



Quick Guide

Getting started

- 1 Download the LUMOback app from www.lumoback.com/app
- 2 Open the LUMOback app and follow instructions.
- 3 Improve your posture! Put the removable sticker somewhere you can't miss it (e.g., on your mirror) to remind you to wear LUMOback daily.

Questions? Check out www.lumoback.com/support, or email us at support@lumoback.com.

Getting to know LUMOback

INDICATOR LIGHT

While charging

- - Charging
- - Charged

While in use

- - LUMOback sensor is actively connected to iPhone or iPad

TOUCH BUTTON

Short button press

Check battery status:

- - One day of charge remaining
- - More than one day of charge remaining



Wearing LUMOback



1

Place LUMOback centered on your lower back. For best results, wear directly on your skin.

2

Fasten sensor around your waist, just above your hip bones.

3

Adjust the strap so that the sensor fits snugly around your waist.

Sitting well with LUMOback



1

Sit all the way back in the chair.

2

Roll your pelvis slightly forward so you are sitting on your sit bones. Having your knees below your hips is helpful, but not required.

3

Sit up straight, chest up, then relax.

⚠ Be careful not to over-arch your chest or back.

Standing well with LUMOback



1

Stand with feet shoulder width apart, equal weight on both feet.

2

Imagine your head being pulled up straight by a string.

3

Relax.

⚠ Be careful not to over-arch your chest or back.



LUMOBACK

Limited Warranty

LUMO BodyTech, Inc. warrants the LUMObacK product to be free of defects in material and workmanship when used as intended for a period of ninety (90) days from the original date of purchase.

This limited warranty is extended to the original purchaser only, and excludes coverage of any damage resulting from improper use or handling, accidental damage, modifications or unauthorized repairs, normal wear & tear during use as intended, or other causes that are not defects in material and workmanship.

In case of a covered defect, you must return the product and purchase receipt to the point of sale to obtain warranty coverage. LUMO BodyTech, Inc. will repair or replace the defective product, or issue a refund, at its sole discretion. This limited warranty extends only to authentic LUMObacK products manufactured by LUMO BodyTech, Inc.

This product is otherwise sold AS IS WITH ALL FAULTS. LUMO BodyTech, Inc. specifically disclaims all other warranties, conditions, representations and the provision of or failure to provide any support or other service, information, software, or related content through the product. This limited warranty excludes all other express or implied warranties of any type, all of which are specifically disclaimed.

Any warranty imposed by operation of law, or course of trade or dealing, shall be limited to the ninety (90) day term of this limited warranty.

LUMO BodyTech, Inc.'s liability for any direct or indirect, consequential or incidental damages arising out of the use of the product, or failure or inability to use the product shall be limited to the original purchase price of the product. No person may change or expand the terms of this limited warranty.

Some jurisdictions do not allow a limitation on implied warranties or the amount or type of damages, so these limitations may not apply to you. This limited warranty gives you specific legal rights, and you may have additional rights that may vary.

To view regulatory compliance statements, please visit:
www.lumoback.com/compliance

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Regulatory Compliance

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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.

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

CAN ICES-3(B)/NMB-3(B)

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Contact. Check us out.

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