



4-V02-029-11(1)

# Startup Guide

User's Manual

Personal Computer

VAIO® F14 / F16

VJF141 / VJF161



Printed in China  
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## Supplied User's Manuals

Congratulations on purchasing your VAIO computer! Your VAIO computer comes with the following user's manuals:

- **Startup Guide (this user's manual)**  
Please read this user's manual first. You can find basic information, including connecting accessories to your VAIO computer, setting up Windows, and connecting your VAIO computer to the Internet.
- **Safety Regulations/Recovery and Troubleshooting Guide**  
Please be sure to read this user's manual. You can find information that helps you use your VAIO computer safely, including troubleshooting FAQs as well as instructions on recovering your VAIO computer and creating recovery media.

### ! Notes

- Features and apps mentioned in these user's manuals may not be available or preinstalled, depending on the model of your VAIO computer.
- With the latest Windows updates applied to your VAIO computer, the operation procedures described in the user's manuals may vary from the actual ones.
- The visual contents, such as illustrations, photos, and screenshots, used in the manuals may look different from what you actually see on your VAIO computer.

## VAIO Support Website

You can find the latest VAIO support information. When you need any help for using your VAIO computer, visit our VAIO support website first.  
<https://support.us.vaio.com/>

## About the INTEL END USER SOFTWARE LICENSE AGREEMENT

Your VAIO computer includes software produced by Intel Corporation. The End User Software License Agreement for this software is available at the following web site, please read it before using your VAIO computer.  
<https://us.vaio.com/pages/intel-eula>

## About the ENERGY STAR® International Program



The following information is applicable to ENERGY STAR qualified/certified products only.

ENERGY STAR logos are attached or electronically displayed on the following locations of ENERGY STAR qualified/certified products.

- The product
  - The product packaging
- As an ENERGY STAR Partner, VAIO confirmed that this product meets the ENERGY STAR requirements for energy efficiency.

The International ENERGY STAR Office Equipment Program is an international program that promotes energy saving through the use of energy efficient computers and office equipment.

The program supports the development and dissemination of products with functions that effectively reduce energy consumption to contribute to cost savings and reduction of environmental burdens.

For detailed information on the ENERGY STAR Program, visit the following websites:  
<https://www.energystar.gov/>

This computer is designed in compliance with the ENERGY STAR standards and delivered with the following power saving settings that apply to the computer running on AC power:

- The LCD backlight is turned off automatically after no more than 15 minutes of inactivity.
- The computer enters Sleep mode automatically after no more than 30 minutes of inactivity.

Press the Power button to bring the computer back into Normal mode.

## FCC Information

### Supplier's Declaration of Conformity

Trade Name: VAIO  
Model No.: PC8970C11L, PC8980C11L  
Manufacturer: VAIO CORPORATION  
Responsible Party: E&S International Enterprises, Inc.  
Address: 7801 Hayvenhurst Avenue Van Nuys, California 91406  
Telephone No.: 818-887-0700

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

## Operating Environment Conditions

The operating environment conditions of your VAIO computer are as follows.

Operating:

temperature 5 °C to 35 °C (41 °F to 95 °F),  
humidity 20% to 80% (provided that no condensation is formed and the humidity is 65% or lower at 35 °C (95 °F), i.e., the wet-bulb temperature is 29 °C (84.2 °F) or lower)

Storage:

temperature -20 °C to +60 °C (-4 °F to +140 °F),  
humidity 10% to 90% (provided that no condensation is formed and the humidity is 20% or lower at 60 °C (140 °F), i.e., the wet-bulb temperature is 35 °C (95 °F) or lower)

## 1. Supplied Items

AC adapter

Power cord

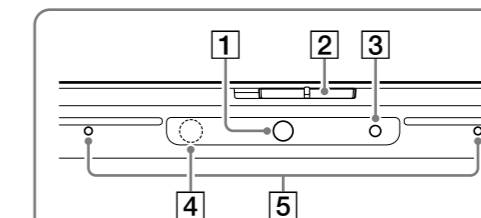
User's manuals

(See **Supplied User's manuals.**)

### ! Notes

- Keep the shipping box of your VAIO computer until you make sure that you have all the supplied items. If you find anything missing or damaged, contact our Support experts via the website or your dealer before you dispose of the box.
- The supplied accessories were tested and found functional solely with your VAIO computer.
- Your VAIO computer can be recovered with the built-in hard disk or SSD and does not come with any recovery media. In case you could not recover the computer using the built-in hard disk or SSD, however, be sure to create your own recovery media with a USB flash drive before you first use your VAIO computer following your purchase. For detailed instructions on creating your own recovery media or recovering the computer, refer to **Computer Recovery** in the **Safety Regulations/Recovery and Troubleshooting Guide.**

## 2. Locating Parts and Controls



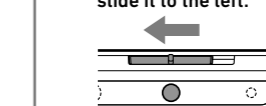
**1** Camera or Face recognition compatible camera\*<sup>1</sup>

**2** Camera privacy shutter

### ! Note

**Open the shutter before using the camera.**

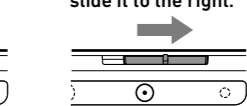
To close the shutter, slide it to the left.



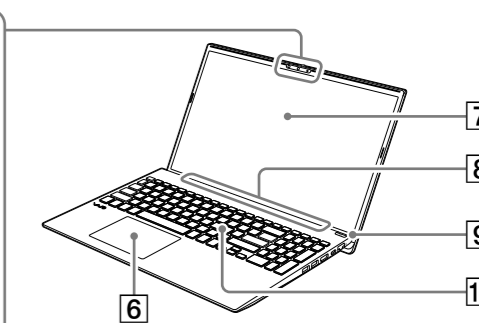
**3** Camera indicator

**4** IR LED\*<sup>2</sup>

To open the shutter, slide it to the right.



**5** Dual microphones



**6** Touch pad

**7** LCD screen

**8** Air intake vent

**9** Power button/  
Power indicator/  
Fingerprint sensor\*<sup>3</sup>

**10** Keyboard\*<sup>4</sup> \*<sup>5</sup>

\*<sup>1</sup> Depends on the specifications of the product you purchased.

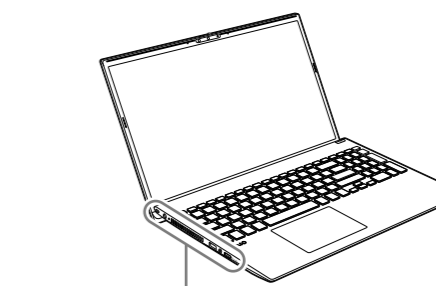
\*<sup>2</sup> On models with the Face recognition compatible camera.

\*<sup>3</sup> On models with the Fingerprint sensor.

\*<sup>4</sup> The keyboard with a numeric keypad and the **Num Lock** key is available on VJF161.

\*<sup>5</sup> Your VAIO computer is not equipped with the Caps Lock indicator and the Num Lock indicator.

You can identify if the Caps Lock and the Num Lock are on or off by the icon in the notification area at the lower right of the computer. (The icon image may change depending on the timing of shipment.)



**1** Security lock slot

**2** DC IN port

**3** Charge indicator

**4** Air exhaust vent

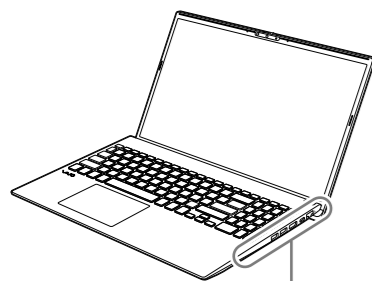
**5** USB port (USB 3.0)

**6** Headset compatible headphone jack

**7** microSD card slot

See the back side.

## 2. Locating Parts and Controls



- 1 USB ports (USB 3.0×2)
- 2 HDMI output port
- 3 USB Type-C® port  
This port supports the following standards.
  - USB 3.2
  - DisplayPort Alternate Mode
  - USB Power Delivery (IN)
- 4 LAN port

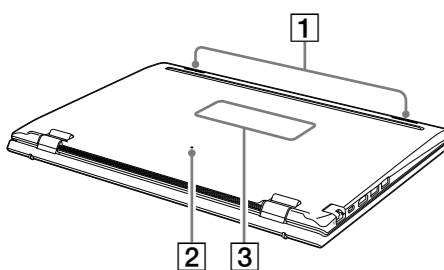
When charging your VAIO computer with this port, use an AC adapter compatible with USB Power Delivery with an output of 30 W or more\*.

\* To maximize the performance of your VAIO computer, we recommend using an AC adapter compatible with USB Power Delivery with an output of 65 W or more.

- 4 LAN port

- 1 Stereo speakers
- 2 Battery off button
- 3 Product name plate (certification/caution)

**Caution**  
Do not cover the air intake vent / air exhaust vent. The computer is not intended to be used on soft support (like beddings, blankets etc.).



### ! Notes

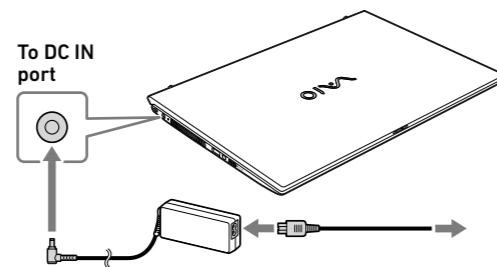
- The IR LED flashes while face recognition is in use. Keep your face away from and do not stare at the IR LED. Also, since the IR LED and the area around it may become hot while the IR LED is flashing, do not touch the IR LED or the area around it.
- You cannot add memory to your VAIO computer.
- While your VAIO computer is turned on, pressing the battery off button may cause loss of unsaved data. Before pressing the battery off button, be sure to save all unsaved data and turn off the computer.
- Your VAIO computer contains a non-removable battery pack.

- Your VAIO computer has a built-in magnet at either side of the touch pad. Keep anything that is sensitive to the magnetic field, such as a credit card, away from the portion below the keyboard to avoid corrupting the stored data.
- Depending on the shape of your security lock, it may come in contact with the LCD screen lid when you open or close the lid. Be aware that this may cause superficial damage, such as a scratch.
- Your VAIO computer is capable of displaying output simultaneously on up to four devices, including the computer's LCD screen.

## 3. Setting Up

### 1 Connect to a Power Outlet

Plug the AC adapter to the DC IN port on the VAIO computer and connect the AC adapter and a power outlet with the supplied power cord.

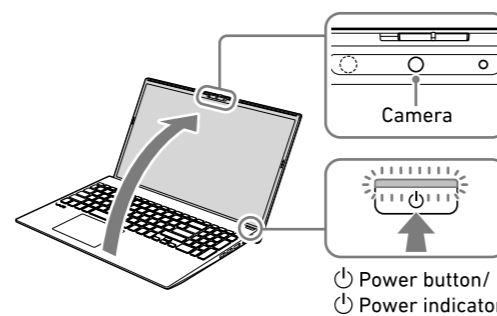


### ! Note

Even when you do not intend to use your VAIO computer for an extended period of time, connect it to a power outlet at least every three months and charge the battery to around 50% of capacity. If the computer is kept unplugged from a power outlet for an extended period of time, the battery voltage will drop due to self-discharge to trigger the safety function and the battery may become unavailable for use. The time period before the safety function is triggered varies depending on the ambient temperature.

### 2 Turn On Your VAIO Computer

Lift the LCD screen lid and press the power button on the computer.



### ! Notes

- When lifting the LCD screen lid, do not grasp the area around the camera as it will cause malfunctions.
- Do not turn off your VAIO computer before the Windows Setup window appears.

### 3 Set Up Windows (Initial Setup)

Follow the instructions displayed on the Windows Setup window to make initial settings.

### ! Hint

Please refer to Windows Help or Microsoft's website for more details.

To complete the initial settings, you need to connect your VAIO computer to the Internet. You have two options to connect the computer to the Internet.

#### Connecting via a Wired LAN network

Plug one end of a LAN cable (not supplied) to the LAN port on your VAIO computer and the other to your modem/router.

#### Connecting via a Wi-Fi network

Select the desired Wi-Fi access point, and then select **Connect**.

### ! Note

Before connecting to the Internet, you need to select a connection service, make a contract with an Internet service provider accordingly, and make the Internet connection settings on the computer. For detailed information on the Internet connection settings and required network devices, refer to the manual from your service provider and the manual that came with your device. Establishing a successful connection to the Internet completes Windows license authentication.

### 4 Get Ready to Use Your VAIO Computer

#### Running Windows Update

On Windows 11:

Select **Start** (start), **Settings** (Settings), and **Windows Update**, and then follow the on-screen instructions to update the Windows.

On Windows 10:

Select **Start** (start), **Settings** (Settings), **Update & security**, and **Windows Update**, and then follow the on-screen instructions to update the Windows.

#### Updating VAIO original software

To update VAIO original software, visit our VAIO support website at the following URL, download update programs, and then install them on your VAIO computer.

<https://support.us.vaio.com/>

### 5 Create your own recovery media

Your VAIO computer does not come with any recovery media. Be sure to create your own recovery media with a USB flash drive before you first use the computer following your purchase. For more information, refer to the **Safety Regulations/Recovery and Troubleshooting Guide**.

### ! Note

Always be sure to use the AC adapter to connect your VAIO computer to a power outlet before doing a recovery.

#### Turning off or placing your VAIO computer into Sleep mode

Upon completion of the Windows setup, select **Start** (start), **Power** (Power), and then **Shut down** or **Sleep**.

## 4. Using the Fingerprint sensor and the Face Recognition Compatible Camera

### ! Notes

- The fingerprint authentication and face recognition technologies do not assure complete verification of personal identity, nor do they guarantee absolute protection of your data and hardware. VAIO Corporation assumes no liabilities arising out of your use of or inability to use the fingerprint sensor and/or the face recognition compatible camera.
- The fingerprint and face recognition rates vary depending on your use of the fingerprint sensor and the face recognition compatible camera. They are not consistent among individuals as well.

On the models with the fingerprint sensor or/ and the face recognition compatible camera, you can use them to access the **Windows Hello** functions.

The **Windows Hello** functions include signing in with fingerprint authentication or face recognition, instead of password, to the Windows user account for which you have enrolled your fingerprint or face.

For more information about the functions and setup of **Windows Hello**, refer to the **Windows Hello** help.

#### Enrolling your fingerprint and/or face

Follow these steps to set up **Windows Hello** and enroll your fingerprint and/or face.

- 1 When the camera privacy shutter is closed, slide the slide switch to the right to open the shutter. For the location of the shutter, see **Locating Parts and Controls** in this user's manual.
- 2 Select **Start** (start), **Settings** (Settings), and **Accounts**.
- 3 Select **Sign-in options** and set your password. If you have already set your password, proceed to step 4.
- 4 Follow the on-screen instructions for each fingerprint authentication and/or face recognition item to enroll your fingerprint and/or face. If you have not set a PIN, set it at the end of the procedure.

- Keep the fingerprint sensor and the face recognition compatible camera unscratched and clean to prevent failures or malfunctions. When the sensor or the camera is soiled, wipe it clean with a soft, dry cloth.

- Please be aware that your enrolled data for fingerprint authentication and face recognition may be erased in the course of repair work to your VAIO computer.

- When you enroll fingerprints, be sure to enroll more than one finger, in case of injuries.

- Depending on the state of your fingerprint or your use of the fingerprint sensor, enrollment or authentication of the fingerprint may fail. When fingerprint authentication fails, try the following:

- Use another finger.
- Clean the finger.
- Delete the fingerprint already enrolled, and then enroll it once again.

- During a dry season, such as winter, be sure to touch a metal object to discharge static electricity from your body before scanning your fingerprint. Static electricity may cause malfunctions of the fingerprint sensor.

- Be sure to open the camera privacy shutter before using face recognition. While the camera privacy shutter is closed, the camera lens is blocked by the shutter and face recognition fails.
- For successful face recognition, you need to remove sunglasses or a face mask, if any, from the face and present your face as it was enrolled.
- Face enrollment/recognition may fail under certain circumstances. In such a case, one of the following may help.
  - Delete your enrolled data for face recognition and enroll your face once again.
  - If you are in bright sunlight, shade the sunlight or move away from it and scan your face for recognition.