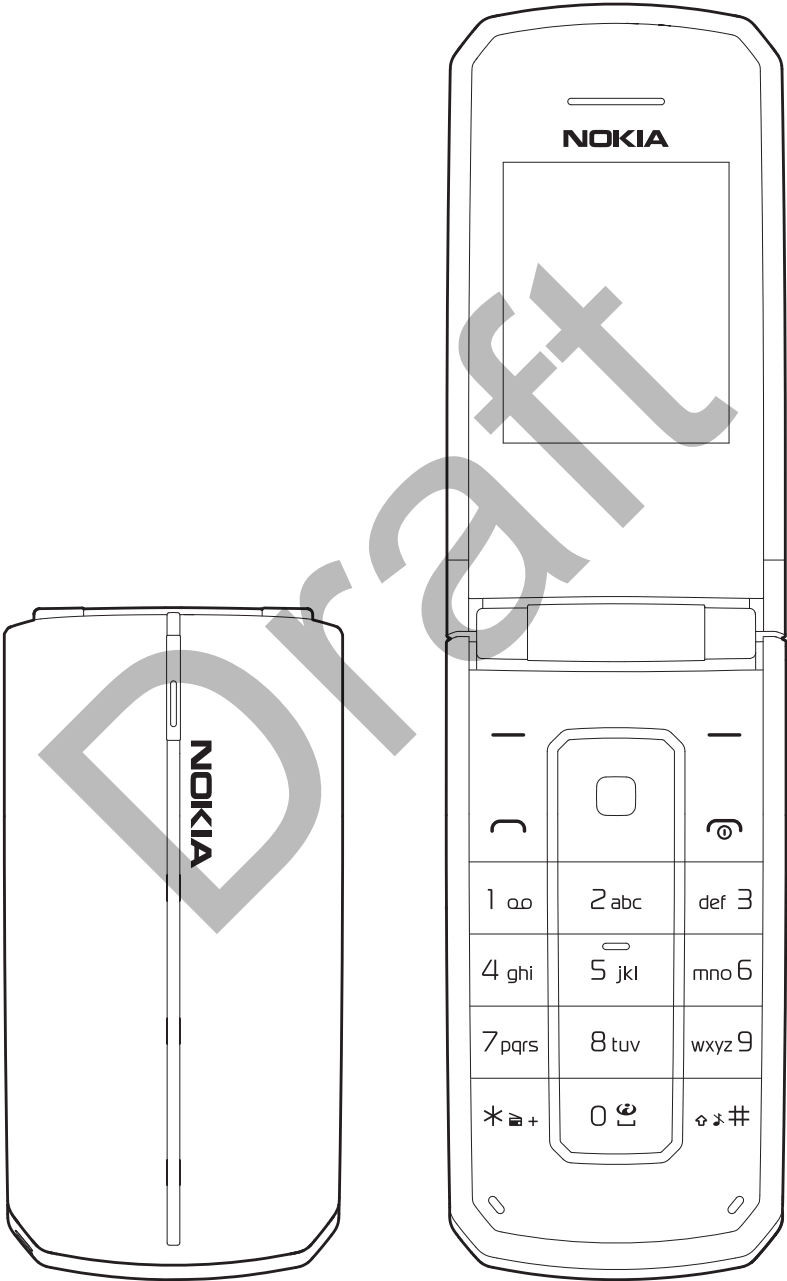


# RM-376 User Guide

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## FCC NOTICE

Your device may cause TV or radio interference (for example, when using a telephone in close proximity to receiving equipment). The FCC can require you to stop using your telephone if such interference cannot be eliminated. If you require assistance, contact your local service facility. This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Any changes or modifications not expressly approved by Nokia could void the user's authority to operate this equipment.

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# Safety

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Read these simple guidelines. Not following them may be dangerous or illegal. Read the complete user guide for further information.



## **SWITCH ON SAFELY**

Do not switch the device on when wireless phone use is prohibited or when it may cause interference or danger.



## **ROAD SAFETY COMES FIRST**

Obey all local laws. Always keep your hands free to operate the vehicle while driving. Your first consideration while driving should be road safety.



## **INTERFERENCE**

All wireless devices may be susceptible to interference, which could affect performance.



## **SWITCH OFF IN RESTRICTED AREAS**

Follow any restrictions. Switch the device off in aircraft, near medical equipment, fuel, chemicals, or blasting areas.



## **QUALIFIED SERVICE**

Only qualified personnel may install or repair this product.



## ENHANCEMENTS AND BATTERIES

Use only approved enhancements and batteries. Do not connect incompatible products.



## WATER-RESISTANCE

Your device is not water-resistant. Keep it dry.

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# Welcome

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Congratulations on your purchase of the RM-376 mobile device. It provides many functions for practical daily use, such as a hands-free loudspeaker, an alarm clock, a calculator, a calendar, and more. Your device can connect to a PC, laptop, or other device using a data cable. To personalise it, you can set your favourite ringing tones, wallpaper, screensaver, and other features.

## ■ About your device

The wireless device described in this guide is approved for use on the CDMA 800 MHz and CDMA 2000 1xRTT network. Contact your service provider for more information about networks.

When using the features in this device, obey all laws and respect local customs, privacy and legitimate rights of others, including copyrights.

When connecting to any other device, read its user guide for detailed safety instructions. Do not connect incompatible products.

## ■ Network services

To use the phone you must have service from a wireless service provider. Many of the features require special network features. These features are not available on all networks; other networks may require that you make specific arrangements with your service provider before you can use the network services. Your service provider can give you instructions and explain what charges will apply. Some networks may have limitations that affect how you can use network services. For instance, some networks may not support all language-dependent characters and services.

Your service provider may have requested that certain features be disabled or not activated in your device. If so, these features will not appear on your device menu. Your device may also have a special configuration such as changes in menu names, menu order, and icons. Contact your service provider for more information.

This device supports WAP 2.0 protocols (HTTP and SSL) that run on TCP/IP protocols. Some features of this device, such as media and browser messages require network support for these technologies.

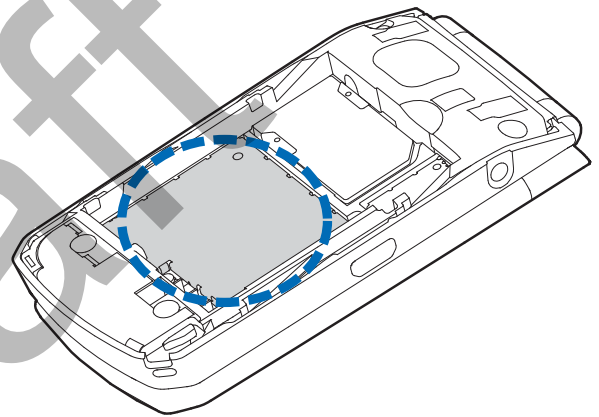


## ■ Getting help

If you need help, contact the Nokia Care contact centre. Before calling, write down the mobile equipment identifier (MEID) and your zip code (only in the US), and have them available.

### Find your device label

The MEID is found on the type label, which is located under the battery on the back of the device. See "Remove the back cover and battery", page 21.



### Accessibility solutions

Nokia is committed to making mobile devices easy to use for all individuals, including those with disabilities. For more information, see [www.nokiaaccessibility.com](http://www.nokiaaccessibility.com).

## Nokia support on the web

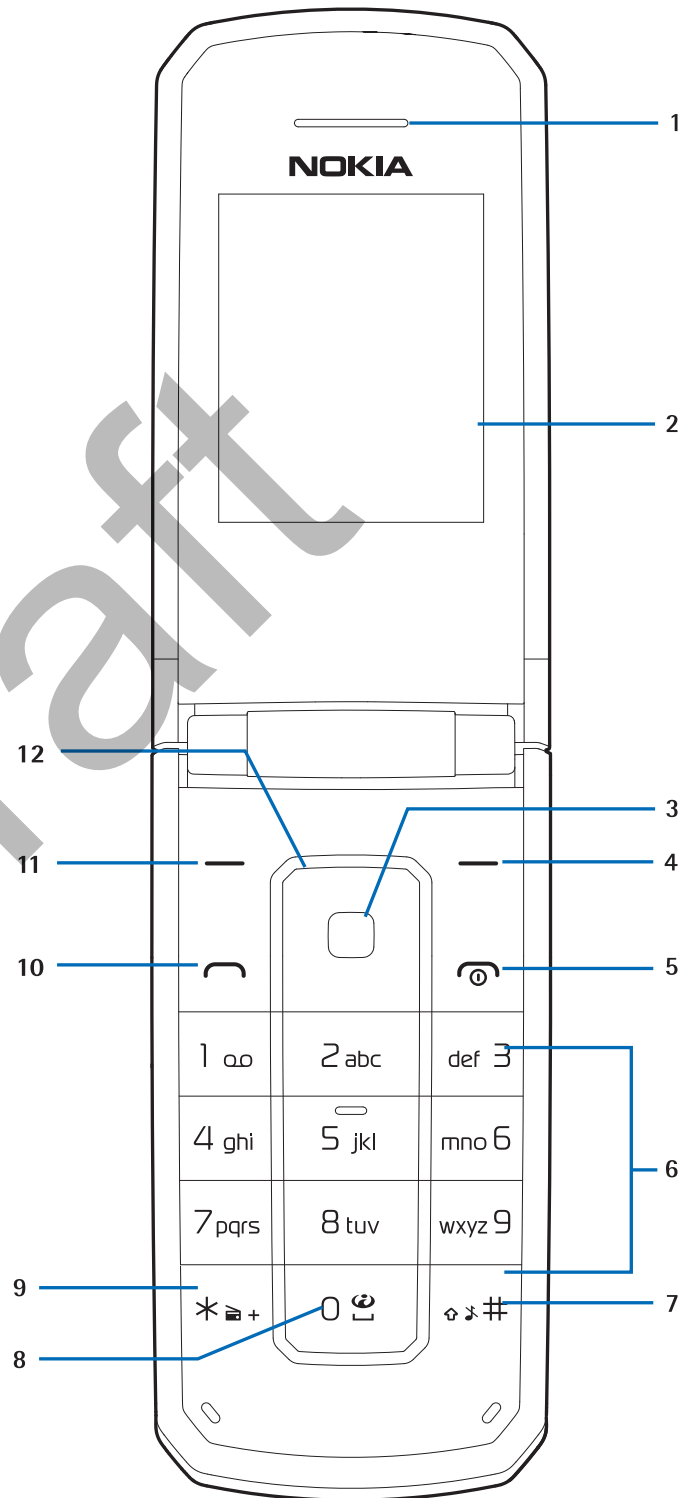
Check [www.nokia.com/support](http://www.nokia.com/support) or your local Nokia website for the latest guides, additional information, downloads, and services related to your Nokia product.

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# 1. Device at a glance

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1. Earpiece
2. Display screen
3. Centre selection key
4. Right selection key
5. End/Power key
6. Keypad
7. Silent key
8. Wireless internet key
9. Radio key
10. Call key
11. Left selection key
12. Navi™ key (hereafter referred to as scroll key)



13. Flashlight

14. Flashlight key

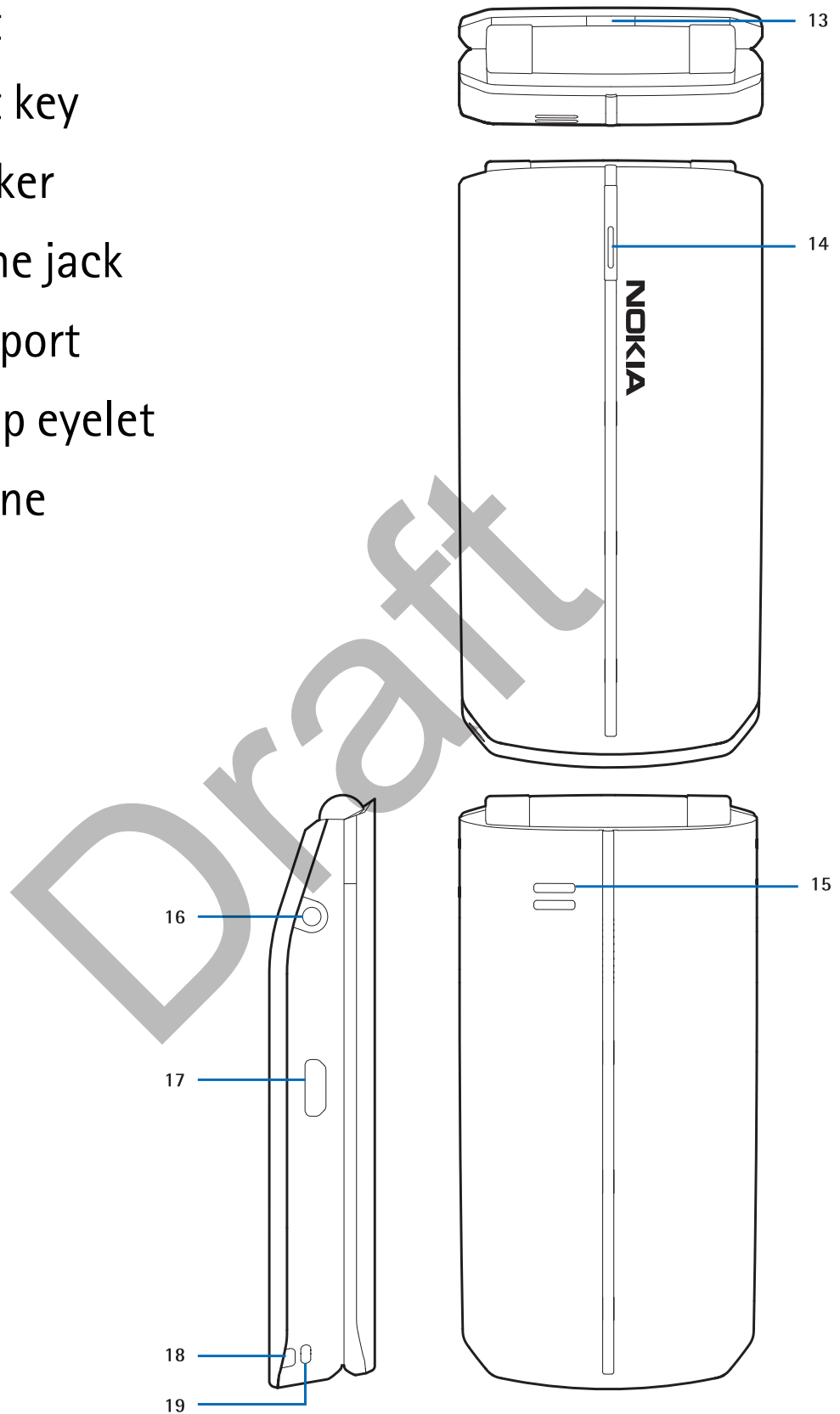
15. Loudspeaker

16. Headphone jack

17. Charging port

18. Wrist strap eyelet

19. Microphone



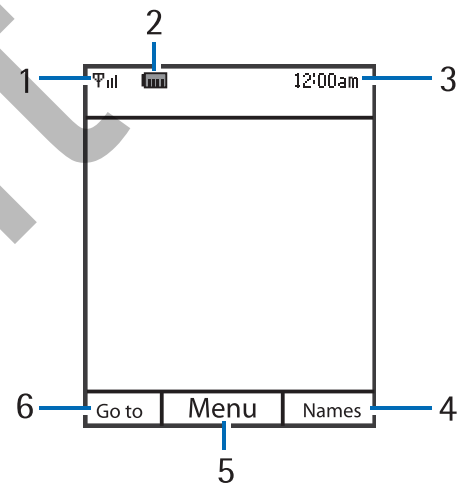
## ■ Standby mode

Depending on your wireless service provider and the model number of your device, some or all of the following indicators, icons, and shortcut keys may be available in the standby mode.

### Standby screen

The start screen indicates that your device is in the standby mode.

1. Signal strength — The strength of the signal received by the device is indicated by the number of bars displayed.
2. Battery strength — Four bars indicate a fully charged battery.
3. Time — The time of day is displayed.
4. **Names** — Press the right selection key to select this option.
5. **Menu** — Press the centre selection key to select this option.



6. **Go to** — Press the left selection key to select this option.

**Go to** provides a list of your favourite applications and functions for quick and easy access. The first time you select **Go to**, no applications or functions are displayed. To add items to the list, select **Add** and from the available options.

## **Active standby**

The active standby mode displays a list of selected device features and information that you can directly access, such as application shortcuts, information from the radio, calendar events, and a customisable note. To turn active standby mode on or off and to configure settings, select **Menu** > **Settings** > **Display** > **Active standby** and from the available options.

When active standby is idle, you can only view content. To activate the navigation mode and access content, scroll down. To exit the navigation mode, select **Exit**. If no keys are pressed in a certain time, the phone automatically returns to the idle mode.

## Content items in the navigation mode

The following default items may be available in the navigation mode:

Audio Applications – Switch on the radio. To change the station, scroll left or right. To search for radio stations, scroll and hold left or right.

Calendar – View today's notes. To view notes for other days, scroll left or right.












Countdown Timer – Set the normal or interval timer.

Indicators – View the date and day of the week.

My Note – To enter a personalised note, select [Edit](#).

Shortcut Bar – To select a shortcut, scroll left or right. To select and organise shortcuts when in the navigation mode, select [Options](#).

## Indicators and icons

-  An alarm is set. See "Alarm clock", page 58.
-  A headset is connected to the device. See "Enhancement settings", page 51.
-  Your device keypad is locked. See "Keyguard", page 27.
-  The loudspeaker is on.
-  Your phone is set to the silent profile. See "Profiles", page 47.
-  The stopwatch timer is running in the background.
-  You have new text messages. See "Text messages", page 32.
-  You have new voice messages. See "Voice messages", page 37. This icon shows only when the network supports this function.
-  You have missed a call. See "Log", page 46.
-  The countdown timer is running.
-  The current profile is timed. See "Profiles", page 47.



## Shortcut keys

The following shortcut keys may be available in the standby mode.

Scroll up – Go to *Names*.

Scroll right – Go to *Calendar*.

Scroll down – You can define this shortcut. See "My shortcuts", page 50.

Scroll left – Go to the text messages inbox.

### ■ Scroll key

You can use the four-way scroll key to scroll up, down, left, and right through menus.

1. In the standby mode, select **Menu** to scroll through the main menus. As you scroll through the menus, the menu number is displayed. There is a scroll bar with a tab that moves up or down as you scroll through the menus, to represent your current position in the menu structure.
2. When you arrive at a menu, press the centre selection key to access the submenu.

- Select **Back** (the right selection key) to return to the previous menu.
- Press the end key to return to the standby mode from any menu or submenu.

## ■ Security code settings

You can use security codes to protect your device and UIM card from unauthorised access. **You can activate the lock code, PIN code, and PIN2 code.** When a security code is set and turned on, no outgoing calls are allowed and the menu cannot be accessed without entering the correct code first.

**Lock code** – Protects your device from unauthorised access. The default lock code is **1234**.

**PIN code** – Protects your UIM card from unauthorised access. The PIN code can be 4 to 8 digits in length. The default PIN code may vary depending on your wireless service provider.

**PIN2 code** – Supplied with some UIM cards, and is required to access some functions in your device. The PIN2 code can be 4 to 8 digits in length.

After three successive incorrect entries, the PIN code or PIN2 code is blocked. To unblock it, you must enter your personal unblocking key (PUK) code or PUK2 code. If you do not have this, contact your service provider.

You can change the lock code, PIN code, and PIN2 code. These codes can only include the numbers from 0 to 9. If you forget any of these codes, contact your service provider.

To configure security code settings, select **Menu** > **Settings** > **Security**, enter your default lock code and select **OK**, and from the available options.

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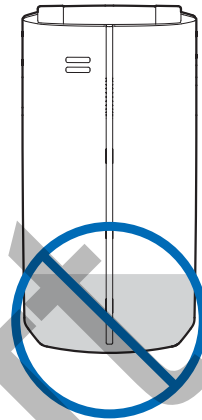
## 2. Set up your device

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### ■ Antenna

Your device may have internal and external antennas. As with any radio transmitting device, avoid touching the antenna area unnecessarily while the antenna is transmitting or receiving.

Contact with such an antenna affects the communication quality and may cause the device to operate at a higher power level than otherwise needed and may reduce the battery life.



### ■ Insert battery and UIM card

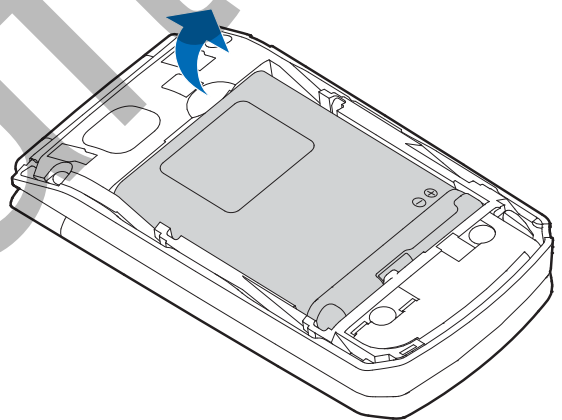
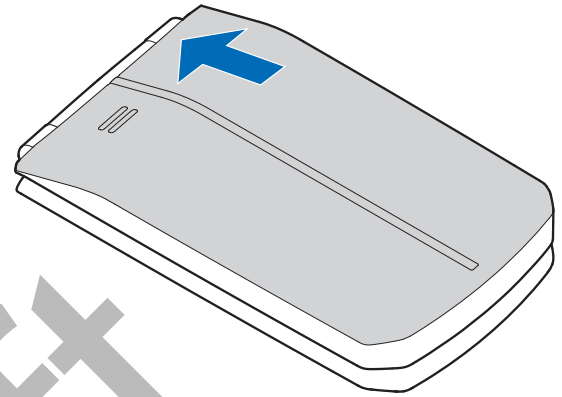


**Note:** Always switch off the power and disconnect the charger and any other device before removing the cover. Avoid touching electronic components while changing the cover. Always store and use the device with the cover attached.

## Remove the back cover and battery

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

1. With the back of the device facing you, push down on the back cover. Slide the cover towards the hinge, and remove.
2. Lift the battery up from its compartment.

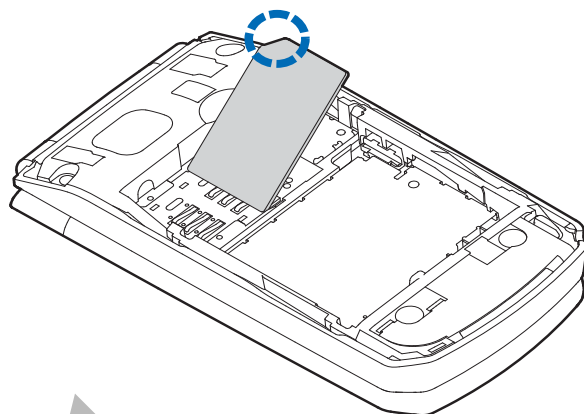


## Install the UIM (CDMA SIM) card

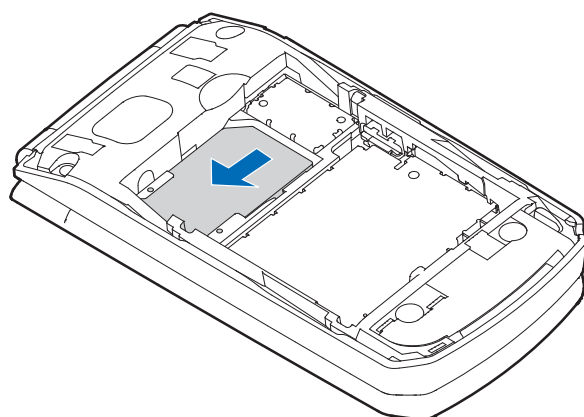
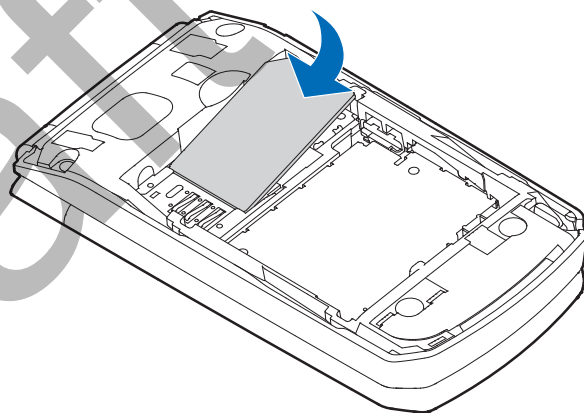
The User Identity Module (UIM) card, also called the CDMA Subscriber Identity Module (SIM) card, can be easily damaged by scratching or bending, so be careful when handling, inserting, or removing it. The UIM card

slot is located under the battery. Keep all UIM cards out of the reach of small children.

1. Hold the bevelled corner of the UIM card facing up and aligned with the bevelled corner of the card holder.

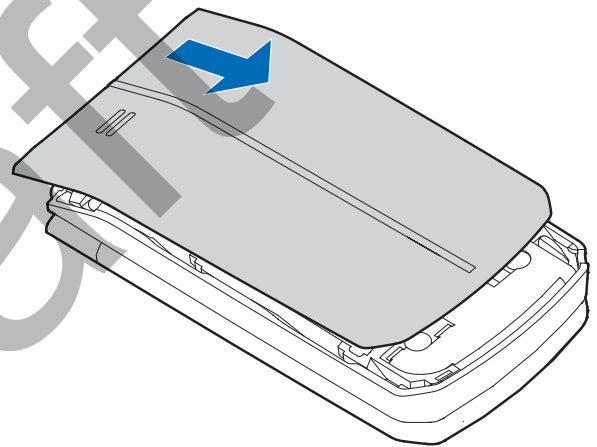
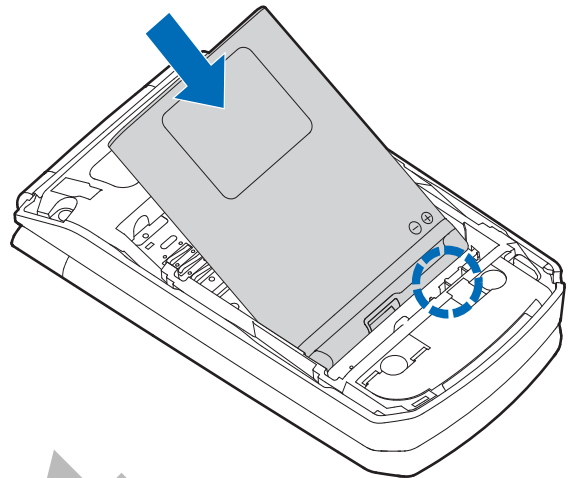


2. Insert the UIM card into the holder with the gold-coloured contacts facing down, matching up with the gold-coloured contacts on the device.



## Replace the battery and back cover

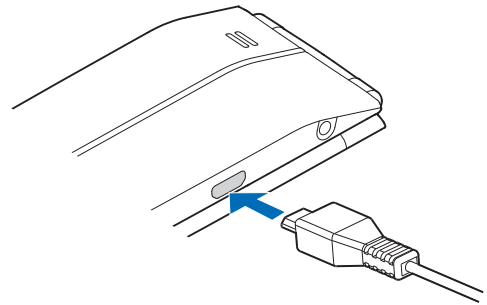
1. Insert the battery, gold-coloured contact end first, into the battery slot.
2. Push down on the other end of the battery to snap it into place.
3. Replace the back cover so that the cover tabs align with the slots in the device. Slide the back cover toward the bottom of the device until the cover is securely in place.



# Charge the battery

1. Plug the charger transformer into a standard AC outlet.
2. Insert the charger output plug into the charger slot.

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



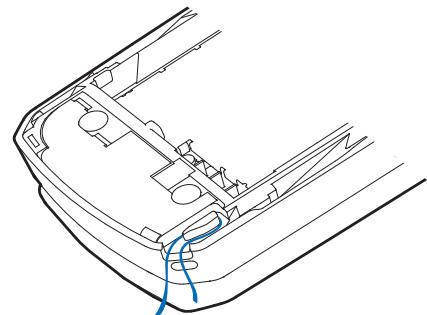
**Note:** The phone shall only be connected to products that bear the USB-IF logo or have completed the USB-IF compliance program.

## ■ Wrist strap



**Note:** The wrist strap does NOT come in the box.

1. Remove the back cover.
2. Thread the wrist strap, and tighten it.
3. Replace the cover.





## ■ Turn your device on or off


1. Press and hold the end key for at least 4 seconds.
2. Enter the security code, if necessary, and select **OK**.  
See "Security settings", page 51.

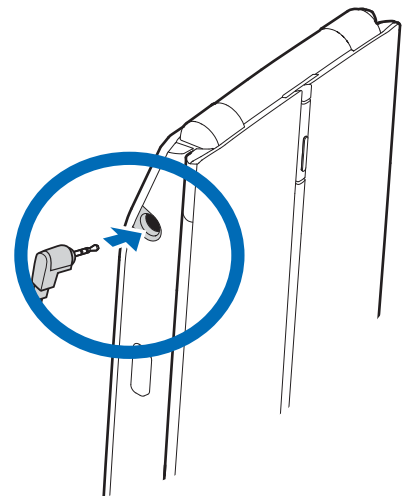


**Warning:** To use any features in this device, other than the alarm clock, the device must be switched on. Do not switch the device on when wireless phone use may cause interference or danger.

## ■ Connect the headset

A compatible headset may be purchased with your device or separately as an enhancement. See "Enhancement settings", page 51.

1. Plug the headset connector into the connector at the top of your device.  appears in the standby mode.
2. Position the headset on your ear. With the headset connected, you can make, answer, and end calls as usual.





**Warning:** When you use the headset, your ability to hear outside sounds may be affected. Do not use the headset where it can endanger your safety.

## ■ Make and answer calls

### Make a call

To make a call, enter the phone number, including the country code and area code, if necessary. To delete a character, select **Clear**. Press the call key to call the number. Use the scroll key to adjust the volume of the earpiece or headset during the phone call. To end the call, press the end key.

### Make a conference call

Conference calling (network service) allows you to take part in a conference call with two other participants. During a call, to make a call to a new participant, select **Options** > **New call**. Enter the number you want, and press the call key. When the new call is answered, press

the call key to connect the calls. To end the conference call, select **Options** > *End all calls*, or press the end key.

## Answer a call

To answer an incoming call, press the call key. To reject the call without answering, press the end key. To reject the call and send the caller a text message, select **Send msg** and **Send** to send the default message (see "Call settings", page 50), or **Options** and from the available options to send a different message.

## ■ **Keyguard**

With the keyguard, you can lock the keypad to prevent accidental keypresses. Remember to lock your device keypad to prevent accidental calls. If the keypad is locked, it unlocks when you receive a call. After the call, it is automatically locked again.

To set the keypad to lock automatically after a certain time delay when the device is in the standby mode and no function of the device has been used, select **Menu** > *Settings* > *Phone* > *Automatic keyguard* > *On*.

To lock the keypad manually, select **Menu**, and press \* within 4 seconds.

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

To unlock the keypad, select **Unlock**, and then press \* within 4 seconds.

## ■ Loudspeaker

You can use your device as a loudspeaker during a call.



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

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

To deactivate the loudspeaker during a call, open the fold, and select **Normal**.

The loudspeaker is deactivated automatically when a call (or a call attempt) ends or when certain enhancements are connected.

## 3. Write text

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### ■ English input



To enter English, you can either use standard or predictive English input. Predictive English input reduces the number of keypresses you need to make and increases the writing speed.

To enter a number when the input language is English, press and hold the number key until the number appears on the display. Alternatively, press and hold # to enter number mode.

### Change the case and input mode

To switch between standard English and predictive English input mode, select **Options** > *Prediction options* > *On* or *Off*.

In standard English input mode, press # to switch between uppercase  **ABC**, lowercase  **abc**, and sentence case  **Abc**.

In predictive English input mode, press **#** to switch between lowercase  and sentence case .

To switch quickly between input modes, press **#** repeatedly.

## Standard English input

1. Press a number key (2–9) to enter the first letter on the key, twice to enter the second letter, and so on.  
If the next letter is located on the same key as the current one, scroll down or up to confirm the previous letter, or wait until the cursor appears.
2. Press **Clear** to delete one letter to the left of the cursor. Press and hold **Clear** to delete letters quickly.
3. To insert a space, press 0.

## Predictive English input

With predictive English input, you can use the built-in dictionary when writing, and add new words to it. You can use predictive English input only when the writing language is English.

1. Start writing a word using the keys 2 to 9. Press each key once for each letter.

The following example shows what is displayed when you write "Nokia" using predictive English input. Press 6-6-5-4-2.



2. Press 0 to confirm a word and insert a space after it.

If the word is not correct, press \* repeatedly until the desired word appears, and then confirm.

If the ? character is displayed after the word, the word you intend to write is not in the dictionary. To add the word to the dictionary, select **Spell**. Enter the word using standard English input, and select **Save**.

## 4. Messaging

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If you have subscribed to a messaging network service, you can send and receive messages between compatible mobile devices that also subscribe to a messaging service. You can also exchange e-mail. Messaging features are network services.

When composing text messages, check the number of characters allowed in the top right corner of the message. Using Unicode characters takes up more space. With Unicode characters in your message, the indicator may not show the message length correctly.



**Note:** The message sent icon or text on your device screen does not indicate that the message is received at the intended destination.

### ■ Text messages

Your device supports text messages beyond the limit for a single message. Longer messages are sent as two or more messages. Your service provider may charge accordingly. Characters with accents or other marks and characters



from some language options take up more space, and limit the number of characters that can be sent in a single message.

## Compose and send a message

1. In the standby mode, select **Menu** > *Messaging* > *Text messages* > *Create message*.
2. In the *To:* field, enter the recipient's phone number. To retrieve a contact number, select **Add** > *Recently used*, *Contacts*, or *Distribution list*, and the desired contact.
3. Write a message.

When writing in the *Message:* field, select from the following options:

*Send* — Send the message.

*Writing language* — Select the writing language.

*Prediction options* — Select standard or predictive input mode.

*Use template* — Insert a predefined template into your message.

*Save as draft* — Save the message in the drafts folder.

*Save as template* – Save the message as one of the predefined templates in the templates folder.


*Sending options* – Select the priority of the message, ask for a delivery report for the message, send a callback number, or append a signature to the message.

*Exit editor* – Return to the text messages menu.

*Go to top field* or *Go to bottom field* – Move the cursor to the top or bottom field.

4. Scroll down, and select *Send*.

## Read a message

When you receive a message, a notification and  are displayed. Select *Show* to read the message, or *Exit* to dismiss the notification and read the message later from your inbox. If necessary, scroll up or down to view the whole message.

When reading a text message, select *Options* to access some or all of the following options:

*Delete* – Discard the message.

*Use detail* – Add the sender to your contacts list, call the sender, send a message to the sender's number or e-mail address, or access a web address in the message.

*Save* – Move the message to another folder.

*Forward* – Forward the original message directly or edit the message and then forward it to another recipient.

*Rename* – Edit the title of the message.

*Lock* or *Unlock* – Protect the message from being erased.

## Reply to a message

1. In the standby mode, select **Menu** > *Messaging* > *Text messages* > *Inbox* and the desired message, or select **Show** when you receive a message.
2. Select **Reply** and compose your reply using the keypad.
3. Select *Send*.

## Delete messages

If your message memory is full, *No space for new text messages* appears in the standby mode. You must delete old messages to free space for new ones.

## Delete a single message

1. In the standby mode, select **Menu** > *Messaging* > *Text messages*.
2. Select the folder containing the message you want to delete.
3. Scroll to the message you want to delete, and select **Options** > *Delete* > **Yes**.

## Delete all messages in a folder

1. In the standby mode, select **Menu** > *Messaging* > *Text messages* > *Delete messages*.
2. Select *All*, *All read*, or *All unread* to indicate which messages to delete in a folder.
3. Scroll to each folder that has messages you want to delete, and select **Mark** > **Done** > **Yes**.

## Change message settings

In the standby mode, select **Menu** > *Messaging* > *Text messages* > *Message settings* > *Other settings* and the setting you want to change.

*Save incoming text messages* – Select where to save incoming messages.

*Message font size* – Select a font size.

*Message overwriting* – Automatically replace old messages in the inbox and sent items folders when new ones arrive.

*Save sent messages* – Select whether to save sent messages.

*Queue msgs. when digital unavailable* – Select whether to store messages in the outbox until they can be sent with digital service.

## ■ Voice messages

The voice mailbox is a network service and you may need to subscribe to it. For more information and for your voice mailbox number, contact your service provider.

When you receive a voice message, your device beeps, displays a notification, or both. If you receive more than one voice message, your device shows the number of voice messages received.

## Save voice mailbox number

1. In the standby mode, select **Menu** > *Messaging* > *Voice messages* > *Voice mailbox number*. If a number has already been saved, it is displayed.
2. If no number has been saved, or if you want to edit the existing number, enter the number you want, and select **OK**.

## Listen to voice messages

To dial the voice mailbox number, in the standby mode, press and hold 1, or select **Menu** > *Messaging* > *Voice messages* > *Listen to voice messages*. When you are connected and the prerecorded greeting begins, follow the instructions to listen to your voice messages.

## View the details of the last voice message

To view the caller number, time, and other information, select **Menu** > *Messaging* > *Voice messages* > *View details of last voice msg*.

## Clear voice message icon

To clear the voice message icon from the display, in the standby mode, select **Menu** > *Messaging* > *Voice messages* > *Clear voice message icon*.

## ■ **Web messaging**

Web messaging is a network service. You can use the minibrowser to check e-mail messages.

To connect to the minibrowser, in the standby mode, select **Menu** > *Messaging* > *Minibrowser Messages* > **Connect**.

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# 5. Contacts

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The contacts list can store up to 300 contacts, with multiple numbers and text notes for each contact. How many numbers and text entries you can save may vary, depending on the length and total number of entries in the contacts list.

## ■ Names

You can access and add to the list of contacts and caller groups saved on your device, UIM card, or both.

### Search for a contact

Select **Menu** > **Contacts** > **Names** > **Options** > **Search**, enter pinyin or the first letters of the name you are searching for, scroll to the desired contact, and select **Details**.



## Add new contacts

To add the first contact, select **Menu** > *Contacts* > *Names* > **Add**, enter the name and phone number, and select *Save*.

To add subsequent contacts, in the names menu, select **Options** > *Add new contact*, enter the name and phone number, and select *Save*.

## Edit contacts entries

Select **Menu** > *Contacts* > *Names*, scroll to the entry you want to edit, and select **Details** > **Options** and from the available options.

## Business cards

You can send and receive contacts as business cards via text messaging. Select **Menu** > *Contacts* > *Names*, scroll to the desired contact, and select **Details** > **Options** > *Send bus. card*.

## ■ Contacts settings

To define which memory is used for contact information and how much memory is available, and how your contacts are shown, select **Menu** > *Contacts* > *Settings*.

## ■ Groups

To identify callers, you can add contacts to caller groups, and assign a unique ringing tone or graphic to each group.

### Create and edit caller groups

To create the first caller group, select **Menu** > *Contacts* > *Groups* > **Add**, enter details for the group, and select *Save*.

To create subsequent groups, in the groups menu, select **Options** > *Add new group*, enter details for the group, and select *Save*.

To edit group details, scroll to a group, select **Options** > *Group details*, enter the new details, and select *Save*.

To delete a group, scroll to the group, and select **Options** > *Delete group*.

## Add a contact to a group

Select **Menu** > *Contacts* > *Names*, the contact you want to add to a group, **Details** > **Options** > *Add to group*, and a group.

## Remove a contact from a group

Select **Menu** > *Contacts* > *Groups*, a group, **View**, scroll to the contact you want to remove, and select **Options** > *Remove member* > **Yes**.

## ■ **Speed dials**

You can associate a number key from 2-9 with an entry in the contacts list. To dial one of these entries, press and hold the assigned key. To activate or deactivate speed dialling, see "Call settings", page 50.

## Assign a key to speed dialling

Select **Menu** > *Contacts* > *Speed dials*, scroll to an empty speed dialling slot, and select **Assign** > **Search**, and the desired contact.

If speed dialling is off, the device prompts you to turn speed dialling on.

## Change speed dialling numbers

Select **Menu** > *Contacts* > *Speed dials*, scroll to the speed dialling entry you want to change, and select **Options** > *Change* > **Yes** > **Search**, and the desired contact.

## Delete speed dialling numbers

Select **Menu** > *Contacts* > *Speed dials*, scroll to the speed dialling entry you want to delete, and select **Options** > *Delete* > **Yes**.

## ■ **Service numbers**

Your UIM card may include preinstalled service numbers of your service provider (network service). To call a service number, select **Menu** > *Contacts* > *Service numbers*.

## ■ **My number**

To display the phone number of the device, select **Menu** > *Contacts* > *My numbers* > **View**.

## ■ Delete contacts entries

To delete all entries in your contacts list, select **Menu** > *Contacts* > *Delete all contacts* > *From phone mem.* or *From SIM card* > **Yes**, enter your security code, and select **OK**.

## ■ Move contacts

To move contacts between the device memory and the UIM card, select **Menu** > *Contacts* > *Move contacts*.

## ■ Copy contacts

To copy contacts between the phone memory and the UIM card, select **Menu** > *Contacts* > *Copy contacts*.

## 6. Log

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Call register stores information about your recent missed, received, and dialled calls. Select **Menu** > **Log** and from the following options:

**Call log** – View a list of all calls.

**Missed calls** – View a list of calls that have not been answered.

**Received calls** – View a list of calls that have been answered.

**Dialled numbers** – View a list of numbers that have been dialled.

**Message recipients** – View a list of recent message recipients.

**Clear log lists** – Clear any or all of the log lists.

**Call duration** – View the duration of calls. To reset the timers, select **Clear timers**, enter your security code, and select **OK**.

**Data/fax calls** – View details of data or fax calls.

**Minibrowser calls** – View details of Minibrowser calls.

# 7. Settings

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In this menu, you can adjust various device settings.

## ■ Profiles

A profile defines how your phone reacts when you receive a call or message, how your keypad sounds when you press a key, and more. You can use the default settings or personalise each profile.

To activate, personalise, or time a profile, select **Menu** > *Settings* > *Profiles*, and from the available options.



**Warning:** With the flight profile you cannot make or receive any calls, including emergency calls, or use other features that require network coverage. To make calls, you must first activate the phone function by changing profiles. If the device has been locked, enter the lock code. If you need to make an emergency call while the device is locked and in the flight profile, you may be also able to enter an official emergency number programmed in your device in the lock code field and select 'Call'. The device will confirm that you are about to exit flight profile to start an emergency call.

## ■ Display settings

To set a wallpaper, standby mode font colour, banner, and more for the active profile, and also adjust other settings for the display, select **Menu** > *Settings* > *Display* and from the available options.



## ■ Themes

Selecting a theme automatically loads a wallpaper, screen saver, default ringing tone and background image for that theme. You can also change individual settings.

To select a theme in the Gallery, select [Menu](#) > [Settings](#) > [Themes](#) > [Select theme](#).

To download a theme, select [Menu](#) > [Settings](#) > [Themes](#) > [Theme downloads](#).

## ■ Tones

To configure the ringing volume, ringing tones, the vibrating alert, keypad tones, and more for the active profile, select [Menu](#) > [Settings](#) > [Tones](#) and from the available options.

If you select the highest ringing tone level, the ringing tone reaches its highest level after a few seconds.

## ■ Date and time settings

To set the time and date, to set the time zone, to configure date and time formats, or to activate auto-update of date

and time (network service), select **Menu** > *Settings* > *Date and time* and from the available options.

## ■ My shortcuts

To modify and assign shortcuts to the scroll key and left and right selection keys, select **Menu** > *Settings* > *My shortcuts*.

## ■ Call settings

You can configure call settings such as speed dialling, automatic redial, the default call reject message (see "Make and answer calls", page 26), how you answer your phone, the international prefix, calling card numbers, and the information displayed during and after a call.

In the standby mode, select **Menu** > *Settings* > *Call* and from the available options.

## ■ Phone settings

To view and change phone settings such as phone language, automatic keyguard, start-up tone, welcome

note, and what happens when you close the fold, select **Menu** > *Settings* > *Phone* and from the available options.

## ■ Connectivity settings

To configure settings for the USB data cable, select **Menu** > *Settings* > *Connectivity* > *USB data cable*, and from the available options.

## ■ Enhancement settings

To configure settings for a compatible enhancement your device is connected to, select **Menu** > *Settings* > *Enhancement settings* and from the available options.

## ■ Security settings

To configure security settings for your device, UIM card, memory, and calls, select **Menu** > *Settings* > *Security* and from the available options.

## ■ Application settings

To configure application tones, lights, and vibration, select **Menu** > *Settings* > *Application settings* and from the available options.

## ■ Network settings

To select the network mode and roaming options for your device, select **Menu** > *Settings* > *Network* and from the available options.

## ■ Network services

You can configure network services such as call diverting, call waiting, and other services. For service availability, contact your service provider.

In the standby mode, select **Menu** > *Settings* > *Network services* and from the available options.

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

## ■ Restore factory settings

You can reset some of the menu settings to their original values. You can select whether to delete entered or downloaded data (for example, entries in your contacts list).

1. In the standby mode, select **Menu** > *Settings* > *Restore factory sett.* and from the following options:
  - Restore settings only* — Restore all preference settings to default without deleting any personal data.
  - Restore all* — Restore all default device settings and delete all personal data.
2. Enter the security code, and select **OK**. See "Security settings", page 51.

## ■ Phone details

To view details such as user information, device software and hardware version, system details, and icon information, select **Menu** > *Settings* > *Phone details* and from the available options.

## 8. Gallery

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You can save pictures, recordings, and ringing tones to folders in the Gallery and also add new folders.

To use the files to personalise your phone, in the standby mode, select **Menu** > *Gallery* and from the available options.

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# 9. Media

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## ■ Radio

The radio depends on an antenna other than the wireless device antenna. A compatible headset or enhancement needs to be attached to the device for the radio to function properly.



**Warning:** Listen to music at a moderate level. Continuous exposure to high volume may damage your hearing. Do not hold the device near your ear when the loudspeaker is in use, because the volume may be extremely loud.





## Listen to the radio

1. Connect a compatible headset to the device.
2. In the standby mode, select **Menu** > **Media** > **Radio**. The station location number, the name of the radio station (if you have saved the station), and the frequency of the radio station are displayed.

3. If you have saved radio stations, scroll up or down to the station you want to listen to.

You can also select a radio station by pressing the corresponding number keys.

## Tune a radio station

1. When the radio is on, select  or  to change the radio frequency in 0.05-MHz steps, or select and hold  or  to search for a station. Searching stops when a station is found.

2. To save the station to a memory location 1–9, press and hold the corresponding number key.

To save the station in a memory location from 10 to 20, press 1 or 2; and press and hold the desired number key, 0–9.

3. Enter the name of the station, and select **OK**.



You can make or answer a call while listening to the radio. During the call, the radio is muted.



## ■ Recorder

You can record pieces of speech or sound with your device and listen to them. You can record more than one voice clip, depending on the available memory. The maximum length of a recording is one minute.

### Record speech or sound

1. In the standby mode, select **Menu** > **Media** > **Recorder** > . The start tone indicates that recording has begun.
2. To finish recording, select . Your recording is saved to the Recordings folder in the Gallery.

### Other options

To play or send the last recording, select **Menu** > **Media** > **Recorder** > **Options** and from the available options.


# 10. Organiser

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Your device contains time management applications, including an alarm clock, a calendar, notes, a to-do list, a calculator, a timer, and a stopwatch.

## ■ Alarm clock

To set an alarm, select **Menu** > *Organiser* > *Alarm clock*. You can set an alarm and select the repeat interval, alarm tone, and snooze time. When an alarm is set,  is displayed in the standby mode.

The alarm sounds even when the device is switched off.

When the alarm sounds, your device beeps and lights up. Select **Stop** to end the alarm, or **Snooze** to wait until the alarm sounds again.

To turn off an alarm, select **Menu** > *Organiser* > *Alarm clock*, scroll to the *Alarm:* field, and select **Change** > *Off* > **Options** > *Save*.

## ■ Calendar

You can store events in the calendar. You can also set an alarm for these events.

The monthly view provides an overview of the selected month and allows you to access a specific date. Dates in bold contain calendar notes.

To open the calendar, select **Menu** > *Organiser* > *Calendar*. To view a date, select **Options** > *Go to date*, enter the date, and select **OK**.

To add a note, scroll to a date in the monthly view and select **Options** > *Make a note* and from the available options.

## ■ Notes

You can write and save information in notes and send notes as text messages. In the standby mode, select **Menu** > *Organiser* > *Notes*.

To create a note when no notes have been saved, select **Add note**, create your note, and select **Save**.

To use a note, select it, and select **View** or **Options** and from the available options.

## ■ To-do list

Use the to-do list to keep track of your tasks. You can save a note for a task, and mark the note as done when you have completed it. You can sort notes by priority or by date. Select **Menu** > *Organiser* > *To-do list* and from the available options.

## ■ Calculator

The calculator can add, subtract, multiply, divide, calculate squares and square roots, and convert currency values.



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

1. In the standby mode, select **Menu** > *Organiser* > *Calculator*.
2. Enter the first number in the calculation. Press **#** for a decimal point if necessary.  
To add (+), subtract (-), multiply (\*), or divide (/), press \* repeatedly.  
To perform a square or square root calculation, select **Options** > *Square* or *Square root*.

3. Enter the second number in your calculation.
4. Select **Equals** to complete the calculation or **Options** and from the available options.

## Currency converter

You can convert between foreign and domestic currencies.



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

In the standby mode, select **Menu** > **Organiser** > **Calculator** > **Options** > **Exchange rate** and from the available options.


## ■ Countdown timer

With the countdown timer, you can set your device to sound an alarm after a specified time has elapsed. Use the normal timer to set a new time period for each task, or the interval timer to store and reuse time periods.

The countdown timer only works when the device is on.

## Normal timer

To set the normal timer, select **Menu** > *Organiser* > *Countdown timer* > *Normal timer*. Enter the time in HH:MM:SS format, and select **OK**. Enter a note for the timer, and select **Start**.

When the countdown timer is set,  is displayed in the standby mode.

When the time runs out, your device sounds an alarm, displays a timer note, and flashes.

To change the time, select **Menu** > *Organiser* > *Countdown timer* > *Change time*. To stop the timer before the alarm sounds, select *Stop timer*.

## Interval timer


To save, edit, and use timers, select **Menu** > *Organiser* > *Countdown timer* > *Interval timer* and from the available options.

## ■ Stopwatch

The stopwatch displays time in hours, minutes, seconds, and fractions of a second in HH:MM:SS.SS format.

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.

To use the split time or lap time functions, select **Menu** > *Organiser* > *Stopwatch* > *Split timing* or *Lap timing* > **Start**.

If you press the end key and return to the standby mode, the clock continues to run in the background, and  is displayed.

To return to the stopwatch, select **Menu** > *Organiser* > *Stopwatch* > *Continue*. To stop the clock, select **Stop**.

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# 11. Extras

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Extras includes a group of extra features, including games, a converter to convert measures from one unit to another, and a world clock to see the current time in four locations.

## ■ Games

In the standby mode, select **Menu** > *Extras* > *Games* to access the games on your device.

## ■ World clock

World clock allows you to see the current time in four locations. To configure the locations, to set the time zone and time format, or to view instructions, select **Menu** > *Extras* > *World clock* > **Options** and from the available options.

## ■ Converter

To convert measures from one unit to another, select **Menu** > *Extras* > *Converter II*.



Converter II has limited accuracy, and rounding errors may occur.

To change the settings, select **Options** and from the following options:

*Set conversion* – Select the unit to convert.

*Clear All* – Clear the display.

*Reverse Conversion* – Reverse the units being converted. For example, pound to kilogram becomes kilogram to pound.

*Configure* – Select the default units to convert.

*Instructions* – View further instructions.

*Change Sign* – Add or remove the minus sign after a unit has been converted.

# 12. Enhancements

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Check the model number of any charger before use with this device. This device is intended for use when supplied with power from AC-6.



**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.

## 13. Battery and charger information

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Your device is powered by a rechargeable battery. The battery intended for use with this device is BL-5BT. This device is intended for use when supplied with power from the following charger: AC-6. The battery can be charged and discharged hundreds of times, but it will eventually wear out. When the talk and standby times are noticeably shorter than normal, replace the battery. Use only Nokia approved batteries, and recharge your battery only with Nokia approved chargers designated for this device. Use of an unapproved battery or charger may present a risk of fire, explosion, leakage, or other hazard.

If a battery is being used for the first time or if the battery has not been used for a prolonged period, it may be necessary to connect the charger, then disconnect and reconnect it to begin charging the battery. If the battery is completely discharged, it may take several minutes before the charging indicator appears on the display or before any calls can be made.

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

Unplug the charger from the electrical plug and the device when not in use. Do not leave a fully charged battery connected to a charger, since overcharging may shorten its lifetime. If left unused, a fully charged battery will lose its charge over time.

Always try to keep the battery between 15°C and 25°C (59°F and 77°F). Extreme temperatures reduce the capacity and lifetime of the battery. A device with a hot or cold battery may not work temporarily. Battery performance is particularly limited in temperatures well below freezing.

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.

Do not dispose of batteries in a fire as they may explode. Batteries may also explode if damaged. Dispose of batteries according to local regulations. Please recycle when possible. Do not dispose as household waste.

Do not dismantle, cut, open, crush, bend, deform, puncture, or shred cells or batteries. In the event of a battery leak, do not allow the liquid to come in contact with the skin or eyes. In the event of such a leak, flush your skin or eyes immediately with water, or seek medical help.

Do not modify, remanufacture, attempt to insert foreign objects into the battery, or immerse or expose it to water or other liquids.

Improper battery use may result in a fire, explosion, or other hazard. If the device or battery is dropped, especially on a hard surface, and you believe the battery has been damaged, take it to a service centre for inspection before continuing to use it.

Use the battery only for its intended purpose. Never use any charger or battery that is damaged. Keep your battery out of the reach of small children.

## ■ Nokia battery authentication guidelines

Always use original Nokia batteries for your safety. To check that you are getting an original Nokia battery, purchase it from an authorised Nokia dealer, and inspect the hologram label using the following steps:

Successful completion of the steps is not a total assurance of the authenticity of the battery. If you have any reason to believe that your battery is not an authentic, original Nokia battery, you should refrain from using it, and take it to the nearest authorised Nokia service point or dealer for assistance. Your authorised Nokia service point or dealer will inspect the battery for authenticity. If authenticity cannot be verified, return the battery to the place of purchase.

### Authenticate hologram

1. When you look at the hologram on the label, you should see the Nokia connecting hands symbol from one angle and the Nokia Original Enhancements logo when looking from another angle.



2. When you angle the hologram left, right, down and up, you should see 1, 2, 3 and 4 dots on each side respectively.



## What if your battery is not authentic?

If you cannot confirm that your Nokia battery with the hologram on the label is an authentic Nokia battery, please do not use the battery. Take it to the nearest authorised Nokia service point or dealer for assistance. The use of a battery that is not approved by the manufacturer may be dangerous and may result in poor performance and damage to your device and its enhancements. It may also invalidate any approval or warranty applying to the device.

To find out more about original Nokia batteries, visit [www.nokia.com/battery](http://www.nokia.com/battery).

# Care and maintenance

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Your device is a product of superior design and craftsmanship and should be treated with care. The following suggestions will help you protect your warranty coverage.

- Keep the device dry. Precipitation, humidity, and all types of liquids or moisture can contain minerals that will corrode electronic circuits. If your device does get wet, remove the battery, and allow the device to dry completely before replacing it.
- Do not use or store the device in dusty, dirty areas. Its moving parts and electronic components can be damaged.
- Do not store the device in hot areas. High temperatures can shorten the life of electronic devices, damage batteries, and warp or melt certain plastics.
- Do not store the device in cold areas. When the device returns to its normal temperature, moisture can form inside the device and damage electronic circuit boards.
- Do not attempt to open the device other than as instructed in this guide.
- Do not drop, knock, or shake the device. Rough handling can break internal circuit boards and fine mechanics.



- Do not use harsh chemicals, cleaning solvents, or strong detergents to clean the device.
- Do not paint the device. Paint can clog the moving parts and prevent proper operation.
- Use only the supplied or an approved replacement antenna. Unauthorised antennas, modifications, or attachments could damage the device and may violate regulations governing radio devices.
- Use chargers indoors.
- Always create a backup of data you want to keep, such as contacts and calendar notes.
- To reset the device from time to time for optimum performance, power off the device and remove the battery.

These suggestions apply equally to your device, battery, charger, or any enhancement. If any device is not working properly, take it to the nearest authorised service facility for service.

# Additional safety information

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## ■ Small children

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

## ■ Operating environment

This device meets RF exposure guidelines when used either in the normal use position against the ear or when positioned at least 2.2 centimetres (7/8 inch) away from the body. When a carry case, belt clip or holder is used for body-worn operation, it should not contain metal and should position the device the above-stated distance from your body.

To transmit data files or messages, this device requires a quality connection to the network. In some cases, transmission of data files or messages may be delayed until such a connection is available. Ensure the above separation distance instructions are followed until the transmission is completed.

Parts of the device are magnetic. Metallic materials may be attracted to the device. Do not place credit cards or other magnetic storage media near the device, because information stored on them may be erased.

## ■ Medical devices

Operation of any radio transmitting equipment, including wireless phones, may interfere with the functionality of inadequately protected medical devices. Consult a physician or the manufacturer of the medical device to determine if they are adequately shielded from external RF energy or if you have any questions. Switch off your device in health care facilities when any regulations posted in these areas instruct you to do so. Hospitals or health care facilities may be using equipment that could be sensitive to external RF energy.

### Implanted medical devices

Manufacturers of medical devices recommend that a minimum separation of 15.3 centimeters (6 inches) should be maintained between a wireless device and an implanted medical device, such as a pacemaker or implanted cardioverter defibrillator, to avoid potential interference with the medical device. Persons who have such devices should:

- Always keep the wireless device more than 15.3 centimeters (6 inches) from the medical device when the wireless device is turned on.
- Not carry the wireless device in a breast pocket.
- Hold the wireless device to the ear opposite the medical device to minimise the potential for interference.
- Turn the wireless device off immediately if there is any reason to suspect that interference is taking place.

- Read and follow the directions from the manufacturer of their implanted medical device.

If you have any questions about using your wireless device with an implanted medical device, consult your health care provider.

## Hearing aids

Some digital wireless devices may interfere with some hearing aids. If interference occurs, consult your service provider.

## ■ Vehicles

RF signals may affect improperly installed or inadequately shielded electronic systems in motor vehicles such as electronic fuel injection systems, electronic antiskid (antilock) braking systems, electronic speed control systems, and air bag systems. For more information, check with the manufacturer, or its representative, of your vehicle or any equipment that has been added.

Only qualified personnel should service the device or install the device in a vehicle. Faulty installation or service may be dangerous and may invalidate any warranty that may apply to the device. Check regularly that all wireless device equipment in your vehicle is mounted and operating properly. Do not store or carry flammable liquids, gases, or explosive materials in the same compartment as the device, its parts, or enhancements. For vehicles equipped with an air bag, remember that air bags inflate

with great force. Do not place objects, including installed or portable wireless equipment in the area over the air bag or in the air bag deployment area. If in-vehicle wireless equipment is improperly installed and the air bag inflates, serious injury could result.

Using your device while flying in aircraft is prohibited. Switch off your device before boarding an aircraft. The use of wireless teledevices in an aircraft may be dangerous to the operation of the aircraft, disrupt the wireless telephone network, and may be illegal.

## ■ Potentially explosive environments

Switch off your device when in any area with a potentially explosive atmosphere, and obey all signs and instructions. Potentially explosive atmospheres include areas where you would normally be advised to turn off your vehicle engine. Sparks in such areas could cause an explosion or fire resulting in bodily injury or even death. Switch off the device at 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 and areas where the air contains chemicals or particles such as grain, dust, or metal

powders. You should check with the manufacturers of vehicles using liquefied petroleum gas (such as propane or butane) to determine if this device can be safely used in their vicinity.

## ■ Emergency calls



**Important:** This device operates using radio signals, wireless networks, landline networks, and user-programmed functions. If your device supports voice calls over the internet (internet calls), activate both the internet calls and the cellular phone. The device will attempt to make emergency calls over both the cellular networks and through your internet call provider if both are activated. Connections in all conditions cannot be guaranteed. You should never rely solely on any wireless device for essential communications like medical emergencies.

### To make an emergency call:

1. If the device is not on, switch it on. Check for adequate signal strength. Depending on your device, you may also need to complete the following:
  - Insert a UIM card if your device uses one.
  - Remove certain call restrictions you have activated in your device.

- Change your profile from offline or flight profile mode to an active profile.
2. Press the end key as many times as needed to clear the display and ready the device for calls.
  3. Enter the official emergency number for your present location. Emergency numbers vary by location.
  4. Press the call key.

When making an emergency call, give all the necessary information as accurately as possible. Your wireless device may be the only means of communication at the scene of an accident. Do not end the call until given permission to do so.

## ■ Certification information (SAR)

This mobile device meets guidelines for exposure to radio waves.

Your mobile device is a radio transmitter and receiver. It is designed not to exceed the limits for exposure to radio waves recommended by international guidelines. These guidelines were developed by the independent scientific organization ICNIRP and include safety margins designed to assure the protection of all persons, regardless of age and health.

The exposure guidelines for mobile devices employ a unit of measurement known as the Specific Absorption Rate or SAR. The SAR limit stated in the ICNIRP guidelines is 2.0 watts/kilogram

(W/kg) averaged over 10 grams of tissue. Tests for SAR are conducted using standard operating positions with the device transmitting at its highest certified power level in all tested frequency bands. The actual SAR level of an operating device can be below the maximum value because the device is designed to use only the power required to reach the network. That amount changes depending on a number of factors such as how close you are to a network base station. The highest SAR value under the ICNIRP guidelines for use of the device at the ear is 0.86 W/kg. Use of device accessories and enhancements may result in different SAR values. SAR values may vary depending on national reporting and testing requirements and the network band. Additional SAR information may be provided under product information at [www.nokia.com](http://www.nokia.com).

Your mobile device is also designed to meet the requirements for exposure to radio waves established by the Federal Communications Commission (USA). These requirements set a SAR limit of 1.6 W/kg averaged over one gram of tissue. The highest SAR value reported under this standard during product certification for use at the ear is 1.28 W/kg and when properly worn on the body is 0.73 W/kg.

Information about this device model can be found at <http://www.fcc.gov/oet/ea> by searching the equipment authorization system using FCC ID QMNRM-376.



## ■ Technical information

Type designation – RM-376

Dimensions – Width 42 mm; length 82 mm; depth 14 mm

Weight – 67 g with 870 mAh Li-Ion Battery (BL-5BT)

Display – 1.8" 128x160 pixels, 262K colours

Wireless networks – CDMA 800 MHz, CDMA 2000 1xRTT, CSD 14.4

Frequency range (Tx) – Cellular 824-849 MHz

Frequency range (Rx) – Cellular 869-894 MHz

## ■ Battery Information

This section provides information about battery charging times with the AC-6 charger, and talk and standby times. Be aware that the information in this section is subject to change. For more information, contact your service provider.



**Important:** Battery talk and standby times are estimates only and depend on signal strength, network conditions, features used, battery age and condition, temperatures to which battery is exposed, use in digital mode, and many other factors. The amount of time a device is used for calls will affect its standby time. Likewise, the amount of time that the device is turned on and in the standby mode will affect its talk time.

## Charging times

Charger options	AC-6
BL-5BT 870 mAh Li-Ion battery	Up to 3 hours

## Talk and standby times

Function	Digital
Talk time	Minimum 3.5 hours
Standby time	Minimum 240 hours