F7 BIOS Flash Update Instructions

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

Important:

- Update the BIOS on your computer only if the newer BIOS version specifically solves a problem you have. We do not recommend BIOS updates for computers that do not need it. You can view all BIOS changes in the Release Notes included on the BIOS download page in Download Center.
- 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.
- Before initiating a BIOS update, be sure to read and precisely follow the instructions included in this document. You may wish to print the instructions for easy reference.
- 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:

File name: RK0023.BIO	**Version:** 0023
Date: 05/29/2013	**Status:** Latest
Size: 11.03 MB	**Language:** English
Operating Systems: OS Independent, Windows 7 (32-bit)*, Windows 7 (64-bit)*, Windows 8, 32-bit*, Windows 8, 64-bit*	

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

\>> DataTraveler 2.0
\>> ADATA SX300

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

7. Select the .BIO file and press Enter

Bios Flash Update

\>> RK0023.BIO

\>> Return to Hardware Media Selection Page
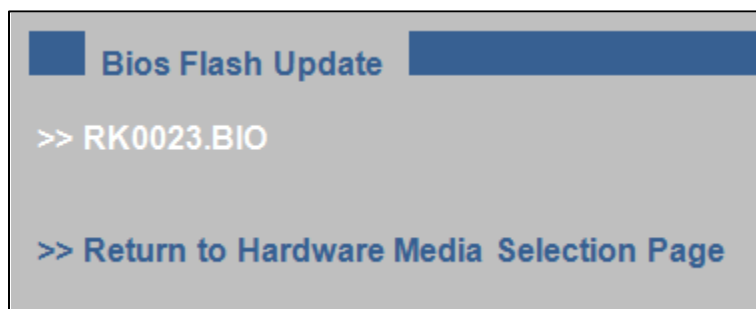
8. Confirm you want to update the BIOS by pressing Enter.

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

```
Current revision:      RKPPT10H.86A.0017.2013.0425.1251
Updating to revision:  RKPPT10H.86A.0023.2013.0529.1711

Preparing image for recovery firmware ... [done]
Preparing image for main firmware ... [done]
Preparing image for logos ... [done]
Preparing image for maagent ... [done]
Flashing image for recovery firmware ... [done]
Flashing image for main firmware ... [done]
Flashing image for logos ... [done]
Flashing image for maagent ... [done]
Flashing processor updates ... [done]
Updating firmware ID ... [done]

Flash update has completed successfully.
```

10. Remove the USB device.

11. Restart the computer.