








A fast and effective way to get real-time market rates by SMS at any time.

Nordea will not charge you for the service. You will only pay whatever your mobile operator charges for sending an SMS.

1 Get market rates by SMS

- Write an SMS message from the table to the right
- Send it to the phone number for your country:
 -  Denmark: 1233
 -  Finland: 18380
 -  Norway: 2320
 -  Sweden: 71177
 -  International: +45 3061 3202
- You immediately receive an SMS message with updated market rates

SMS message	Description	Instruments
Q all	Benchmark instruments	EURUSD, Bobl future...
Q ma	Foreign Exchange - Majors	EURUSD, USDJPY...
Q eu	Foreign Exchange - Euro	EURUSD, EURGBP...
Q dk	Foreign Exchange - Denmark	USDDKK, GBPDKK...
Q no	Foreign Exchange - Norway	USDNOK, EURNOK...
Q se	Foreign Exchange - Sweden	USDSEK, EURSEK...
Q ba	Foreign Exchange - Baltics	EUREEK, USDRUB...
Q fi	Fixed Income - Overview	Bobl future, EUR Swap 5Y...
Q fix	Money market fixing rates	Euribor 3M, Stibor 3M...
Q fut	Money market futures	Euribor 3M Fut, EU Fut 3M c2...
Q com	Commodities - Overview	Brent oil, Gold...
Q el	Commodities - Electricity	NP EL M1, NP EL M2...
Q eq	Equity Indices - Overview	S&P 500, DJ Euro...
Q eqe	Equity Indices - Europe	FTSE 100, HEX...
Q equ	Equity Indices - USA	S&P 500, Nasdaq composite...

Example: To receive major foreign exchange rates in Norway, send **Q ma** to 2320.

Send **Q index** to get the SMS messages for all available lists.

2 Get your personal list of market rates by SMS

- Start e-Markets
- Go to the **Tools** menu and select **SMS Service**
- Click **New** and **Insert** instruments into your list
- Click **OK** and **Save** the list
- Send an SMS message with Q and your list name to the phone number for your country

Example: To receive your list named FX, send **Q FX** to the phone number for your country.

Any quote list in e-Markets can be saved and requested by SMS

3 Add your mobile phone number

If you are not already using the SMS service, you just need to add your mobile phone number in e-Markets once.

- Start e-Markets
- Go to the **Tools** menu and select **SMS Service**
- Add your phone number

If you do not have access to e-Markets, call your Nordea contact person.

Additional information on e-Markets:

Denmark	e-Desk@nordea.com	+45 3343 9786	Sweden	e-Markets.se@nordea.com	+46 8 614 65 90
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