

Jabra Elite 45h - Navy

How do I adjust sidetone to hear myself speaking during calls using Jabra Sound+?

Prerequisites

- [Jabra Sound+ - Android](#)
- [Jabra Sound+ - iOS](#)

To turn on/off sidetone and adjust the sidetone volume, follow these steps.

1. Open the Jabra Sound+ app.
2. In the **Headset** menu, tap the **Settings** ⚙ icon on the top right.
3. Tap **Headset settings, Call experience**.
4. In **Active calls**, adjust the settings according to your personal preferences.

Note

You may need to update the headset firmware to be able to adjust the level of Sidetone.

Download Jabra Sound+ from [Google Play](#) on your Android device or from the [App Store](#) on your iOS device.

Applicable products



**Jabra Elite 5 - Gold
Beige**



**Jabra Elite 5 -
Titanium Black**



Jabra Elite 5 - Black



**Jabra Connect 5t -
Titanium Black**



Jabra Elite 3 Active



Jabra Elite 3 - Navy



**Jabra Elite 3 - Dark
Grey**



Jabra Elite 3 - Lilac



**Jabra Elite 3 - Light
Beige**



**Jabra Elite 4 - Dark
Grey**



Jabra Elite 4 - Navy



Jabra Elite 4 - Lilac



**Jabra Elite 4 Active -
Black**



**Jabra Elite 4 Active -
Mint**



**Jabra Elite 45e -
Copper Black**



**Jabra Elite 45e - Gold
Beige**



Jabra Elite 45e



Jabra Elite 45h - Navy



**Jabra Elite 45h - Gold
Beige**



Jabra Elite 45h - Black



Jabra Elite 65e



**Jabra Elite 65e -
Copper Black**



**Jabra Elite 65t -
Copper Black**



**Jabra Elite 65t -
Titanium Black**



**Jabra Elite 65t - Gold
Beige**



**Jabra Elite 7 Active -
Navy**



**Jabra Elite 7 Active -
Black**



**Jabra Elite 7 Active -
Mint**



**Jabra Elite 4 - Light
Beige**



**Jabra Elite 7 Pro -
Gold Beige**



**Jabra Elite 7 Pro -
Black**



**Jabra Elite 7 Pro -
Titanium Black**



Jabra Evolve 65e MS



**Jabra Evolve2 55 -
Link390a UC Stereo**

Jabra Evolve 65e UC



**Jabra Evolve2 55 -
Link390c UC Stereo**

**Jabra Elite 45h -
Titanium Black**



**Jabra Evolve2 55 -
Link390c UC Stereo**

**Jabra Elite 45h -
Copper Black**



**Jabra Evolve2 55 -
Link390a UC Mono**



**Jabra Evolve2 55 -
Link390a UC Stereo**



**Jabra Evolve2 55 -
Link390a UC Mono**



**Jabra Evolve2 55 -
Link390a MS Stereo**



**Jabra Evolve2 55 -
Link390c MS Mono**



**Jabra Evolve2 55 -
Link390a MS Stereo**



**Jabra Evolve2 55 -
Link390c MS Stereo**



**Jabra Evolve2 55 -
Link390a MS Mono**



**Jabra Evolve2 55 -
Link390c UC Mono**



**Jabra Evolve2 55 -
Link390a MS Mono**



**Jabra Evolve2 65 -
USB-C UC Stereo with**



**Jabra Evolve2 65 -
USB-A UC Stereo with**



**Jabra Evolve2 65 -
USB-A MS Teams**



**Jabra Evolve2 65 -
USB-A MS Teams**



**Jabra Evolve2 65 -
USB-A UC Mono -**



**Jabra Evolve2 65 -
USB-A UC Mono -**



**Jabra Evolve2 65 -
USB-A MS Teams**



**Jabra Evolve2 65 -
USB-A UC Stereo -**



**Jabra Evolve2 65 -
USB-C MS Teams**



**Jabra Evolve2 65 -
USB-C MS Teams**



**Jabra Evolve2 65 -
USB-A MS Teams**



**Jabra Evolve2 65 -
USB-C UC Stereo -**



**Jabra Evolve2 Buds -
USB-A UC**



**Jabra Evolve2 Buds -
USB-A MS**



**Jabra Evolve2 Buds -
USB-C MS**



**Jabra Evolve2 Buds -
USB-C UC**



**Jabra Evolve2 Buds -
USB-A UC - Wireless**



**Jabra Evolve2 Buds -
USB-C UC - Wireless**



**Jabra Evolve2 Buds -
USB-C MS - Wireless**



**Jabra Evolve2 Buds -
USB-A MS - Wireless**



**Jabra Evolve2 75 -
USB-C UC with**

**Jabra Evolve2 75 -
USB-A MS Teams**



**Jabra Evolve2 75 -
USB-C MS Teams -**

**Jabra Evolve2 75 -
USB-C MS Teams with**



**Jabra Evolve2 75 -
USB-C UC - Beige**

**Jabra Evolve2 75 -
USB-C MS Teams -**



**Jabra Evolve2 75 -
USB-A MS Teams -**



**Jabra Evolve2 75 -
USB-A UC - Black**



**Jabra Evolve2 75 -
USB-C UC - Black**



**Jabra Evolve2 75 -
USB-A UC - Beige**



**Jabra Evolve2 75 -
USB-A UC with**



**Jabra Evolve2 85 -
USB-A UC Stereo -**



**Jabra Evolve2 85 -
USB-A UC Stereo -**



**Jabra Evolve2 85 -
USB-C UC Stereo -**



**Jabra Evolve2 85 -
USB-A MS Teams**



**Jabra Evolve2 85 -
USB-C UC Stereo -**



**Jabra Evolve2 85 -
USB-A MS Teams**



**Jabra Evolve2 85 -
USB-A UC Stereo**



**Jabra Evolve2 85 -
USB-C UC Stereo with**



**Jabra Evolve2 85 -
USB-A MS Teams**



**Jabra Evolve2 85 -
USB-C MS Teams**



**Jabra Evolve2 85 -
USB-A MS Teams**



**Jabra Evolve2 85 -
USB-C MS Teams**



**Jabra Evolve2 85 -
USB-A UC Stereo with**



**Jabra Evolve2 85 -
USB-C MS Teams**



**Jabra Evolve2 85 -
USB-C UC Stereo**



**Jabra Evolve2 85 -
USB-C MS Teams**



**Jabra Elite 4 Active -
Navy**



**Jabra Elite 7 Sport -
Black**



**Jabra Elite 75t - Gold
Beige**



**Jabra Elite 75t -
Titanium Black**



Jabra Elite 75t - Black



Jabra Elite 85h - Navy



**Jabra Elite 85h -
Titanium Black**



**Jabra Elite 85h - Gold
Beige**



Jabra Elite Active 45e
- Navy



Jabra Elite 85h - Black

Jabra Elite Active 45e
- Black



Jabra Elite Active 65t
- Titanium Black

Jabra Elite Active 45e
- Mint



Jabra Elite Active 65t
- Copper Blue

Jabra Elite 85h -
Copper Black



Jabra Elite Active 65t
- Amazon Edition



Jabra Elite Active 65t
- Copper Red



Jabra Elite 85t - Black



Jabra Elite 85t -
Copper Black



Jabra Elite 85t -
Titanium Black



Jabra Elite 85t - Gold
Beige



Jabra Elite Active 75t
- Copper Black



Jabra Elite Active 75t
- Navy



Jabra Elite Active 75t
- Mint



Jabra Elite Active 75t
- Sienna



Jabra Elite Active 75t
- Dark Grey



Jabra Elite Active 75t
- Titanium Black



Jabra Elite Active 75t
Wireless Charging -



**Jabra Elite Active 75t
Wireless Charging -**



**Jabra Elite 75t
Wireless Charging -**



**Jabra Elite 75t
Wireless Charging -**



**Jabra Evolve2 75 -
USB-A MS Teams -**



Jabra Elite 85t - Grey



**Jabra Elite 85t - Grey
with 2 wireless**



Jabra Evolve 65t MS



Jabra Evolve 65t UC



**Jabra Evolve2 65 -
USB-A UC Stereo -**



**Jabra Evolve2 65 -
USB-C MS Teams**



**Jabra Evolve2 65 -
USB-C MS Teams**



**Jabra Evolve2 65 -
USB-A MS Teams**



**Jabra Evolve2 65 -
USB-C MS Teams**



**Jabra Evolve2 65 -
USB-A MS Teams**



**Jabra Evolve2 65 -
USB-C UC Stereo -**



**Jabra Evolve2 65 -
USB-C UC Stereo with**



**Jabra Evolve2 65 -
USB-C MS Teams**



**Jabra Evolve2 65 -
USB-C UC Mono -**

**Jabra Evolve2 65 -
USB-C MS Teams**



**Jabra Evolve2 65 -
USB-C UC Mono with**

**Jabra Evolve2 65 -
USB-A MS Teams**



**Jabra Evolve2 65 -
USB-A UC Mono with**

**Jabra Evolve2 65 -
USB-C MS Teams**



**Jabra Evolve2 65 -
USB-A UC Mono with**



**Jabra Evolve2 55 -
Link390c MS Stereo**



**Jabra Evolve2 65 -
USB-A MS Teams**



**Jabra Evolve2 65 -
USB-C UC Mono -**



**Jabra Evolve2 65 -
USB-A UC Stereo with**



**Jabra Evolve2 65 -
USB-C UC Mono with**



**Jabra Evolve2 65 Flex
- USB-A UC Stereo**



**Jabra Evolve2 65 Flex
- USB-A MS Stereo**



**Jabra Evolve2 65 Flex
- USB-A UC Stereo**



**Jabra Evolve2 65 Flex
- USB-C UC Stereo**



**Jabra Evolve2 65 Flex
- USB-A MS Stereo**



**Jabra Evolve2 65 Flex
- USB-C MS Stereo**



**Jabra Evolve2 65 Flex
- USB-C MS Stereo**



Jabra Evolve2 65 Flex
- USB-C UC Stereo



Jabra Elite 8 Active -
Black



Jabra Elite 8 Active -
Caramel



Jabra Elite 8 Active -
Dark Grey



Jabra Elite 10 - Cocoa



Jabra Elite 10 -
Titanium Black



Jabra Elite 10 - Gloss
Black



Jabra Elite 10 - Matte
Black



Jabra Elite 10 - Cream



Jabra Elite 8 Active -
Navy



Jabra Elite Flex



Jabra Elite 8 Active
Gen 2 - Black



Jabra Elite 8 Active
Gen 2 - Navy



Jabra Elite 8 Active
Gen 2 - Coral



Jabra Elite 8 Active
Gen 2 - Olive



Jabra Elite 10 Gen 2 -
Titanium Black



Jabra Elite 10 Gen 2 - Gloss Black	Jabra Elite 10 Gen 2 - Cocoa	Jabra Elite 10 Gen 2 - Soft White	Jabra Elite 10 Gen 2 - Denim
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