



Helpful Guidelines To Get You Started With Lumo Lift

Thank you for your purchase of Lumo Lift.

Kindly note that the Lumo Lift is a product that requires some initial level of learning and familiarity for effective results, and we recommend that you read the instructions below to have the product work effectively for your specific posture and lifestyle. The product includes a quick start card inside the packaging, but does not include a traditional printed manual, because printed manuals for new technology and applications become dated very quickly as new features are introduced in software. Therefore, prior to operating your Lumo Lift for the first time, you are kindly directed to refer to Lumo Bodytech's website at www.lumobodytech.com/start to get all the information you will need to correctly operate the device. Please watch the videos at the bottom of that page for best practices with your new Lumo Lift.

Please use Lumo Lift only after visiting www.lumobodytech.com/start and downloading and installing the free, mandatory iOS/Android app required to activate the Lumo Lift.

You will also want to follow the 4 C's below - these are critical for getting better accuracy with your Lift.

1st C - **COLLARBONE** - please wear the Lumo Lift next to your collarbone, about an half-an-inch to an inch below it, mid-way between tip of shoulder and your neck. For exceptions to that rule, please see the 2nd C.

2nd C - **CLOTHING** - please wear the Lumo Lift only with snug-fitting clothes. Loose clothes cause inaccurate readings because the Lift ends up tracking the garment you wear instead of tracking your body. If you are a woman who tends to wear loose-fitting clothes you have the option of wearing the Lift on your bra strap with the bra strap clasp (and you can even stack an extra square clasp on top of the bra strap clasp to increase the hold, because bra straps are all made in different widths and thicknesses). But if you can't use the bra strap clasp, and use the square clasp (only one is needed, black or silver, though you can stack for increased hold) we would suggest raising the placement of the Lift to be perched on top of the collarbone or just above it - to the point where it's sitting in a place on the garment that has less slack, and so better follows your body. Technically, as long as you follow the 3rd C (below) very closely and align often to whichever position you place it in, you can wear the Lift high (where you can reach with your hand to double click it) on the back of your shoulder - you can try that sometime if the issue you're trying to solve for is a combination of wearing loose clothing and slouching forward.

Here's a link to a blog post titled "How to wear the Lumo Lift"




www.lumobodytech.com/how-to-wear-lumo-lift/

3rd C - **CALIBRATION** - or alignment - the main reason for inaccurate buzzing or lack of accurate buzzing is lack of alignment. You MUST align your Lumo Lift several times a day. When? Basically, every time you enter into a posture you suspect you will be in for a while - examples: putting on a fresh set of clothes in the morning? Please get into good posture (please see the "What is good posture?" blog post here - www.lumobodytech.com/how-to-get-into-good-posture/) and double click the Lift against your body to align (at the speed and strength you would double-click a computer mouse). First time in your office chair in the morning? Please sit in good posture and double-click against your body to align. Going to sit in a meeting room for 2 hours? Please sit straight - and then firmly and rapidly double-click to align. If you have complied with all of the above and still don't get buzzed - it's time for the 4th C.



4th C - your **COACH VIBRATIONS** setting may be set to a number of minutes that is too high for your lifestyle or needs - you will need to set Coach Vibrations (iOS/Android: Menu -> Coach Vibrations ; Windows PC: Sensor -> Coach Vibrations) to 30 seconds or less for quicker feedback. In general - you want coach vibrations to be set to 3, 5, 10, 15 or 30 seconds in the first few weeks of operation. Sure, the Lift may bug you sometimes (you can always turn it off or on by pressing and holding it for 3 seconds against your body - 2 buzzes mean it's OFF, 1 buzz means it's ON), but guess what? That's how you change bad posture habits - such a change takes time and effort, but the reward is definitely worth it. After you've acquired better posture habits, you can adjust the Coach Vibrations setting to 1, 2 or 3 minutes, but we would not recommend going above that. You want the Lift to buzz so it can change your bad habits. And when it's set for too high - you move from one bad posture to another bad posture resetting the timer and may end up never getting buzzed.

What's in the box?

Lumo Lift Sensor	Silver Magnetic Clasp	Black Magnetic Clasp	Bra Clasp	USB Charger
All the magic happens here.	Works like a magnetic pin.	Like the silver one, but black.	To wear Lift under your clothes.	Empty to full in a few hours.
				

If your Android phone is not on the list of officially supported Android devices (www.lumobodytech.com/compatibility) please visit www.lumobodytech.com/liftAPK to download the Android installation file and test it with your phone.

Lastly, if you're still running into any kind of trouble, please do not hesitate to contact Lumo Bodytech's support team -

We are here for you via e-mail at support@lumobodytech.com via phone at 1-877-702-7866 or through our website at www.lumobodytech.com/support/