

ABSTRACT

COMMUNICATION METHOD AND APPARATUS

Embodiments of this application provide a communication method and apparatus. The method includes: A terminal device may report a first switching delay for switching in a frequency band group, or the terminal device may report a second switching delay for switching between frequency band groups, so that a network device can schedule uplink data for the terminal device based on the switching delay, and the terminal device can effectively perform frequency band switching in the frequency band group or between the frequency band groups, that is, the terminal device can flexibly and effectively switch between a plurality of frequency bands, thereby ensuring data transmission performance.

[Figure 2]