



17 Your personal digital assistant

Your Nokia 3595 mobile phone has many useful features for organizing your everyday life, including a calendar, alarm clock, calculator, to-do list, and stopwatch. In this chapter, you'll learn how to use your phone as a personal digital assistant.

• CALENDAR

The calendar shows a month view and day view. You can use the calendar to keep track of reminders, calls you need to make, and birthdays. You can also set an alarm for calendar notes.

View

To view today's date in the calendar, select **Menu > Organizer > Calendar**.

The first time you access the calendar, your phone prompts you to enter the time and today's date.





Navigate

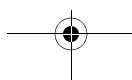
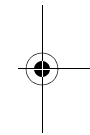
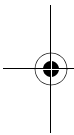
When you open the calendar, the month view shows today's date highlighted. To move the cursor to a new date:

- Press the **2** key to scroll up one week.
- Press the **4** key to scroll left.
- Press the **6** key to scroll right.
- Press the **8** key to scroll down one week.

Make a note

When you make a note in your calendar, you can choose from the following four types:

-  Reminder
-  Call
-  Birthday
-  Meeting





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REMINDER

- 1 Select **Menu** > **Organizer** > **Calendar** > **Options** > **Make a note** > **Reminder**.
- 2 Enter your note and select **Options** > **Save**.
- 3 Select **Alarm on**, enter a time, and select **OK** > **am** or **pm**.
OR
Select **Alarm off**.

CALL

- 1 Select **Menu** > **Organizer** > **Calendar** > **Options** > **Make a note** > **Call**.
- 2 Enter the phone number and select **Options** > **Save**.
- 3 Enter the person's name and select **Options** > **Save**.
- 4 Enter a time, select **OK** > **am** or **pm**, and one of the following options:
No alarm
Silent
With tone

If you select **Silent** or **With tone**, you can then select a time.

BIRTHDAY

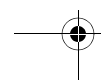
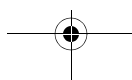
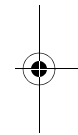
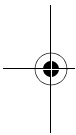
- 1 Select **Menu** > **Organizer** > **Calendar** > **Options** > **Make a note** > **Birthday**.
- 2 Enter the person's name and select **Options** > **Save**.
- 3 Enter the person's year of birth, select **OK**, and one of the following options:
No alarm
Silent
With tone

If you select **Silent** or **With tone**, you can then select a day and time.

MEETING

- 1 Select **Menu** > **Organizer** > **Calendar** > **Options** > **Make a note** > **Meeting**.
- 2 Enter the subject of the meeting and select **Options** > **Save**.
- 3 Enter the meeting location and select **Options** > **Save**.
- 4 Enter the meeting start time, select **OK** > **am** or **pm**, enter the meeting end time, and select **OK** > **am** or **pm** and one of the following options:
No alarm
Silent
With tone

If you select **Silent** or **With tone**, you can then select a time.





View notes

After you make a few calendar notes, you can view the day's events.

- 1 Select **Menu** > **Organizer** > **Calendar** and the date you want.
- 2 Select **Options** > **View day**.

• ALARM CLOCK

The alarm clock feature is based on the phone internal clock and sounds an alert at a time you specify. The alarm clock works even if you turn your phone off.

Set

- 1 Select **Menu** > **Organizer** > **Alarm clock**, enter the alarm time in **hhmm** format, and select **OK**.
- 2 If you have selected the **am/pm** format, select either **am** or **pm**.

Alarm

PHONE ON

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

OR

Select **Snooze**.

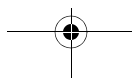
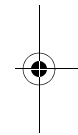
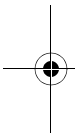
The alarm stops and sounds again in ten minutes. If you let the alarm sound for one minute without pressing a key, it stops for ten minutes, and then sounds again.

PHONE OFF

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.

Turn off

Select **Menu** > **Organizer** > **Alarm clock** > **Off**.



• BUSINESS CARDS

Your phone can send or receive an electronic business card as a short text message. The business card can have either:

- A name and number or
- A name, multiple numbers (home, work, fax, mobile), an e-mail address, web address and street address if you have entered this information in **Contacts**.

If you are exchanging business cards with multiple numbers and addresses, both the receiving and sending phone must have a contact list that supports these kinds of entries.

Send

- 1 At the start screen, press the **Up scroll** or **Down scroll** key to scroll to the name to whom you want to send a business card.
- 2 Select **Details > Options > Send bus. card > Via text msg.**
- 3 If the name in **Contacts** has multiple numbers, select one of the following options:
Primary number—Allows you to send a name and number only.
All details—Allows you to send a name, multiple numbers, e-mail, web, and street address.
- 4 Enter the number for the receiving phone and select **OK**.

Receive

Your phone can accept and receive an electronic business card from a compatible phone, if it is one of the following types:


- Nokia Smart Messaging compact business card
- V-card format

If you press the **End** key at any time before saving the business card, the business card will be deleted.

- 1 When your phone displays **Business card received**, select **Show**.
- 2 After viewing the business card, select **Options** and one of the following options:
Save—Allows you to keep the information in **Contacts**.
Discard—Allows you to delete the business card.

• CALCULATOR

The phone calculator adds, subtracts, multiplies, divides, and computes square and square root functions. You can also use the calculator to convert currency.

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



Basic calculations

- 1 Select **Menu > Extras > Calculator** and enter the first number in the calculation.



Note: Press the **#** key to enter a decimal point and select **Clear** to delete any errors. To add (+), press the ***** key once; to subtract (-), press the ***** key twice; to multiply (*), press the ***** key three times; and to divide (/), press the ***** key four times. To perform a square or square root calculation, select **Options > Square** or **Square root**.

- 2 Enter the second number in the calculation and select **Options > Equals**.

Convert currency



Note: When you change base currency, you must enter the new rates because all previously set exchange rates are reset to zero.

SET THE EXCHANGE RATE

- 1 Select **Menu > Extras > Calculator > Options > Exchange rate > Foreign units converted to home units** or **Home units converted to foreign units**.
- 2 Enter the exchange rate and select **OK**.

The exchange rate remains in the phone memory until you replace it.

CONVERT A CURRENCY AMOUNT

- 1 Select **Menu > Extras > Calculator** and enter the amount to be converted.
- 2 Select **Options** and one of the following options:
 - To home**—Allows you to convert to domestic units.
 - To foreign**—Allows you convert to foreign units.

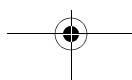
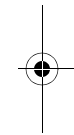
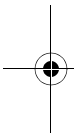
• TO-DO LIST

You can keep track of your tasks with the to-do list feature. You may be able to save up to 30 notes, depending on how long the notes are.

Add a to-do note

When you add a new note, the default priority is **Medium (2)**. You can change the priority to **High (1)** or **Low (3)**.

- 1 Select **Menu > Organizer > To-do list > Options > Add**.
- 2 Enter your note, select **Options > Save**, and the priority you want.





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Use predictive text

When entering your to-do note, you can use the built-in dictionary to speed things up. See "Text entry" on page 26.

- 1 When entering your note, select **Options > Predictive text**.
- 2 Select the language you want and continue entering your note.

• STOPWATCH

Your phone has a stopwatch that can be used to track time at sporting events or other occasions. The stopwatch displays time in hours, minutes, seconds and fractions of a second.

Time

- 1 Select **Menu > Extras > Stopwatch > Split timing > Start**.
- 2 Select **Stop** to end the timer.

Split time

You can use the split time function for such things as a long distance race when you need to pace yourself.

- 1 Select **Menu > Extras > Stopwatch > Split timing > Start > Split**.
The timer continues to run. The split time appears below the running time.
- 2 Select **Stop** to end the split timer.

If you split the time more than once, the new measured time appears at the beginning of the list. You can scroll to see previous measured times.

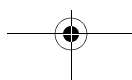
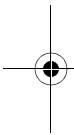
Lap time

You can use the lap time function when you want to track how long it takes to complete each cycle or lap.

- 1 Select **Menu > Extras > Stopwatch > Lap timing > Start**.
- 2 If you want to take a lap time, select **Lap**.

The clock stops, then starts immediately from zero. The lap time appears below the running time. If you take more than one lap time, the new measured time appears at the beginning of the list. You can scroll to see previous measured times.

- 3 Select **Stop** to end the lap timer and to display the total time at the top of the screen.



Save times

- 1 While the timer is running, select **Stop > Options > Save**.
- 2 Enter a name for the measurement and select **OK**.
If you do not enter a name, the total time is used as the default title for the lap time.

View times

You can view saved times, which are listed in the order they were saved.
Select **Menu > Extras > Stopwatch > View times** and the time you want to view.

Delete times

You can delete times from the stop watch memory. You can delete times one at time or delete all the times at once.

ALL

Select **Menu > Extras > Stopwatch > Delete times > Delete all > OK**.

ONE BY ONE

- 1 Select **Menu > Extras > Stopwatch > Delete times > One by one**.
- 2 Select the time you want to delete and **Delete > OK**.
OR
- 1 Select **Menu > Extras > Stopwatch > View times**.
- 2 Select the time you want to delete and **Options > Delete times > OK**.

Stopwatch options

You can select the following options when using the stopwatch:

Start—Allows you to start timing again after the timing has stopped. If the maximum amount of laps has been saved, this option is not available.

Save—Allows you to save and name the last measured time. If the stopwatch memory is full, you will be prompted to delete saved times.

Reset—Allows you to reset the stopwatch.

Note about stopwatch operation

Using the stopwatch or allowing it to run in the background when using other features increases the demand on battery power and reduces the battery life.

If you press the **End** key and return to the start screen, the clock continues to run in the background.

To return to the **Stopwatch** function, select **Menu > Extras > Stopwatch > Continue**.

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• SYNCHRONIZE CONTACTS AND CALENDAR

Your phone has the ability to synchronize the **Contacts** and **Calendar** data with remote devices. Using the synchronization feature (SyncML), data such as names, numbers, and e-mail addresses stored in your contact list, or day notes and reminders from the calendar can be exchanged with other devices through a synchronization service provider. After synchronization, the data in the phone will be the same as the data contained in the host database.

Before you begin

Before you can begin to use SyncML, you must verify your service provider offers this feature. If your service provider does offer SyncML, you must set up an account with a SyncML service provider. For more information about signing up for synchronization services, contact your wireless service provider.

Automatic configuration

Your wireless service provider can automatically configure your phone with the correct synchronization settings by using SMS. This can only take place while your phone is in idle mode. Contact your service provider for more information.

Even though it is highly recommended that your service provider configure the correct synchronization settings for you, it is helpful for you to know the meaning of the settings. To view the synchronization settings, select **Menu > Connectivity > Synchronize > Settings > Active Internet sync. settings** or **Custom. active Internet sync.** and one of the following options:

Active Internet sync. settings—Allows you to select which synchronization set to activate. You have the option of renaming the set. There are four sets available.

Custom. active Internet sync. settings—Allows you to customize the active synchronization set from a set of options, which are shown in the following table:

| Choice | What it does |
|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Settings' name | Allows the synchronization set to be renamed. |
| Data to be synchronized | Allows the selection of the databases to be synchronized. When this setting is selected, there are two options available, Contacts or Calendar , which will be implemented during future synchronization sessions. |
| Database addresses | Allows the database address to be entered for the databases that are to be synchronized. |

| Choice | What it does |
|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| User name | Allows creation or change of a user name for authorization with the synchronization server. If a user name has been previously entered, it appears. |
| Password | Allows a password to be established or changed, which is used to authenticate the user name while connecting with the synchronization server. If the password or user name is changed in the phone without also changing them with the synchronization service provider, the data will not be able to be synchronized. |
| Synchronization Server | Allows the input of the name of the synchronization server used to synchronize the data. |

Start

During the synchronization process, it is not possible to access the database where your data is stored. However, you can cancel the synchronization process by selecting **Quit** or pressing the **End** key. It is not possible to place or receive calls, including emergency calls, during synchronization. To place a call, you must cancel the synchronization process.

- 1 Select **Menu > Connectivity > Synchronize > Synchronize > Yes**.

Once all selected databases have been synchronized, a confirmation note appears, indicating which databases have been synchronized.

- 2 When the process is complete, select **OK** to return to the start screen.



18 Fun and games

• GAMES

Challenge yourself or a friend to one of the four fun games in your phone.

- In **Air Glide**, you try to land the glider in the zone. You must avoid running into birds because they will destroy the glider.
- In **Bowling**, you try to score as many points as possible. Hit strikes and spares as you go for glory and monitor your progress on the high score chart.
- In **Sky Diver**, your goal is to score as many points as you can by skydiving through target rings and parachuting into the landing area of the jump zone.
- In **Backgammon**, you can play one of the world's most popular and enduring games. Use a doubling cube which allows you to successively double the points at stake over a game while you play.

Start

- 1 Select **Menu > Games > Select game** and the game you want.
- 2 Select **Options > Open > New game**.

Adjust settings

Select **Menu > Games > Settings** and one of the following options:

Game sounds—Used to turn game sound effects **On** or **Off**.

Game lights—Used to turn screen lights **On** or **Off** during game play only.

Shakes—Used to turn game vibrating effects **On** or **Off**.

Control

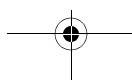
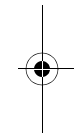
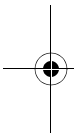
AIR GLIDE

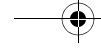
Press the **4** key to move the glider to the left and press the **6** key to move it to the right. You can select the level of play to be either easy or difficult.

- 1 Select **Menu > Games > Select game > Air Glide > Options > Open**.
- 2 Select **Game level > Easy or Difficult**.

BOWLING

Press the **4** key to move the ball to the left and press the **6** key to move the ball to the right. Press the **5** key to select the speed and spin of the ball and to roll the ball down the lane.





SKY DIVER

The onscreen information for **Sky Diver** shows altitude on the left, wind speed and direction in the center, distance and direction to the landing zone on the right. Fire flares the parachute and slows the skydiver down. Too much flaring will cause the skydiver to stall. The default control keys are, as follows:

The **2** key makes the sky diver lean forward.

The **8** key makes the sky diver lean backward.

The **4** key rotates the sky diver to the **left**.

The **6** key rotates the sky diver to the **right**.

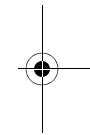
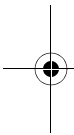
The **5** key fires open the parachute.

You can redefine the controls by selecting the keys you want.

- 1 Select **Menu > Games > Select game > Sky Diver > Options > Open > Options > Controls > Define keys**.
- 2 Select each key to which you want to assign the up, down, left, right, and fire controls.



Note: You cannot exit this option until you have define all five controls.



BACKGAMMON

You can select and move bricks according to die throws. Black bricks are moved clockwise, white bricks counter-clockwise. You can move the cursor by pressing the **4** and **6** keys, but it can only be moved to valid points. Press the **5** key to select and deselect bricks. Press the **0** key to zoom in on dice. During game play, press the **Left selection** key to access a menu for doubling and statistics. Press the **Right selection** key to end the game.

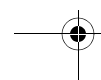
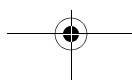
Delete

You can delete games from the phone memory to free more memory.



Important: Once you delete a game from the game downloads, you cannot download it back into the **Games** menu. You can only download it into the **Applications** menu.

- 1 Select **Menu > Games > Select game**.
- 2 Select the game you want and **Options > Delete > OK**.



Downloads

You can connect to game downloads on the mobile Internet by using your WAP browser, if this service is available from your service provider. Check with your service provider for availability and details for use.

Select **Menu > Games > Game downlds.** and the bookmark you want to launch.

If the game you download has not been approved by Nokia, it will likely be downloaded to the **Applications** menu. Generally, games accessed through the **Games** menu were either preloaded on your phone or downloaded from a website containing games approved by Nokia.

• JAVA™ APPLICATIONS

Your Nokia 3595 mobile phone has an **Applications** menu for downloading and storing Java applications or midlets. Your phone may come preloaded with midlets specially designed for your phone.

Examples of downloadable Java applications include interactive games, animations, sports training calendars, and map applications.

Launch an application

- 1 Select **Menu > Applications > Select app.** and the application you want to launch.
- 2 Select **Options > Open.**

If an application uses the whole display area, no selection key names are displayed. Press one of the selection keys to show the options list. Then, select one of the options or select **Back** to continue with the application.

Check available memory

Before you download new applications to your Nokia 3595 mobile phone, be sure to check the available memory.

- 1 Select **Menu > Applications > Memory.**
- 2 Press the **Down scroll** key to display how the memory is being used between phone applications and games.
- 3 Select **Back** to return to the menu.

Download an application

You can download new Java applications from the mobile Internet. Use the WAP browser to find an appropriate application.



Important: Only install applications from sources that offer adequate protection against harmful software.

- 1 Select **Menu > Applications > App. downloads**.
- 2 If applicable, select **More bookmarks** and the bookmark that contains the application you want to download.

See "Connect" on page 83 for more information about connecting to the WAP browser.

Choose other application options

When viewing the list of applications, select **Options** to access the following choices:

Open—Allows you to launch an application.

Delete—Allows you to delete the application or application set from the phone.

Web access—An application may require web access to make updates. You can restrict the application from accessing the mobile Internet. Your choices include **Ask first**, **Allowed**, and **Not allowed**.

Update version—Allows you to check if a new version of the application is available for download from mobile Internet services.

Web page—Allows you to check on additional information for the application from Internet Mobile Services. **Web page** is shown only if an Internet address has been provided with the application.

Serv. settings—Allows you to select specific service settings for certain applications. Your phone is set to use the default service settings for the browser.

Details—Allows you to view information about the application, for example, the name, version number, vendor, a brief description, or memory size.



Fun and games



• CONVERTER

This application converts many common unit types. Switch the conversion direction with the **Up scroll** key and the **Down scroll** key. Press the ***** key for the minus (-) sign and press the **#** key for the decimal point.

- 1 Select **Menu > Applications > Select app. > Converter > Options > Open.**
- 2 Select **Options** to display the following options:

Clear all—Reset the application.

Reverse conv.—Toggle the unit conversion direction.

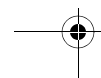
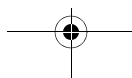
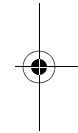
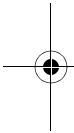
Set conversion—Set a unit conversion to a certain state that always occurs when you enter the application. The unit types that are available for conversion are:

- **Temperature**
- **Currency**
- **Weight**
- **Length**
- **Area**
- **Volume**

Modify—Add new conversions or adjust exchange rates.

Instructions—Display instructions for use.

Change sign—Toggle the value of the unit from positive (+) to negative (-) and vice versa.



19 Enhancements

If you want to enhance phone functionality, a range of enhancements is available for you. You can select any of these items to help accommodate your specific communication needs. For availability of these and other enhancements, contact your dealer. Stylish carrying cases that protect your Nokia 3595 mobile phone are available for purchase and can be located at www.nokiausa.com.



• POWER

- 1000-mAh Li-Ion Battery (BLC-2)
- Standard Travel Charger (ACP-7)
- Travel Charger (ACP-12)
- Compact Desktop Charging Stand (DCV-10)
- Battery Charging Stand (DDC-1)

• AUDIO

- Headset (HDC-5)
- Headset (HDE-2)
- Boom Headset (HDB-5)
- Retractable Headset (HDC-10)
- Mobile Inductive Loopset (LPS-3)
- Phone Adapter (HDA-9)

• CAR

- Mobile Holder (MBC-15S)
- Headrest Handsfree (BHF-1)
- Express Car Kit (CARK-125)
- Full Car Kit (CARK-134)
- Mobile Charger (LCH-9)
- Mobile Charger (LCH-12)

20 Reference information

• 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, buy a new battery. Use only Nokia approved batteries, and recharge your battery only with Nokia approved chargers designated for this device.

Unplug the charger from the electrical plug and the device when not in use. Do not leave the battery connected to a charger. Overcharging may shorten its lifetime. If left unused, a fully charged battery will lose its charge over time. Temperature extremes can affect the ability of your battery to charge.

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 59°F and 77°F (15°C and 25°C). 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! Dispose of batteries according to local regulations. Please recycle when possible. Do not dispose as household waste.

• ENHANCEMENTS

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.

• 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 standard travel charger (ACP-7).



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. When you disconnect the power cord of any enhancement, grasp and pull the plug, not the cord.

Your device and its enhancements may contain small parts. Keep them out of reach of small children.

• 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 and enjoy your device for many years.

- 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 only the supplied or an approved replacement antenna. Unauthorized antennas, modifications, or attachments could damage the device and may violate regulations governing radio devices.

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.



Reference information

• ADDITIONAL SAFETY INFORMATION

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. To maintain compliance with radio frequency exposure guidelines only use accessories approved by Nokia for use with this device. When the device is on and being worn on the body, always use an approved carrying case.

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 phone 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

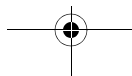
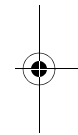
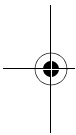
Pacemaker manufacturers recommend that a minimum separation of 6 in (15.3 cm) be maintained between a wireless phone and a pacemaker to avoid potential interference with the pacemaker. These recommendations are consistent with the independent research by and recommendations of Wireless Technology Research. To minimize the potential for interference, persons with pacemakers should

- Always keep the device more than 6 in (15.3 cm) from their pacemaker when the device is switched on
- Not carry the device in a breast pocket
- Hold the device to the ear opposite the pacemaker

If you have any reason to suspect that interference is taking place, switch off your device immediately.

HEARING AID

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, air bag systems. For more information, check with the manufacturer or its representative of your vehicle or any equipment that has been added.

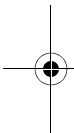
Only qualified personnel should service the device, or install the device in a vehicle. Faulty installation or service may be dangerous and may invalidate any warranty that may apply to the device. Check regularly that all wireless device equipment in your vehicle is mounted and operating properly. Do 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 an air bag inflates 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.

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 refuelling 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.


FCC regulations prohibit using your wireless device while in the air. The use of wireless telephones in an aircraft may be dangerous to the operation of the aircraft, disrupt the wireless telephone network, and may be illegal.

Failure to observe these instructions may lead to suspension or denial of telephone services to the offender, legal action, or both.



Reference information

EMERGENCY CALLS

 **Important:** Wireless phones, including this phone, 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 phone for essential communications like medical emergencies.

To make an emergency call:

- 1 If the phone 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 phone.
- 2 Press the **End** key as many times as needed to clear the display and ready the phone for calls.
- 3 Key in the official emergency number for your present location. Emergency numbers vary by location.
- 4 Press the **Talk** key.

If certain features are in use, you may first need to turn those features off before you can make an emergency call. Consult this guide or your service provider. When making an emergency call, give all the necessary information as accurately as possible. Your wireless phone 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 MODEL PHONE MEETS THE GOVERNMENT'S REQUIREMENTS FOR EXPOSURE TO RADIO WAVES.

Your wireless phone 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. 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 standards include a substantial safety margin designed to assure the safety of all persons, regardless of age and health.

The exposure standard for wireless mobile phones employs a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit set by the FCC is 1.6W/kg.* Tests for SAR are conducted using standard operating positions 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.

Before a phone model is available for sale to the public, it must be tested and certified to the FCC that it does not exceed the limit established by the government-adopted requirement for safe exposure. The tests are performed in positions and locations (for example, at the ear and worn on the body) as required by the FCC for each model.

The highest SAR value for this model phone as reported to the FCC:

When tested for use at the ear -

FCCID # GMLNPM-10 is 1.08 W/kg

FCCID # GMLNPM-10X is 1.19W/kg

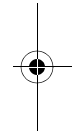
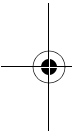
When worn on the body, as described in this user guide:

FCCID # GMLNPM-10 is 0.73 W/kg

FCCID # GMLNPM-10X is 0.90 W/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 government requirement.



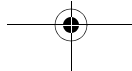
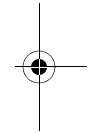
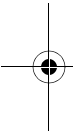


Reference information



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 Display Grant section of <http://www.fcc.gov/oet/fccid> after searching on FCC ID GMLNPM-10 and GMLNPM-10X. For body worn operation, this phone has been tested and meets the FCC RF exposure guidelines for use with an accessory that contains no metal and that positions the handset a minimum of 5/8 inch (1.5 cm) from the body. Use of other accessories may not ensure compliance with FCC RF exposure guidelines. If you do not use a body-worn accessory and are not holding the phone at the ear, position the handset a minimum of 5/8 inch (1.5 cm) from your body when the phone is switched on.

*In the United States and Canada, the SAR limit for mobile phones used by the public is 1.6 watts/kilogram (W/kg) averaged over one gram of tissue. The standard incorporates a substantial margin of safety to give additional protection for the public and to account for any variations in measurements. SAR values may vary depending on national reporting requirements and the network band. For SAR information in other regions please look under product information at www.nokia.com/us.



• BATTERIES

This section provides information about the battery in the phone. Be aware that the information in this section is subject to change.



Note: The phone uses a lithium ion (Li-Ion) battery. Dispose of used batteries in accordance with any local regulations. Do not dispose of as household waste.

The tables shown in this section provide information about the batteries that are available for your phone, charging times with the standard travel charger (ACP-7), talk times, and standby times. Consult your service provider for more information.

Charging times

The charging times listed below are approximate.

| Battery option | ACP-7 Charger |
|-------------------------------|---------------|
| BLC-2 Li-Ion Battery 1000 mAh | 3.5 h |

Standby and talk times

The times shown in the following table are estimates only and represent a range for either standby or talk times (not a combination of both). The operation time of the battery depends on conditions such as:

- Transmitting power level
- Signal (distance between the phone and the base station)
- Network parameters defined by the operator
- Phone use (WAP, games, SMS)
- Charging procedure used

| Battery option | Talk time | Standby time |
|-------------------------------|-------------|--------------|
| BLC-2 Li-Ion Battery 1000 mAh | up to 5.5 h | up to 10 d |

21 Technical information

| Feature | Specification |
|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Weight | 107 g with BLC-2 1000 mAh battery |
| Size | Length 119 mm (4.68 in) Width 50 mm (1.97 in) Depth 23 mm (0.90 in) |
| Frequency Range | GSM 850 824.2 to 848.8 MHz (TX) 869.2 to 893.8 MHz (RX) GSM 1900 1850.2 to 1909.8 MHz (TX) 1930.2 to 1989.8 MHz (RX) |
| Transmitter Output Power | GSM 850 2 W GSM 1900 1 W |
| Battery Voltage | 3.6 V dc nominal 3.6 V dc for car kit |
| Operating Temperature | 14° F to + 131° F (-10° C to + 55° C) |
| Networks | GSM 850 MHz/1900 MHz |
| Contacts | Up to 500 contacts in the phone. Each contact holds up to 5 numbers and 3 text fields (dynamic memory). Check with your SIM card provider or carrier for information about SIM card memory capacity. |

22 Troubleshooting

This section provides a table that lists some of the most commonly encountered problems and provides possible causes and solutions.

| Problem | Possible cause | Possible solution |
|------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------|
| My phone is not charging. | The charger and the phone are not properly connected. | Securely connect the charger to the phone. |
| | The charger is not properly plugged in. | Make sure that the charger is plugged in correctly. |
| My phone is not making/answering calls. | The battery is not charged. | Charge the battery. |
| | The signal strength is poor. | If you are indoors, move toward a window. |
| I cannot listen to my voice messages. | You do not have voice mail service. | Call your wireless service provider. |
| | You have not set up your voice mailbox with your service provider. | Call your wireless service provider. |
| | You have not saved your voice mail number in your phone. | Refer to "Voice features" on page 45. |
| | The voice mail number you have saved is incorrect. | Call your wireless service provider. |
| | You have forgotten your password or are entering it incorrectly. | Call your wireless service provider. |

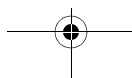
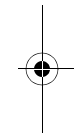
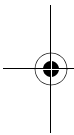
23 Nokia One-Year Limited Warranty

Nokia Inc. ("Nokia") warrants that this cellular phone ("Product") is free from defects in material and workmanship that result in Product failure during normal usage, according to the following terms and conditions:

- 1 The limited warranty for the Product extends for ONE (1) year beginning on the date of the purchase of the Product. This one year period is extended by each whole day that the Product is out of your possession for repair under this warranty.
- 2 The limited warranty extends only to the original purchaser ("Consumer") of the Product and is not assignable or transferable to any subsequent purchaser/end-user.
- 3 The limited warranty extends only to Consumers who purchase the Product in the United States of America.
- 4 During the limited warranty period, Nokia will repair, or replace, at Nokia's sole option, any defective parts, or any parts that will not properly operate for their intended use with new or refurbished replacement items if such repair or replacement is needed because of product malfunction or failure during normal usage. No charge will be made to the Consumer for any such parts. Nokia will also pay for the labor charges incurred by Nokia in repairing or replacing the defective parts. The limited warranty does not cover defects in appearance, cosmetic, decorative or structural items, including framing, and any non-operative parts. Nokia's limit of liability under the limited warranty shall be the actual cash value of the Product at the time the Consumer returns the Product for repair, determined by the price paid by the Consumer for the Product less a reasonable amount for usage. Nokia shall not be liable for any other losses or damages. These remedies are the Consumer's exclusive remedies for breach of warranty.
- 5 Upon request from Nokia, the Consumer must prove the date of the original purchase of the Product by a dated bill of sale or dated itemized receipt.
- 6 The Consumer shall bear the cost of shipping the Product to Nokia in Melbourne, Florida. Nokia shall bear the cost of shipping the Product back to the Consumer after the completion of service under this limited warranty.
- 7 The Consumer shall have no coverage or benefits under this limited warranty if any of the following conditions are applicable:
 - a) The Product has been subjected to abnormal use, abnormal conditions, improper storage, exposure to moisture or dampness, unauthorized modifications, unauthorized connections, unauthorized repair, misuse, neglect, abuse, accident, alteration, improper installation, or other acts which are not the fault of Nokia, including damage caused by shipping.



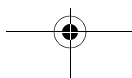
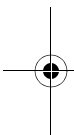
- b) The Product has been damaged from external causes such as collision with an object, or from fire, flooding, sand, dirt, windstorm, lightning, earthquake or damage from exposure to weather conditions, an Act of God, or battery leakage, theft, blown fuse, or improper use of any electrical source, damage caused by computer or internet viruses, bugs, worms, Trojan Horses, cancelbots or damage caused by the connection to other products not recommended for interconnection by Nokia.
 - c) Nokia was not advised in writing by the Consumer of the alleged defect or malfunction of the Product within fourteen (14) days after the expiration of the applicable limited warranty period.
 - d) The Product serial number plate or the enhancement data code has been removed, defaced or altered.
 - e) The defect or damage was caused by the defective function of the cellular system or by inadequate signal reception by the external antenna, or viruses or other software problems introduced into the Product.
- 8 Nokia does not warrant uninterrupted or error-free operation of the Product. If a problem develops during the limited warranty period, the Consumer shall take the following step-by-step procedure:
- a) The Consumer shall return the Product to the place of purchase for repair or replacement processing.
 - b) If "a" is not convenient because of distance (more than 50 miles) or for other good cause, the Consumer shall ship the Product prepaid and insured to:
Nokia Inc., Attn: Repair Department
795 West Nasa Blvd.
Melbourne, FL 32901
 - c) The Consumer shall include a return address, daytime phone number and/or fax number, complete description of the problem, proof of purchase and service agreement (if applicable). Expenses related to removing the Product from an installation are not covered under this limited warranty.
 - d) The Consumer will be billed for any parts or labor charges not covered by this limited warranty. The Consumer will be responsible for any expenses related to reinstallation of the Product.
 - e) Nokia will repair the Product under the limited warranty within 30 days after receipt of the Product. If Nokia cannot perform repairs covered under this limited warranty within 30 days, or after a reasonable number of attempts to repair the same defect, Nokia at its option, will provide a replacement Product or refund the purchase price of the Product less a reasonable amount for usage. In some states the Consumer may have the right to a loaner if the repair of the Product takes more than ten (10) days. Please contact the Customer Service Center at Nokia at the telephone number listed at the end of this warranty if you need a loaner and the repair of the Product has taken or is estimated to take more than ten (10) days.





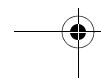
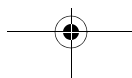
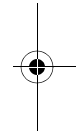
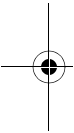
Nokia One-Year Limited Warranty

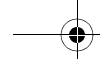
- f) If the Product is returned during the limited warranty period, but the problem with the Product is not covered under the terms and conditions of this limited warranty, the Consumer will be notified and given an estimate of the charges the Consumer must pay to have the Product repaired, with all shipping charges billed to the Consumer. If the estimate is refused, the Product will be returned freight collect. If the Product is returned after the expiration of the limited warranty period, Nokia's normal service policies shall apply and the Consumer will be responsible for all shipping charges.
- 9 You (the Consumer) understand that the product may consist of refurbished equipment that contains used components, some of which have been reprocessed. The used components comply with Product performance and reliability specifications.
- 10 ANY IMPLIED WARRANTY OF MERCHANTABILITY, OR FITNESS FOR A PARTICULAR PURPOSE OR USE, SHALL BE LIMITED TO THE DURATION OF THE FOREGOING LIMITED WRITTEN WARRANTY. OTHERWISE, THE FOREGOING LIMITED WARRANTY IS THE CONSUMER'S SOLE AND EXCLUSIVE REMEDY AND IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED. NOKIA SHALL NOT BE LIABLE FOR SPECIAL, INCIDENTAL, PUNITIVE OR CONSEQUENTIAL DAMAGES, INCLUDING BUT NOT LIMITED TO LOSS OF ANTICIPATED BENEFITS OR PROFITS, LOSS OF SAVINGS OR REVENUE, LOSS OF DATA, PUNITIVE DAMAGES, LOSS OF USE OF THE PRODUCT OR ANY ASSOCIATED EQUIPMENT, COST OF CAPITAL, COST OF ANY SUBSTITUTE EQUIPMENT OR FACILITIES, DOWNTIME, THE CLAIMS OF ANY THIRD PARTIES, INCLUDING CUSTOMERS, AND INJURY TO PROPERTY, RESULTING FROM THE PURCHASE OR USE OF THE PRODUCT OR ARISING FROM BREACH OF THE WARRANTY, BREACH OF CONTRACT, NEGLIGENCE, STRICT TORT, OR ANY OTHER LEGAL OR EQUITABLE THEORY, EVEN IF NOKIA KNEW OF THE LIKELIHOOD OF SUCH DAMAGES. NOKIA SHALL NOT BE LIABLE FOR DELAY IN RENDERING SERVICE UNDER THE LIMITED WARRANTY, OR LOSS OF USE DURING THE PERIOD THAT THE PRODUCT IS BEING REPAIRED.
- 11 Some states do not allow limitation of how long an implied warranty lasts, so the one year warranty limitation may not apply to you (the Consumer). Some states do not allow the exclusion or limitation of incidental and consequential damages, so certain of the above limitations or exclusions may not apply to you (the Consumer). This limited warranty gives the Consumer specific legal rights and the Consumer may also have other rights which vary from state to state.
- 12 Nokia neither assumes nor authorizes any authorized service center or any other person or entity to assume for it any other obligation or liability beyond that which is expressly provided for in this limited warranty including the provider or seller of any extended warranty or service agreement.





- 13 This is the entire warranty between Nokia and the Consumer, and supersedes all prior and contemporaneous agreements or understandings, oral or written, relating to the Product, and no representation, promise or condition not contained herein shall modify these terms.
- 14 This limited warranty allocates the risk of failure of the Product between the Consumer and Nokia. The allocation is recognized by the Consumer and is reflected in the purchase price.
- 15 Any action or lawsuit for breach of warranty must be commenced within eighteen (18) months following purchase of the Product.
- 16 Questions concerning this limited warranty may be directed to:
Nokia Inc.
Attn: Customer Service
7725 Woodland Center Blvd., Ste. 150
Tampa, FL 33614
Telephone: 1-888-NOKIA-2U (1-888-665-4228)
Facsimile: (813) 287-6612
TTY/TDD Users Only: 1-800-24-NOKIA (1-800-246-6542)
- 17 The limited warranty period for Nokia supplied attachments and accessories is specifically defined within their own warranty cards and packaging.

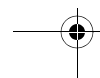
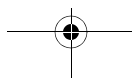
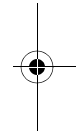
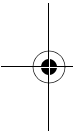




Appendix A

Message from the CTIA (Cellular Telecommunications & Internet Association) to all users of mobile phones

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Safety is the most important call you will ever make.

A Guide to Safe and Responsible Wireless Phone Use

Tens of millions of people in the U.S. today take advantage of the unique combination of convenience, safety and value delivered by the wireless telephone. Quite simply, the wireless phone gives people the powerful ability to communicate by voice--almost anywhere, anytime--with the boss, with a client, with the kids, with emergency personnel or even with the police. Each year, Americans make billions of calls from their wireless phones, and the numbers are rapidly growing. But an important responsibility accompanies those benefits, one that every wireless phone user must uphold. When driving a car, driving is your first responsibility. A wireless phone can be an invaluable tool, but good judgment must be exercised at all times while driving a motor vehicle--whether on the phone or not.

The basic lessons are ones we all learned as teenagers. Driving requires alertness, caution and courtesy. It requires a heavy dose of basic common sense---keep your head up, keep your eyes on the road, check your mirrors frequently and watch out for other drivers. It requires obeying all traffic signs and signals and staying within the speed limit. It means using seatbelts and requiring other passengers to do the same.

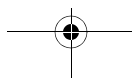
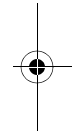
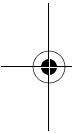
But with wireless phone use, driving safely means a little more. This brochure is a call to wireless phone users everywhere to make safety their first priority when behind the wheel of a car. Wireless telecommunications is keeping us in touch, simplifying our lives, protecting us in emergencies and providing opportunities to help others in need.

When it comes to the use of wireless phones, *safety is your most important call.*

Wireless Phone "Safety Tips"

Below are safety tips to follow while driving and using a wireless phone which should be easy to remember.

- 1 Get to know your wireless phone and its features such as speed dial and redial. Carefully read your instruction manual and learn to take advantage of valuable features most phones offer, including automatic redial and memory. Also, work to memorize the phone keypad so you can use the speed dial function without taking your attention off the road.
- 2 When available, use a hands free device. A number of hands free wireless phone accessories are readily available today. Whether you choose an installed mounted device for your wireless phone or a speaker phone accessory, take advantage of these devices if available to you.
- 3 Position your wireless phone within easy reach. Make sure you place your wireless phone within easy reach and where you can grab it without removing your eyes from the road. If you get an incoming call at an inconvenient time, if possible, let your voice mail answer it for you.
- 4 Suspend conversations during hazardous driving conditions or situations. Let the person you are speaking with know you are driving; if necessary, suspend the call in heavy traffic or hazardous weather conditions. Rain, sleet, snow and ice can be hazardous, but so is heavy traffic. As a driver, your first responsibility is to pay attention to the road.





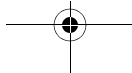
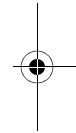
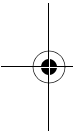
- 5 Do not take notes or look up phone numbers while driving. If you are reading an address book or business card, or writing a "to do" list while driving a car, you are not watching where you are going. It's common sense. Don't get caught in a dangerous situation because you are reading or writing and not paying attention to the road or nearby vehicles.
- 6 Dial sensibly and assess the traffic; if possible, place calls when you are not moving or before pulling into traffic. Try to plan your calls before you begin your trip or attempt to coincide your calls with times you may be stopped at a stop sign, red light or otherwise stationary. But if you need to dial while driving, follow this simple tip--dial only a few numbers, check the road and your mirrors, then continue.
- 7 Do not engage in stressful or emotional conversations that may be distracting. Stressful or emotional conversations and driving do not mix--they are distracting and even dangerous when you are behind the wheel of a car. Make people you are talking with aware you are driving and if necessary, suspend conversations which have the potential to divert your attention from the road.
- 8 Use your wireless phone to call for help. Your wireless phone is one of the greatest tools you can own to protect yourself and your family in dangerous situations--with your phone at your side, help is only three numbers away. Dial 9-1-1 or other local emergency number in the case of fire, traffic accident, road hazard or medical emergency. Remember, it is a free call on your wireless phone!
- 9 Use your wireless phone to help others in emergencies. Your wireless phone provides you a perfect opportunity to be a "Good Samaritan" in your community. If you see an auto accident, crime in progress or other serious emergency where lives are in danger, call 9-1-1 or other local emergency number, as you would want others to do for you.
- 10 Call roadside assistance or a special wireless non-emergency assistance number when necessary. Certain situations you encounter while driving may require attention, but are not urgent enough to merit a call for emergency services. But you still can use your wireless phone to lend a hand. If you see a broken-down vehicle posing no serious hazard, a broken traffic signal, a minor traffic accident where no one appears injured or a vehicle you know to be stolen, call roadside assistance or other special non-emergency wireless number.

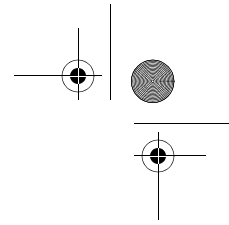
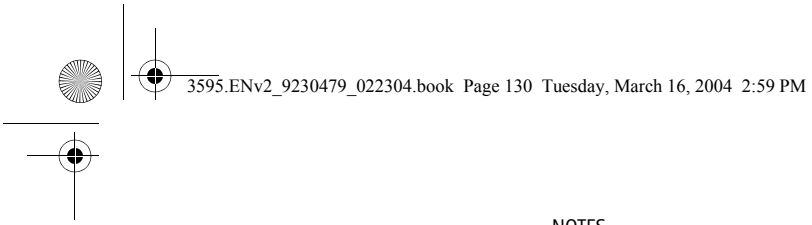
Careless, distracted individuals and people driving irresponsibly represent a hazard to everyone on the road. Since 1984, the Cellular Telecommunications Industry Association and the wireless industry have conducted educational outreach to inform wireless phone users of their responsibilities as safe drivers and good citizens. As we approach a new century, more and more of us will take advantage of the benefits of wireless telephones. And, as we take to the roads, we all have a responsibility to drive safely.

The wireless industry reminds you to use your phone safely when driving.

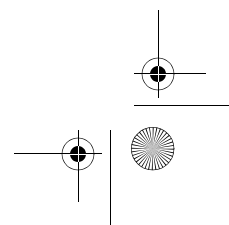
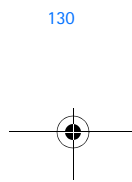
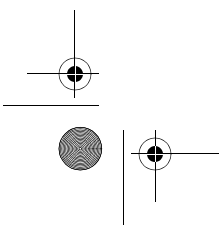
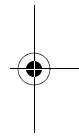
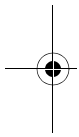
For more information, please call 1-888-901-SAFE.

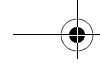
For updates: <http://www.wow-com.com/consumer/issues/driving/articles.cfm?ID=85>





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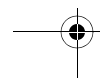
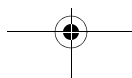
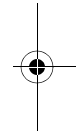
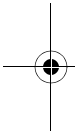




Appendix B

Message from the FDA (U.S. Food and Drug Administration) to all users of mobile phones

©July 18, 2001 For updates: <http://www.fda.gov/cdrh/phones>



Consumer Update on Wireless Phones
U.S. Food and Drug Administration

1. Do wireless phones pose a health hazard?

The available scientific evidence does not show that any health problems are associated with using wireless phones. There is no proof, however, that wireless phones are absolutely safe. Wireless phones emit low levels of radiofrequency energy (RF) in the microwave range while being used. They also emit very low levels of RF when in the stand-by mode. Whereas high levels of RF can produce health effects (by heating tissue), exposure to low level RF that does not produce heating effects causes no known adverse health effects. Many studies of low level RF exposures have not found any biological effects. Some studies have suggested that some biological effects may occur, but such findings have not been confirmed by additional research. In some cases, other researchers have had difficulty in reproducing those studies, or in determining the reasons for inconsistent results.

2. What is FDA's role concerning the safety of wireless phones?

Under the law, FDA does not review the safety of radiation-emitting consumer products such as wireless phones before they can be sold, as it does with new drugs or medical devices. However, the agency has authority to take action if wireless phones are shown to emit radiofrequency energy (RF) at a level that is hazardous to the user. In such a case, FDA could require the manufacturers of wireless phones to notify users of the health hazard and to repair, replace or recall the phones so that the hazard no longer exists.

Although the existing scientific data do not justify FDA regulatory actions, FDA has urged the wireless phone industry to take a number of steps, including the following:

- Support needed research into possible biological effects of RF of the type emitted by wireless phones;
- Design wireless phones in a way that minimizes any RF exposure to the user that is not necessary for device function; and
- Cooperate in providing users of wireless phones with the best possible information on possible effects of wireless phone use on human health.

FDA belongs to an interagency working group of the federal agencies that have responsibility for different aspects of RF safety to ensure coordinated efforts at the federal level. The following agencies belong to this working group:

- National Institute for Occupational Safety and Health
- Environmental Protection Agency
- Federal Communications Commission
- Occupational Safety and Health Administration
- National Telecommunications and Information Administration

The National Institutes of Health participates in some interagency working group activities, as well.

FDA shares regulatory responsibilities for wireless phones with the Federal Communications Commission (FCC). All phones that are sold in the United States must comply with FCC safety guidelines that limit RF exposure. FCC relies on FDA and other health agencies for safety questions about wireless phones. FCC also

regulates the base stations that the wireless phone networks rely upon. While these base stations operate at higher power than do the wireless phones themselves, the RF exposures that people get from these base stations are typically thousands of times lower than those they can get from wireless phones. Base stations are thus not the subject of the safety questions discussed in this document.

3. What kinds of phones are the subject of this update?

The term wireless phone refers here to hand-held wireless phones with built-in antennas, often called cell mobile or PCS phones. These types of wireless phones can expose the user to measurable radiofrequency energy (RF) because of the short distance between the phone and the user's head. These RF exposures are limited by Federal Communications Commission safety guidelines that were developed with the advice of FDA and other federal health and safety agencies. When the phone is located at greater distances from the user, the exposure to RF is drastically lower because a person's RF exposure decreases rapidly with increasing distance from the source. The so-called cordless phones, which have a base unit connected to the telephone wiring in a house, typically operate at far lower power levels, and thus produce RF exposures far below the FCC safety limits.

4. What are the results of the research done already?

The research done thus far has produced conflicting results, and many studies have suffered from flaws in their research methods. Animal experiments investigating the effects of radiofrequency energy (RF) exposures characteristic of wireless phones have yielded conflicting results that often cannot be repeated in other laboratories. A few animal studies, however, have suggested that low levels of RF could accelerate the development of cancer in laboratory animals. However, many of the studies that showed increased tumor development used animals that had been genetically engineered or treated with cancer-causing chemicals so as to be pre-disposed to develop cancer in the absence of RF exposure. Other studies exposed the animals to RF for up to 22 hours per day. These conditions are not similar to the conditions under which people use wireless phones, so we don't know with certainty what the results of such studies mean for human health.

Three large epidemiology studies have been published since December 2000. Between them, the studies investigated any possible association between the use of wireless phones and primary brain cancer, glioma, meningioma, or acoustic neuroma, tumors of the brain or salivary gland, leukemia, or other cancers. None of the studies demonstrated the existence of any harmful health effects from wireless phone RF exposures. However, none of the studies can answer questions about long-term exposures, since the average period of phone use in these studies was around three years.

5. What research is needed to decide whether RF exposure from wireless phones poses a health risk?

A combination of laboratory studies and epidemiological studies of people actually using wireless phones would provide some of the data that are needed. Lifetime animal exposure studies could be completed in a few years. However, very large numbers of animals would be needed to provide reliable proof of a cancer promoting effect if one exists. Epidemiological studies can provide data that is directly applicable to human populations, but 10 or more years follow-up may be needed to provide answers about some health effects, such as cancer. This is because the interval



between the time of exposure to a cancer-causing agent and the time tumors develop - if they do - may be many, many years. The interpretation of epidemiological studies is hampered by difficulties in measuring actual RF exposure during day-to-day use of wireless phones. Many factors affect this measurement, such as the angle at which the phone is held, or which model of phone is used.

6. What is FDA doing to find out more about the possible health effects of wireless phone RF?

FDA is working with the U.S. National Toxicology Program and with groups of investigators around the world to ensure that high priority animal studies are conducted to address important questions about the effects of exposure to radiofrequency energy (RF).

FDA has been a leading participant in the World Health Organization International Electromagnetic Fields (EMF) Project since its inception in 1996. An influential result of this work has been the development of a detailed agenda of research needs that has driven the establishment of new research programs around the world. The Project has also helped develop a series of public information documents on EMF issues.

FDA and the Cellular Telecommunications & Internet Association (CTIA) have a formal Cooperative Research and Development Agreement (CRADA) to do research on wireless phone safety. FDA provides the scientific oversight, obtaining input from experts in government, industry, and academic organizations. CTIA-funded research is conducted through contracts to independent investigators. The initial research will include both laboratory studies and studies of wireless phone users. The CRADA will also include a broad assessment of additional research needs in the context of the latest research developments around the world.

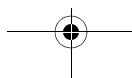
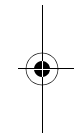
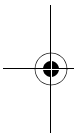
7. How can I find out how much radiofrequency energy exposure I can get by using my wireless phone?

All phones sold in the United States must comply with Federal Communications Commission (FCC) guidelines that limit radiofrequency energy (RF) exposures. FCC established these guidelines in consultation with FDA and the other federal health and safety agencies. The FCC limit for RF exposure from wireless telephones is set at a Specific Absorption Rate (SAR) of 1.6 watts per kilogram (1.6 W/kg). The FCC limit is consistent with the safety standards developed by the Institute of Electrical and Electronic Engineering (IEEE) and the National Council on Radiation Protection and Measurement. The exposure limit takes into consideration the body's ability to remove heat from the tissues that absorb energy from the wireless phone and is set well below levels known to have effects.

Manufacturers of wireless phones must report the RF exposure level for each model of phone to the FCC. The FCC website (<http://www.fcc.gov/oet/rfsafety>) gives directions for locating the FCC identification number on your phone so you can find your phone's RF exposure level in the online listing.

8. What has FDA done to measure the radiofrequency energy coming from wireless phones?

The Institute of Electrical and Electronic Engineers (IEEE) is developing a technical standard for measuring the radiofrequency energy (RF) exposure from wireless phones and other wireless handsets with the participation and leadership of FDA scientists and engineers. The standard, Recommended Practice for Determining the



Spatial-Peak Specific Absorption Rate (SAR) in the Human Body Due to Wireless Communications Devices: Experimental Techniques, sets forth the first consistent test methodology for measuring the rate at which RF is deposited in the heads of wireless phone users. The test method uses a tissue-simulating model of the human head. Standardized SAR test methodology is expected to greatly improve the consistency of measurements made at different laboratories on the same phone. SAR is the measurement of the amount of energy absorbed in tissue, either by the whole body or a small part of the body. It is measured in watts/kg (or milliwatts/g) of matter. This measurement is used to determine whether a wireless phone complies with safety guidelines.

9. What steps can I take to reduce my exposure to radiofrequency energy from my wireless phone?

If there is a risk from these products--and at this point we do not know that there is--it is probably very small. But if you are concerned about avoiding even potential risks, you can take a few simple steps to minimize your exposure to radiofrequency energy (RF). Since time is a key factor in how much exposure a person receives, reducing the amount of time spent using a wireless phone will reduce RF exposure.

If you must conduct extended conversations by wireless phone every day, you could place more distance between your body and the source of the RF, since the exposure level drops off dramatically with distance. For example, you could use a headset and carry the wireless phone away from your body or use a wireless phone connected to a remote antenna.

Again, the scientific data do not demonstrate that wireless phones are harmful. But if you are concerned about the RF exposure from these products, you can use measures like those described above to reduce your RF exposure from wireless phone use.

10. What about children using wireless phones?

The scientific evidence does not show a danger to users of wireless phones, including children and teenagers. If you want to take steps to lower exposure to radiofrequency energy (RF), the measures described above would apply to children and teenagers using wireless phones. Reducing the time of wireless phone use and increasing the distance between the user and the RF source will reduce RF exposure. Some groups sponsored by other national governments have advised that children be discouraged from using wireless phones at all. For example, the government in the United Kingdom distributed leaflets containing such a recommendation in December 2000. They noted that no evidence exists that using a wireless phone causes brain tumors or other ill effects. Their recommendation to limit wireless phone use by children was strictly precautionary; it was not based on scientific evidence that any health hazard exists.

11. What about wireless phone interference with medical equipment?

Radiofrequency energy (RF) from wireless phones can interact with some electronic devices. For this reason, FDA helped develop a detailed test method to measure electromagnetic interference (EMI) of implanted cardiac pacemakers and defibrillators from wireless telephones. This test method is now part of a standard sponsored by the Association for the Advancement of Medical instrumentation (AAMI). The final draft, a joint effort by FDA, medical device manufacturers, and many other groups, was completed in late 2000. This standard will allow manufacturers to ensure that cardiac pacemakers and defibrillators are safe from wireless phone EMI.



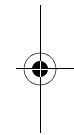
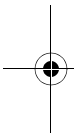
FDA has tested hearing aids for interference from handheld wireless phones and helped develop a voluntary standard sponsored by the Institute of Electrical and Electronic Engineers (IEEE). This standard specifies test methods and performance requirements for hearing aids and wireless phones so that no interference occurs when a person uses a compatible phone and a accompanied hearing aid at the same time. This standard was approved by the IEEE in 2000.

FDA continues to monitor the use of wireless phones for possible interactions with other medical devices. Should harmful interference be found to occur, FDA will conduct testing to assess the interference and work to resolve the problem.

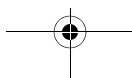
12. Where can I find additional information?

For additional information, please refer to the following resources:

- FDA web page on wireless phones
<http://www.fda.gov/cdrh/phones/index.html>
- Federal Communications Commission (FCC) RF Safety Program
<http://www.fcc.gov/oet/rfsafety>
- International Commission on Non-Ionizing Radiation Protection
<http://www.icnirp.de>
- World Health Organization (WHO) International EMF Project
<http://www.who.int/emf>
- National Radiological Protection Board (UK)
<http://www.nrp.org.uk/>



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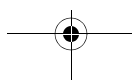
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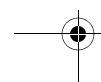
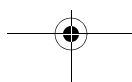
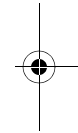
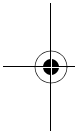
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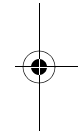
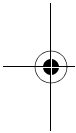
X

Xpress-on color cover 60





Para obtener un manual del usuario en español favor de llamar o enviar un fax al teléfono 1-888-NOKIA-2U, fax 813-249-9619.



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