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## F7 BIOS Flash Update Instructions

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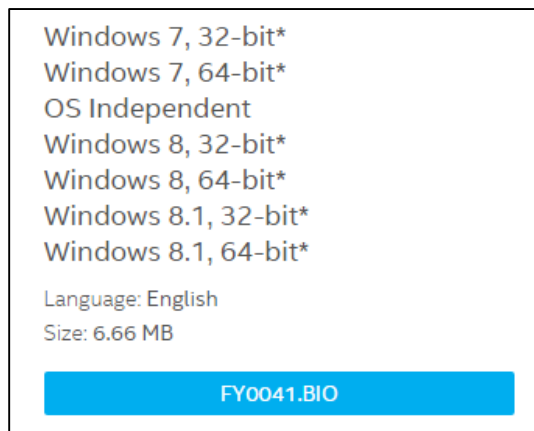
The F7 BIOS Flash Update allows you to update the system BIOS during the boot process and before the operating system loads.

### Important:

- Downgrading the BIOS to an earlier version is not recommended and may not be supported. An earlier BIOS version may not contain the support for the latest processors, bug fixes, critical security updates, or support the latest board revisions currently being manufactured.
- If a BIOS update process is interrupted, your computer may not function properly. We recommend the process be done in an environment with a steady power supply (preferably with UPS).
- Before updating the BIOS, manually record all BIOS settings that have been changed (from default) so they can be restored after completing the BIOS update.
- All images in this example are for illustration purposes only. You need to select the correct BIOS files for your Intel NUC.

All BIOS update files for Intel® NUC products are available on Intel's Download Center at <http://downloadcenter.intel.com/>.

1. Download the Recovery BIOS (.BIO) file. Example:



2. Copy the .BIO to a USB device.
3. Plug the USB device into a USB port of the target computer.
4. Shut down the target computer.
5. During boot, when the F7 prompt is displayed, press **F7** to enter the BIOS Flash Update tool.
6. Select the USB device and press Enter.



7. Select the .BIO file and press Enter



8. Confirm you want to update the BIOS by pressing Enter.
9. Wait 2-5 minutes for the update to complete.



10. Remove the USB device.
11. Restart the computer.

After any BIOS update, Intel recommends the following steps:

1. Press **F2** during boot to enter BIOS Setup.
2. Press **F9** to set BIOS default values.
3. Customize any BIOS settings, if desired (optional).
4. Press **F10** to save and exit BIOS Setup.