

Welcome to Verizon Wireless.

It's the Network[®]

Contents

The Basics	5
Getting Started	6
Using Bluetooth®	10
Placing and Receiving Calls	11
Setting Up and Accessing Voice Mail	13
Locking/Unlocking Your Wireless Device	15
Using Speakerphone	16
Changing Ringtones	16
Push to Talk	17
Assistance	26
May We Help You?	27
The My Verizon Advantage	28
Loss or Theft	34
Toll-Free Calls and Emergency Services	34
Fraud Prevention	34
Assistive Communication Devices	35

Mobile Entertainment	37
Text Messaging	38
Picture Messaging	39
Video Messaging	42
Mobile Web	48
VZ Navigator SM	50
Chaperone [®]	52
Media Center	53
V CAST	55
Optional Services	65
Safety and Protection	66
Equipment Protection	66
Voice Services	67
International Services	67
Other Products and Services	70
More Information	71

Welcome

Thank You for Choosing Verizon Wireless

You're now connected to the power of America's most reliable wireless network. This guide will help you understand your new wireless device and all the things you can do with it. So let's get started.

To order a printed copy of the manufacturer's User Guide/Manual, please call **1-800-331-6456**. To download a copy, please visit **support.vzw.com/phones**.

The Basics

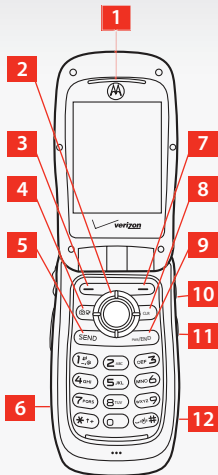


- Getting Started
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- Changing Ringtones
- Push to Talk

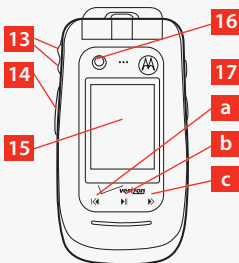
The Basics

Getting Started

Just the basics; we'll get into the fun stuff later on.



1. **Earpiece**
2. **Directional Key:** Scroll up, down, left, or right. Press the center to select highlighted options.
3. **Left Soft Key:** Perform functions identified by left display prompt.
4. **Camera/Camcorder Key:** Press to activate camera, hold to activate camcorder.



5. **Send Key:** Make and answer calls, view All Calls list.
6. **Micro USB Port:** Insert Wall/USB charger and other accessories.
7. **Right Soft Key:** Perform functions identified by right display prompt.
8. **CLR Key:** Edit a phone number or text entry.
9. **Power/End Key:** Turn wireless device on and off, end calls, exit menus.
10. **Voice Command Key:** Create voice records, activate speech dialing & voice commands.
11. **Smart/Speakerphone Key:** With flip closed, press & hold to lock/unlock side keys. With flip open, press & hold to turn speakerphone on/off.
12. **2.5mm Headphone Port**
13. **Volume Keys:** Adjust earpiece and ringer volume up or down.
14. **Shortcut/PTT (Push-To-Talk) Key*:** Programmable shortcut key. Also can make and answer Push to Talk calls when PTT Mode is On.
15. **External Display:** See incoming calls and status information.
16. **Camera Lens**
17. **Music Buttons:**
 - a. Skip back/Rewind
 - b. Play/Pause
 - c. Skip ahead/Fast Forward

* PTT is disabled as a default. When PTT is enabled, certain menus may change.

The Basics

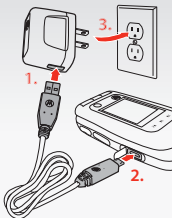
Installing the battery

1. Rotate the locking screw a half turn to the left.
2. Lift the bottom end of the cover, then pull the cover down and off the phone.
3. Insert the optional microSD card.
4. With the gold contacts facing down and at the lower end of the battery, insert the battery, lower end first, and push it completely into place.
5. Lower the bottom end of the battery cover onto the phone, then snap the cover into place.
6. Rotate the locking screw a half turn to the right to lock the cover.




Charging the battery

1. Connect the USB cable end adapter to the Wall/USB charger head.
2. Lift up Micro USB Port cover on the phone and insert the adapter cable end into Micro USB charging port.
3. Connect the Wall/USB charger head to an AC wall outlet.
4. Disconnect the Wall/USB charger from the phone and AC outlet when your phone displays Charge Complete.



Powering your wireless device on for the first time

It's important to fully charge the battery before turning on your wireless device. To power your phone on, press and hold the **Power/End Key** () for a few seconds.

Powering your wireless device off

Press and hold the **Power/End Key** () for a few seconds.

WARNING! Please use only an approved charging accessory to charge your phone. Improper handling of the charging port, as well as the use of an incompatible Wall/USB charger, may cause damage to your phone and void the warranty.

The Basics

Removing the battery

1. Rotate the locking screw a half turn to the left.
2. Lift the bottom end of the cover, then pull the cover down and off the phone.
3. Lift the battery up from the top of the phone and remove.








Using Bluetooth®

How to turn on Bluetooth

1. From the home screen, press the center of the **Directional Key** (⦿) to access the Main Menu.
2. Scroll to and select **Settings & Tools**. Press (DEF 3) **Bluetooth**, and then press the **Left Soft Key** to **Turn On**.


How to pair your Bluetooth headset with your wireless device

1. From the home screen, press the center of the **Directional Key** (⦿) to access the Main Menu.


2. Scroll to and select **Settings & Tools**. Press () **Bluetooth**, and then press () **Add New Device**.
3. Make sure the Bluetooth device you are pairing with is in "Discoverable Mode".
4. Press the center of the **Directional Key** () to search for available Bluetooth devices.
5. Highlight the device you want to connect to and press the center of the **Directional Key** () [**Pair**].
6. If necessary, enter the device PIN (such as 0000) and press the center of the **Directional Key** ()

Placing and Receiving Calls

Placing calls


1. Open the flip, use the alphanumeric keypad to enter the phone number (include area code as needed).
2. Press the **Send Key** () to make the call.

Re-dialing a number

1. Press the **Send Key** () to show a list of all recent calls dialed, received and missed.

The Basics

THE BASICS

2. Scroll to the number you wish to dial.
3. Press the **Send Key** () to make the call.

Receiving calls

Open the flip or press the **Send Key** () to answer.

Standard features included as part of your Calling Plan

With our Calling Plans, you can enjoy the value and convenience of these features at no extra monthly access charge:

- **Basic Voice Mail**
- **Caller ID**
- **Caller ID Blocking**
- **3-Way Calling**
- **Call Forwarding**

Please note that some of these features may incur usage charges and/or depend on digital service, so they may not be available in all areas.

For step-by-step instructions on some of these calling features, please refer to your Wireless Device Manual, or go to **verizonwireless.com/welcome** and select **Where can I find help with features on my wireless device?** in the Frequently Asked Questions section.

Setting Up and Accessing Voice Mail

How to set up your voice mail

1. Press ***86** (*VM) and **Send**. If you hear a system greeting, press # to interrupt it, if applicable.
2. Follow the setup tutorial.
3. Select a password.
4. Record a voice signature and greeting for your Voice Mailbox.

How to access your voice mail from your wireless device

1. Press ***86** (*VM) and **Send**. If you hear a system greeting or your own greeting when you press ***86** and **Send**, press # immediately to interrupt the greeting (if applicable) and follow the prompts.
2. Follow the prompts to enter your password and retrieve your messages.

The Basics

How to access your voice mail from any phone, to save your minutes

1. Dial your wireless number.
2. Once you hear the system greeting or your own greeting, press # immediately to interrupt the greeting and follow the prompts.

How to reset your voice mail password

1. Press ***611** and **Send** (airtime-free) from your wireless device or call **1-800-922-0204** (toll-free) from any phone to reach the easy-to-use automated Customer Service menu.
2. Enter or say your 10-digit wireless number (if applicable).
3. When asked what you need assistance with, say **Voice Mail password**.
4. You will then be asked to confirm if you want to reset your password—say **Yes**.
5. All responses going forward will be entered using your key pad. You will be asked for your 5-digit billing zip code. Then follow the prompts for security verification and resetting your password.

NOTE: Voice Mail may not be available in some areas. Voice Mailboxes not set up within 45 days will be cancelled. Your Verizon Wireless Voice Mailbox is not password protected until you create a password by following the setup tutorial. Airtime and other charges will be incurred when using Voice Mail from your wireless phone. Mobile to Mobile minutes do not apply to Voice Mail retrievals; you will be charged to maintain your connection to Voice Mail. Verizon Wireless is not liable for missed messages or deletions of messages from your Voice Mailbox, even if you have saved them.

Locking/Unlocking Your Wireless Device

1. From the home screen, press the center of the **Directional Key** (⬇️) to access the Main Menu.
2. Scroll to and select **Settings & Tools**. Press (MNO 6) **Phone Settings**, and then press (MNO 6) **Security**.
3. A screen may appear reminding you of your lock code. When prompted, enter your lock code (usually the last 4 digits of your phone number) then press the center of the **Directional Key** (⬇️).
4. Press (4-GHI) **Lock Phone Now**.
5. To unlock your phone from the home screen, press the Right Soft Key [**Unlock**]. Then enter your lock code and press the center of the **Directional Key** (⬇️).

The Basics






Using Speakerphone

1. When the flip is open, press and hold the **Smart/Speakerphone Key** on the right side of the phone. Your phone will display SPEAKER PHONE ON. The speakerphone icon  will appear on the home screen.
2. To turn off the speakerphone, press and hold the **Smart/Speakerphone Key**. Your phone displays SPEAKER PHONE OFF.

Changing Ringtones

Your wireless device comes with a selection of ringtones. Here's how to manage your ringtone preferences:

Selecting a Ringtone

1. From the home screen, press the center of the **Directional Key** () to access the Main Menu.
2. Press () **Settings & Tools** then press () **Sound Settings**.
3. Press () **Call Sounds**, then press () **Call Ringtones**.

4. Scroll to the ringtone of your choice, then press the center of the **Directional Key** (⦿) to select it as your call ringtone.

Adjusting ringtone volume

With the flip open, press **Volume Keys** (located on the left side of the phone) up or down.

Setting ringtone to vibrate

Press and hold the # Key (Ⓜ) to set your phone to **Vibrate Only** mode.

Push to Talk

The Push to Talk (PTT) feature on your Verizon Wireless phone allows you to use your phone like a walkie-talkie to communicate with an individual or group of individuals who are also Verizon Wireless Push to Talk subscribers. Simply select a contact, then press and hold your phone's **Push to Talk (PTT) Key** to talk. On a PTT call, only one person can talk at a time. Once you have finished talking, release the **PTT Key** and listen for the other party to reply.

The Basics

Push to Talk call types




You can make two types of PTT calls:

- A **Barge** call automatically connects to the other party. The receiving party does not have the option to ignore the call.
- An **Alert** call sends the receiving party a tone indicating that someone wants to talk with them. The call recipient has the option to either answer or ignore the call.


NOTE: You must first enable the PTT feature in order to see the PTT icons and menus.

PTT On/Off

You can enable/disable the PTT feature on your phone.

1. Press the center of the Directional Key [**Menu**].
2. Scroll to and select **Settings & Tools**.
3. Press () **Call Settings**, press () **PTT Settings** then press () **PTT Mode**.
4. Press **Directional Key** up or down to select **On/Off**, then press the center of the Directional Key [**OK**].

Making a PTT Call from PTT Contact List (Barge)


1. Press and hold the **PTT Key** to access your PTT Contact List.
2. Press the **Directional Key** up or down to highlight the PTT Contact entry you wish to call.
3. Press and hold the **PTT Key**. Listen for the **OK to Talk** tone. The message **Connected to** will appear on the display. Speak while pressing the **PTT Key**.
4. Release the **PTT Key** when finished speaking. This allows the called party to reply.
5. Press the **Power/End Key** () to end the call.

Making a PTT call from PTT Contact List (Alert)

You can send an alert to any individual user with Verizon Wireless PTT service. The user may answer or ignore the alert.


1. Press the **PTT Key** to access your PTT Contact List.
2. Press **Directional Key** up or down to highlight the PTT Contact entry you wish to call.
3. Press Left Soft Key [**Alert**].

The Basics

4. Press and release the **PTT Key** to alert the selected individual. The **PTT Outgoing Alert** tone sounds, and **Alerting** appears on the display.
5. If the called party answers the alert, **Listening** appears on the display and you will hear the called party speaking. If the called party chooses to ignore the alert, or if the phone is unavailable to accept a PTT call, an **Unavailable** message will appear on your display.
6. When the called party is finished speaking, you will hear the **Floor Available** tone and the **Connected** screen will appear on your display.
7. Press and hold the **PTT Key** to talk.
8. Release the **PTT Key** when finished speaking. This allows the called party to reply.
9. Press the **Power/End Key** () to end the call.

Making a PTT call from keypad (Barge)


1. Enter the 10-digit wireless number of the Verizon Wireless PTT subscriber you wish to contact.

2. Press and hold the **PTT Key**. Listen for the **OK to Talk** tone. The message **Connected to** will appear on the display. Press and hold the **PTT Key** and begin speaking. If the wireless number you entered is included in your PTT Contact List, the contact name will replace the wireless number entered on the display when the call is initiated.
3. Release the **PTT Key** when finished speaking. This allows the called party to reply.
4. Press the **Power/End Key** () to end the call.

Making a PTT call from keypad (Alert)


1. Enter the 10-digit wireless number of the Verizon Wireless PTT subscriber you wish to alert.
2. Press Left Soft Key [**Alert**].
3. Press and release the **PTT Key** to alert the individual. The **PTT Outgoing Alert** tone sounds, and **Alerting** appears on the display. If the wireless number you entered is included in your PTT Contact List, the contact name will replace the wireless number entered on the display when the alert is initiated.

The Basics


4. If the called party answers the alert, **Listening** appears on the display and you will hear the called party speaking. If the called party chooses to ignore the alert, or if the phone is unavailable to accept a PTT call, an **Unavailable** message will appear on your display.
5. When the called party is finished speaking, you will hear the **Floor Available** tone and the **Connected** screen will appear on your display.
6. Press and hold the **PTT Key** to talk.
7. Release the **PTT Key** to listen.
8. Press the **Power/End Key** () to end the call.

Incoming PTT call (Barge)

1. When your phone receives a Barge call, the **Barge** tone plays. You then hear the calling party speaking through the speakerphone. The calling party's wireless number will appear on your display. If the calling party's number is saved in your PTT Contact List the contact name will replace the wireless number on the display.
2. Press and hold the **PTT Key** to talk.

3. Release the **PTT Key** to let another party talk.
4. Press the **Power/End Key** () to end the call.

Incoming PTT call (Alert)

1. When your phone receives an alert, the **PTT Alert** tone plays. The message **Incoming Alert** is displayed with the phone number or contact name of the calling party. The **PTT Alert** tone repeats every 5 seconds until it is answered or ignored, or until 20 seconds have passed.
2. Answer or ignore the alert. To answer the alert, press and hold the **PTT Key** and begin talking. To ignore the alert, press the Right Soft Key [**Ignore**].
3. Release the **PTT Key** to let another party talk.
4. Press the **Power/End Key** () to end the call.

PTT Contacts

NOTE: You must first enable the PTT feature in order to see the PTT Contact Lists (see page 18).

The PTT Contact List contains all individual and group PTT contacts in a single list.

1. Press the **PTT Key** to access the **PTT Contact List**.

The Basics

2. Press Right Soft Key [**Options**] to select one of the following options: **New PTT Contact, Copy to Contacts, Temp PTT Group, Erase, Edit, Call, New Text Message, New Picture Message, New Video Message, Sort.**
3. Press Left Soft Key [**Alert**]. Press and release the **PTT Key** to alert the selected individual.

Adding a PTT Contact

To store a phone number in PTT Contacts:

1. Press the center of the Directional Key (⊙) [**Menu**]. Scroll to and select **Contacts**.
2. Press (4-GHI) **New PTT Contact**.
3. Enter a name and 10-digit phone number for the contact and press **SAVE**.

Push to Talk: Push to Talk calls may only be made with other Verizon Wireless Push to Talk subscribers and only from the National Enhanced Services Rate and Coverage Area. The Push to Talk feature can be added to calling plans with a monthly access fee of \$34.99 or higher (or to Family SharePlan secondary lines). For optimal Push to Talk performance, all callers on a Push to Talk session must have an EV-DO Rev. A-capable device and be receiving EV-DO service. A Push to Talk call is terminated by pressing or will automatically time out after ten (10) seconds of inactivity. While you are on a Push to Talk call, voice calls received will go directly to Voice Mail. When you are on a voice call, you cannot receive a Push to Talk call. You cannot prevent others who have your wireless phone number

from entering you into their Push to Talk contact list. Only one person can speak at a time during Push to Talk calls. When using your phone keypad to make a Push to Talk call, you must enter the ten-digit phone number of the called party. Presence information may not be available for all Push to Talk contacts. The timeliness of presence information may be impacted by the network registration status of a Push to Talk contact. Your Push to Talk service cannot be used for any applications that tether your phone to computers or other devices for any purpose. If you add the Push to Talk feature, coverage for your data services will be limited to the National Enhanced Services Rate and Coverage Area.

Assistance

ASSISTANCE



- May We Help You?
- The My Verizon Advantage
- Loss or Theft
- Toll-Free Calls and Emergency Services
- Fraud Prevention
- Assistive Communication Devices

May We Help You?

Helpful web sites and information

verizonwireless.com

Main web site

verizonwireless.com/welcome

Welcome page includes:

- Information on your wireless device, coverage, Calling Plan, billing and payment information
- FAQs, interactive demos for your wireless device and how to read your bill
- My Verizon registration for online account management

verizonwireless.com/myverizon

My Verizon can be used to:

- Check your balance and minutes or make payments
- Add or remove features
- Reset voice mail passwords and more

Assistance

verizonwireless.com/data

- Demos and tutorials on products and services
- Online technical support for products and services

The My Verizon Advantage

Get these added benefits for registering for My Verizon:

- **View your New Every Two® Meter.**
Sign in to My Verizon and click on **My Services/ My Phone** to check your upgrade status and see if you are eligible for the New Every Two discount.

- **You'll receive free Backup AssistantSM so you never have to worry about losing your wireless device contact list.**

As a My Verizon member, Backup Assistant will let you automatically retain a copy of your saved wireless device numbers to a secure web site, so they're always available if you lose or upgrade your wireless device.

- **You can get a new wireless device every year with Annual Upgrade.**

Sign up for a 2-year agreement on a Calling Plan of at least \$49.99 and you can purchase a new wireless

device at its promotional price through My Verizon every year with a 2-year renewal (upgrade fee applies).

- **If you're using more minutes than your Calling Plan includes, we'll let you know with Minute Check.**

Minute Check will periodically notify you through My Verizon if you're exceeding your plan allowance and let you know of other Calling Plan options that may save you money.

See [verizonwireless.com/myverizon](https://www.verizonwireless.com/myverizon) for details. Backup AssistantSM, Annual Upgrade and Minute Check are available for accounts with up to 10 lines that are enrolled in My Verizon.

Customer Service assistance

Customer Service Representatives are also available at your local Verizon Wireless Communications Store during normal business hours. For Customer Service, call **1-800-922-0204** (toll-free in the U.S., 6 a.m.–11 p.m.).

Warranty replacements

Experiencing problems with your handset? Call us at **1-866-406-5154** from a landline phone. If we're unable to resolve the issue and it's due to a manufacturing

Assistance

defect within the first year of ownership, we'll send a replacement device right to your door for free.

Address or account changes

It's important that we have your most current information so we're able to reach you for any reason. There are 3 ways to update your information:

- **Online**—Go to **verizonwireless.com/contactus** and follow these instructions:
 1. Select the appropriate choice from the drop-down menu in the **Send an Email** section.
 2. Fill out the online form.
 3. Select **Topic** and **Subtopic** from the drop-down menu.
 4. Hit **Send** to submit email.
- **U.S. Mail**—Use the change-of-address form on the back of your bill.
- **Telephone**—Call Customer Service at **1-800-922-0204** from any phone (toll-free in the U.S.) or ***611** and **Send** from your wireless device (airtime-free).

Billing options

Your service comes with a streamlined bill that you'll receive each month at no additional cost. Your bill includes all applicable charges, but will not contain any call details (e.g., date, time, and wireless device number called).

Detailed billing

Call details are available for free online at **verizonwireless.com** under My Verizon. A monthly fee applies to receive call details on your paper bill.

Going paperless

You have the option of eliminating your paper bill and receiving bill notification via email. To eliminate your paper statement, or to make manual or automatic bill payments, register for My Verizon at **verizonwireless.com/myverizon** and then select the quick link under the **Billing** tab for **Go Paperless**.

Assistance

Paying your bill

Verizon Wireless gives you several convenient options to pay and manage your monthly bill. Some of those options are:

- **At verizonwireless.com/myverizon**—Make one-time or recurring payments using your debit card, credit card, ATM card, electronic check/ACH or enroll in our Auto Pay Program.
- **With the Auto Pay Program**—Allows you to choose to have automatic payment deductions taken from your bank account. To enroll, you can fill out the back of your remittance slip and mail it in, call **1-866-868-3882**, or log on to **verizonwireless.com/myverizon**.
- **By calling from your wireless device**—Press **#768** and **Send** and follow the prompts to enter your payment information.
- **Using My Verizon from your wireless device**—Make a one-time payment by credit card, debit card, and/or electronic check directly from your wireless device as long as your wireless device is Mobile Web-capable.* To make a payment, simply

launch your web browser, then select **My Verizon**. If you don't subscribe to Mobile Web, you will see an option to view My Verizon for free once you launch the browser.

- **Home banking**—Verizon Wireless and CheckFree® have teamed together to give you the option to pay your wireless bill online at your choice of more than 1,700 financial services locations across the Internet. You will be able to schedule payments using a designated bank account and arrange for monthly bill payments via your preferred home-banking service provider.
- **Check payment via mail**—Allows you to mail in a personal or business check, along with the remittance slip and envelope provided with your billing statement.
- **In person**—Payments can be made at your local Verizon Wireless Communications Store using our Bill Payment Kiosks.

*See Wireless Device User Guide for details

Assistance

Loss or Theft

If your wireless device is lost or stolen, please contact Customer Service at **1-800-922-0204** to suspend your service. If your wireless device is malfunctioning, please bring it to a Verizon Wireless Communications Store.

Toll-Free Calls and Emergency Services

Calls to 800, 855, 866, 877 and 888 numbers are toll-free, but airtime charges do apply. Calls to Verizon Wireless Customer Service and emergency calls (911) are toll- and airtime-free.

Fraud Prevention

Verizon Wireless wants to protect your privacy and works hard to prevent unauthorized phone usage or fraud. Wireless device numbers and calls are capable of being intercepted by someone with specialized equipment. We use antifraud technology to make fraudulent calling very difficult, particularly on digital calls.

- Report a lost or stolen wireless device to the police and Verizon Wireless immediately.

- Never leave your wireless device unattended, especially in your office or car.
- When not in use, lock the wireless device using your lock code.
- Review your bill and report any suspicious calling activity. If we conclude that the calls are fraudulent, you will not be held responsible for the charges.
- Record your wireless device's electronic serial number in the back of this guide and keep it safe.
- Have your wireless device serviced only at a Verizon Wireless Communications Store or by an authorized agent, retailer, manufacturer's service center or other repair center.

Assistive Communication Devices

TTY (Text Telephony) and TDD (Telecommunications Device for the Deaf) allow individuals who are deaf, hard of hearing, or have speech or language disabilities to communicate by telephone.

When a user types his or her conversation on a TTY keyboard, it is transmitted as tones through the telephone. Tones are received by the other person's

Assistance

TTY, translated into text and displayed on the screen. In order to use the TTY network, you must have a TTY-compatible phone and be in the TTY mode to place or receive calls. Note that most digital wireless devices are TTY-compatible.

Mobile Entertainment







- Text Messaging
- Picture Messaging
- Video Messaging
- Mobile Web
- VZ NavigatorSM
- Chaperone[®]
- Media Center
- V CAST

Mobile Entertainment

Text Messaging

Sending a new text message to a wireless device


1. From the home screen, press the Left Soft Key [**Message**] to access the Messaging menu.
2. Press () to select **New Message**, then press () to select **TEXT Message**.
3. Enter a phone number or press the Right Soft Key [**Add**] to choose recipients. Press the center of the **Directional Key** () when finished.
4. With the cursor in the Text area, enter text.
5. To send the message, press the center of the **Directional Key** ()

Text Messages are charged in accordance with your Messaging Plan.

Sending a new text message to a landline number

Follow these steps, and the recipient will hear your text message as a voice recording:

1. From the **New TEXT Message** screen, enter the landline number in the **To:** field.
2. In the **Text:** field, type out the message.

3. Press the **Send Key** ().
4. Opt-in message will appear.
5. Reply **Y** for yes and **N** for no.

NOTE: Only one opt-in is required for each landline number.

Email

Check your MSN® Hotmail® and America Online® accounts right from your wireless device.

IM


Instant Message from your wireless device. Choose from AOL® Instant Messenger™ Service, MSN® Messenger Service, and Yahoo!® Messenger.

Messaging rates apply. Not available in all areas. See Consumer Brochure for details.

Picture Messaging*

Take pictures that you can send to any Verizon Wireless number or virtually any email address, or to subscribers on other carriers.

Snap a photo and send as a picture message

1. From the home screen, press the **Camera/Camcorder Key** (.

Mobile Entertainment

2. Aim the camera lens at the desired object and press the center of the Directional Key (⬤) [**TAKE**] to take a photo.
3. Press the center of the Directional Key (⬤) [**SEND**].

NOTE: Instead of sending it, you can also save it by pressing the Left Soft Key or erase it by pressing the Right Soft Key.



4. Enter the phone number or email address of the recipient in the To: field using the keypad and press the center of the **Directional Key** (⬤).
5. Add text as desired. Press the center of the **Directional Key** (⬤) to send.

*Not available everywhere. Picture Messaging charges apply per your Calling Plan. Monthly plans are available. Higher rates apply for International Picture Messaging (when available). See product brochure for coverage information and complete terms and conditions. Compatible device required.



Store a picture on your wireless device

1. From the home screen, press the **Camera/Camcorder Key** (📷).
2. Aim the camera lens at the desired object and press the center of the Directional Key (⬤) [**TAKE**] to take a photo.
3. Press the Left Soft Key [**SAVE**].

Create picture Caller IDs

1. From the home screen, press Right Soft Key [**Contacts**].
2. Select desired contact, then press Left Soft Key [**Edit**].
3. Scroll down to Picture field then press Left Soft Key [**Set**].
4. Scroll to desired picture ID then press the center of the Directional Key () [**OK**].
5. Press the center of the Directional Key () [**Save**].

Send a picture message using a picture stored in the wireless device's gallery

1. From the home screen, press Left Soft Key [**Message**].
2. Press () **New Message**.
3. Press () **Picture Message**.
4. Enter the contact's phone number or Right Soft Key [**Add**] to add a contact from your contact list.
5. Scroll down to the Picture field then press Left Soft Key [**My Pics**].

Mobile Entertainment

6. Scroll to desired picture and press the center of the Directional Key (⬇️) [OK].
7. Press the center of the Directional Key (⬇️) [SEND].

TIP: As you create and send Picture Messages, add PIX Place and/or Online Album as one of your recipients and this will send and store that picture on PIX Place at picture.vzw.com. Remember, you can send to up to 10 recipients in one message for a single message charge.

NOTE: Preloaded or copywritten pictures cannot be sent.




Video Messaging*

Record and send videos to virtually any wireless number or email address.





Record and send a video message

1. From the home screen, press and hold **Camera/Camcorder Key** (📷) to initiate the camcorder.
2. Aim at the subject, then press the center of the Directional Key (⬇️) [REC] to start recording.
3. Press the center of the Directional Key (⬇️) [STOP] to stop recording.
4. Press the center of the Directional Key (⬇️) [SEND] to create a message.

Store a video message on your wireless device

1. From the home screen, press and hold **Camera/Camcorder Key** () to initiate the camcorder.
2. Aim at the subject, then press the center of the Directional Key () [**REC**] to start recording.
3. Press the center of the Directional Key () [**STOP**] to stop recording.
4. Press the Left Soft Key [**Save**] to save the message.



Send a video message using a video stored in the wireless device's gallery

1. From the home screen, press Left Soft Key [**Message**].
2. Press () **New Message**.
3. Press () **Video Message**.
4. Enter the contact's phone number or Right Soft Key [**Add**] to add a contact from your contact list.
5. Scroll down to the Video field then press Left Soft Key [**Videos**].
6. Scroll to desired video and press the center of the Directional Key () [**OK**].
7. Press the center of the Directional Key () [**SEND**].

Mobile Entertainment

*Not available everywhere. Picture and Video Messaging charges apply per your Calling Plan. Monthly plans are available. Higher rates apply for International Video Messaging (when available). See product brochure for coverage information and complete terms and conditions. Compatible device required.

Delete a picture or video message

1. From the home screen, press Left Soft Key [**Message**].
2. Press () Inbox.
3. Select the message that you want to delete, then press Left Soft Key [**Erase**] to delete the message.
4. Press the center of the Directional Key () [**OK**] to confirm deletion.

Store pictures and videos to your online galleries from your PC

From a PC, open your browser and enter the address **picture.vzw.com** to access PIX Place®. If you currently have a Vtext account, there is no need to register for PIX Place; just log in using your wireless number and password and an account will be set up automatically. At PIX Place, you can do any of the following from your PC:

Register for a FREE Online Album account using My Verizon registration

1. Go to the Sign In section and click the **Register** link.
2. Enter your mobile number without spaces or dashes and click the **Continue** button.
3. Enter your desired user name, valid email address and address details. Click the check box if you would like to receive Verizon Wireless email promotions. Read the Terms and Conditions and click the **I accept the Terms and Conditions** check box and click the **Continue** button. A temporary password will be sent as a free text message to your phone.
4. Enter your temporary password and desired new password in the appropriate fields. Select a security question and type in the answer in the appropriate field and click the **Continue** button. You will receive a free text message and email confirming your new account has been created.

Upload pictures and videos to Online Album from your PC

1. Click on the **Upload Media** tab.

Mobile Entertainment

2. Click on the **Browse for Media** link. A pop-up window will open with a view of your PC's folders. In the window, navigate to the folder on your PC that has your media.
3. Click, hold and drag up to 5 files from the window to upload them to the web page.
4. Click on the **Upload** button. The files will be uploaded to your PIX Place galleries.

Compose and send a message from your online album

1. Click on the **Send a Message** tab, and under the section called Media Items You Want, click on the gray arrows found under **Look Inside** and **View** to see the galleries available.
2. The gallery contains media with different topics. Just click on the gray arrow to see subfolders.
3. Click and drag the desired media from the middle pane and drop it into the right slide pane. The slide will expand with the selected media. Now you can add text and/or drag and drop sound into the slide. Repeat steps 3 and 4 for up to 9 slides per message.

4. Click the **Preview & Send** button at the bottom right corner. The left and center panes will be replaced with the Preview & Send pane. The slideshow message will play as it appears when the recipients receive it on their wireless devices.
5. Enter a Verizon Wireless number with no spaces, or enter valid email addresses, separated by commas.
6. Click the **Send** button.

NOTE: Video media can only be sent as a one-slide message and only text can be added to a Video Message.

Share a gallery with others

1. Navigate to the gallery you wish to share with others.
2. Roll your cursor over the gallery you wish to share.
3. Click on the **Share Album** menu item.
4. Enter up to 10 email addresses of the people you'd like to view this gallery.
5. Click the **Share Album** button.

NOTE: The shared gallery is only accessible from a PC and can only be viewed by the recipient(s) you designate.

Mobile Entertainment

Apply fun effects

1. Go to the gallery containing the picture you'd like to change and click on it.
2. Once the picture is in an expanded view, click on the **Fun Effects** link.
3. Click on the effect(s) of your choice. You can remove the effect(s) at any time.
4. When you're satisfied with the enhanced picture, click on the **Done** button.

Mobile Web

Find the news you want or let it come to you. Now, a few seconds is all it takes to get up-to-the-minute information.

Alerts

Need scores? Need weather? Get that and more with Text Alerts. Go to **vtext.com** to sign up. And for more information, go to **verizonwireless.com/getitnow**.


Dashboard with Mobile Web

Dashboard is an easy-to-use application that acts as the primary platform for discovering, buying and personalizing multimedia content and services on your device. It provides access to personalized channels like V CAST Music & Video, Mobile Web, ringtones, games and more!

Get everything you need to know while you're on the go—the entire Internet is at your fingertips with Mobile Web. Or access your account information with My Account.

Microbrowser does not provide full web browsing. Service not available in all areas.

Launching Dashboard or Mobile Web

1. Press up on the **Directional Key** () to launch the Dashboard.
2. Select **Mobile Web** or a **Dashboard channel**.

Ending a Dashboard session or Mobile Web session

1. Press the **Power/End Key** ()

Mobile Entertainment

Launching Mobile Web

1. From the home screen, press left on the **Directional Key** (⬅️) to access Mobile Web.

Access Verizon Wireless account information online

1. Press left on the **Directional Key** (⬅️) to access My Verizon for balance, usage, to view your plan, to change your Voice Mail password, and more.

VZ NavigatorSM

Now you can find the address of a great restaurant or the nearest ATM. Check movie times. Discover the latest hot spots. And know exactly how to get where you're going. VZ Navigator puts all the advanced features of the latest GPS devices and systems on your wireless device—at a fraction of the price.

VZ Navigator provides:

- Heads-up, voice-prompted, turn-by-turn directions with auto-rerouting if you miss a turn.
- Local search of nearly 14 million points of interest in the U.S.





- Detailed color maps that can be quickly panned and zoomed.

With **VZ Navigator**, you'll know exactly where you are, what's around you and how to get there.

Download, subscription, and airtime required for use; only in National Enhanced Services Coverage Area; accuracy and completeness of information is not guaranteed; information about location of device will be used to deliver service.

Getting started with Location-Based Services (LBS)

Verizon Wireless values your privacy. Because of this, your wireless device is defaulted to only acquire your location when you dial **911**. To use Location-Based Services, you must first enable location services on your wireless device:

1. From the home screen, press the center of the **Directional Key** () to access the Main Menu.
2. Scroll to and select **Settings & Tools**, press () **Phone Settings**, and then press () **Location**.
3. Use the **Directional Key** to scroll to **Location ON** and press the center of the **Directional Key** (.

NOTE: Even when your activation switch is set to Location ON, your wireless device's location is still protected. For your privacy, you must "opt out" of all LBS applications. No one will be able to access your location until you activate an LBS application.

Mobile Entertainment

Chaperone®

Locate your children by their LBS-enabled wireless devices and get real-time updates right on your PC or Verizon Wireless device. And as an extra service, Chaperone with Child Zone® will even alert you by text message when your child's wireless device enters or leaves any area you determine, such as a school or playground. You'll get the added peace of mind of knowing that you're never out of touch with your family.

Subject to Customer Agreement and Family SharePlan® Calling Plan. Monthly subscription, specific Media Center/Get It Now®/GPS-enabled wireless device, and airtime required for use. Only available in the National Enhanced Services Coverage Area. Verizon Wireless does not guarantee the completeness or accuracy of any information displayed or disclosed. Chaperone® and Child Zone® are not child management tools and are not a substitute for adult supervision. Compatible device required. See product brochure for coverage information and complete terms and conditions.

Media Center

We are changing the name of our Get It Now service to Media Center. You will see the name Media Center in the menu of your new phone. While we transition from Get It Now to Media Center, you may continue to see the name Get It Now in some advertising materials and online.

Media Center gives you customizable service right on your wireless device that lets you get ringtones, play games, surf the web, get up-to-the-minute information and more. Visit **verizonwireless.com/getitnow** to view all of the applications available for your wireless device.

See the Consumer Brochure or go online for more details.

Ringtones

Download ringtones. Assign a different ringtone to each person in your address book.

Ringback tones

Assign friends and family preselected songs to hear when they call you.

Games

Classics. Sports. Action. Media Center brings you exciting games.

Mobile Entertainment

Wallpapers

Download your favorite designs and wallpapers.

Access Media Center

1. From the home screen, press the center of the Directional Key (⬤) [**Menu**].
2. Press (S_{REL}) **Media Center**.

Download an application

1. From the Media Center menu, press (S_{REL}) **Browse & Download**.
2. Press the center of the Directional Key (⬤) [**OK**] to get new applications.
3. Follow the prompts to purchase and download the application you want.

Remove an application

1. From the Media Center menu, press (S_{REL}) **Browse & Download**.
2. Select the application you want to remove, then press the Right Soft Key [**Options**].
3. Select **Erase** or **Cancel Subscription** then press the center of the Directional Key (⬤) [**OK**].

Applications may vary by wireless device model.

V CAST

verizonwireless.com/vcast

V CAST brings the world of entertainment to your wireless device with high-quality streaming video, 3-D games, the latest music and much more. Visit **verizonwireless.com/vcast** to view all of the applications available for your wireless device.

V CAST Video

Get news and entertainment on your wireless device with streaming video clips.

Browse video clips

1. Open the flip and press the center of the Directional Key (⬤) [Menu] > press (5_{OK}) **Media Center** > press (3_{DEF}) **Picture & Video**.
2. Press (1_{1st}) **V CAST Videos**.
3. Use the **Directional Key** (⬤) to highlight the desired video clip categories and press the center of the **Directional Key** (⬤) to select a category.
4. Select the video clip you want to view by pressing the center of the **Directional Key** (⬤).

Mobile Entertainment

Download video clips *

*Not all Video Clips have the ability to be downloaded.

1. Open the flip and press the center of the Directional Key (⬤) [Menu] > press (5_{JCL}) **Media Center** > press (DEF 3) **Picture & Video**.
2. Press (1_{st}) **V CAST Videos**.
3. Navigate thru the sub-menus and find a video you can download.
4. Use the **Directional Key** (⬤) to find the video clip you want, then read the description of the video clip and press the Right Soft Key [Options].
5. Press (2_{nd}) **Save Video**, and press the center of the **Directional Key** (⬤).
6. Select **Yes** to accept charges, press the center of the **Directional Key** (⬤) and the video clip will begin downloading.
7. When the video is finished downloading, a message will appear on your phone.
8. Select **Yes** by pressing the center of the **Directional Key** (⬤) to view the video.

9. The video clip will be automatically saved in My Videos.

Delete video clips

1. Open the flip and press the center of the Directional Key (●) [Menu] > press (5_{JVL}) **Media Center** > press (DEF 3) **Picture & Video**.
2. Press (1_{AV}) **V CAST Videos**.
3. Press Left Soft Key [My Videos].
4. Select Video to delete by using the **Directional Key** (●).
5. Press the Right Soft Key [Options] and press (1_{AV}) **Erase**.
6. Press the center of the Directional Key (●) [Yes] to erase Video.

V CAST Games

Now you're part of the action with 3-D games in the palm of your hand.

Mobile Entertainment

V CAST Music with Rhapsody® (Subscription, Wireless & PC Downloads)

V CAST Music with Rhapsody is a digital music service that lets you listen to millions of songs from thousands of artists. Discover new and old favorites in an extensive music catalog. Download V CAST Music with Rhapsody to sync tracks, albums, and playlists to your new compatible phone, while managing your existing PC music library all in one place.

Purchase songs on your wireless device*

When you purchase music from your wireless device, you also get a second copy that can be downloaded to your PC from the V CAST Music with Rhapsody software.

*Per-song charges apply.

System requirements: Windows Vista or XP

V CAST Music with Rhapsody is compatible with Windows XP and Windows Vista™ operating systems, with Windows Media® Player 10 or higher. Mac OS and Linux are not supported. See the music section of the User Guide for instructions on how to purchase and download songs directly to your wireless device.

Download music to your PC

Open V CAST Music with Rhapsody and log in. Don't have V CAST Music with Rhapsody? Download it for free at **verizonwireless.com/music**.

Once logged in you can perform any one of the following actions:

- **Download a PC copy of an over-the-air (OTA) purchased track**
 1. Song tracks available for download will pop up upon login completion.
 2. Check the boxes of songs you wish to download.
 3. Select **Download Tracks**.

NOTE: For each V CAST Music with Rhapsody track you've downloaded to your phone, you can download a copy to your computer at no additional charge.

- **Purchase songs or albums**
 1. Browse the catalog and select the track or album you wish to purchase.
 2. Re-enter your password.
 3. Confirm the purchase and the download will begin shortly.

Mobile Entertainment

- **Add subscription music to your library**

Add music to your collection by simply dragging and dropping it to My Library, or, if connected, to your V CAST Music with Rhapsody subscription-capable device (both found under Sources.) This can also easily be done by clicking on the **Add** button next to each song.

NOTE: V CAST Music with Rhapsody monthly subscription required.

- **Play songs**

To play the song or album, you can find it by selecting the **My Library** tab.

Play songs with your wireless device open

1. From the home screen, press the center of the **Directional Key** (⬤) to access the Main Menu.
2. Press (5_{JKL}) **Media Center**, press (2_{ABC}) **Music & Tones**, and then press (4_{GHI}) **My Music**.
3. You can choose songs by Genres, Artists, Albums, or all Songs, or you can open your Playlists or Inbox of new music alerts. You can also just Play All or Shuffle all of your songs.

Play songs with your wireless device closed

1. To activate the music buttons, press any side key except the **Shortcut/PTT Key** (if the keys are locked, press and hold the **Smart/Speakerphone Key** to unlock them).
2. Press and hold the **Play/Pause** button (▶||) to turn on the music player.
3. Press (▶>|) or (|<<▶) to scroll up or down through the menu, then press (▶||) to select a highlighted option.


Sync your music from your PC to your V CAST Music with Rhapsody wireless device

This option allows you to transfer music files from your PC. In order to use this option, you must install V CAST Music with Rhapsody on your PC.







1. Open V CAST Music with Rhapsody. Don't have V CAST Music with Rhapsody? Download it for free at **verizonwireless.com/music**.
2. Plug in the USB cable to your phone and connect it to a USB port on your PC.

Mobile Entertainment

3. From the main screen on your phone, the Sync Music V CAST Mobile Phone display appears. Your phone should display the message: **Connected**.
4. Drag and drop the song(s) you want to sync from My Library to your V CAST mobile phone, listed under the Sources tab.

Once synchronization is complete, press the **Power/End Key** () and disconnect the USB cable.

Create playlists on your wireless device

1. From the home screen, press the center of the **Directional Key** () to access the Main Menu.
2. Press () **Media Center**, press () **Music & Tones**, press () **My Music**, and then press () **Playlists**.
3. If playlists already exist, press the Right Soft Key [**Options**], and then select **Create Playlist**.
4. Enter a title for the playlist, then press the center of the **Directional Key** ().

5. Scroll to a song and mark it by pressing the center of the **Directional Key** (⬇️). Repeat this step for more songs.
6. When finished marking songs, press the Right Soft Key [**Done**].

Edit playlists on your wireless device

1. From the home screen, press the center of the **Directional Key** (⬇️) to access the Main Menu.
2. Press (5_{JCL}) **Media Center**, press (2_{MC}) **Music & Tones**, press (4_{GHI}) **My Music**, and then press (4_{GHI}) **Playlists**.
3. Highlight the playlist you want to edit and press the Right Soft Key [**Options**], and then select **Edit Playlist**.
4. Press the Right Soft Key [**Add**] to add a song to the playlist. To move or delete a song in the playlist, press the **Directional Key** up and down to highlight the song you want to move or delete. Then press the center of the **Directional Key** (⬇️) to Move the song or press the Left Soft Key [**Remove**] to delete the song from the playlist.

Mobile Entertainment


Delete songs from your wireless device

1. From the home screen, press the center of the **Directional Key** (⬇️) to access the Main Menu.
2. Press (5_{JLK}) **Media Center**, press (2_{OK}) **Music & Tones**, press (4_{GHI}) **My Music**, and then press (3_{DEF}) **Songs**.
3. Highlight the song you want to delete and press the Right Soft Key [**Options**], and then press **Erase song**. With **Yes** highlighted, press the center of the **Directional Key** (⬇️).

NOTE: If you erase music you've previously purchased, you can simply re-sync with your PC to add the song back to your wireless device's music library.

V CAST wireless device and additional charges required for V CAST service. 3-D games for additional download fee. V CAST music not available on all V CAST wireless devices. Per-song charges apply for music downloads. Always download legally. All brand and product names not owned by Verizon Wireless are the property of their respective owners. If you have any questions about using V CAST Music service on your specific wireless device, visit verizonwireless.com/data.

Optional Services

- 
- Safety and Protection
 - Equipment Protection
 - Voice Services
 - International Services
 - Other Products and Services

Optional Services

Work wirelessly. Protect your wireless device against damage or, even more importantly, protect yourself on the road. You can find it all in Verizon Wireless plan enhancements. Call **1-800-922-0204** or speak to your Verizon Wireless Sales Representative to find out more. Or just visit **verizonwireless.com**.

Safety and Protection

Roadside Assistance

Roadside Assistance can provide you with emergency roadside services anywhere in the U.S. and Canada, 24 hours a day, 365 days a year. You may sign up for this feature on My Verizon or by calling Verizon Wireless directly.

Equipment Protection

Receive total protection for your wireless device and limited accessories. If your wireless device is lost, stolen, damaged or malfunctioning—you're covered. Just choose a service plan that's right for you (must be added within 15 days of activation or upgrade):

- **Total Equipment Coverage**
- **Asurion Wireless Phone Protection**
- **Extended Warranty**

NOTE: Insurance offered by third-party providers.

Voice Services

Enhanced Voice Mail

Turn your wireless device into your office assistant. Forward your calls, store more messages or even receive faxes for printing.

International Services

International Long Distance

You can call over 190 destinations from the U.S. with your Verizon Wireless phone. Simply add I-DIAL to your account and for reduced rates, select our International Long Distance Value Plan or for occasional international calls, use our Per-Minute Rates.

Optional Services

International Text Messaging

You can text message non-U.S. numbers of participating carriers with no additional setup required. These text messages do not count against your text messaging monthly bundled allowances.

International Roaming

Traveling outside of the U.S.? With your Verizon Wireless device you can stay connected in over 40 destinations including Canada, Mexico, China, Israel, Brazil and Jamaica. Dial ***611** from your Verizon Wireless phone or call **1-800-922-0204** and speak with a Verizon Wireless representative to enable International Roaming. A full list of destinations and rates can be found at **verizonwireless.com/internationalroam**.

Global Travel Program

Available in over 200 destinations, this is the perfect short-term solution for the occasional or infrequent global traveler who needs to stay in touch when traveling outside of the U.S. to GSM locations. This program is ideal when your travel duration is less than 21 days. There is no rental fee or security deposit, and all

charges will be applied to your current Verizon Wireless Bill. For more information on the Global Travel Program, visit **verizonwireless.com/globaltravel**. To place an order, contact our Global Services Activation Specialists at **1-800-711-8300**.

For up-to-date Information on destinations and rates, please visit **verizonwireless.com/vzglobal** and select **International Long Distance, International Text Messaging, International Roaming, or Occasional Global Traveler** to see additional details on what services and programs are available with your Verizon Wireless device.

Optional Services

Other Products and Services

Whether it's business or personal, Verizon Wireless offers a variety of wireless solutions for your notebooks, Personal Digital Assistants (PDAs) and/or smartphones.

Office Message Alert

When a voice mail is left on your office phone's voice mail, a Text Alert is sent to your wireless device.

Wireless Sync

Allows synchronization of your email, calendar, contacts, etc., between your office computer and your Verizon Wireless device.

VZAccess®

A PC card that allows you to download files, open email attachments, access office data and applications, and browse the Internet.

More Information



MORE INFORMATION

More Information

How wireless works

Your wireless service is different from your home or business phone service. On a wireless device, you must press the SEND button to alert the network to connect your call. Unlike the calls you make on a home or business phone, wireless communications travel over the air and can react to the environment. Rain, snow, fog, falling leaves, water, mountains, canyons and even buildings may affect service. All wireless service is subject to “dead zones,” or no-coverage areas.

Verizon Wireless network technology

Verizon Wireless offers CDMA (Code Division Multiple Access) digital network technology to most of its customers. CDMA digital technology offers many benefits compared to analog, such as less static, enhanced voice clarity, increased privacy and longer battery life. A CDMA digital phone is necessary to subscribe to our digital service. Verizon Wireless only sells digital wireless devices that are E911 compatible and either all-digital or tri-mode, which means you may use analog or CDMA digital services on different frequencies.

Worry Free Guarantee®

Subject to the Customer Agreement and Calling Plan. Please read and understand them before activating. Verizon Wireless calling areas, rates, coverage, agreements, provisions, business practices, procedures and policies are subject to change as specified in the Customer Agreement. Our liability is significantly limited.

Certain conditions and restrictions apply. For complete details on the Worry Free Guarantee, visit **verizonwireless.com**. Best network claim based on our reliability studies. See **verizonwireless.com/bestnetwork** for details.

Security deposit

You may have been asked to leave a security deposit at the time you activated your wireless service. You are eligible to receive your security deposit back at the end of 1 year of uninterrupted service, or upon termination of your contract. You will automatically be refunded your deposit after 1 year, including interest, provided that you have kept your account in "good standing" (this means that you paid your bill continuously for one year in a timely manner). This refund may

More Information

take up to 3 billing cycles to be processed. Should you be disconnected at any time during the first year for lack of payment, you forfeit any interest accrued during that time frame. If you terminate your service, but have not paid your final bill, the deposit will be applied to your account, and you will receive any remaining funds. If your service is terminated after the initial 30-day Worry Free Guarantee period but before the end of your minimum term, your deposit will be applied against any applicable early termination fee in addition to any outstanding balance before a check is processed.

Federal Communications Commission (FCC) rules and regulations

The FCC requires that wireless devices be operated in accordance with FCC rules and regulations and under supervision of the licensee. Severe punishment can result from failure to comply with the following regulations:

- No person shall knowingly utter or transmit any false or fraudulent signal or distress communication.

- No person shall willfully or maliciously interfere with, or cause interference to, any radio communication or signal.
- It is unlawful to “listen in” on conversations intended for others or to divulge any information thereby obtained.
- No person shall utter any obscene, indecent or profane language by means of radio communication.

National Do Not Call Registry

Protect yourself from unwanted calls with the National Do Not Call Registry Program.

- FCC regulations prohibit telemarketers from using automated dialers to call wireless numbers.
- Personal wireless device users can add their wireless numbers to the National Do Not Call Registry.
- The federal government does not maintain a national wireless device registry.

More Information

You can register by either of the following methods:

1. By wireless device: **1-888-382-1222** from the number you wish to register.
2. Online at: **www.donotcall.gov**.

Your registration becomes effective within 31 days of signing up and is active for five years. There is no cutoff date or deadline for registering.

Radio Frequency Emissions

Your wireless device, which contains a radio transmitter and receiver, emits radio frequency energy during use. The following consumer information addresses commonly asked questions about the health effects of wireless devices.

Are wireless devices safe?

Scientific research on the subject of wireless devices and radio frequency ("RF") energy has been conducted worldwide for many years, and continues. In the United States, the Food and Drug Administration ("FDA") and the Federal Communications Commission ("FCC") set policies and procedures for wireless devices. The FDA

issued a website publication on health issues related to cell phone usage where it states, “The scientific community at large... believes that the weight of scientific evidence does not show an association between exposure to radio frequency (RF) from cell phones and adverse health outcomes. Still the scientific community does recommend conducting additional research to address gaps in knowledge. That research is being conducted around the world and FDA continues to monitor developments in this field.” You can access the FDA website at **<http://www.fda.gov/cellphones>**. You can also contact the FDA toll-free at **(888) 463-6332** or **(888) INFO-FDA**. The FCC issued its own website publication stating that “[t] here is no scientific evidence that proves that wireless telephone usage can lead to cancer or other problems, including headaches, dizziness or memory loss.” This publication is available at **<http://www.fcc.gov/cgb/consumerfacts/mobilephone.html>** or through the FCC at **(888) 225-5322** or **(888) CALL-FCC**. The National Cancer Institute (“NCI”) states that concerns about the potential health effects of using cellular phones – “and specifically the suggestion that using a cell phone may

More Information

increase a person's risk of developing brain cancer – are not supported by a growing body of research on the subject.” You can access NCI's review of the research at http://www.cancer.gov/ncicancerbulletin/NCI_Cancer_Bulletin_092308/page7.

What does Specific Absorption Rate (SAR) mean?

In 1996, the FCC, working with the FDA, the U.S. Environmental Protection Agency (EPA) and other agencies, established RF exposure safety guidelines for wireless devices in the United States. Before a wireless device model is available for sale to the public, it must be tested by the manufacturer and certified to the FCC that it does not exceed limits established by the FCC.

One of these limits is expressed as a Specific Absorption Rate, or “SAR.” SAR is a measure of the rate of absorption of RF energy in the body. Tests for SAR are conducted with the wireless device transmitting at its highest power level in all tested frequency bands. Since 1996, the FCC has required that the SAR of handheld wireless devices not exceed 1.6 watts per kilogram, averaged over one gram of tissue. Although the SAR is determined at the highest power level, the actual SAR

value of a wireless device while operating can be less than the reported SAR value. This is because the SAR value may vary from call to call, depending on factors such as proximity to a cell site, the proximity of the wireless device to the body while in use, and the use of hands-free devices.

For more information about SARs, see the FCC's OET Bulletins 56 and 65 at **www.fcc.gov/Bureaus/Engineering_Technology/Documents/bulletins**, **www.fcc.gov/oet/ea**. You may also wish to contact the manufacturer of your wireless device.

Can I minimize my RF exposure?

If you are concerned about RF, there are several simple steps you can take to minimize your RF exposure. You can, of course, reduce your talk time. You can place more distance between your body and the source of the RF, as the exposure level drops off dramatically with distance. The FDA/FCC website states that “[h]ands-free kits can be used with wireless devices for convenience and comfort. These systems reduce absorption of RF energy in the head because the phone, which is a source of the RF emissions, will not be placed against

More Information

the head. On the other hand, if the phone is mounted against the waist or other part of the body during use, then that part of the body will absorb more RF energy. Wireless phones marketed in the U.S. are required to meet safety requirements regardless of whether they are used against the head or against the body. Either configuration should result in compliance with the safety limit.”

Also, if you use your wireless device while in a car, you can use a wireless device with an antenna on the outside of the vehicle. You should also read and follow your wireless device manufacturer’s instructions for the safe operation of your wireless device.

Do wireless devices pose any special risks to children?

The FDA website states that “[t]he scientific evidence does not show a danger to any users of cell phones from RF exposure, including children and teenagers.” The FDA website further states that “[s]ome groups sponsored by other national governments have advised that children be discouraged from using cell phones at all. For example, the Stewart Report from

the United Kingdom [“UK”] made such a recommendation in December 2000. In this report a group of independent experts noted that no evidence exists that using a cell phone causes brain tumors or other ill effects. [The UK’s] recommendation to limit cell phone use by children was strictly precautionary; it was not based on scientific evidence that any health hazard exists.” A copy of the UK’s leaflet is available at <http://www.dh.gov.uk> (search “mobile”), or you can write to: NRPB, Chilton, Didcot, Oxon OX11 0RQ, United Kingdom. Copies of UK’s annual reports on mobile phones and RF are available online at <http://www.iegmp.org.uk> and <http://www.hpa.org.uk/radiation/> (search “mobile”). Parents who wish to reduce their children’s RF exposure may choose to restrict their children’s wireless device use.

More Information

Where can I obtain further information?

For further information, see the following additional resources (websites current as of April 2005).

U.S. Food and Drug Administration

FDA Consumer Magazine,

November–December 2000

Telephone: **1-888-INFO-FDA**

www.fda.gov/fdac/features/2000/600_phone.html

American National Standards Institute

1819 L Street, N.W., Suite 600,

Washington, D.C. 20036

Telephone: **1-202-293-8020**

www.ansi.org

Implantable Medical Devices

A minimum separation of six (6) inches should be maintained between a wireless phone and an implantable medical device, such as a pacemaker or implantable cardioverter defibrillator, to avoid potential interference with the device. Persons **who have** such devices:

- Should ALWAYS keep the wireless phone more than six (6) inches from their implantable medical device when the wireless phone is turned ON;
- Should not carry the wireless phone in a breast pocket;
- Should use the ear opposite the implantable medical device to minimize the potential for interference;
- Should turn the wireless phone OFF immediately if there is any reason to suspect that interference is taking place.
- Should read and follow the directions from the manufacturer of your implantable medical device.

If you have any questions about using your wireless phone with such a device, consult your health care provider.

For additional information, see **www.fda.gov/cellphones/**.

Caution: Avoid potential hearing loss

Prolonged exposure to loud sounds (including music) is the most common cause of preventable hearing

More Information

loss. Some scientific research suggests that using portable audio devices, such as portable music players and cellular telephones, at high volume settings for long durations, may lead to permanent noise-induced hearing loss. This includes the use of headphones (including headsets, earbuds, and Bluetooth® or other wireless devices). Exposure to very loud sound has also been associated in some studies with tinnitus (a ringing in the ear), hypersensitivity to sound, and distorted hearing. Individual susceptibility to noise-induced hearing loss and other potential hearing problems varies.

The amount of sound produced by a portable audio device varies depending on the nature of the sound, the device, the device settings, and the headphones. You should follow some commonsense recommendations when using any portable audio device:

- Set the volume in a quiet environment and select the lowest volume at which you can hear adequately.
- When using headphones, turn the volume down if you cannot hear the people speaking near you or if the person sitting next to you can hear what you are listening to.

- Do not turn the volume up to block out noisy surroundings. If you choose to listen to your portable device in a noisy environment, use noise-cancelling headphones to block out background environmental noise.
- Limit the amount of time you listen. As the volume increases, less time is required before your hearing could be affected.
- Avoid using headphones after exposure to extremely loud noises, such as rock concerts, that might cause temporary hearing loss. Temporary hearing loss might cause unsafe volumes to sound normal.
- Do not listen at any volume that causes you discomfort. If you experience ringing in your ears, hear muffled speech or experience any temporary hearing difficulty after listening to your portable audio device, discontinue use, and consult your doctor

More Information

You can obtain additional information on this subject from the following sources:

American Academy of Audiology
11730 Plaza American Drive, Suite 300
Reston, VA 20190

Voice: **(800) 222-2336**

Email: info@audiology.org

Internet: **www.audiology.org**

National Institute on Deafness and Other
Communication Disorders

National Institutes of Health

31 Center Drive, MSC 2320

Bethesda, MD USA 20892-2320

Voice: **(301) 496-7243**

Email: nidcdinfo@nih.gov

Internet: **www.nidcd.nih.gov/health/hearing**

National Institute for Occupational Safety and Health
Hubert H. Humphrey Bldg.
200 Independence Ave., SW
Washington, DC 20201
Voice: **1 800 CDC INFO (1 800 232 4636)**
Internet: **www.cdc.gov/niosh/topics/noise/default.html**

Drive Responsibly

When behind the wheel, safe driving is your responsibility and it should always be your first priority.

Scientific research on the subject of wireless phone use and driving has been conducted worldwide for several years. According to the National Highway Traffic Safety Administration (NHTSA), the available research indicates that using a wireless phone while driving degrades a driver's performance, whether it is a hands-free or hand-held wireless phone. NHTSA advises that the "safest course of action is to refrain from using a cell phone while driving." NHTSA's policy on "Cell Phone Use While Driving," as well as Frequently Asked Questions on the subject, are

More Information

available at **www.nhtsa.gov** (click on “Traffic Safety” then on “Drowsy and Distracted Driving”).

For your well being and the well being of those around you, you should consider turning your phone off and allowing calls to go to Voice Mail while you are driving.

If you choose to use your wireless phone while driving, several jurisdictions have adopted “hands-free” and other restrictions on the use of wireless devices while driving. It is your responsibility to know and to comply with the law in your area.

Notes

MORE INFORMATION

Notes

MORE INFORMATION

Notes

MORE INFORMATION

Notes

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