BIOS and Flash BIOS are not two different things. Flash BIOS is simply a term used to describe the process of updating the BIOS. The BIOS (Basic Input/Output System) is a firmware that is stored on a chip on the motherboard of a computer. It is responsible for initializing the hardware and loading the operating system when the computer starts up.

When a new BIOS update is released, it may include bug fixes, security updates, or support for new hardware. It is important to update the BIOS if your computer is experiencing problems or if you want to take advantage of new features.

However, flashing the BIOS is a risky operation and should only be done if necessary. If something goes wrong during the flashing process, it can brick your computer, making it unusable. Therefore, it is important to follow the instructions carefully when flashing the BIOS.

Here are some of the reasons why you might want to flash your BIOS:

- To fix a problem with your computer that is not being fixed by other means.
- To add support for new hardware, such as a new processor or graphics card.
- To improve performance or stability.
- To update the BIOS security features.

If you are not sure whether or not you need to flash your BIOS, it is best to consult with a computer technician.

Here are some safety tips to keep in mind when flashing the BIOS:

- Make sure that you have the correct BIOS update file for your motherboard.
- Download the BIOS update file from a trusted source.
- Make a backup of your BIOS before flashing.
- Follow the instructions carefully when flashing the BIOS.
- Do not interrupt the flashing process.

If you follow these safety tips, you can minimize the risk of bricking your computer when flashing the BIOS.