

How to Cancel Hims Subscription – Complete Essential Guide (2026)

Source: <https://howtocancelhimssubscription.com/how-to-cancel-hims-subscription-complete-guide/>

This PDF contains the essential, most important information about canceling a Hims subscription. It summarizes the critical steps, common issues, refund rules, contact methods, and what users must know to prevent unwanted charges.

✓ FASTEST CANCELLATION METHOD

1. Log in to your Hims account.
2. Go to Subscriptions.
3. Select the subscription → Manage.
4. Click Get Help → Confirm Cancellation.
5. Wait for confirmation + email.

Cancel at least 48 hours before renewal.

✓ SUPPORT CONTACTS

Phone: (800) 368-0038

Email: support@forhims.com

✓ COMMON REASONS CANCELLATION FAILS

- Order already in processing
- No confirmation email
- Technical error
- Wrong account / multiple accounts
- Paused instead of canceled

✓ REFUND RULES (ESSENTIAL)

- No refunds for shipped or processing orders
- Refunds only for billing mistakes or duplicate charges
- Must contact support to request refund

✓ HOW TO CANCEL A HIMS ORDER

Orders can be canceled **ONLY** if not yet processing.

Once processing begins → cannot stop or refund.

✓ PREVENT FUTURE PROBLEMS

- Cancel early (48 hours)
- Screenshot cancellation
- Check next bank cycle
- Confirm email receipt

✓ ALTERNATIVE CANCELLATION METHODS

Phone cancellation → fastest manual fix

Email cancellation → reliable backup

✓ NOTES FOR 2026 USERS

Hims automates renewals and shipping faster than before.

Understanding renewal timing is the key to avoiding unexpected charges.

This PDF delivers the essential core guidance from the full article.