Hume Health

Hume Pod

User Manual

Advanced Body Composition Analysis System

Maximum precision body composition measurement for understanding what your body is made of, not just what it weighs

Introduction

The Hume Pod is not a bathroom scale. It is a maximum precision body composition analyzer that reveals what your body is made of, how that composition is changing, and what those changes mean for your health. While a standard scale shows only total weight, the Hume Pod differentiates muscle from fat, tracks hydration at the cellular level, and monitors structural health markers that predict long-term outcomes.

*Beyond the Number **on the Scale***

Weight alone tells an incomplete story. Two people at the same weight can have dramatically different health profiles depending on their ratio of muscle to fat, their hydration status, and how their tissues are distributed. The Hume Pod measures these distinctions, transforming a single number into a comprehensive map of your body's structural health.

This matters because body composition changes precede and predict health outcomes. Losing muscle while maintaining weight signals metabolic decline. Gaining weight while improving muscle-to-fat ratio represents health improvement. Maintaining stable weight and body fat percentage while seeing fat redistribute from limbs to trunk warns of hormonal changes that blood tests might not yet detect. The Hume Pod captures these nuances, enabling you to understand whether your efforts are producing the structural changes you intend and alerting you to shifts that warrant attention even when the scale shows nothing wrong.

How the Hume Pod Works

The Hume Pod uses bioelectrical impedance analysis (BIA) through an 8-sensor array system operating at multiple frequencies. When you stand on the scale and hold the handles, safe electrical signals pass through your body. Different tissues conduct electricity differently: muscle, which contains significant water, conducts well; fat, which contains little water, resists conduction. By analyzing how signals pass through your body at multiple frequencies and across multiple pathways, the system calculates your tissue composition with unparalleled accuracy.

The device performs full body segmentation, measuring each arm, your trunk, and each leg independently. This reveals imbalances invisible to whole-body measurements and tracks regional changes as your composition evolves.

Hardware Specifications

Sensor System

- **8-Sensor Array:** Four foot electrodes on the platform and four hand electrodes on the handles create multiple measurement pathways through your body.
- **Multi-Frequency Analysis:** Measurements at multiple frequencies allow the system to differentiate between water compartments and tissue types with greater precision than single-frequency devices.
- **Segmental Measurement:** Independent measurement channels for left arm, right arm, trunk, left leg, and right leg enable detection of asymmetries and regional changes.

Specification	Details
Weight Capacity	400 lbs / 180 kg
Weight Precision	0.1 lb / 0.05 kg increments
Platform Material	Tempered glass with stainless steel electrodes
Handle Connection	Retractable cable with medical-grade electrodes
Battery	Rechargeable lithium-ion
Charging	USB-C
Connectivity	Bluetooth Low Energy (BLE)
Compatibility	iOS 14+ and Android 10+

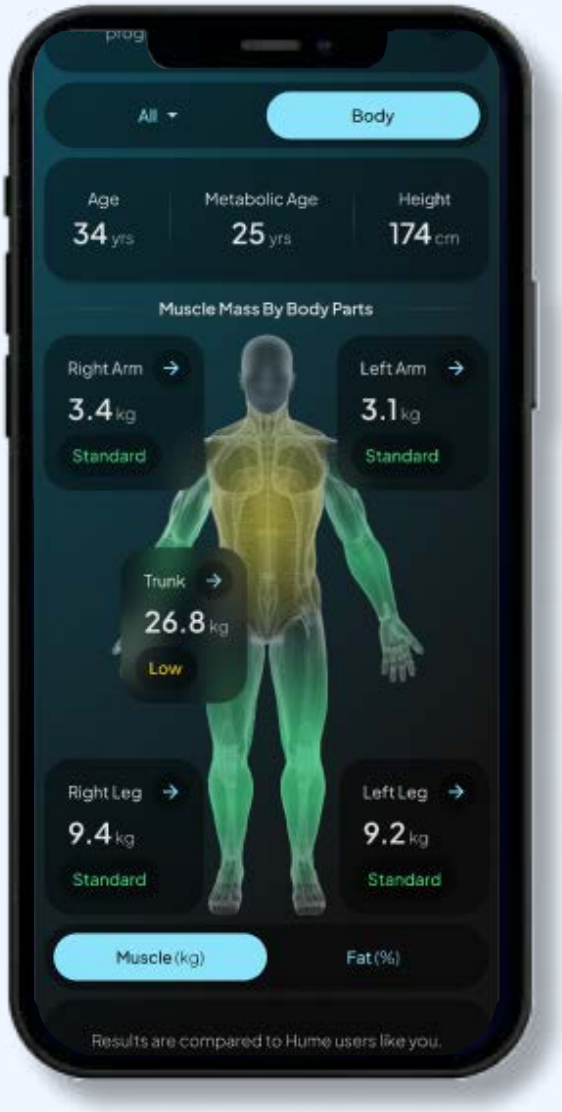
Data Processing

The Hume Pod uses advanced filtering to separate meaningful measurements from noise. The system evaluates each reading's conditions, such as timing, consistency, and signal quality, and flags measurements taken under suboptimal circumstances. This protects your historical data from inaccurate entries that would distort your trends.

Setup and Connection

Required App

App Name	Available on
Hume Health	Apple App Store and Google Play Store



Initial Setup

1. **Remove all protective film and stickers** from the scale platform and handles
2. **Place the Hume Pod** on a hard, flat surface (not carpet)
3. **Step on briefly** to wake the device (the display will illuminate)

Connection Steps

Your Hume Pod must be connected through the Hume Health app. Do not attempt to pair it through your phone's Bluetooth settings directly.

1. **Download and install** the Hume Health app
2. **Create a new account** or sign in to your existing Hume account
3. **Ensure your Hume Pod is charged**
4. **New users should follow the onboarding process**, while existing users should go to the Body tab on the bottom navigation bar
5. **Follow the on-screen pairing** instructions
6. **Wait for confirmation** that pairing is complete

Note: Existing users who have already paired a band before in the past can go to More > Profile & Settings > Paired Devices and select Add New Device to connect a Pod.

A step-by-step pairing video is available on our FAQ page at support.humehealth.com

Factory Reset

If you need to reset your Hume Pod to factory settings, locate the small pinhole on the underside of the device near the handle storage area. Insert a pin or paperclip and press gently until the display flashes, indicating the reset is complete.

Taking Measurements

Measurement accuracy depends on proper technique and timing. Following these guidelines ensures reliable, consistent results that accurately track your progress over time.

Optimal ***Measurement Timing***

The Hume Pod includes an intelligent timing system that analyzes your patterns to recommend the ideal daily window for measurements. This feature exists because body composition readings are affected by hydration, recent food intake, and physical activity.

When to Measure

- ✔ Measure within 30 minutes of waking, before eating or drinking
- ✔ Use the bathroom before measuring
- ✔ Measure at the same time each day for best consistency
- ✔ Check the app for your personalized recommended weigh-in window

When NOT to Measure

- Immediately after exercise (wait at least 2 hours)
- After consuming food or significant fluids
- After a night of poor or disrupted sleep
- When significantly dehydrated or overhydrated

Hydration-Only Mode

If you measure outside your optimal window, the system may automatically convert your reading to a hydration-only check. Rather than discarding the measurement entirely, hydration-only mode produces a specialized report that assesses your current hydration status and provides direction on how your body water balance could be improved. This approach protects your body composition trends from entries taken under suboptimal conditions while still extracting value from the measurement. You will see a notification when this occurs.

Measurement Technique

Preparation

- Remove shoes and socks completely
- Lightly dampen your hands and the soles of your feet if your skin is dry
- Remove heavy clothing and jewelry

Dry skin creates resistance that interferes with accurate readings. Proper skin hydration improves electrode contact without affecting your measurements.

Positioning

- **Stand centered on the platform** with feet flat on the electrode strips
- **Hold the handles firmly** with your palms fully contacting the metal sensors.
- **Extend your arms slightly away from your body** (approximately 70-90 degrees) where your hands are at minimum above your waist
- **Stand still and breathe** normally during measurement
- **Wait for the complete measurement cycle** (depending on scan and re-scan verification this may take up to 30 seconds)

Understanding Your Measurements

The Hume Pod captures multiple metrics that together provide a comprehensive picture of your body's structural health. This section explains each measurement and what the numbers mean.

Primary Metrics

Weight

Definition: Your total body mass, including all tissues, fluids, and contents.

Weight provides context for all other measurements but tells you little on its own. A weight change could represent fat loss, muscle gain, water fluctuation, or digestive contents. The Hume Pod's value lies in decomposing this single number into its constituent parts.

Body Fat Percentage

Definition: The proportion of your total weight that consists of fat tissue, expressed as a percentage.

Body fat percentage matters more than weight for most health outcomes. Excess fat, particularly visceral fat around organs, correlates with metabolic disease, cardiovascular risk, and shortened lifespan.

Category	Men	Women
Essential Fat	2-5%	10-13%
Athletic	6-13%	14-20%
Fit	14-17%	21-24%
Average	18-24%	25-31%
Above Average	25%+	32%+

Fat Mass

Definition: The absolute weight of fat tissue in your body, measured in pounds or kilograms.
While body fat percentage shows proportion, fat mass shows absolute quantity. This distinction matters for tracking progress. Ultimately reducing fat mass is the goal.

Hydration Metrics

Total Body Water

Definition: The total amount of water in your body, typically expressed as a percentage of body weight or absolute volume.

For healthy adults, total body water typically ranges from 45-65% of body weight, with higher percentages in muscular individuals (muscle is approximately 75% water) and lower percentages in those with more fat tissue (fat contains little water).

Intracellular vs. Extracellular Water

The Hume Pod measures water distribution between two compartments:

Intracellular Water (ICW): Water inside your cells, where metabolic processes occur. Higher ICW relative to ECW generally indicates healthy, well-hydrated cells.

Extracellular Water (ECW): Water outside your cells, including blood plasma and interstitial fluid. Elevated ECW relative to ICW can indicate inflammation, poor cellular health, or fluid retention.

The ICW/ECW ratio serves as a marker of cellular health. The system monitors this ratio and factors it into overall health assessments.

Additional Metrics

Skeletal Mass

Definition: An estimate of the weight of your skeletal system, including bone mineral content.

Bone mass changes slowly and reflects long-term skeletal health. Significant decreases may warrant discussion with a healthcare provider about bone density testing.

Segmental Analysis
The Hume Pod provides independent measurements for each limb and your trunk, revealing:

- **Left/right muscle imbalances** that may indicate injury risk or training asymmetry
- **Regional fat** distribution patterns
- **Progress** in specific body regions during targeted training

Health Score and Physiological Age

Health Score

Definition: A comprehensive assessment of your structural health based on body composition metrics, expressed as a score from 300 to 900.

Your Health Score integrates multiple body composition metrics into a single indicator of overall structural health. Body composition carries significant weight in this calculation (57%) because changes in muscle mass and fat distribution have strong correlations with long-term health outcomes.

Score Range	Meaning
800-900	Excellent
700-799	Very Good
600-699	Good
500-599	Fair
100-499	Needs Improvement

Your Health Score updates weekly as trends in your body composition become clear. Short-term fluctuations are smoothed to reveal meaningful changes rather than measurement noise.

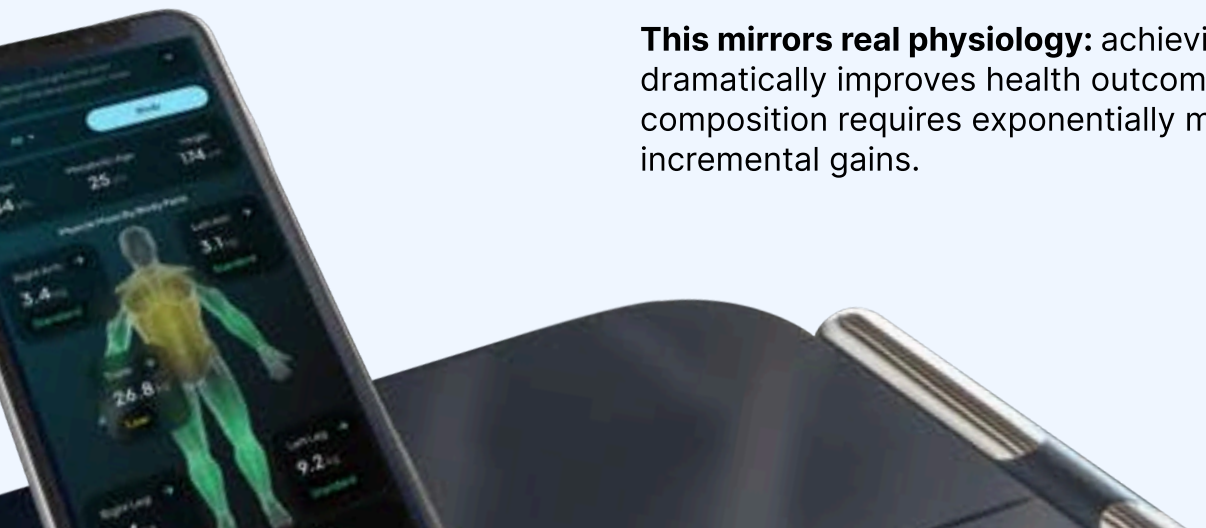
Physiological Age

Definition: An estimate of the age your body structurally resembles based on body composition metrics compared to population reference curves.

Unlike chronological age, which measures time passage, physiological age reflects your body's actual structural condition. A 45-year-old with excellent body composition might have a physiological age of 35, indicating their body structurally resembles someone ten years younger.

The calculation uses front-loaded curves where improving from poor to moderate health yields significant age reductions (potentially 20+ years), while optimizing from good to excellent provides smaller but meaningful gains (2-5 years).

This mirrors real physiology: achieving basic fitness dramatically improves health outcomes, but pursuing elite composition requires exponentially more effort for incremental gains.



Interpreting Your Physiological Age

- **Physiological age below chronological age** indicates better-than-average structural health for your age
- **Physiological age above chronological age** suggests room for improvement in body composition
- **Changes in physiological age** over time show whether your body composition is improving or declining

Relationship to Physiological Age

Users with both the Hume Pod and Band receive both assessments. Physiological Age reflects your body's structural condition based on body composition. Metabolic Age reflects how efficiently your body burns energy. These often correlate (more muscle mass supports higher BMR), but not always. Viewing both reveals whether your structural health and metabolic efficiency are aligned or whether one area needs attention.

Body Composition Journeys

When you set up your Hume Pod, you select a Journey that aligns with your body composition goals. Your Journey selection influences how Pro.f calibrates recommendations and what outcomes receive emphasis.

Available Band Journeys

Maintenance Journey:

Focuses on preserving current muscle mass and body fat levels while actively working against age-related composition decline. The system monitors for subtle shifts and adjusts recommendations to maintain your current composition.

Weight Loss Journey

Focuses on reducing body fat while preserving lean muscle mass. The program creates appropriate caloric deficits while monitoring your muscle-to-fat loss ratio to ensure you lose fat, not muscle.

Muscle Building Journey

Focuses on increasing lean muscle tissue through strategic nutrition and training guidance. The program optimizes for quality muscle development while minimizing unnecessary fat gain.

Body Recomposition Journey

Focuses on simultaneously reducing fat and building muscle through strategic cycling between deficit and surplus phases. This challenging journey uses your real-time body composition data to determine optimal phase timing.

To view or change your Journey, navigate to More > Profile & Settings > My Journey in the app.

Milestone System

The Hume Pod breaks large goals into scientifically-optimized milestones that maintain motivation and ensure sustainable progress.

How Milestones Work

- **Early milestones** are sized for quick wins that build momentum
- **Later milestones** account for metabolic adaptation and slower progress rates
- **Milestone sizes** adjust based on your actual progress patterns
- **Each milestone** includes a Report Card with detailed tissue change analysis

Milestone Report Cards

When you achieve a milestone, you receive a Report Card that analyzes not just your weight change, but the composition of that change: how much was fat loss versus muscle change, how your hydration shifted, and whether the change occurred at a healthy pace. This analysis helps you understand whether your approach is producing the structural changes you want.

Hume Health

Pro.f

Your Body Composition Intelligence

What it is

Pro.f is the AI system that transforms your body composition data into personalized guidance. Rather than simply displaying numbers, Pro.f interprets patterns in your measurements, identifies trends, and provides recommendations calibrated specifically for your body and goals.

*How **Pro.f Works***

Each measurement you take adds to your historical profile. Pro.f analyzes this accumulating data to identify:

- Whether weight changes represent fat, muscle, or water shifts
- Your body's response patterns to different interventions
- Metabolic state classifications (anabolic vs. catabolic phases)
- Cellular health indicators from water distribution patterns
- Progress rate relative to healthy, sustainable targets

Metabolic State Analysis

Pro.f classifies your current metabolic state based on how your weight and water mass are changing over 7-14 day periods:

State	Pattern	Typical Meaning
High Anabolic	Weight up, Water up	Healthy tissue gain (likely muscle)
Low Anabolic	Weight up, Water stable/down	Weight gain without proportional hydration
Low Catabolic	Weight down, Water stable/up	Fat loss with maintained hydration
High Catabolic	Weight down, Water down	Tissue loss (may include muscle)

This analysis helps Pro.f determine whether your current approach is producing healthy changes or whether adjustments are needed.

Free and Premium Features

All Hume Pod users receive access to core body composition measurements. Premium subscribers receive enhanced analysis and advanced features.

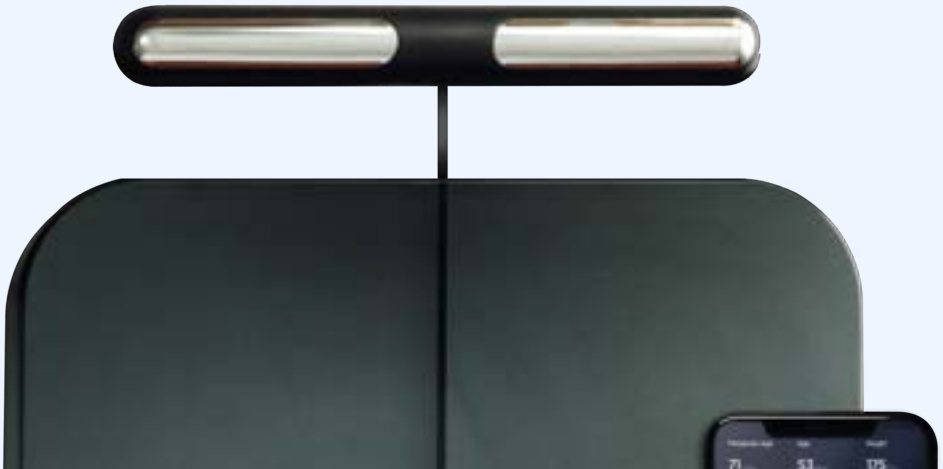
Free Tier Features

- Weight, body fat percentage, muscle mass, fat mass measurements and all other Hume Pod metrics
- Detailed Segmented Tracking
- Total body water tracking
- ICW/ECW water distribution analysis
- Health Score calculation
- Basic trend visualization
- Basic milestone tracking

Premium Tier Features

- Comprehensive multi-pillar weekly Health Report
- Chronic Illness Risk Reports
- Comprehensive Milestone Report Cards with tissue change analysis
- Rich, personalized Pro.f communications
- Extended historical data and advanced trend analysis

To upgrade to Premium, navigate to More > Profile & Settings in the Hume Health app to start your free trial.



Hume Band Integration

If you also use the Hume Band, your devices work together to provide enhanced accuracy and more comprehensive health insights.

Combined Benefits

Integrated Health Assessment: The Band measures how your body functions (cardiovascular health, recovery, sleep quality). The Hume Pod measures what your body is made of (muscle mass, fat mass, hydration). Together, they reveal whether your daily efforts are translating into structural change.

For example, the Band might show consistent positive strain from strength training and adequate recovery from sleep. The Hume Pod confirms whether that pattern is actually building muscle mass or simply maintaining it. Conversely, the Hume Pod might show fat loss, but without the Band, you cannot determine whether that loss came from a caloric deficit with muscle preservation or from inadequate recovery causing tissue breakdown.

Enhanced Weigh-In Timing: With the Band connected, optimal weigh-in timing uses your actual sleep data rather than inferred patterns. The Band detects your precise wake time from sleep architecture analysis, enabling a tighter and more accurate measurement window recommendation.

Capacity Calculations: Your body composition data contributes to Metabolic Capacity calculations. Band-only users receive an estimate that is adjusted to account for missing body composition data. With both devices, you receive higher-confidence capacity scores that account for your actual muscle mass and body composition.

Changes Validated Across Devices

The system cross-references body composition changes against strain and recovery patterns, producing superior calibration of what your effort means for your body specifically. Two users with identical workout routines may require different approaches based on how their body composition responds. The integrated system detects these individual patterns and adjusts accordingly.

Hume Connect

*How it **Works***

- **You initiate sharing from your account** (providers cannot access your data without your permission)
- **Your provider receives direct access** to your measurements, trends, and progress
- **You can revoke access at any time** from your account settings
- **Providers see only the data you authorize**; personal information remains protected

To enable Hume Connect sharing, navigate to More > Profile & Settings > Connected Apps & Services > Hume Connect in the app and follow the instructions to link with your provider.

Troubleshooting

Connection Issues

Scale won't pair

Ensure the scale is awake (step on briefly to illuminate the display). Confirm Bluetooth is enabled on your phone. Move away from other Bluetooth devices. Restart the Hume Health app and try again.

Measurements not syncing

Ensure the app is open during measurement. Check that your phone is within range of the scale. Force close and reopen the app, then try again.

Measurement Issues

'Error' message on display

Ensure you are standing centered with feet on electrode strips. Check that your skin is not excessively dry (dampen lightly if needed). Verify the scale is on a hard, flat surface. Wait 5 seconds after stepping on before the measurement begins.

Inconsistent readings

Measure at the same time daily. Ensure similar conditions (hydration, recent meals, activity). Check that you are positioned consistently with arms extended. Avoid measuring after significant activity or fluid intake.

Body composition seems wrong

Allow 1-2 weeks for baseline calibration with consistent daily measurements. Ensure proper measurement technique, especially arm position. Verify you are measuring within your optimal timing window.

Hydration-only mode activating

The system determined conditions were suboptimal for accurate body composition measurement. Check your recommended weigh-in window in the app and measure during that time.

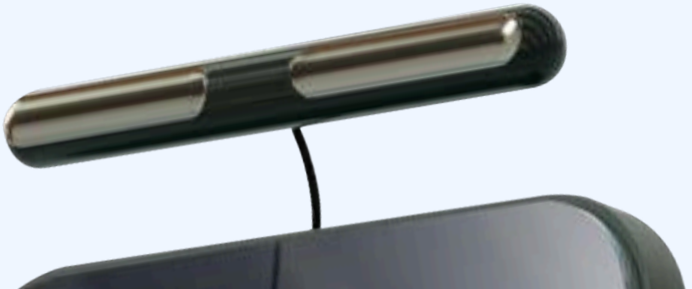
Hardware Issues

Display won't illuminate

Ensure batteries are inserted with correct polarity. Try pressing firmly on the scale surface to wake the device.

Handle electrodes not responding

Check that handles are fully extended from storage position. Clean electrode surfaces with a damp cloth. Ensure your palms are making full contact with the metal surfaces.



App Settings

Accessing Settings
Navigate to More > Profile & Settings to access all configurable options.

Key Settings

Unit of Measurement
Settings section. Select pounds/kilograms for weight and inches/centimeters for body measurements

Language
Settings > Language. Select your preferred language for the app interface.

Goal Weight
Profile section. Set or update your target weight. This value is used for progress calculations and milestone generation.

Journey Selection
My Journey section. View or change your body composition journey.

Notification Preferences
Settings > Notifications. Control which alerts and insights you receive.

Hume Connect
Hume Connect section. Manage data sharing with coaches and healthcare providers.

Disconnecting your Band

To disconnect your Hume Pod from your account, navigate to **More > Devices > Select your Hume Pod > Disconnect.** This removes the pairing but preserves your historical data.

Support and Resources

FAQ and Help Center: support.humehealth.com

Video Tutorials: Available on the FAQ page for setup, features, and troubleshooting

Product Updates: humehealth.com/updates

Contact & Support

For issues not resolved by this manual or the online help center, contact our support team through the app by navigating to **More > Help & Support > Contact Us.**

Warranty

Your Hume Band is covered by a **one-year limited warranty against manufacturing defects.** For warranty claims, contact support with your proof of purchase and a description of the issue.

Hume Health

Thank you!

For choosing Hume Pod.

Understanding your body starts with knowing what it's made of.