

Lumo[^]

Lift

User Manual



Regards From Lumo

Thanks for purchasing the Lumo Lift. We are so excited you have taken this first step toward improving your posture! While the Lift sensor and app are designed to be easy to use, it is a product that requires a certain level of learning, familiarity and dedication. Bad posture habits happen over the course of years and reversing these habits will take hard work and commitment. It may even be uncomfortable at times! This is all part of the journey to better posture. Please follow the instructions below to get your Lift sensor and app successfully set-up.

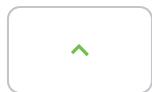
What's in the box?



Lumo Lift Sensor
The magic happens here.



USB Charger
Fully charged in a few hours.

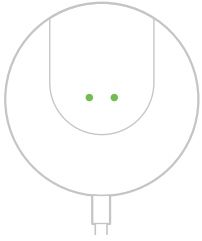


Bra Clasp
To wear Lift underneath your clothes.



Magnetic Clasps
One silver, one black.
Works like a magnetic pin.

Getting Started



Step 1

Charge your Lift

Plug the charger into your computer or a wall adapter. Ensure the gold dots on the back of the sensor line up with the gold prongs on the charger. The sensor will light up with an orange dot while charging and will turn green once the charge is complete. A full charge takes about 3 hours.



Step 2

Download the 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 Lift icon and select the green "Install" button.

Windows 7+ PC's: Requires purchase of our proprietary Bluetooth dongle. Visit: lumobodytech.com/desktop to download Windows App.

Don't have a compatible device? Visit: lumobodytech.com/compatibility

Create New Account

Email

Password

Step 3

Open the app and create an account

Select "Create New Account".

Enter your email address and create a password.



Step 4

Personalize

Enter your name, age, height, weight, and gender. Press "Next".



Step 5

Link your Lift

Take your Lift off of the charger. Wake up the Lift by pressing down on the top of the sensor for 5 seconds or until a green light appears. Once the green light flashes, press "OK" to move forward.

Next, press down on the sensor to begin the link process. The sensor will flash a purple light and vibrate after the link process is complete. Once the screen says "Link Success!", press the "OK" button.



Step 6

Wear your Lift

Wear the sensor under your garment with the matte, rounded part of the sensor touching your body or an undershirt. The magnetic clasp will attach to the outside of your clothing.

Ideal placement for the sensor is right underneath the collarbone, halfway between the tip of the shoulder and neck. We recommend experimenting with placement.

Over time, you will learn what placement works best for you and your activities.

Once you have the sensor attached, press “Next”.



Step 7

Align your Lift

Get into good posture (head high and shoulders pulled back) and click the sensor twice, firmly and rapidly. After pressing on the sensor **twice**, you will receive **three** vibrations in response. These vibrations are a confirmation that you have aligned your Lift successfully.

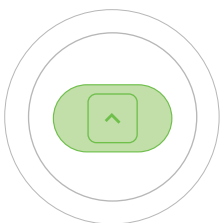
Once you have aligned your Lift, the app will automatically advance to the next screen.

Note on alignment: Frequent and proper alignment is essential to receiving accurate feedback. We recommend aligning your Lift multiple times a day, especially when you change positions. Sitting at your desk for the first time in the morning? Align.

Got up to get coffee and sat down for a meeting? Align.

Sitting down to eat after making dinner? Align.

Infrequent alignment is one of the top reasons users receive inaccurate vibrational feedback.



Step 8

Coach Vibrations

Coach Vibrations are the main feedback feature of the Lumo Lift. You will receive these vibrations when you slouch. Once your Lift vibrates, press “Next” on the screen.

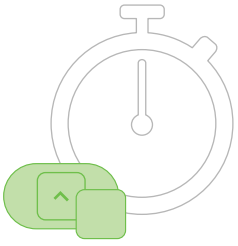


Step 9

Customize Vibrations

Select your coach delay, which is how long you will need to slouch before receiving a vibration. For example, if you select 15 seconds, you will need to slouch for 15 seconds to receive a coach vibration.

Once you have selected your coaching delay, please press “Test the Delay”.



Step 10

Test the Delay

Begin slouching. Continue to slouch until the stopwatch counts down to zero and you receive a vibration.

If the stopwatch does not begin to countdown when you slouch, try adjusting the placement of the sensor and aligning it while in good posture. Press “Save and Continue”.



Step 11

Update the Software

The app will spend a few minutes updating the Lift app and sensor.

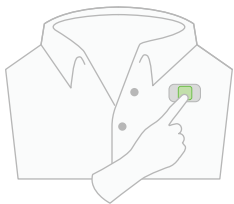


Step 12

Turn Vibrations On/Off

Coach Vibrations can be turned on and off by pressing and holding the sensor for 3-5 seconds. You will receive 1 buzz if Coach Vibrations are enabled or 2 buzzes if Coach Vibrations are disabled.

Press “Got it” if you’re ready to move on.



Step 13

Realign one more time!

Align your Lift once more for good measure! The app will progress once it senses your Lift has been aligned. You have the option to skip this step.



Step 14

You're Done!

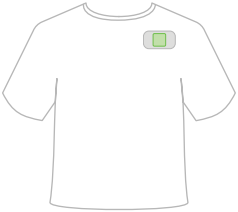
Press “Get Started”. You will now be taken on a quick tour of the app.

Best Practices



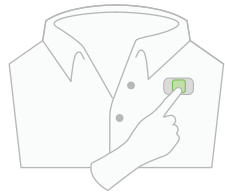
Collarbone

Wear the Lift about a half-inch to an inch below your collarbone, midway between tip of shoulder and your neck.



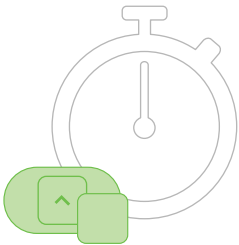
Clothing

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



Calibration (or alignment)

Align your Lift multiple times a day. If you feel that your Lift sensor is buzzing inaccurately, you may need to realign to more accurately track your current posture.



Coach Vibrations

Adjust your coach vibrations to best meet your needs. To edit your coach vibrations visit Menu → Coach Vibrations. We recommend setting it to 15 seconds or less.

In general, you want coach vibrations to be set to 3, 5, 10, 15 or 30 seconds in the first few weeks of operation.

Troubleshooting

Buzzing too much?

If your Lift is buzzing too often, try realigning the Lift every time you change positions. Your Lift may be tracking a previous posture and providing inaccurate feedback. You can also try adjusting your Coach Vibrations interval to a higher setting.

Not buzzing enough?

If your Lift isn't buzzing enough, try adjusting your Coach Vibrations interval to a shorter time interval, and realigning your Lift.

Can't connect your sensor?

If you're unable to connect your Lift to your smartphone or Windows device during the onboarding steps, make sure it's awake by pressing and holding down the button on the Lift for up to 10 seconds or until you see a green light. If this doesn't work, try resetting your device by placing the sensor on the charging dock and pressing and holding down the button for 20 seconds or until you see a series of flashing lights.

Data not syncing to the app?

We recommend syncing your Lift with your phone at least once a day.

If your data is not being transferred, "kill" the app, and restart it (Google "How to kill an app" for instructions on how to kill an app).

FAQS

Can you use it without app?

To take full advantage of your Lumo Lift, such as viewing your data and changing your settings, you will need the Lumo Lift app which is currently available on iOS, Android and Windows 7 and up.

What are all the different Lumo Lift button presses?

- 1 short press: Wake your Lumo Lift
 - 2 short presses: Align your Lift
 - Long-press for 3 seconds: Turn on/off a Coaching Vibrations
 - Long-press for 15 seconds, while Lift is on charger: Hard Reset of Lumo Lift
- * Please note that a hard reset of the Lumo Lift device will erase all data stored on the sensor. Make sure to sync your data to the Lift app before resetting your device.

What are the different types of buzzes and what do they mean?

- 3 short buzzes indicate that you have successfully aligned your Lumo Lift sensor.
- 1 short buzz indicates that you have turned on Coach Vibrations.
- 2 short buzzes indicate that you have turned off Coach Vibrations.
- 1 long buzz indicates that you are in poor posture when Coach Vibrations is turned on.

If you are receiving vibrations when your posture is good, please align your sensor by getting into your best posture and double-pressing on the sensor button. This allows your Lumo Lift to understand what your good posture looks like so that it can accurately monitor your posture throughout the day.

Need More Help?

If you have any additional questions about your Lift or need help getting started, visit lumobodytech.com/support

If you still need assistance, please call us at **877-702-7866**.

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