# Frequencies used by the major American telecom companies for customer cell phone "traffic" (4G and 5G), as of late 2023

Low-band 5G (600 MHz to 1 Ghz)

- AT&T 850 MHz "5G Enhanced" (re-purposed 4G LTE)
- T-Mobile 600 MHz "Nationwide 5G" (re-purposed 4G LTE)
- Verizon 850 MHz "5G Nationwide" (re-purposed 4G LTE)

Mid-band 5G NR ("New Radio") (1 GHz to 6 GHz)

- AT&T 3.5–4.2 GHz C-band and 3.4–3.5 CBRS (Citizens Broadcast Radio Service) 5G service
- Dish 3.5–4.2 GHz C-band and 3.4–3.5 CBRS 5G-only network service
- T-Mobile 2.5 GHz (re-purposed 4G LTE, acquired in 2020 upon merger with Sprint) and 3.5–4.2 GHz C-band and 3.4–3.5 CBRS 5G service
- Verizon 3.5–4.2 GHz C-band "UltraWideband" 5G service (available since Q1 2023) and 3.4–3.5 CBRS 5G service (available late 2023 or 2024)

High-band (millimeter wave) 5G NR (28 GHz & 39 GHz)

- AT&T "5G+" mmWave coverage in 19 cities—mostly in sports arenas, convention centers, and airports, and increasingly in urban neighborhoods
- Dish mmWave service
- T-Mobile 5G mmWave coverage—available in downtowns of half a dozen U.S. cities since 2018 and now expanding to others
- Verizon 28 GHz or 39 GHz "UltraWideband" 5G service (Q1 2023)

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