

ThinkPad E14 Gen 5 ThinkPad E16 Gen 1



Lenovo

Get started

Get started | Get started | Get started | Get started



* For selected models I For selected models I For selected models I For selected models I For selected models

Front view (ThinkPad E14 Gen 5)

Front view | Front view | Front view | Front view



* Press to log in to the computer* Press to log in to the computer*

Navigate as a traditional mouse Navigate as a traditional mouse

Front view (ThinkPad E16 Gen 1)

Front view | Front view | Front view | Front view



* Press to log in to the computer* Press to log in to the computer*

Navigate as a traditional mouse Navigate as a traditional mouse

Side view

Side view | Side view | Side view | Side view



Read the statement on USB transfer rate in the User Guide. To access the User Guide, go to https://pcsupport.lenovo.com. Read the statement on USB transfer rate in the User Guide. To access the User Guide, go to https://pcsupport.lenovo.com. Read the statement on USB transfer rate in the User Guide. To access the User Guide, go to https://pcsupport.lenovo.com. Read the statement on USB transfer rate in the User Guide. To access the User Guide, go to https://pcsupport.lenovo.com. Read the statement on USB transfer rate in the User Guide. To access the User Guide, go to https://pcsupport.lenovo.com. Read the statement on USB transfer rate in the User Guide. To access the User Guide, go to https://pcsupport.lenovo.com. Read the statement on USB transfer rate in the User Guide. To access the User Guide, go to https://pcsupport.lenovo.com. Read the statement on USB transfer rate in the User Guide. To access the User Guide, go to https://pcsupport.lenovo.com.

Lenovo Vantage*

Access Lenovo Vantage to adjust device settings and check for system updates.

Access Lenovo Vantage to adjust device settings and check for system updates.

Access Lenovo Vantage to adjust device settings and check for system updates.

Access Lenovo Vantage to adjust device settings and check for system updates.

Access Lenovo Vantage to adjust device settings and check for system updates.

Access Lenovo Vantage to adjust device settings and check for system updates.

Access Lenovo Vantage to adjust device settings and check for system updates.



Lenovo Smart Appearance*



Video Enhancer | Video Enhancer Video Enhancer | Video Enhancer Video Enhancer | Video Enhancer



Back Back Back

Background | Background Background | Background Background | Background







Privacy Protection | Privacy Protection Privacy Protection | Privacy Protection Privacy Protection | Privacy Protection





Adaptive Dimming | Adaptive Dimming Adaptive Dimming | Adaptive Dimming Adaptive Dimming | Adaptive Dimming



[English]

Specific absorption rate (SAR)

YOUR DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES.

Refer to the following for 10g SAR limit and maximum reported SAR values: 10g SAR limit: 2 W/kg (body-worn SAR); 4 W/kg (limb SAR) Maximum SAR with 0 mm separation distance:

| Product name | Body-worn SAR value | Limb SAR value |
|--------------------|---------------------|----------------|
| ThinkPad E14 Gen 5 | 0.342 W/kg | 0.761 W/kg |
| ThinkPad E16 Gen 1 | 0.45 W/kg | 0.867 W/kg |

For more information about SAR, refer to the Safety and Warranty Guide that came with your device.

European Union (EU) / United Kingdom (UK) — radio frequency and power

This radio equipment operates with the following frequency bands and maximum radiofrequency power:

| Technology | Frequency [MHz] / band | Maximum transmit power |
|----------------------|------------------------|---------------------------|
| WLAN 802.11b/g/n/ax | 2400 - 2483.5 | < 20 dBm |
| WLAN 802.11a/n/ac/ax | 5150 - 5725 | < 23 dBm |
| WLAN 802.11a/n/ac/ax | 5725 - 5875 | < 13.98 dBm |
| WLAN 802.11ax | 5945 - 6425 | < 23 dBm |
| Bluetooth BR/EDR/LE | 2400 - 2483.5 | < 20 dBm |

Note: Not all wireless bands may be enabled depending on your product configuration. Usage of this device is limited to indoor locations in the bands 5150 - 5350 MHz and 5945 -6425 MHz.

[English]

Specific absorption rate (SAR)

YOUR DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES.

Refer to the following for 10g SAR limit and maximum reported SAR values: 10g SAR limit: 2 W/kg (body-worn SAR); 4 W/kg (limb SAR) Maximum SAR with 0 mm separation distance:

| Product name | Body-worn SAR value | Limb SAR value |
|--------------------|---------------------|----------------|
| ThinkPad E14 Gen 5 | 0.342 W/kg | 0.761 W/kg |
| ThinkPad E16 Gen 1 | 0.45 W/kg | 0.867 W/kg |

For more information about SAR, refer to the Safety and Warranty Guide that came with your

device.

European Union (EU) / United Kingdom (UK) — radio frequency and power

This radio equipment operates with the following frequency bands and maximum radiofrequency power:

| Technology | Frequency [MHz] / band | Maximum transmit power |
|----------------------|------------------------|---------------------------|
| WLAN 802.11b/g/n/ax | 2400 - 2483.5 | < 20 dBm |
| WLAN 802.11a/n/ac/ax | 5150 - 5725 | < 23 dBm |
| WLAN 802.11a/n/ac/ax | 5725 - 5875 | < 13.98 dBm |
| WLAN 802.11ax | 5945 - 6425 | < 23 dBm |
| Bluetooth BR/EDR/LE | 2400 - 2483.5 | < 20 dBm |

Note: Not all wireless bands may be enabled depending on your product configuration. Usage of this device is limited to indoor locations in the bands 5150 - 5350 MHz and 5945 -6425 MHz.

[English]

Specific absorption rate (SAR)

YOUR DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES.

Refer to the following for 10g SAR limit and maximum reported SAR values:

10g SAR limit: 2 W/kg (body-worn SAR); 4 W/kg (limb SAR)

Maximum SAR with 0 mm separation distance:

| Product name | Body-worn SAR value | Limb SAR value |
|--------------------|---------------------|----------------|
| ThinkPad E14 Gen 5 | 0.342 W/kg | 0.761 W/kg |
| ThinkPad E16 Gen 1 | 0.45 W/kg | 0.867 W/kg |

For more information about SAR, refer to the Safety and Warranty Guide that came with your device.

European Union (EU) / United Kingdom (UK) — radio frequency and power

This radio equipment operates with the following frequency bands and maximum radiofrequency power:

| Technology | Frequency [MHz] / band | Maximum transmit power |
|----------------------|------------------------|---------------------------|
| WLAN 802.11b/g/n/ax | 2400 - 2483.5 | < 20 dBm |
| WLAN 802.11a/n/ac/ax | 5150 - 5725 | < 23 dBm |
| WLAN 802.11a/n/ac/ax | 5725 - 5875 | < 13.98 dBm |
| WLAN 802.11ax | 5945 - 6425 | < 23 dBm |
| Bluetooth BR/EDR/LE | 2400 - 2483.5 | < 20 dBm |

Note: Not all wireless bands may be enabled depending on your product configuration. Usage of this device is limited to indoor locations in the bands 5150 - 5350 MHz and 5945 -6425 MHz.

[English]

Specific absorption rate (SAR)

YOUR DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES.

Refer to the following for 10g SAR limit and maximum reported SAR values: 10g SAR limit: 2 W/kg (body-worn SAR); 4 W/kg (limb SAR)

Maximum SAR with 0 mm separation distance:

| Product name | Body-worn SAR value | Limb SAR value |
|--------------------|---------------------|----------------|
| ThinkPad E14 Gen 5 | 0.342 W/kg | 0.761 W/kg |
| ThinkPad E16 Gen 1 | 0.45 W/kg | 0.867 W/kg |

For more information about SAR, refer to the Safety and Warranty Guide that came with your device.

European Union (EU) / United Kingdom (UK) — radio frequency and power

This radio equipment operates with the following frequency bands and maximum radiofrequency power:

| Technology | Frequency [MHz] / band | Maximum transmit power |
|----------------------|------------------------|---------------------------|
| WLAN 802.11b/g/n/ax | 2400 - 2483.5 | < 20 dBm |
| WLAN 802.11a/n/ac/ax | 5150 - 5725 | < 23 dBm |
| WLAN 802.11a/n/ac/ax | 5725 - 5875 | < 13.98 dBm |
| WLAN 802.11ax | 5945 - 6425 | < 23 dBm |
| Bluetooth BR/EDR/LE | 2400 - 2483.5 | < 20 dBm |

Note: Not all wireless bands may be enabled depending on your product configuration. Usage of this device is limited to indoor locations in the bands 5150 - 5350 MHz and 5945 -6425 MHz.

[English]

Specific absorption rate (SAR)

YOUR DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES.

Refer to the following for 10g SAR limit and maximum reported SAR values: 10g SAR limit: 2 W/kg (body-worn SAR); 4 W/kg (limb SAR) Maximum SAR with 0 mm separation distance:

| Product name | Body-worn SAR value | Limb SAR value |
|--------------------|---------------------|----------------|
| ThinkPad E14 Gen 5 | 0.342 W/kg | 0.761 W/kg |
| ThinkPad E16 Gen 1 | 0.45 W/kg | 0.867 W/kg |

For more information about SAR, refer to the Safety and Warranty Guide that came with your device.

European Union (EU) / United Kingdom (UK) — radio frequency and power

This radio equipment operates with the following frequency bands and maximum radiofrequency power:

| Technology | Frequency [MHz] / band | Maximum transmit power |
|----------------------|------------------------|---------------------------|
| WLAN 802.11b/g/n/ax | 2400 - 2483.5 | < 20 dBm |
| WLAN 802.11a/n/ac/ax | 5150 - 5725 | < 23 dBm |
| WLAN 802.11a/n/ac/ax | 5725 - 5875 | < 13.98 dBm |
| WLAN 802.11ax | 5945 - 6425 | < 23 dBm |
| Bluetooth BR/EDR/LE | 2400 - 2483.5 | < 20 dBm |

Note: Not all wireless bands may be enabled depending on your product configuration. Usage of this device is limited to indoor locations in the bands 5150 - 5350 MHz and 5945 -6425 MHz.

[English]

Specific absorption rate (SAR)

YOUR DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES.

Refer to the following for 10g SAR limit and maximum reported SAR values: 10g SAR limit: 2 W/kg (body-worn SAR); 4 W/kg (limb SAR) Maximum SAR with 0 mm separation distance:

| Product name | Body-worn SAR value | Limb SAR value |
|--------------------|---------------------|----------------|
| ThinkPad E14 Gen 5 | 0.342 W/kg | 0.761 W/kg |
| ThinkPad E16 Gen 1 | 0.45 W/kg | 0.867 W/kg |

For more information about SAR, refer to the Safety and Warranty Guide that came with your device.

European Union (EU) / United Kingdom (UK) — radio frequency and power

This radio equipment operates with the following frequency bands and maximum radiofrequency power:

| Technology | Frequency [MHz] / band | Maximum transmit power |
|---------------------|------------------------|---------------------------|
| WLAN 802.11b/g/n/ax | 2400 - 2483.5 | < 20 dBm |

| Technology | Frequency [MHz] / band | Maximum transmit power |
|----------------------|------------------------|---------------------------|
| WLAN 802.11a/n/ac/ax | 5150 - 5725 | < 23 dBm |
| WLAN 802.11a/n/ac/ax | 5725 - 5875 | < 13.98 dBm |
| WLAN 802.11ax | 5945 - 6425 | < 23 dBm |
| Bluetooth BR/EDR/LE | 2400 - 2483.5 | < 20 dBm |

Note: Not all wireless bands may be enabled depending on your product configuration. Usage of this device is limited to indoor locations in the bands 5150 - 5350 MHz and 5945 -6425 MHz.

[English]

Specific absorption rate (SAR)

YOUR DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES.

Refer to the following for 10g SAR limit and maximum reported SAR values: 10g SAR limit: 2 W/kg (body-worn SAR); 4 W/kg (limb SAR)

Maximum SAR with 0 mm separation distance:

| Product name | Body-worn SAR value | Limb SAR value |
|--------------------|---------------------|----------------|
| ThinkPad E14 Gen 5 | 0.342 W/kg | 0.761 W/kg |
| ThinkPad E16 Gen 1 | 0.45 W/kg | 0.867 W/kg |

For more information about SAR, refer to the Safety and Warranty Guide that came with your device.

European Union (EU) / United Kingdom (UK) — radio frequency and power

This radio equipment operates with the following frequency bands and maximum radiofrequency power:

| Technology | Frequency [MHz] / band | Maximum transmit power |
|----------------------|------------------------|---------------------------|
| WLAN 802.11b/g/n/ax | 2400 - 2483.5 | < 20 dBm |
| WLAN 802.11a/n/ac/ax | 5150 - 5725 | < 23 dBm |
| WLAN 802.11a/n/ac/ax | 5725 - 5875 | < 13.98 dBm |
| WLAN 802.11ax | 5945 - 6425 | < 23 dBm |
| Bluetooth BR/EDR/LE | 2400 - 2483.5 | < 20 dBm |

Note: Not all wireless bands may be enabled depending on your product configuration. Usage of this device is limited to indoor locations in the bands 5150 - 5350 MHz and 5945 - 6425 MHz.

For Darcode Position Only

PN: xxxxxxxx Printed in China

| EIMITED AND RESTRICTED RIGHTS NOTICE: If data or software is delivered pursuant to a General Services Administration 'GSA' contract, use, reproduction, or disclosure is subject to restrictions set forth in Contract No. GS-35F-05925. Lenovo, Lenovo logo, ThinkPad, and ThinkPad logo are trademarks of Lenovo. Intel and Thunderbolt are trademarks of Intel Corporation or its subsidiaries in the U.S. and/or other countries. The terms HDMI and HDMI High-Definition Multimedia Interface are trademarks or resistered trademarks of HDMI Licensing LLC in the United States and other countries. USB-C is a registered trademark of USB Implementers Forum. All other trademarks are the property of their respective owners. | Reduce Recas Recycle |
|---|----------------------------|
|---|----------------------------|

For Daroode Position Only

PN: xxxxxxxx Printed in China

Lenovo

| First Edition (April 2023) | LIMITED AND RESTRICTED RIGHTS NOTICE: If data or software is delivered pursuant to a General Services Administration "GSA" contract, use, reproduction, or disclosure is subject to restrictions set forth in Contract No. GS-35F-0925. | Reduce Reuse Recycle |
|----------------------------|--|----------------------------|
| © Copyright Lenovo 2023. | Lenovo, Lenovo logo, ThinkPad, and ThinkPad logo are trademarks of Lenovo. Intel and Thunderbolt are trademarks of Intel Corporation or its subsidiaries in the U.S. and/or other countries. The terms HDMI and HDMI High-Definition Multimedia Interface are trademarks or registered trademarks of HDMI Licensing LLC in the United States and other countries. USB-Ci a registered trademark of USB Implementers Forum. All other trademarks are the property of their respective owners. | For FSC Mix logo only |