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## BIOS Update Instructions for Intel® Compute Stick

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This readme file includes BIOS update instructions for advanced users. If you need more complete step-by-step instructions on how to use each of these BIOS update methods, refer to [BIOS update instructions](#).

There are two options for updating an Intel Compute Stick to the latest version.

- F7 BIOS Update
- Power Button Menu BIOS Update

### Important Notes:

- Once the update process has started, **DO NOT POWER DOWN YOUR SYSTEM** before the update is complete. The update process will take up to 3 minutes.
- 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.
- 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.

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## F7 BIOS Update Instructions

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

1. Download and save the BIOS update (.BIO) file to a portable USB device (or to a microSD card).
2. When the Intel Compute Stick is turned off, plug the USB device into the USB port (or insert the microSD card into the SD card slot). Note: If you are using a USB keyboard/mouse, you will need a multi-port USB hub.
3. During boot, when prompted, press **F7** to enter the BIOS Flash Update tool.
4. Select the USB device (or microSD card) from the media list and press Enter.
5. Select the .BIO file and press Enter
6. Confirm you want to update the BIOS by pressing Enter.
7. Wait for the update to complete.
8. Restart the computer.

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## Power Button Menu BIOS Update Instructions

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The Power Button Menu Update allows you to update the system BIOS during the boot process and before the operating system loads.

1. Download and save the BIOS update (.BIO) file to a portable USB device (or to a microSD card).
  2. Plug the USB device into a USB port of the Intel Compute Stick when it is turned off (not in Hibernate or Sleep mode).
  3. Press the power button and hold it down for three seconds. Release it before the four-second shutdown override.
  4. The Power Button Menu appears.
  5. Press **F7** to perform a BIOS update.
  6. Select the USB device (or microSD card) from the media list and press Enter.
  7. Select the .BIO file and press Enter
  8. Confirm you want to update the BIOS by pressing Enter.
  9. Wait for the update to complete.
  10. Restart the computer.
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## BIOS Recovery Instructions

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In the unlikely event that a BIOS update is interrupted, it is possible the BIOS might be left in an unusable state. Perform a BIOS Recovery, as follows:

1. Download and save the BIOS update (.BIO) file to a portable USB device.
2. Plug the USB device into a USB port of the Intel Compute Stick when it is turned off (not in Hibernate or Sleep mode). If you are using a USB keyboard/mouse, you will need a multi-port USB hub.
3. Press the power button and hold it down for three seconds. Release it before the four-second shutdown override.
4. The Power Button Menu appears.
5. Press **F4** to perform a BIOS Recovery.
6. Wait for the recovery process to complete.
7. The computer will either turn off when the recovery process is completed or it will prompt you to turn it off.
8. Remove the USB device.
9. Restart the computer.