



Power Button Menu BIOS Update Instructions for Intel® NUC

The Power Button Menu 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

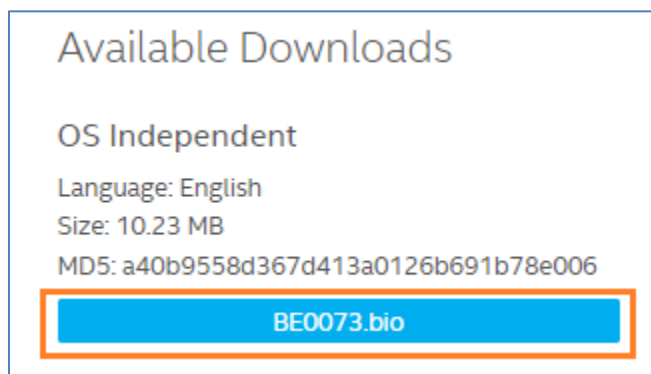
See [BIOS Update and Recovery Instructions for Intel® NUCs With Aptio 5 BIOS](#).

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 recovery file (*.BIO) to a USB device.
3. Plug the USB device into a USB port of the Intel NUC when it is turned off (not in Hibernate or Sleep mode).
4. Press the power button and hold it down for three seconds, then release it before the 4-second shutdown override. .

5. The Power Button Menu appears. Options on the menu can vary, depending on the Intel NUC model.

```
BECFL357.86A.0071.2019.0510.1505

[ESC] Normal Boot
[F2] Intel® Visual BIOS
[F4] BIOS Recovery
[F7] Update BIOS
[F10] Enter Boot Menu
[F12] Network Boot
```

6. You can perform a normal BIOS update by pressing F7 or a BIOS Recovery by pressing F4.
7. Wait 2-5 minutes for the update to complete.

```
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.
```

8. The computer will either turn off when the recovery process is completed or it will prompt you to turn it off.
9. Remove the USB device.
10. 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.