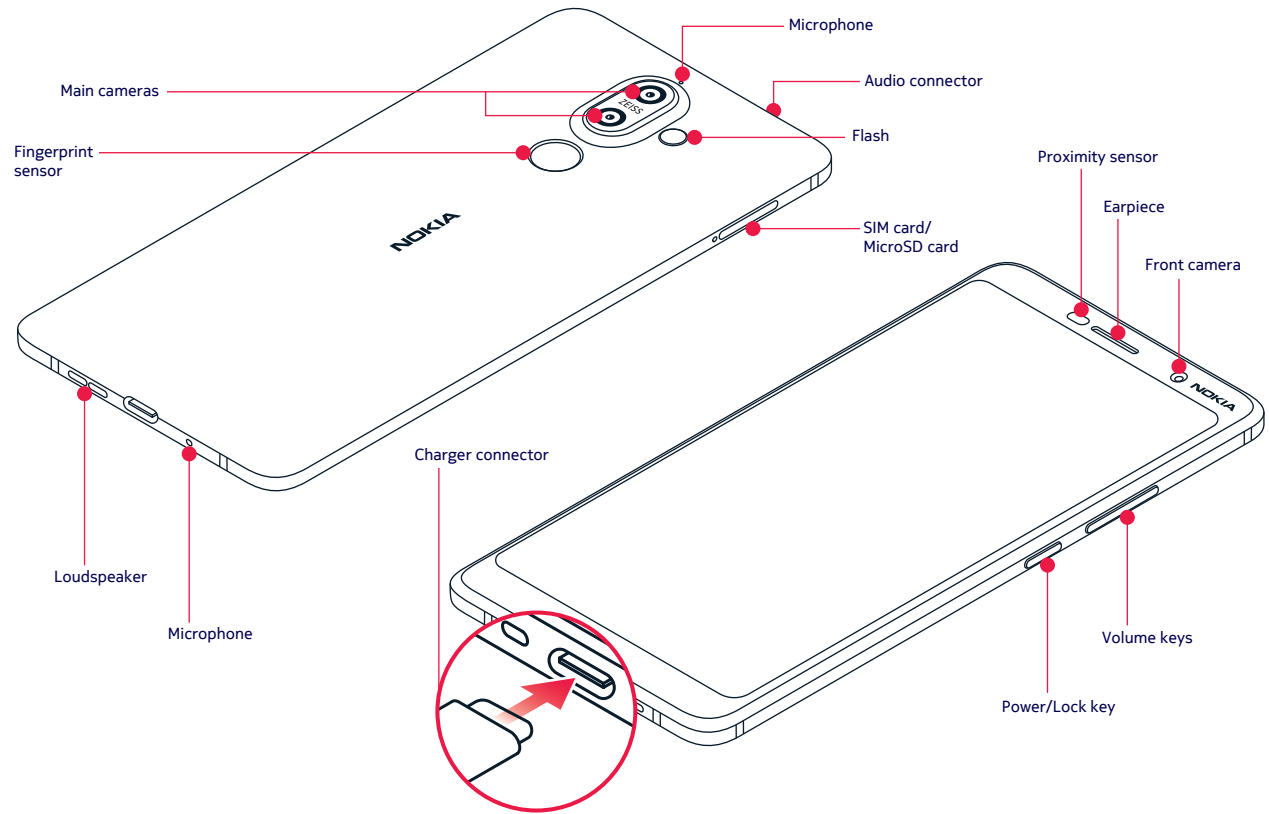


Get Started  
Nokia 7 plus



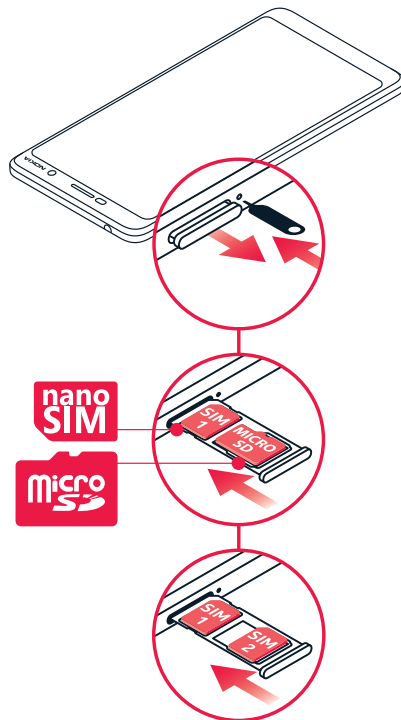
TA-1055 / TA-1046

1. Insert the SIM and memory card

1. Open the SIM and memory card tray by putting the provided tray opener into the hole next to the tray.
2. Put the nano-SIM into slot 1 located on the tray with the contact area face down. If you have a dual SIM variant, you can either put a second SIM or a memory card into slot 2. If you have a single SIM variant, you can only put a memory card into slot 2.
3. Slide the SIM and memory card tray back into place.

Use only original nano-SIM cards. Use of incompatible SIM cards may damage the card or the device, and may corrupt data stored on the card.

**Note:** On dual SIM capable devices, both SIM1 and SIM2 slots support 4G networks. However, if your SIM1 and SIM2 are both LTE SIM cards, the primary SIM supports 4G/3G/2G networks, while the secondary SIM can only support 3G/2G. For more information on your SIM cards, contact your service provider.



2. Charge the battery and switch the phone on

Plug a compatible charger into a wall outlet, and connect the cable to your phone. Your phone supports the USB-C cable. You can also charge your phone from a computer with a USB cable, but it may take a longer time.

If the battery is completely discharged, it may take several minutes before the charging indicator is displayed.

To switch your phone on, press and hold the power key until the phone vibrates. The phone guides you through the setup.



3. Learn more about your new Nokia phone

For an online user guide and troubleshooting help, go to [www.nokia.com/mobile-support](http://www.nokia.com/mobile-support).



## Product and safety info

**Important:** For important info on the safe use of your device and battery, read the Product and safety info booklet before you take your device into use.

You can only use your device on the GSM 850/900/1800/1900; WCDMA Band 1, 2, 5, 8; LTE Band 1, 3, 5, 7, 8, 20, 28, 38, 40, 41 (Full band 41) networks. You need a subscription with a service provider.

**Important:** 4G/LTE might not be supported by your network service provider or by the service provider you are using when traveling. In these cases, you may not be able to make or receive calls, send or receive messages or use mobile data connections. To make sure your device works seamlessly when full 4G/LTE service is not available, it is recommended that you change the highest connection speed from 4G to 3G. To do this, on the home screen, tap **Settings > Network & Internet > Mobile network**, and switch **Preferred network type to 2G/3G**.

For more info, contact your network service provider.

### Maximum transmit power

GSM 850	32.5 dBm
GSM 900	32.5 dBm
DCS 1800	29.5 dBm
PCS 1900	29.5 dBm
WCDMA FDD I	23 dBm
WCDMA FDD II	23 dBm
WCDMA FDD V	23 dBm
WCDMA FDD VIII	23 dBm
LTE Band 1	23 dBm
LTE Band 2	23 dBm
LTE Band 3	23 dBm
LTE Band 5	23 dBm
LTE Band 7	23 dBm
LTE Band 8	23 dBm
LTE Band 20	23 dBm
LTE Band 28	23 dBm
LTE Band 38	23 dBm
LTE Band 40	23 dBm
LTE Band 41	23 dBm
Bluetooth	7 dBm
WLAN 2.4 G	16 dBm
WLAN 5 G	14 dBm
NFC	420 mW
ANT+	0 dBm

Your device has an internal, non-removable rechargeable battery. Do not attempt to remove the battery, as you may damage the device. To replace the battery, take the device to the nearest authorised service facility.

Charge your device with the FC0300 (EU plug) / FC0301 (UK plug) / FC0302 (US Plug) / FC0303 (Australia plug) / FC0311 (India Plug) or the AD-18WE (EU Plug) / AD-18WX (UK plug) / AD-18WU (US plug) / AD-18WN (India Plug) charger, depending on the plug type of your country. HMD Global may make additional battery or charger models available for this device. Charging time can vary depending on device capability. Third-party chargers that comply with the applicable USB requirements, and that can connect to your device USB connector, may also be compatible. Some of the accessories mentioned in this user guide, such as charger, headset, or data cable, may be sold separately.

**Note:** The device is restricted to indoor use only when operating in the 5150 to 5350 MHz frequency range in the following countries:

AT	BE	BG	HR	CY	CZ	DK
EE	FI	FR	DE	EL	HU	IE
IT	LV	LT	LU	MT	NL	PL
PT	RO	SK	SI	ES	SE	UK

The surface of the device is nickel-free.

Use only compatible memory cards approved for use with this device. Incompatible cards may damage the card and the device and corrupt data stored on the card.

**Note:** Pre-installed system software and apps use a significant part of memory space.

Keep a safe distance when using the flash. Do not use the flash on people or animals at close range. Do not cover the flash while taking a photo.

## Certification information (SAR)

This mobile device meets guidelines for exposure to radio waves as set forth by the Council of Europe (CE). Refer to the following.

### European RF Exposure Information

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 guidelines use a unit of measurement known as the Specific Absorption Rate, or SAR.

The SAR limit for mobile devices is 2.0 W/kg and the highest SAR value for this device when tested at the ear is **0.361 W/kg\***. As mobile devices offer a range of functions, they can be used in other positions, such as on the body. In this case, the highest tested SAR value is **1.776 W/kg\*** at the separation distance of 0.5 cm from the body.

For electronic safety, maintain the separation distance with accessories containing no metal, that position handset a minimum of the above distance. Use of other accessories may not ensure compliance with RF exposure guidelines.

\*The tests are carried out in accordance with international guidelines for testing.

This mobile device meets guidelines for exposure to radio waves as set forth by the Federal Communications Commission (FCC). Refer to the following.

### FCC RF Exposure Information

Your handset is a radio transmitter and receiver. It is designed and manufactured not to exceed the emission limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission of the U.S. Government. The guidelines are based on standards that were developed by independent scientific organization through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons, regardless of age and health. The exposure standard for wireless handsets employs a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit set by the FCC is 1.6 W/kg. The tests are performed in positions and locations (e.g. at the ear and worn on the body) as required by the FCC for each model. The highest SAR value for this model handset as reported to the FCC when tested for use at the ear is **0.68 W/kg**, and when worn on the body in a holder or carry case, is **0.62 W/kg**.

Body-worn Operation; This device was tested for typical body-worn operations with the handset kept 1.5 cm from the body. To maintain compliance with FCC RF exposure requirements, use accessories that maintain a 1.5 cm separation distance between the user's body and the handset. The use of belt clips, holsters and similar accessories should not contain metallic components in its assembly. The use of accessories that do not satisfy these requirements may not comply with FCC RF exposure requirements, and should be avoided. The FCC has granted an Equipment Authorization for this model handset with all reported SAR levels evaluated as in compliance with the FCC RF emission guidelines. SAR information on this model handset is on file with the FCC and can be found under the Display Grant section of [www.fcc.gov/oet/ea/](http://www.fcc.gov/oet/ea/) after searching on FCC ID 2AJOTTA-1055 and FCC ID 2AJOTTA-1046.

Additional information on Specific Absorption Rates (SAR) can be found on the FCC website at [www.fcc.gov/general/radio-frequency-safety-0](http://www.fcc.gov/general/radio-frequency-safety-0).

To send data or messages, a good connection to the network is needed. Sending may be delayed until such a connection is available. Follow the separation distance instructions until the sending is finished.


During general use, the SAR values are usually well below the values stated above. This is because, for purposes of system efficiency and to minimise interference on the network, the operating power of your mobile is automatically decreased when full power is not needed for the call. The lower the power output, the lower the SAR value.

Device models may have different versions and more than one value. Component and design changes may occur over time and some changes could affect SAR values.

For more info, go to [www.sar-tick.com](http://www.sar-tick.com). Note that mobile devices may be transmitting even if you are not making a voice call.

This device has an electronic label for certification information. To access it, select **Settings > System > About Phone > Certification**.

## Copyrights and other notices Declaration of Conformity

 Hereby, HMD Global Oy declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. A copy of the Declaration of Conformity can be found at [www.nokia.com/mobile-declaration-of-conformity](http://www.nokia.com/mobile-declaration-of-conformity).

### 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. For more info, go to [www.fcc.gov/engineering-technology/electromagnetic-compatibility-division/radio-frequency-safety/faq/rf-safety](http://www.fcc.gov/engineering-technology/electromagnetic-compatibility-division/radio-frequency-safety/faq/rf-safety). Any changes or modifications not expressly approved by HMD Global could void the user's authority to operate this equipment. Note: 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.

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