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1. Welcome

Thank you for using the Jabra Elite 45h. We hope you will enjoy it!

**Jabra Elite 45h features**

- Biggest speakers, for superior music
- Longest battery, up to 50 hours
- Fastest charge, 10 hours battery in 15 minutes
2. Jabra Elite 45h overview

Left

- On/Off switch
  - Power On/Off
  - Bluetooth Pair (hold 1 sec)

Right

- Volume down button
  - Volume down
  - Restart track (hold 1 sec)

- Multi-function button
  - Answer/end call
  - Play/pause music

- Volume up button
  - Volume up
  - Next track (hold 1 sec)

- Voice button
  - Voice assistant
  - Mute microphone

- Microphones

- USB-C charging
  - (approx. 1.5 hours to charge)

- LED status

2.1 Included accessories

- Carry pouch
- USB-A to USB-C charging cable
3. How to wear

Adjust the headband so that the headphones fit your head comfortably.
4. How to charge

To charge the headphones, connect the USB charging cable to the USB-C charging port on the right earcup. It is recommended to charge the headphones using the supplied Jabra charging cable, however it is possible to use a compatible charger.

Right earcup

It takes approx. 1 hour and 30 minutes to fully charge. When fully charged, the battery life is 50 hours.

If the headphones are out of battery, you can charge it for 15 minutes to get 10 hours of battery life.
4.1 Sleep mode

When the headphones are powered on, but not playing music or in a call, they will automatically enter sleep mode after 30 minutes to conserve battery. To exit sleep mode, simply press any button.

The length of time before the headphones enter sleep mode can be adjusted using the Jabra Sound+ app.

After 24 hours of sleep mode, the headphones will power down completely. To power the headphones on, slide the On/Off switch to Off and then On.
5. What the LED means

Right earcup

- Green: Power on
- Yellow: Battery full/high
- Orange: Battery medium
- Red: Battery low
- Yellow sun: Battery critically low
- Blue: Pairing mode
- Purple: Resetting/Firmware updating
6. How to connect

6.1 Pair with a smartphone

1. Slide the On/Off switch to the Bluetooth position and hold it there until the LED flashes blue and you hear an announcement in the headphones.

   Right earcup

2. Go to the Bluetooth menu on your smartphone and select the Jabra Elite 45h from the list of available devices.
7. How to use

Left

Right

Volume down button

Multi-function button

Volume up button

Voice button

7.1 Power on/off

Slide the **On/Off** switch to the **On** or **Off** position to power the headphones on or off.
## 7.2 Calls & music

<table>
<thead>
<tr>
<th>Action</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Play/pause music</td>
<td>Press the <strong>Multi-function</strong> button</td>
</tr>
<tr>
<td>Answer call</td>
<td>Press the <strong>Multi-function</strong> button</td>
</tr>
<tr>
<td>End call</td>
<td>Press the <strong>Multi-function</strong> button</td>
</tr>
<tr>
<td>Reject call</td>
<td>Double-press the <strong>Multi-function</strong> button</td>
</tr>
<tr>
<td>Adjust volume</td>
<td>Press the <strong>Volume up</strong> or <strong>Volume down</strong> button, when listening to music or on a call</td>
</tr>
<tr>
<td>Next track</td>
<td>Press and hold (1 sec) the <strong>Volume up</strong> button</td>
</tr>
<tr>
<td>Restart track or previous track</td>
<td>Press and hold (1 sec) the <strong>Volume down</strong> button to restart the current track</td>
</tr>
<tr>
<td>Hear battery and connection status</td>
<td>Press the <strong>Volume up</strong> or <strong>Volume down</strong> button, when not listening to music or on a call</td>
</tr>
</tbody>
</table>
7.3 Voice guidance

Voice guidance are announcements that will guide you through set up, or will give you headphone status updates (e.g. connection and battery status).

<table>
<thead>
<tr>
<th>Right</th>
<th>Voice guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Press and hold (5 sec) the Voice button and the Volume up button until you hear an announcement</td>
</tr>
</tbody>
</table>

Alternatively, use the Jabra Sound+ app on your smartphone to turn Voice guidance on or off.

For the latest list of supported languages, refer to the Jabra Sound+ app.
7.4 Multiuse

The headphones can be paired to two smartphones at once, and can accept multiple incoming calls from either smartphone.

To pair to two smartphones, use the normal pairing process separately for each smartphone (refer to section 6).

Note: Voice assistant will be activated on the last paired smartphone.

7.5 Multiple call handling

The headphones can accept and handle multiple calls at the same time.

<table>
<thead>
<tr>
<th>Right</th>
<th>Multiple call handling</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>End current call and answer incoming call</td>
</tr>
<tr>
<td></td>
<td>Put current call on hold and answer incoming call</td>
</tr>
<tr>
<td></td>
<td>Switch between held call and active call</td>
</tr>
<tr>
<td></td>
<td>Reject incoming call, when on a call</td>
</tr>
</tbody>
</table>
7.6 Voice Assistant

The Jabra Elite 45h enables you to speak to Siri, Google Assistant on your smartphone using the **Voice** button.

<table>
<thead>
<tr>
<th>Right</th>
<th>Voice Assistant</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Activate Voice Assistant (Siri, Google Assistant)</td>
</tr>
</tbody>
</table>

7.7 Sidetone

Sidetone enables you to better hear your own voice when you are on a call.

Sidetone settings can be configured using the Jabra Sound+ app.
7.8 Update firmware

Firmware updates improve performance, or add new functionality to Jabra devices.

Download the Jabra Sound+ app for firmware updates.

7.9 How to reset

Resetting the headphones clears the list of paired devices and resets all settings.

<table>
<thead>
<tr>
<th>Right</th>
<th>Reset headphones</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Ensure the headphones are powered on and you are not on a call. Then press and hold (3 sec) the Multi-function button and the Volume up button simultaneously until the LED lights up purple and your hear an announcement in the headphones</td>
</tr>
</tbody>
</table>

You will need to re-pair the headphones to your smartphone.
8. Jabra Sound+ app

Personalize your music and calls

Fine tune your music with MySound

Register for a 2-year warranty

Download on the App Store

Google Play
9. Support

9.1 FAQ

View the FAQs on Jabra.com/help/elite45h

9.2 How to care for your headphones

- Always store the headphones in the supplied pouch.
- To prevent the depletion of the battery lifetime or capacity, avoid storing the headphones in hot or cold environments, such as a closed car in summer, or in winter conditions.
- When exposed to rain, allow the headphones sufficient time to dry. It may take up to one hour for the headphones to dry thoroughly and power on.
- It is recommended to store the headphones between -20°C and 55°C (-4°F and 131°F).
- Do not store the headphones for extended periods of time without recharging them (max. three months).