



LUMO[^]
LIFT
USER MANUAL

Contact Us
www.lumolift.com/support
(877) 702-7866
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WELCOME TO LUMO LIFT

Thanks for purchasing Lumo Lift. We are excited you have taken this first step toward better posture!

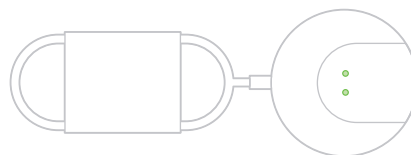
Lumo Lift is designed to help you build better posture habits over time. Bad posture habits develop over many years and reversing these habits takes some hard work and commitment. It may even be uncomfortable at times as you retrain your body! This is all part of the journey to better posture.

WHAT'S IN THE BOX



Lumo Lift

Measures the angle of your posture.



USB Charging Dock

Gets Lumo Lift fully charged in a few hours.



Magnetic Clasps

Two colors, choose your style.

GETTING STARTED

Step 1 Charge your Lumo Lift



Plug the provided USB charging dock into a USB port on your computer or a wall adapter. Ensure the gold dots on the back of your Lumo Lift line up with the gold prongs on the USB charging dock. The LED on your Lumo Lift will glow orange while charging and turn green once fully charged.

Step 2 Download the Lumo Lift App



iOS Device: Find and open the App Store on your phone. Click “Search” and search for “Lumo Lift” in the search bar. Press “Get” to download.



Android Device: Find and open the Google Play Store on your phone. Search for “Lumo Lift” in the search bar. Press on the Lumo Lift icon and select the green “Install” button.

Don't have a compatible device? We might still be able to help. Please visit www.lumobodytech.com/compatibility.

BEST PRACTICES

Collarbone



Wear your Lumo Lift directly below your collarbone, midway between the tip of your shoulder and your neck.

Clothing



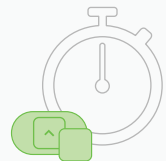
Wear your Lumo Lift only with snug fitting clothing. Loose clothing will cause inaccurate readings as your Lumo Lift may track the movement of your clothing instead of your body.

Calibration



Calibrate your Lumo Lift multiple times throughout the day. If your Lumo Lift is buzzing too often or not buzzing enough, a simple re-calibration (see online instructions at www.lumolift.com/manual for how to do that) may be all that is needed.

Posture Feedback



Using the Lumo Lift app, you can easily adjust how frequently you receive vibrational feedback on your posture. We recommend setting it to 15 seconds or less. In general, you want to receive posture feedback every 3, 5, 10, 15 or 30 seconds during your first few weeks with Lumo Lift.

WE'RE HERE TO HELP

We want you to have an amazing experience with your Lumo Lift. Most problems can easily be resolved over the phone or by email.

Before returning the product, contact the Lumo support team. We have excellent customer support representatives that are eager to help.

FAQs & troubleshooting available at www.lumolift.com/support.

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