "No"

The screen shown to the right appears.

3 Set required items ▶  [Complete]

Always set Terminal security code. If you exit without setting, Initial setting screen reappears when the power is turned ON the next time.

4 On a confirmation screen of software update function, 


The stand-by display appears.







<Initial setting screen>

### Point

- If no operation is performed, the display light is turned off automatically according to the settings in Light time-out or eco mode. The display light turns on again if there is any operation or incoming call.

Turning power off :  (2 sec. or more)

Changing the initial setting : MENU ▶    

Changing screen display to English : MENU ▶     ▶ Select "English"

## User information

Check your own phone number.

For details of checking/changing a mail address, refer to "Mobile Phone User's Guide [i-mode] FOMA version".

1 MENU ▶  User information



The screen shown to the right appears.



<User information screen>

### Point

- Besides your phone number and mail address, birthday, postal code/address, company name, etc. can be saved in User information.

Editing user information : On User information edit screen,  ▶ Authenticate ▶ Edit ▶ 

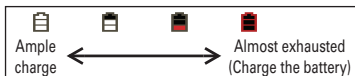
Checking the user information during a call etc. : MULTI ▶ 

# Viewing display

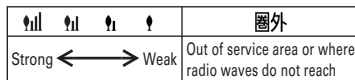
The current state can be checked by the icon appearing on the screen. Major icons are as follows.

## Top of the display

Battery level (Battery icon)



Signal strength (Antenna icon)



**SELF** : Self mode ON

: In data transfer mode

: Connecting to i-mode

: Infrared communication in operation

: The total calls cost exceeds the limit

: Communication using handsfree-compatible device in progress

: Handsfree ON

: eco mode ON

: Lock on close or Lock when immobile ON

: A phonebook entry or schedule has secret attribute

: High-pitched alarm ON

: Unread Area Mail exists

: Unread i-mode mail exists

: Arrival i-concier information exists

: Unreceived i-mode mail exists in i-mode Center

: Displaying SSL/TLS page etc.

: Auto-send mail exists

: During i-appli operation

: i-appli call exists

: Alarm clock ON

: Schedule reminder ON

: Inside OFFICEED area

## Bottom of the display



Arrival information (Starting from the left, missed call, recorded message, voice mail service, unread message, unread ToruCa, i-appli call)

: Silent mode ON

: Call alert volume OFF

: Vibrator for voice call ON

: In Public mode (Drive mode)

: Record message ON

: Keypad dial lock ON

: Personal data lock ON

: Reading UIM

: IC card lock ON

: Available multi-cursor key

: i-appli Auto start failed

: microSD card installed during Communication mode

: Connected to external device using USB cable

: Pedometer/ACT monitor is set

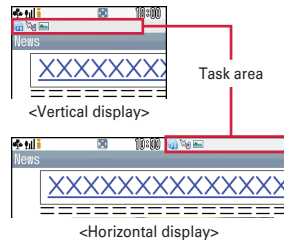
: Software update rewrite notice

: Auto-update of latest pattern definition failure









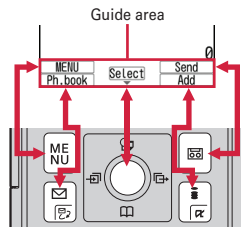
## Task area

The icon indicating the function (task) in progress appears in the task area.



## Guide area and key operation

Operations that can be performed by pressing **MENU**, , ,  and  are displayed in the guide area. To perform an operation in the guide area, press the corresponding key.  on the guide area corresponds to multi-cursor keys .





## Screen Explanation

### Viewing sub-display and light



Even when FOMA terminal is closed, the icons in the sub-display and light provide information. When no operation is performed for a certain period of time, the sub-display light is turned off, but it turns on again when you press either side key.



#### ❖ Switching views

Each time you press , the view switches in the order of date and clock  $\Rightarrow$  icon and clock  $\Rightarrow$  big clock. When "Use" is set to Set Pedometer/Activity monitor, each time you press , the view switches in the order of steps  $\Rightarrow$  activity  $\Rightarrow$  clock.


#### ❖ Arrival information

When a missed call, recorded message, unread message, or voice message of Voice Mail service, etc. exists, press  with clock displayed to display the number of calls or messages, and then press  to scroll reception date/time and information about the senders.

#### ❖ Light

The light turns on or blinks when the battery charges, the camera is activated, light alert ( $\Rightarrow$  P39) is set, etc.

#### Information

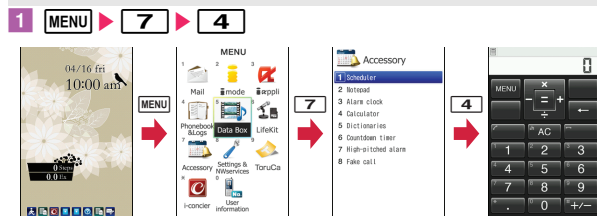
- The light on the sub-display turns on just by tilting FOMA terminal.  
 背面自動点灯設定 (Auto light on)]

# Menu operation

On the stand-by display, press **MENU** and then perform the functions from the menu. You can select a menu item with shortcut operations, which use the keypad, **[<=>]** and **[<=>]**, or with multi-cursor operation, which uses the multi-cursor key to move the cursor.

<Example> Selecting "Calculator"

## Shortcut operations



## Multi-cursor key operations

- MENU** ▶ Move the cursor to "7 Accessory" ▶ **[<=>]**  
**[Select]** ▶ Move the cursor to "4 Calculator" ▶ **[<=>]**  
**[Select]**

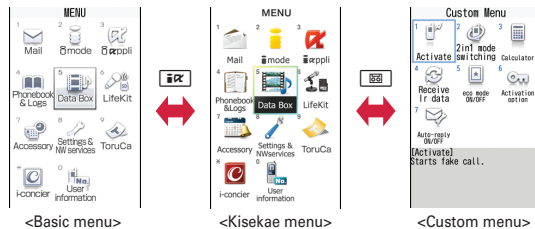
### Point

- Even when a function is running, you can perform the same operation if "MENU" is displayed on the guide area.
- To return to the previous screen, press **[CLR]**. To return to the stand-by display, press **[<=>]**.
- On the stand-by display with Info/calendar layout, shortcut icons set, or with arrival information icon or i-concier information displayed, press **[<=>]** to change the display to focus mode that allows you to quickly display the related information.

## Switching menu screens

You can switch among "Kisekae menu", the design of which can be changed using Kisekae Tool (⇒P40), "Basic menu", which has the fixed menu numbers, and "Custom menu", to which menu items can be saved freely.

A Kisekae menu matched with the color of FOMA terminal is set by default.



### Point

- In some types of Kisekae menus, the menu structure is changed according to usage frequency, or the number assigned to menu item (item number) may not be applicable.
- The menu that appears when **MENU** is pressed on the stand-by display can be changed in Select startup menu. ⇒ P35

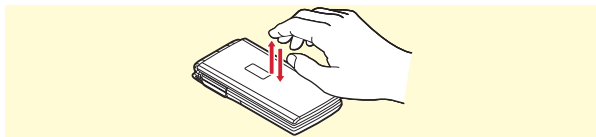
## Screen Explanation

# Motion sensor



You can operate FOMA terminal by double-tapping (tapping it twice) or tilting it.

### ✦ Stopping alarm

When FOMA terminal is closed and the alarm sounds, double-tapping the front or back side stops the alarm.



### ✦ Tilting FOMA terminal

Tilting FOMA terminal while pressing and holding  or  when Browser screen is displayed scrolls the screen or switches the clock view orientation on the sub-display.

## Setting Motion sensor

- 1  ▶ 8 **Settings & NWservices** ▶ 7 **Clock & Other**  
▶ 6 **Motion sensor** ▶ **Set required items** ▶  [Set]

## Screen Explanation

# 使いかたガイド (Guide)

You can check overviews and operations of functions, and troubleshooting. (In Japanese only)

- 1  ▶ 6 **LifeKit** ▶ 7 **Guide** ▶ **Select a search method**

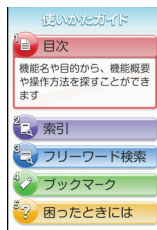
**目次 (Contents)** : Search from a list of functions.

**索引 (Index)** : Search from a list of words sorted according to Japanese syllabary.

**フリーワード検索 (Free word search)** : Enter a keyword to search for.


**ブックマーク (Bookmark)** : Search from a list of registered bookmarks.

**困ったときには (Troubleshooting)** : Search from lists of troubles or error messages.



<Guide screen>

### Point

- On a description screen, select "この機能を使う (Use this function)" to perform a function. Selecting a link item in "関連機能 (Related functions)", or "→コチラ (See more)" displays a corresponding description screen.
- Terms indicated with  in this manual are index terms in "Guide".



### Information

- You can also access the free word search (フリーワード検索) from the quick search. ⇒P75

## Caller ID notification (At subscription : Notify)

You can notify your phone number (caller ID) to the other party's terminal when making a voice call.

1 **MENU** ▶ 8 **Settings & NWservices** ▶ 8 **NW Services** ▶  
4 **Caller ID** ▶ 1 **Caller ID notification** ▶ 1 **Activate/  
Deactivate** ▶ 1 **Notify**

Select "2 Not notify" if you do not want to inform.

### Point

- Caller ID is your important personal information. Carefully consider whether you want to include caller ID information when making a call.
- If an announcement of requesting caller ID is heard when making a call, make a call again after setting Caller ID notification or adding prefix "186".

## Specific absorption rate (SAR) of mobile phone

This model phone FOMA F-10B meets the MIC's\*<sup>1</sup> technical regulation governing exposure to radio waves.

The technical regulation established permitted levels of radio frequency energy, based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The regulation employs a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit is 2 watts/kilogram (W/kg)\*<sup>2</sup> averaged over 10 grams of tissue. The limit includes a substantial safety margin designed to assure the safety of all persons, regardless of age and health. The value of the limit is equal to the international guidelines recommended by ICNIRP.\*<sup>3</sup> All phone models should be confirmed to comply with the regulation, before they are available for sale to the public. The highest SAR value for this FOMA F-10B is 1.080 W/kg. It was taken by the Telecom Engineering Center (TELEC). The test for SAR was conducted according to the MIC testing procedure using standard operating positions with the phone transmitting at its highest permitted power level in all tested frequency bands. While there may be differences between the SAR levels of various phones and at various positions, they all meet the MIC's technical regulation. Although the SAR is determined at the highest certified power level, the actual SAR of the phone during operation can be well below the maximum value.

For further information about SAR, please see the websites below.

- ● ●  
World Health Organization (WHO) :  
<http://www.who.int/peh-emf/en/>
- ICNIRP :  
<http://www.icnirp.de/>
- MIC :  
<http://www.tele.soumu.go.jp/e/sys/ele/index.htm>
- TELEC :  
[http://www.telec.or.jp/ENG/Index\\_e.htm](http://www.telec.or.jp/ENG/Index_e.htm)
- NTT DOCOMO :  
<http://www.nttdocomo.co.jp/english/product/sar/>
- FUJITSU LIMITED :  
<http://www.fmworld.net/product/phone/sar/> (In Japanese only)

\*1 Ministry of Internal Affairs and Communications.

\*2 The technical regulation is provided in Article 14-2 of the Ministry Ordinance Regulating Radio Equipment.

\*3 International Commission on Non-Ionizing Radiation Protection.

### Declaration of Conformity

● ● ●  
The product "F-10B" is declared to conform with the essential requirements of European Union Directive 1999/5/EC Radio and Telecommunications Terminal Equipment Directive 3.1(a), 3.1(b) and 3.2. The Declaration of Conformity can be found on <http://www.fmworld.net/product/phone/doc/>.

● ● ●  
This mobile phone complies with the EU requirements for exposure to radio waves.

Your mobile phone is a radio transceiver, designed and manufactured not to exceed the SAR\* limits\*\* for exposure to radio-frequency(RF) energy, which SAR\* value, when tested for compliance against the standard was 1.120W/Kg. While there may be differences between the SAR\* levels of various phones and at various positions, they all meet\*\*\* the EU requirements for RF exposure.

- \* The exposure standard for mobile phones employs a unit of measurement known as the Specific Absorption Rate, or SAR.
- \*\* The SAR limit for mobile phones used by the public is 2.0 watts/kilogram (W/Kg) averaged over ten grams of tissue, recommended by The Council of the European Union. The limit incorporates a substantial margin of safety to give additional protection for the public and to account for any variations in measurements.
- \*\*\* Tests for SAR have been conducted using standard operation positions with the phone transmitting at its highest certified power level in all tested frequency bands. Although the SAR is determined at the highest certified power level, the actual SAR level of the phone while operating can be well below the maximum value. This is because the phone is designed to operate at multiple power levels so as to use only the power required to reach the network. In general, the closer you are to a base station antenna, the lower the power output.

## Federal Communications Commission (FCC) Notice

- 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.
- Changes or modifications made in or to the radio phone, not expressly approved by the manufacturer, will void the user's authority to operate the equipment.

## FCC RF Exposure Information

This model phone meets the U.S. Government's requirements for exposure to radio waves.

This model phone contains a radio transmitter and receiver. This model phone is designed and manufactured not to exceed the emission limits for exposure to radio frequency (RF) energy as set by the FCC of the U.S. Government. These limits are part of comprehensive guidelines and establish permitted levels of RF energy for the general population. The guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies.

The exposure standard for wireless mobile phones employs a unit of measurement known as the Specific Absorption Rate (SAR). The SAR limit set by the FCC is 1.6 W/kg. Tests for SAR are conducted using standard operating positions as accepted by the FCC with the phone transmitting at its highest certified power level in all tested frequency bands. Although the SAR is determined at the highest certified power level, the actual SAR level of the phone while operating can be well below the maximum value. This is because the phone is designed to operate at multiple power levels so as to use only the power required to reach the network. In general, the closer you are to a wireless base station antenna, the lower the power output level of the phone.

Before a phone model is available for sale to the public, it must be tested and certified to prove to the FCC that it does not exceed the limit established by the U.S. government-adopted requirement for safe exposure. The tests are performed on position and locations (for example, at the ear and worn on the body) as required by FCC for each model. The highest SAR value for this model phone as reported to the FCC, when tested for use at the ear, is 1.560W/kg, and when worn on the body, is 0.649W/kg. (Body-worn measurements differ among phone models, depending upon available accessories and FCC requirements).

While there may be differences between the SAR levels of various phones and at various positions, they all meet the U.S. government requirements. The FCC has granted an Equipment Authorization for this model phone with all reported SAR levels evaluated as in compliance with the FCC RF exposure guidelines. SAR information on this model phone is on file with the FCC and can be found under the Equipment Authorization Search section at <http://www.fcc.gov/oet/ea/fccid/> (please search on FCC ID VQK-F10B).

For body worn operation, this phone has been tested and meets the FCC RF exposure guidelines when used with an accessory designated for this product or when used with an accessory that contains no metal and which positions the handset at a minimum distance of 1.5 cm from the body.

\* In the United States, the SAR limit for wireless mobile phones used by the general public is 1.6 Watts/kg (W/kg), averaged over one gram of tissue. SAR values may vary depending upon national reporting requirements and the network band.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## Important Safety Information

### AIRCRAFT

Switch off your wireless device when boarding an aircraft or whenever you are instructed to do so by airline staff. If your device offers flight mode or similar feature consult airline staff as to whether it can be used on board.

### DRIVING

Full attention should be given to driving at all times and local laws and regulations restricting the use of wireless devices while driving must be observed.

### HOSPITALS

Mobile phones should be switched off wherever you are requested to do so in hospitals, clinics or health care facilities. These requests are designed to prevent possible interference with sensitive medical equipment.

### PETROL STATIONS

Obey all posted signs with respect to the use of wireless devices or other radio equipment in locations with flammable material and chemicals. Switch off your wireless device whenever you are instructed to do so by authorized staff.

### INTERFERENCE

Care must be taken when using the phone in close proximity to personal medical devices, such as pacemakers and hearing aids.

### Pacemakers

Pacemaker manufacturers recommend that a minimum separation of 15 cm be maintained between a mobile phone and a pace maker to avoid potential interference with the pacemaker. To achieve this use the phone on the opposite ear to your pacemaker and does not carry it in a breast pocket.

### Hearing Aids

Some digital wireless phones may interfere with some hearing aids. In the event of such interference, you may want to consult your hearing aid manufacturer to discuss alternatives.

### For other Medical Devices :

Please consult your physician and the device manufacturer to determine if operation of your phone may interfere with the operation of your medical device.

## Export Administration Regulations

This product and its accessories may be under coverage of the Export Administration Regulations of Japan ("Foreign Exchange and Foreign Trade Control Laws" and the related laws and regulations). And, they are also under coverage of Export Administration Regulations of the U.S. When exporting and reexporting this product and its accessories, take necessary procedures on your responsibility and expense. For details, contact Ministry of Economy, Trade and Industry of Japan or US Department of Commerce.

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  - Windows 7 stands for Microsoft® Windows® 7(Starter, Home Basic, Home Premium, Professional, Enterprise Ultimate).
  - Windows Vista stands for Windows Vista® (Home Basic, Home Premium, Business, Enterprise and Ultimate).
  - Windows XP indicates the Microsoft® Windows® XP Professional operating system or Microsoft® Windows® XP Home Edition operating system.
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## General Inquiries <docomo Information Center>

(Business hours : 9:00 a.m. to 9:00 p.m.)

 0120-005-250 (toll free)

- \* Service available in: English, Portuguese, Chinese, Spanish, Korean.
- \* Available from mobile phones and PHSs (including non-DOCOMO phones).
- \* Unavailable from part of IP phones.

(Business hours : 9:00 a.m. to 8:00 p.m. (open all year round))

■ From DOCOMO mobile phones (In Japanese only) ■ From land-line phones (In Japanese only)

 (No prefix) 151 (toll free)  0120-800-000 (toll free)

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- \* Unavailable from part of IP phones.

● Please confirm the phone number before you dial.

● For Applications or Repairs and After-Sales Service, please contact the above-mentioned information center or the docomo shop etc. near you on the NTT DOCOMO website or the i-mode site.

▶ NTT DOCOMO website <http://www.nttdocomo.co.jp/english/> ▶ i-mode site iMenu⇒お客様サポート (user support)⇒ドコモショップ (docomo Shop) \* In Japanese only

## Loss or theft of FOMA terminal or payment of cumulative cost overseas <docomo Information Center>

(available 24 hours a day)

■ From DOCOMO mobile phones

International call access code  
for the country you stay

-81-3-6832-6600\* (toll free)

- \* You are charged a call fee to Japan when calling from a land-line phone, etc.
- ※If you use F-10B, you should dial the number +81-3-6832-6600 (to enter '+', press and hold the '0' key for at least one second).

■ From land-line phones <Universal number>

Universal number  
international prefix

-8000120-0151\*

- \* You might be charged a domestic call fee according to the call rate for the country you stay.
- ※For international call access codes for major countries/universal number international prefix, refer to DOCOMO International Services website.

- If you lose your FOMA terminal or have it stolen, immediately take the steps necessary for suspending the use of the FOMA terminal.
- If the FOMA terminal you purchased is damaged, bring your FOMA terminal to a repair counter specified by DOCOMO after returning to Japan.



Li-ion 00

To prevent damage to the environment, bring used battery packs to a docomo service counter, a docomo agent or a recycle center.



Don't forget your mobile phone ... or your manners!

When using your mobile phone in a public place, don't forget to show common courtesy and consideration for others around you.

## Repairs

(Business hours : 24 hours (open all year round))

■ From DOCOMO mobile phones (In Japanese only) ■ From land-line phones (In Japanese only)

 (No prefix) 113 (toll free)  0120-800-000 (toll free)

- \* Unavailable from land-line phones, etc.
- \* Available from mobile phones and PHSs (including non-DOCOMO phones).
- \* Unavailable from part of IP phones.

## Failures encountered overseas <Network Support and Operation Center>

(available 24 hours a day)

■ From DOCOMO mobile phones

International call access code  
for the country you stay

-81-3-6718-1414\* (toll free)

- \* You are charged a call fee to Japan when calling from a land-line phone, etc.
- ※If you use F-10B, you should dial the number +81-3-6718-1414 (to enter '+', press and hold the '0' key for at least one second).

■ From land-line phones <Universal number>

Universal number  
international prefix

-8005931-8600\*

- \* You might be charged a domestic call fee according to the call rate for the country you stay.
- ※For international call access codes for major countries/universal number international prefix, refer to DOCOMO International Services website.

Sales: NTT DOCOMO, INC.  
Manufacturer: FUJITSU LIMITED

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