Use the APRS QSY Feature

QSY feature on FTM 400 this allows you to quickly change frequency

VFO Mode 144.390 and 145.520 [must be in VFO mode on top freq for this to work]

Press F/MW button

Press S.List button

Scroll down to find a station that has a frequency listed in their status and highlight it;

press **QSY** at the bottom of the screen. You should hear a beep. Go back to the main screen and you should be on that frequency on the top channel.