



QUICK START GUIDE

Hume Band 2.0



SCAN FOR USER MANUAL

Experience award-winning comfort and love your tomorrow.

The Hume Band is a smart wearable designed for continuous, day-and-night monitoring of key vital signs.



24/7 Heart
Rate Monitor



SpO2



Skin
Temperature



HRV



Stress



Multi-sport
Tracking



Sleep
Tracking



Activity
Tracking



Waterproof
IP68

Note: While your Hume Band provides valuable insights into your health and wellbeing, it is not a medical device and is not intended to diagnose or monitor medical conditions.

What's included in the box

- (1) Hume Band
- (2) USB Type-C Charging Cable
- (3) Hume Band Quick Start Guide



LED Indicator



Skin Temperature
Sensor

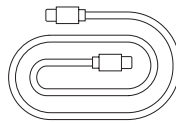
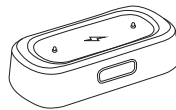
HR & SpO2
Sensor

Instructions

1. Charge Before Use

Before first-time use, please fully charge your Hume Band to activate it. If you perform a factory reset through the Hume App, you will need to charge the device again to turn it back on.

To charge your Hume Band 2.0, place it on the provided charging dock and connect the Type-C cable to a power source. While charging, the green indicator light will flash. Once fully charged, the green light will remain solid. After removing the band from the charger, the green light will turn off.



If the battery level drops below 5%, the Bluetooth connection will be disconnected. Please charge the device promptly.

A full charge typically takes about 1.5 hours. The battery lasts approximately 12-15 days with regular use, and up to 30 days in standby mode. Actual battery life may vary depending on which features are active and how frequently the device is used.

Note: Please ensure the USB charging port does not come into contact with conductive materials, including liquids, dust, metal particles, or pencil leads, to prevent potential damage.





Getting Started

New Users

1. Scan the QR code below or search for "Hume App" on the Google Play Store or iOS App Store.
2. Open the Hume App and create your account.
3. Ensure Bluetooth is enabled on your mobile device.
4. The setup wizard will automatically guide you through pairing your Hume Band.

Existing Hume Users

1. Open the Hume App and log in to your existing account.
2. Navigate to the Me page and select "Add New Device."
3. Ensure Bluetooth is enabled on your mobile device.
4. Select your Hume Band from the list of detected devices.
5. The setup wizard will automatically launch to guide you through the pairing process.

Note: If you perform a factory reset through the Hume App at any point, you will need to charge the device again to turn it back on.

**Pairing must be done through the Hume App, not via your phone's Bluetooth settings.*

Note: To use the Hume Band, your device must be running Android 5.0 or later, or iOS 10.0 or later. The band supports Bluetooth 5.0 connectivity.

Specifications

- Warranty: 12 months
- BT Version: BLE 5.0
- BT Range: 10 meters
- Size: 265mm*29mm*11mm
- Battery: 150mAh rechargeable lithium polymer battery, non-replaceable
- Data Memory: 30 days
- Waterproof: IP68
- Activity Time: Max 99h59min
- Calories Burned: Max 9999.9kcal
- Running & Walking Distance: Max 999.99km

Troubleshooting

If the device doesn't pair with your smartphone:

1. Make sure your device is turned on.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the Hume App and confirm that Bluetooth permissions are granted. This can be found in your phone's Bluetooth settings.
4. Restart the Hume App and return to the home screen.
5. Check whether the device's battery level is visible in the Hume App.

If the device isn't measuring any data

Please contact our support team on support@myhumehealth.com.

If the device battery is draining too quickly

6. Calibrate the battery by charging the device for at least three hours.
7. Resume using the device as normal.
8. If the issue persists, contact our support team.

If the device causes an allergic reaction

Stop using the device immediately. In the rare case of an anaphylactic reaction, seek medical attention right away.

If your issue isn't listed above:

Please reach out to our support team at support@myhumehealth.com and provide a detailed description of the issue.

Safety Notice

Failure to follow these safety instructions may result in fire, electric shock, injury, or damage to the device or surrounding property. Please read all safety information below carefully before using the device.

⌵ Not a Medical Device

The Hume Band is not a medical device and should not be used as a substitute for professional medical advice, diagnosis, or treatment. It is not intended for use in the diagnosis, cure, mitigation, treatment, or prevention of any disease or medical condition. Always consult a qualified healthcare professional before making decisions related to your health.

Your device contains magnets. Keep it away from credit cards, implanted medical devices and other devices that may be affected by magnets.

⌵ Handling

Please handle the Hume Band with care, as it contains delicate electronic components that may be damaged if dropped, burned, punctured, or crushed. Do not use the device if it appears damaged, as this could pose a safety risk. To ensure longevity, avoid exposure to excessive dust or sand. For safety reasons, children should only use the Hume Band under adult supervision.





Battery and Disposal

Do not attempt to replace the Hume Band's battery yourself, as this may cause damage and could lead to overheating or injury. The built-in lithium-ion battery should only be serviced by the manufacturer or an authorized service provider.

Batteries must be recycled or disposed of in accordance with local regulations and should never be thrown out with household waste or incinerated. The device itself should also not be disposed of in domestic waste.

If you have any questions about battery servicing or proper disposal, please contact us at support@myhumehealth.com.

This marking on the product, accessories or literature and without the bar on batteries indicates that the product, battery and electronic accessories (such as charger), should not be disposed of with other household items.



**Operating Temperature**

The Hume Band is designed to operate in ambient temperatures between 32°F and 113°F (0°C to 45°C), and can be safely stored in temperatures ranging from -4°F to 158°F (-20°C to 70°C).

Using or storing the device outside of these temperature ranges may cause damage or reduce battery life. Avoid exposing the device to sudden changes in temperature or high humidity levels.

**Prolonged Heat Exposure**

Avoid exposing the Hume Band to extreme temperatures or sudden temperature fluctuations. Keep the device out of direct sunlight, especially for extended periods.

While charging or when the power plug is connected to a power source, do not place the device under a blanket, pillow, or your body, and do not sleep on it. This may cause overheating.

If you have a medical condition that affects your ability to sense heat, take extra care when using or charging the device.

FCC Requirement

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC RF Exposure Statement:

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.