F7 BIOS Flash Update Instructions for Intel® NUC

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

The following Intel NUC models use the Aptio 5 BIOS core and have a different method for BIOS updates and Recovery.

- Intel® NUC 8 Mainstream-G (NUC8i5INH)
- Intel® NUC 8 Mainstream-G (NUC8i7INH)
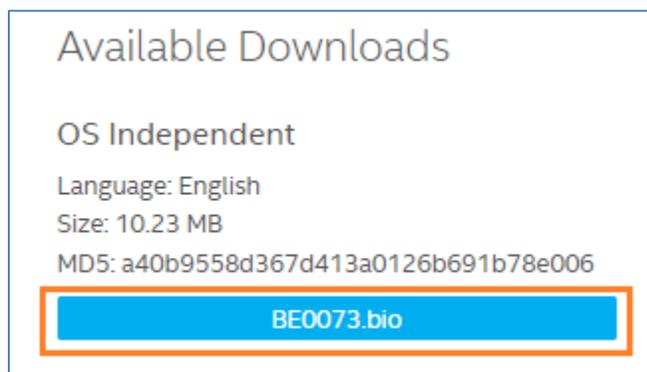- Intel® NUC Kit NUC8CCHKR
- Intel® NUC Board NUC8CCHB

See BIOS Update and Recovery Instructions for Intel® NUCs With Aptio 5 BIOS.

Notes:

- 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/.

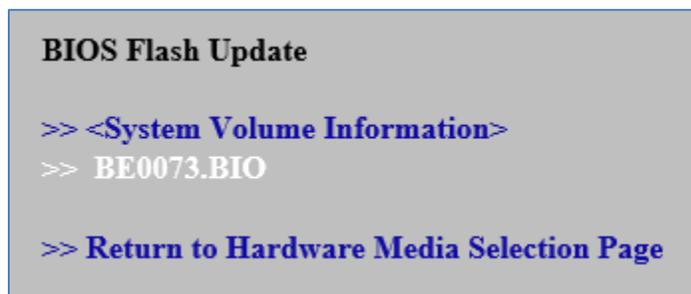1. Download the Recovery BIOS (.BIO) file. Example:

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.
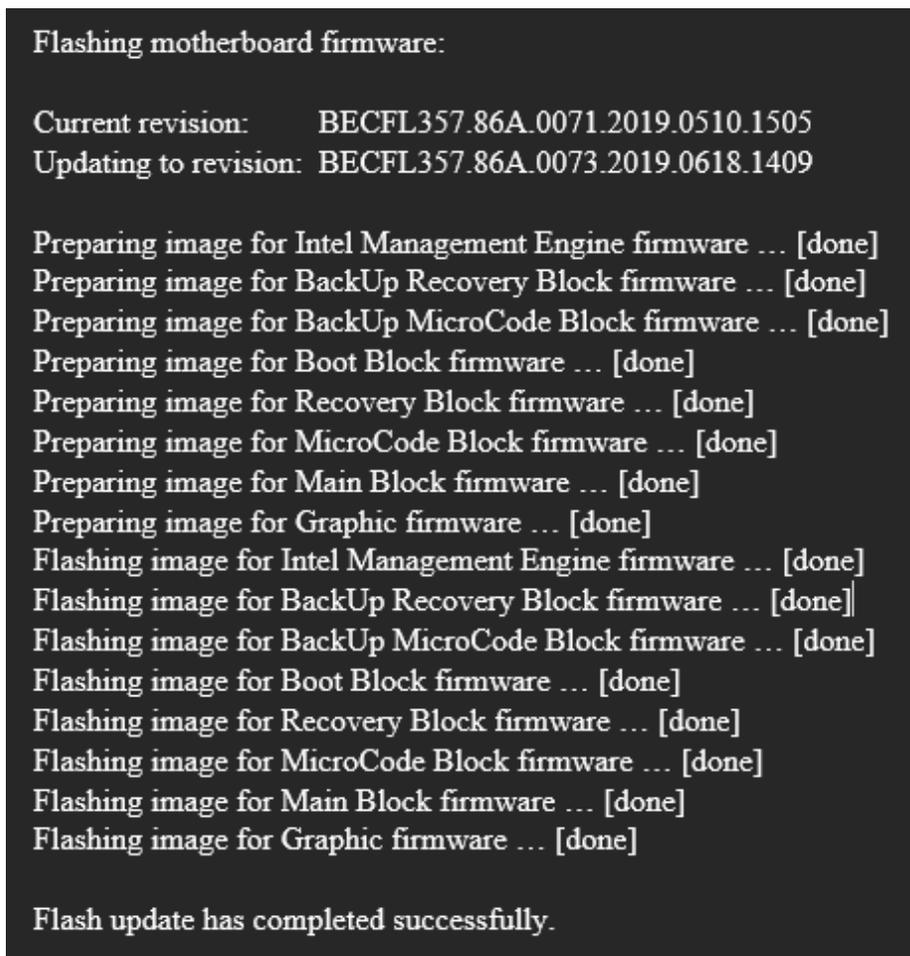
6. Select the USB device and press Enter.

BIOS Flash Update

\>> Cruzer
\>> INTEL SSDSC2CW060A3

\>> Refresh Media List
\>> Exit Flash Update Tool

7. Select the .BIO file and press Enter

BIOS Flash Update

\>> <System Volume Information>
\>> BE0073.BIO

\>> Return to Hardware Media Selection Page

8. Confirm you want to update the BIOS by pressing Enter.

9. Wait 2-5 minutes for the update to complete.

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Flashing motherboard firmware:

Current revision:      BECFL357.86A.0071.2019.0510.1505
Updating to revision:  BECFL357.86A.0073.2019.0618.1409

Preparing image for Intel Management Engine firmware ... [done]
Preparing image for BackUp Recovery Block firmware ... [done]
Preparing image for BackUp MicroCode Block firmware ... [done]
Preparing image for Boot Block firmware ... [done]
Preparing image for Recovery Block firmware ... [done]
Preparing image for MicroCode Block firmware ... [done]
Preparing image for Main Block firmware ... [done]
Preparing image for Graphic firmware ... [done]
Flashing image for Intel Management Engine firmware ... [done]
Flashing image for BackUp Recovery Block firmware ... [done]
Flashing image for BackUp MicroCode Block firmware ... [done]
Flashing image for Boot Block firmware ... [done]
Flashing image for Recovery Block firmware ... [done]
Flashing image for MicroCode Block firmware ... [done]
Flashing image for Main Block firmware ... [done]
Flashing image for Graphic firmware ... [done]

Flash update has completed successfully.
```

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.