



Evolve**3** 45

Built for work. Designed for freedom.



Say hello to a more sustainable product

IT products are associated with a wide range of sustainability risks throughout their life cycle. Human rights violations are common in the factories. Harmful substances are used both in products and their manufacture. Products can often have a short lifespan because of poor ergonomics, low quality and when they are not able to be repaired or upgraded.

This product is a better choice. It meets all the criteria in TCO Certified, the world's most comprehensive sustainability certification for IT products. Thank you for making a responsible product choice, that help drive progress towards a more sustainable future!

Criteria in TCO Certified have a life-cycle perspective and balance environmental and social responsibility. Conformity is verified by independent and approved verifiers that specialize in IT products, social responsibility or other sustainability issues. Verification is done both before and after the certificate is issued, covering the entire validity period. The process also includes ensuring that corrective actions are implemented in all cases of factory non-conformities. And last but not least, to make sure that the certification and independent verification is accurate, both TCO Certified and the verifiers are reviewed regularly.

Want to know more?

Read information about TCO Certified, full criteria documents, news and updates at tco-certified.com. On the website you'll also find our Product Finder, which presents a complete, searchable listing of certified products.

© 2026 GN A/S. All rights reserved. Jabra® is a trademark of GN group. The Bluetooth® word mark and logos are registered trademarks owned by the Bluetooth SIG, Inc. and any use of such marks by GN A/S is under license.

Made in Vietnam
MODEL: HSC250W; DIV040



Declaration of Conformity can be found on
www.jabra.com/doc

RevA

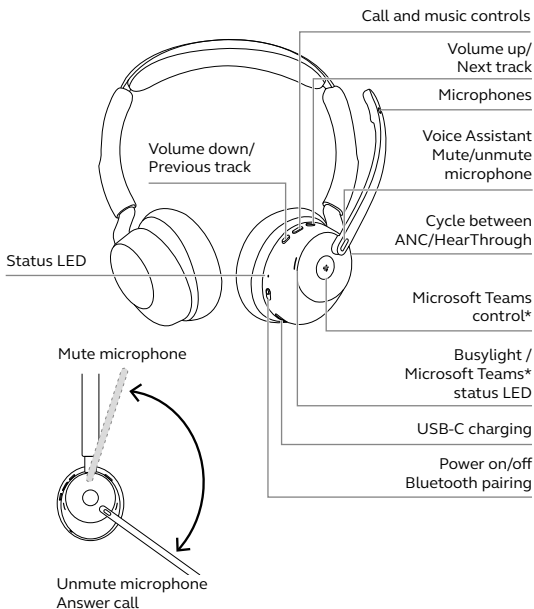
1. Jabra Evolve3 45 overview.....	6
1.1 Included accessories	
1.2 Optional accessories	
2. How to wear.....	9
2.1 Microphone placement	
2.2 Fold flat for storage	
3. How to charge.....	12
3.1 Charge using the charging stand (optional accessory)	
3.2 Charge using USB charging cable	
3.3 Sleep mode	
4. What the LEDs mean	16
5. How to connect.....	17
5.1 Connect using Bluetooth adapter	
5.2 Pair using Bluetooth	
6. How to use	19
6.1 Power on/off	
6.2 Calls & music	
6.3 Voice Assistant	
6.4 Busylights	
6.5 Active Noise Cancellation (ANC)	

6.6	HearThrough™	
6.7	Multiuse	
6.8	Multiple call handling	
6.9	Audio notifications	
6.10	How to reset	
6.11	Apple Find My	
6.12	Google Find Hub	
7.	Software and firmware	31
7.1	Jabra Plus	
7.2	Jabra Direct	
7.3	Firmware updates	
8.	Support	33
8.1	FAQ	
8.2	How to care for your device	

1. Jabra Evolve3 45 overview

Left

Right



*requires Microsoft Teams variant

SECURITY NOTE:

Microphones can potentially be used to record private conversations.

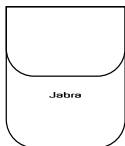
1.1 Included accessories



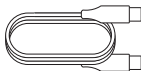
Jabra Link 390 USB-A
Bluetooth adapter



Jabra Link 390 USB-C
Bluetooth adapter



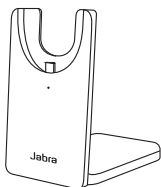
Carry case



USB-C to USB-C cable

1.2 Optional accessories

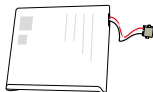
These accessories are available for purchase online.



Jabra
charging stand



Replacement
ear cushions



Replaceable battery

2. How to wear

Adjust the headband so that the headset fits your head comfortably. The microphone should be positioned close to your mouth.



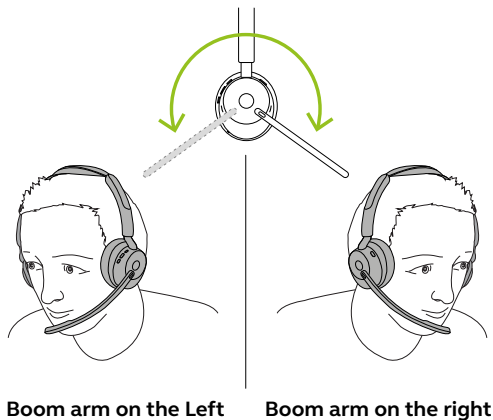
Stereo headset



Mono headset

2.1 Microphone placement

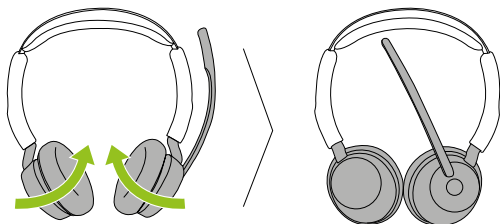
The headset can be worn on the left or right ear.



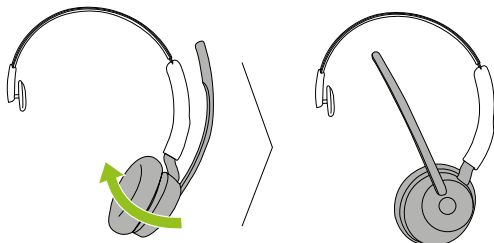
2.2 Fold flat for storage

The earcups can be folded flat for easy storage inside the carry case.

Stereo headset



Mono headset



3. How to charge

The headset can be charged using the optional charging stand, or via a USB charging cable plugged directly into the headset.

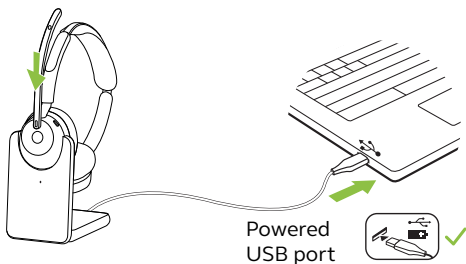


It takes approx. 2 hours to fully charge the battery. The headset battery life is up to 16 hours for calls and 25 hours for music (ANC on). If the headset is out of battery, it can be fast-charged for 10 minutes to get 3.5 hours of battery life for music (requires a compatible fast-charger).

Do not store batteries for extended periods without recharging them, at least once a month for most products.

3.1 Charge using the charging stand (optional accessory)

Connect the charging stand to a powered USB port on your computer using the supplied USB charging cable, and then place the right earcup on the charging stand.



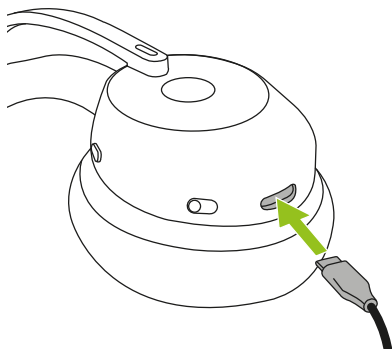
The status LED on the headset will flash white briefly to indicate the headset has been correctly placed on the charging stand.

The battery LED will then briefly flash green, yellow or red to indicate the current battery charging status. When the LED turns solid green, the headset is fully charged.

It takes approx 2 hours to fully charge the battery using the charging stand.

3.2 Charge using USB charging cable

Plug the USB charging cable into the USB-C charging port on the right earcup and any available USB-C port on your computer or compatible charger. It is recommended to charge the headset using the supplied Jabra charging cable, however it is possible to use a compatible charging cable.



3.3 Sleep mode

When the headset is powered on and inactive for 4 hours, it will automatically enter sleep mode to conserve battery. To exit sleep mode, simply move the headset.

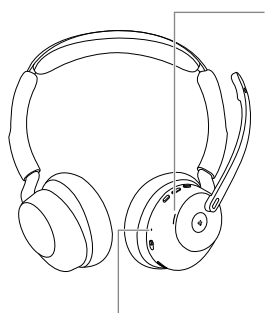


After 24 hours of sleep mode, the headset will power down completely. To power the headset on, slide the On/Off switch to Off and then On.

The length of time before the headset enters sleep mode can be adjusted using the Jabra Plus app on your computer or smartphone.

NOTE: When the headset is paired with the Apple Find My app, Sleep mode will not power off the headset.

4. What the LEDs mean



BUSYLIGHT/MICROSOFT* LED

- Busylight
- Incoming call
- (slow flash) Headset is trying to connect to Microsoft Teams. Will time out after 10 seconds*
- (fast flash) Microsoft Teams notification*
- Signed into Microsoft Teams

STATUS LED

- Power on/Battery full
- Battery medium
- Battery low
- Battery critically low
- Pairing mode
- Resetting
- Headset placed on wireless charging pad



LED

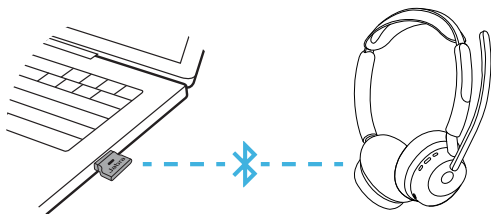
- Microphone muted
- Plugged into computer and signed into Microsoft Teams*
- (slow flash) Headset is trying to connect to Microsoft Teams. Will time out after 10 seconds*
- (fast flash) Microsoft Teams notification*
- Bluetooth connection
- Streaming music/media
- Incoming call/Active call

*requires Microsoft Teams headset variant

5. How to connect

5.1 Connect using Bluetooth adapter

Plug the supplied Bluetooth adapter into a USB port on your computer. The Jabra Evolve3 45 and the Bluetooth adapter are pre-paired and ready for use out of the box. The Bluetooth range is up to 30 meters or 100 feet.

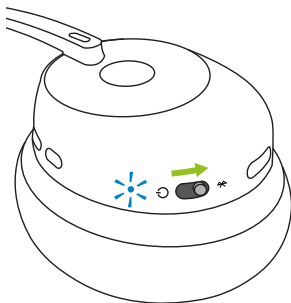


To hear audio in the headset you may need to select the Jabra Link 390 Bluetooth adapter as the playback device in your operating system's audio settings.

To manually pair the Jabra Evolve3 45 with the Jabra Link 390 Bluetooth adapter, download and use Jabra Plus on your computer.

5.2 Pair using Bluetooth

1. Slide the **On/Off** switch on the right earcup to the **Bluetooth** position and hold it there until the status LED flashes blue and you hear an announcement in the headset.



2. Go to the Bluetooth menu on your computer or smartphone and select the Jabra Evolve3 45 from the list of available devices.

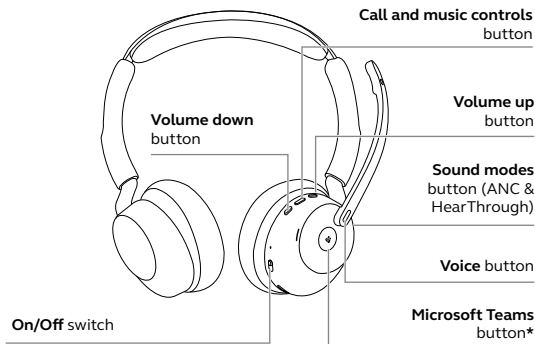
SECURITY NOTE:

The headset uses a secure Bluetooth connection with an encryption key size of 128 bits. If your Bluetooth device does not support secure connections, it will not be able to pair or connect to the headset.

6. How to use

Left

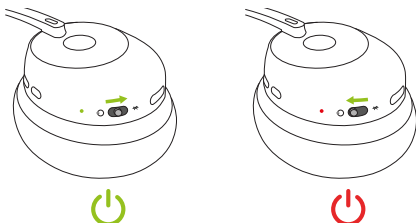
Right



*requires Microsoft Teams variant

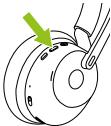
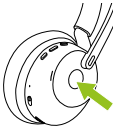
6.1 Power on/off

Slide the **On/Off** switch on the right earcup to the **On** or **Off** position to power the headset on or off.

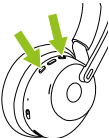
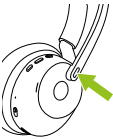
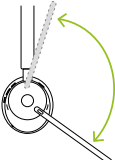


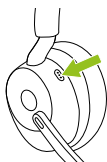
6.2 Calls & music

Right earcup Calls & music

	Play/pause music	Press the Call and Music button
	Answer call	Press the Call and Music button
	End call	Double-press the Call and Music button
	Reject call	Double-press the Call and Music button
	Bring Microsoft Teams to foreground on computer	Press the Microsoft Teams button* (when signed into Microsoft Teams)
	Raise/lower hand during Microsoft Teams meeting	Press and hold (1 sec) the Microsoft Teams button* (when signed into Microsoft Teams)

*requires Microsoft Teams variant

	Adjust volume	Press the Volume up or Volume down button, when listening to music or on a call
	Next track	Press and hold (1 sec) the Volume up button
	Previous track	Press and hold (1 sec) the Volume down button
	Hear battery and connection status	Press the Volume up or Volume down button, when not listening to music or on a call
	Activate Voice Assistant (i.e. Siri, Google Assistant)	Press and hold (1 sec) the Voice button, when not on a call
	Mute/unmute microphone	Press the Voice button, when on a call
	Mute/unmute microphone	Rotate the microphone boom arm up to mute or down to unmute
	Answer call	Rotate the microphone boom arm down to answer a call



Cycle between
ANC and
HearThrough

Press the **Sound
modes** button

Turn Sound
modes off

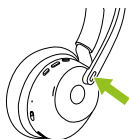
Press and hold (1 sec)
the **Sound modes**
button

6.3 Voice Assistant

The Jabra Evolve3 45 enables you to speak to Siri or Google Assistant on your smartphone using the **Voice** button on the right earcup.

Right earcup

Voice Assistant



Activate Voice
Assistant (i.e.
Siri, Google
Assistant)

Press and hold (1 sec)
the **Voice** button,
when not on a call

6.4 Busylights

The Busylights on the headset automatically light up red when you are on a call to indicate that you are busy to people nearby. To manually switch the Busylights on/off, press the **Volume up** and **Volume down** buttons at the same time.



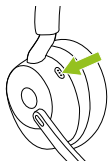
Busylight settings can be configured using the Jabra Plus app.

6.5 Active Noise Cancellation (ANC)

Active Noise Cancellation (ANC) counters noise. It detects and analyzes the pattern of incoming sound, and then generates an antinoise signal to cancel it out. As a result, you experience a reduced level of surrounding noise.

ANC settings can be configured using the Jabra Plus app.

Right earcup	ANC
--------------	-----



Turn on ANC

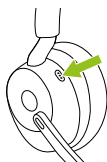
Press the **Sound modes** button to cycle through the available Sound modes until ANC is announced

6.6 HearThrough™

HearThrough utilizes the built-in microphones to enable you to pay attention to your surroundings and engage in conversation without needing to remove the headset.

HearThrough settings can be configured using the Jabra Plus app.

Right earcup	HearThrough
--------------	-------------



Turn on
HearThrough

Press the **Sound modes** button to cycle through the available Sound modes until HearThrough is announced

6.7 Multiuse

The headset can be paired with up to eight Bluetooth devices and connected to two Bluetooth devices at once (e.g. the Jabra Link 390 and a smartphone, or two Bluetooth devices). The headset can accept multiple incoming calls from either device.

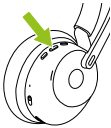
When multiple devices are connected simultaneously, the last active device will be prioritized.

To pair with two Bluetooth devices, use the normal pairing process separately for each Bluetooth device.

Note: Voice assistant will be activated on the last connected Bluetooth device.

6.8 Multiple call handling

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

Right earcup	Multiple call handling	
	End current call and answer incoming call	Press the Call and Music button
	Put current call on hold and answer incoming call	Hold (1 sec) the Call and Music button
	Switch between held call and active call	Hold (1 sec) the Call and Music button
	Reject incoming call, when on a call	Double-press the Call and Music button

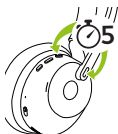
6.9 Audio notifications

Audio notifications from the headset guide you through pairing or will give you headset status updates (e.g. connection and battery status).

Audio notifications are enabled by default.

**Right
earcup**

Voice notifications



Turn Audio
notifications
on/off

Press and hold
(5 sec) the **Voice**
button and the
Volume up button
until you hear an
announcement in the
headset

Audio notifications can be configured using the Jabra Plus app.

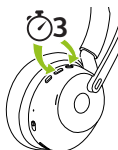
For the latest list of supported languages, refer to Jabra Plus.

6.10 How to reset

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

Right
earcup

Reset headset



Reset pairing
list and settings

Ensure the headset is powered on and you are not on a call. Then press and hold (3 sec) the **Call and Music** button and the **Volume up** button simultaneously until the LED lights up pink and you hear an announcement in the headset

The headset must be re-paired to your Bluetooth device after it has been reset. The headset can also be reset using the Jabra Plus app.

6.11 Apple Find My

To add your Jabra device to the Apple Find My network:

1. Simultaneously press the **Volume down** button and **Voice** button on the headset to activate Apple Find My pairing mode. The LED on the headset will flash yellow.
2. On your iPhone, add the Jabra device to the Apple Find My network. The LED on the headset will stop blinking.

6.12 Google Find Hub

Your Jabra device can be added to the Google Find Hub after it has been paired with a Google phone.

7. Software and firmware

7.1 Jabra Plus

Manage, update, and troubleshoot easily with Jabra Plus Management and personalize your sound in the Jabra Plus mobile and desktop app. The Jabra Plus Desktop app will be available in 2027.

7.2 Jabra Direct

Jabra Direct is software for your computer or smartphone that is designed to support, manage and enable optimal functionality for Jabra devices.

7.3 Firmware updates

The Jabra Evolve3 45 and Jabra Link 390 Bluetooth adapter firmware can be updated using Jabra Plus.

Jabra provides free security and maintenance software updates for at least five years from the later of your purchase date or the product's final manufacturing date. For third-party operating systems (e.g. Microsoft, Google), we ensure that, at certification, the vendor offers free updates for devices meeting the required hardware specifications, which Jabra products do.

8. Support

8.1 FAQ

View the FAQs on Jabra.com/help/evolve3-45

8.2 How to care for your device

- Always store the headset in the supplied case.
- To prevent the depletion of the battery lifetime or capacity, avoid storing the headset in hot or cold environments, such as a closed car in summer, or in winter conditions.
- It is recommended to store the headset between -10°C and 55°C (14°F and 131°F).
- Do not store the headset for extended periods of time without recharging it (maximum three months).
- To clean the ear cushions and headband, remove the ear cushions and then brush away any dust or debris. Wipe the ear cushions and headband with a cloth dampened with warm water and a drop of mild soap. Dry with a clean, dry cloth.