Turn Off 5G & WiFi Calling
HOW TO SWITCH YOUR PHONE TO 4G LTE

Below are simple, step-by-step instructions for most Android phones and for iPhone models. Menus can vary slightly by model and OS version.

Quick steps (most Android phones)

Switch to 4G LTE

1. Open **Settings.**

2. Tap **Network & internet** (or **Connections**).

3. Tap **SIMs** / **Mobile network** / **Cellular networks**.

4. Tap **Preferred network type** (or **Network mode**).

5. Select **LTE / 4G** (avoid any option that mentions **5G**).

Turn off WiFi Calling

1. Open **Settings**.

2. Go to **Network & internet** ➜ **SIMs** (pick your SIM if asked).

3. Tap **Wi-Fi Calling**.

4. Toggle **Off.**

Tip: After changes, toggle **Airplane mode ON**, wait 5–10 seconds, then turn it **OFF** to re-register on the network.

Quick steps (most iPhone phones)

Switching an iPhone from 5G to 4G LTE

1. Open **Settings**.
2. Tap **Cellular** (on some phones it's **Mobile Data**).
3. If you use Dual SIM/eSIM, tap the line you want (e.g., **Primary**).
4. Tap **Cellular Data Options**.
5. Tap **Voice & Data**.
6. Select **LTE** (avoid **5G Auto** or **5G On**).
7. If you see **5G Standalone**, turn it **Off** as well.

You should see **LTE (or 4G)** in the status bar after a few seconds. If not, toggle **Airplane Mode** on for 5–10 seconds, then off.

Turn off WiFi Calling

1. Open **Settings**.
2. Tap **Cellular**.
3. Tap **Wi-Fi Calling**.
4. Turn **Wi-Fi Calling on This iPhone Off**.

Using Dual SIM? Repeat for each line (tap the line name at the top to switch).

If those options aren't there

Some carriers or managed (work) phones hide **Voice & Data settings**.

Try: **Settings ➔ General ➔ About ➔** wait for any **Carrier Settings Update** prompt, and make sure iOS is up to date.