

Please Note

If you are only interested in shoe tracking and not interested in using the mobile App, you can still enjoy the Pod.

Simply lace and go.



Know your miles 

Reminders:

- Sync regularly. The mobile app has much more data than the pod display.
- Complete the medical information section of the mobile app to use the digital health function of the Pod (this data is only stored on your phone and Pod, never on our servers).
- The Pod is rain and sweat proof but do not submerge in water.
- Visit www.milestonepod.com for updates - we are working to add more features to your Pod.
- For additional support questions visit www.milestonepod.com/support

www.milestonepod.com



MILESTONE POD

User Guide

Congratulations on your MilestonePod purchase!

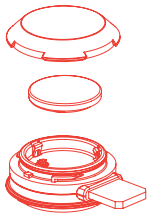


*Mileage and Shoe tracking.
Smart and Simple.*

Step 1

Insert Battery

Remove Pod from holder. Insert the battery + side up and close cap.



Step 2

Download the Mobile Application

Your MilestonePod uses Bluetooth 4.0 to sync wirelessly to your smartphone. For a list of supported phones visit

www.milestonepod.com/phones.



Step 3

Create an Account

For most accurate distance tracking, complete all fields!

Name
Email Address
Password

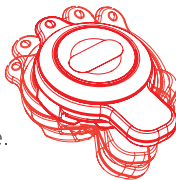
CREATE



Step 4

Pair Your Pod to Your Phone

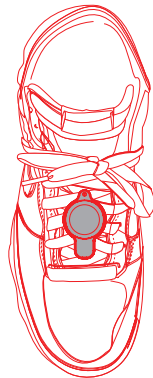
- Enable Bluetooth on your phone
- Open the App with your Pod nearby
- Shake your Pod to connect it to your phone.
- Tap the Pod in the App and you are done!



Step 5

Connect the Pod to your Shoe

Unlace your shoe. Thread laces back through Pod holder. Lace the Pod holder as close to your toe as possible. Reinsert your Pod and GO!



Know your miles 

FCC Warning statement

FCC 15b devices (15.105)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC 15.21

You are cautioned that changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

FCC 15.19

This device complies with Part 15 of the FCC Rules. Operation is subject to the

following two conditions: (1) this device may not cause harmful interference and (2) this device must accept any interference received, including interference that may cause undesired operation