

# MIO ALPHA

*COMPLETE USER GUIDE*



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## HAVE ANY QUESTIONS ABOUT YOUR MIO ALPHA?

We're ready to help!

Your complete satisfaction is our goal, so your feedback is crucial.

If you have any thoughts, questions, or concerns, just contact our knowledgeable support team at:



1.877.770.1116



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# WELCOME

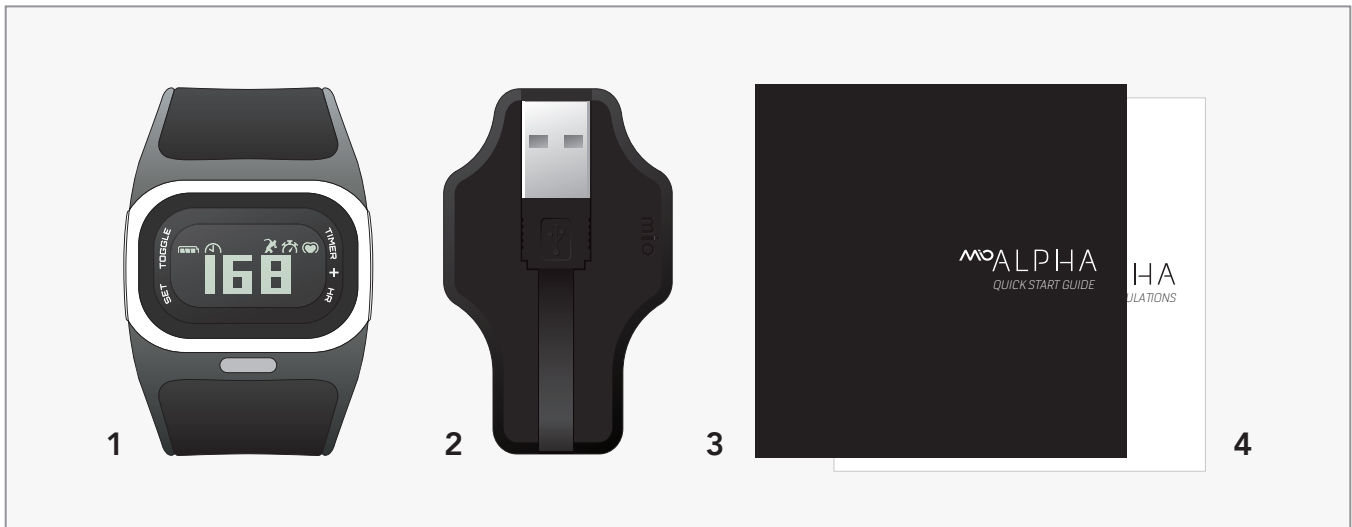
Congratulations on your purchase! Mio ALPHA is the world's first performance level, strapless, continuous heart rate monitor you can wear on your wrist. ALPHA uses *Bluetooth*® Smart technology to transmit your heart rate data to smartphones and other compatible devices. Take advantage of a wide range of fitness apps.

Remember to register your Mio ALPHA at [mioglobal.com/register](http://mioglobal.com/register) for full warranty service.

## GETTING STARTED

### What's Included

1. Mio ALPHA
2. USB Charger
3. Quick Start Guide
4. Warranty & Regulations



## IMPORTANT SAFETY INFORMATION

Consult your doctor before beginning a new exercise program.






Mio ALPHA provides very accurate heart rate measurements. However, it is not a medical device. The ALPHA watch and USB dongle contain strong magnets that could affect pacemakers and implantable cardioverter-defibrillators (ICDs). If you have any concerns, consult your doctor before using Mio ALPHA.

See page 09 for important battery care and battery safety information.

## YOUR MIO ALPHA



### Icons

-  Battery Indicator
-  Time
-  Exercise Mode
-  Timer
-  Heart Rate

### Activating Your Mio ALPHA

1. Remove your Mio ALPHA watch from the packaging.
2. Peel off the protective film.
3. Press and hold the **SET** or **+** button to activate the watch. The display will turn on and prompt you to set the time.
4. Press the **+** button to increase the value of the flashing digit.
5. Press the **SET** button to confirm the value and move to the next digit.

# USING MIO ALPHA

## WEARING YOUR MIO ALPHA

To use the heart rate monitor on your Mio ALPHA watch, you must:


- Fasten the watch snugly so the optical sensor on the back of the watch makes tight contact with your skin. The tighter you can wear the watch, the better.
- Wear the watch above—not on—your wrist bone; wear it higher on the forearm when using ALPHA as a heart rate monitor, especially if you have a small wrist.
- ALPHA's performance is optimized with greater blood flow. Exercise for a few minutes to increase your blood flow before turning on the heart rate monitor.

When you're not using the heart rate monitor, you can wear Mio ALPHA like any watch.

## GETTING YOUR HEART RATE

You can view your heart rate and use the heart rate monitor when you put Mio ALPHA in EXERCISE mode. You must be wearing ALPHA for it to read and display your heart rate. The heart rate may take a few extra seconds to stabilize while your body is adjusting to the physical activity; we recommend wearing your Mio ALPHA during the warm up stage of your workout.

### Turning On Exercise Mode

1. Fasten Mio ALPHA tightly on your arm above your wrist bone.
2. Press and hold the **HR** button until the watch beeps and the display says FIND.
3. Hold your arm fairly still until the watch beeps again and displays your heart rate.  
**Note:** *It takes a few seconds for your heart rate to register. The  icon flashes when ALPHA finds your heart rate.*

If you don't get a heart rate but the watch face shows **---** **--**, please refer to **Troubleshooting** on page 6.

### During Exercise Mode

- Press the **SET** button twice to peek at the time. The time will be displayed for 3 seconds before returning to your heart rate.
- If ALPHA loses your pulse it will beep quickly 4 times and display **-- ---**. You may need to adjust ALPHA's position on your wrist.

### Turning Off Exercise Mode

1. Press and hold the **HR** button until the watch beeps and the display says QUIT or END.

## Troubleshooting

- You may need to tighten Mio ALPHA's strap and/or move the watch further up your forearm.
- On cold days ALPHA's technology can be impacted. We recommend activating the heart rate reading while still indoors and, if necessary, wearing a sleeve over ALPHA.
- If you are still having trouble, try wearing ALPHA on your other wrist.
- Minimize hand movement and extreme bending of the wrist while using ALPHA's continuous heart rate.

If ALPHA cannot detect your heart rate during the FIND period (2 min), it will leave EXERCISE mode and go back to TIME mode. Please refer to the steps above and try again.

## SETTING YOUR TARGET HEART RATE

To specify your target heart rate zone, your Mio ALPHA must be in EXERCISE mode.

Your target heart rate (HR) zone consists of your upper heart rate limit and your lower heart rate limit. These limits are usually a percentage of your maximum heart rate (MHR). This table shows some examples:


EXERCISE TYPE	LOWER HR LIMIT	UPPER HR LIMIT
Warm Up	50% of MHR	60% of MHR
Moderate	60% of MHR	70% of MHR
Fitness	70% of MHR	80% of MHR
Training	80% of MHR	90% of MHR


If you don't know your maximum heart rate or upper and lower heart rate limits, use your preferred method for calculating them or check with your doctor.

When you start using your ALPHA while you exercise, you'll soon get an idea of your personal heart rate zone for different levels of activities.

**Tip:** When you set your target heart rate zone, you will be prompted to set the upper heart rate first, then the lower heart rate.

### To Set Your Target Heart Rate Zone

1. With Mio ALPHA in EXERCISE mode, press and hold the **SET** button until the watch beeps and the display says SET UP .
2. Press the **+** button to select the first digit of the heart rate for your desired upper heart rate limit. The first digit will be a number from 0 to 2.
3. Press the **SET** button to confirm your choice.
4. Repeat steps 2 and 3 for the next two digits of the heart rate, selecting a number between 0 and 9 for each.

When you have set the upper heart rate limit, the display will say LOW . Repeat steps 2 through 4 to set the lower heart rate limit.

## Using Heart Rate Zone Alerts

Your Mio ALPHA can notify you by beeping once when you are not exercising in your target heart rate zone. A double-beep indicates your heart rate is 10 BPM or more outside the target zone. To use zone alerts, specify your target zone and turn on the timer while you are exercising.

### Heart Rate Zone Alert Led Signals

With your Mio ALPHA in EXERCISE mode and the TIMER on, the LED light below the watch displays alerts.

**Green flash:** you are exercising in your target heart rate zone.

**Red flash:** you are exercising above your upper limit. A red double-flash means your heart rate is 10 BPM or more above the target zone.

**Blue flash:** you are exercising below your lower limit. A blue double-flash means your heart rate is 10 BPM or more below the target zone.

## USING THE TIMER

Turn on the timer while you are exercising to:

- Track the length of time you have been exercising.
- Turn on heart rate zone alerts.

Your watch must be in EXERCISE mode to use the timer.

### To Turn On The Timer

- With your Mio ALPHA in EXERCISE mode, press the **TIMER** button. The display says START.
- Press the **TIMER** button to Pause/Resume the TIMER. Once the TIMER is running, the HR Zone alert will be activated.

### To View The Elapsed Time On The Timer

- From the heart rate display, press the **SET** button to view the timer. This will make the timer your default display.
- Press the **SET** button again to peek at the time. The time will be displayed for 3 seconds before returning to the timer.
- Press the **SET** button twice to return to the heart rate display.

### To Exit From Timer

- Press and hold the **TIMER** button until the display says END.


Turning off the timer also turns off EXERCISE mode.

## REVIEWING YOUR EXERCISE SESSION

Your Mio ALPHA exercise log shows:

- The length of time of your last exercise session (assuming that the timer was running for your entire session).
- Your average heart rate during the last exercise session.
- The amount of time you spent in your target heart rate zone in the last exercise session.

### To Review The Statistics From Your Last Exercise Session

1. In TIME mode (with EXERCISE mode off), press the **TOGGLE** button. The display says LAST RUN followed by the length of time of your last session.
2. Press the **TOGGLE** button again. The display says AVG  followed by your average heart rate.
3. Press the **TOGGLE** button again. The display says IN ZONE followed by the amount of time you spent exercising in your target heart rate zone.
4. Press the **TOGGLE** button to return to TIME mode.

**Note:** *Once you start the timer, the data from your last exercise will be replaced by the new data.*

## USING MIO ALPHA WITH YOUR SMARTPHONE

You can transmit your real-time heart rate data to a wide range of fitness apps on *Bluetooth*<sup>®</sup> Smart Ready or *Bluetooth*<sup>®</sup> 4.0 smartphones, including iPhone 4s and iPhone 5. For a complete list of compatible devices please refer to [mioglobal.com/apps](http://mioglobal.com/apps).

Compatible devices will *only* capture ALPHA's heart rate data in real time. This requires you to have the device with you while you are tracking your heart rate.

### Pairing With Smartphone Apps

1. Mio ALPHA must be in EXERCISE mode, reading your heart rate, before pairing.
2. Turn on the *Bluetooth* function of your phone. You may need to stay 10 metres (30 feet) from other *Bluetooth* sensors and devices.
3. Open the fitness app you would like to pair with. Instructions vary for each app, but typically you add or scan for the heart rate sensor using the app's Settings or Sensors mode.

**Note:** *You must pair with the app itself; pairing with just the phone will not work. Once you have paired with an app, it will automatically recognize ALPHA each time you use that app.*

4. Repeat for each app that you want to pair with.

## Exercising With Your Smartphone

- Wear the receiving device on your arm, in your front pocket, or in front of you on a belt or bike handlebar. Do not position the device behind you (e.g. in a back pocket or backpack).
- The ALPHA heart rate calculation is not based on instant R-R interval, and will not work for apps that require heart rate variability (HRV) data.

## USING MIO ALPHA WITH OTHER DEVICES

### Pairing With Receiving Devices Such As Bike Computers

Instructions vary for each device. Follow the instructions for receiving heart rate data from a chest strap; your device will register the ALPHA heart rate sensor.

# MAINTAINING YOUR MIO ALPHA

## CHARGING THE BATTERY

Your Mio ALPHA contains a rechargeable lithium polymer battery. Follow these instructions and guidelines to ensure long life for the battery.

If you do not follow these guidelines, the battery life could be shortened and there is the risk of damage to the watch, risk of fire, risk of electrolyte leaks and chemical burns, and risk of injury.

### Battery Indicator

- The battery indicator in the upper left of the watch face shows three bars when the battery is fully charged. Each bar represents about 1/3 of the battery's full charge.
- If you put the watch in EXERCISE mode and the battery charge is below 1/3, the display will say LOW BATTERY. You can still use the heart rate monitor.
- If you put the watch in EXERCISE mode and the display says NO BATTERY, you must recharge the battery before using the heart rate monitor again. The watch will automatically return to TIME mode.

### Battery Life

- The length of time you can use the heart rate monitor while EXERCISE mode is on varies from 8–10 hours.

## To Charge The Battery

1. Make sure that the four connection pads on the watch caseback are dry. If not, dry them with a towel.
2. Plug the USB dongle into the USB port of your computer.
3. Attach the 4 connection pads on the caseback to the 4 connection pads on the dongle. The magnets in the connection pads will help the two pieces lock into place.

The display will indicate that the battery is charging, and the blue LED will flash.

**Tip:** When the battery is finished charging, the display will say FULL .

## Battery Care Guidelines

- Recharge the battery at least once every 6 months.
- Do not expose the watch to high temperatures.
- Use the watch in the temperature range of 5°C to 45°C (41°F to 113°F).
- Store the watch in the temperature range of 0°C to 25°C (32°F to 77°F).
- Do not disassemble, puncture, or incinerate the watch or battery.
- If the watch casing breaks and the battery is exposed, keep the battery away from children.

## Battery Replacement

- The battery lifetime is about 300 charge cycles. If you charge the battery every week, the battery should last for 5 years.
- When the battery charge length is obviously shorter than before, visit [mioglobal.com/support](https://mioglobal.com/support) to find out how to replace the battery.
- Contact your local recycling authority for information about disposing of the watch and battery.

## USING YOUR MIO ALPHA IN WATER

- The Mio ALPHA is water-resistant; you can wear your ALPHA while swimming.  
**Important:** Do not press the watch buttons under water.
- The accuracy of the heart rate monitor might be reduced in cold water or if you are using large arm movements.
- Do not wear your ALPHA while diving.
- RF transmission does not work under water.
- After swimming, rinse your ALPHA with tap water and dry it with a soft cloth.

## CARING FOR YOUR MIO ALPHA

### Cleaning Your ALPHA

- Clean the sensor area and connection pads with mild soap and water as needed. If you use ALPHA regularly, weekly cleaning is recommended.
- Do not scratch the sensor area. Protect it from damage.
- Wipe the watch with a damp cloth as needed. Use mild soap to remove oil or dirt.
- Do not expose your watch to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents. Chemicals can damage the watch's seal, case, and finish.
- After swimming, rinse your ALPHA with tap water and dry it with a soft cloth.

### Other Care Tips

- Do not attempt to disassemble or service your Mio ALPHA.
- Protect your watch from impact shocks, extreme heat, and extended exposure to direct sunlight.
- Mio ALPHA is water-resistant only if the lens, buttons, and case remain intact.

## MIO ALPHA SPECIFICATIONS

**Clock:** 12-hour

**Timer:** 9 hours 59 minutes 59 seconds

**Max Readable Heart Rate:** 220 BPM

**Min Readable Heart Rate:** 30 BPM

**Operating Temperature:** 5°C to 45°C (41°F to 113°F)

**Min Recommended Wrist Size:** 145mm

**Lens:** Mineral Glass

**Watchcase:** PA+GF

**Caseback:** PC+CF

**Caseback Contact Pads:** SUS316

**Strap:** Silicon

**Water Resistance:** 30M

**Battery:** 170mAh Lithium Polymer

**Expected Battery Life:** Up to 5 Years

**Magnets:** Neodymium – iron – boron (NdFeB)

**Radio Frequency/Protocol:** Bluetooth® Smart Wireless Technology

# WARRANTY AND REGULATIONS

## WARRANTY & SERVICE

Be sure to visit our Product Support pages to find online help, FAQs, videos, and manuals for your product: [mioglobal.com/support](http://mioglobal.com/support).

### Mio Limited Warranty Information

This product is warranted to the original purchaser to be free from defects of quality, materials or workmanship at the time of delivery for the Limited Warranty Period (see below). During the Limited Warranty Period, Physical Enterprises Inc. (Mio Global) will, at its sole discretion, remedy such defects free of charge either by a) repairing, or b) replacing, or c) refunding the original purchase price (excluding taxes, shipping, handling, duties, and similar amounts), subject to the terms and conditions of this Limited Warranty. Processing of all warranty claims will be handled by the distributor of the product for the geographic area where the original purchase was made. To obtain warranty service, contact the store/dealer where the product was purchased to make a warranty claim.

### Warranty Period

The “Limited Warranty Period” starts on the date of purchase and lasts for one year, ending on the first anniversary of the date of purchase. Your store/dealer (or its importer or distributor) may have offered you a longer warranty period as part of the sale; Mio Global is not responsible for such longer warranty period so please contact your store/dealer for more information. The Limited Warranty Period will automatically expire without notice, and this Limited Warranty is not enforceable, if (as determined at the sole discretion of Mio Global):

1. the product has been opened or otherwise tampered with (except where permitted by the relevant documentation, such as to properly replace batteries as instructed);
2. the product has been serviced by a person other than Mio Global;
3. the serial number has been removed, altered or made illegible in any way; or
4. the product was not purchased from an authorized reseller of Mio Global (please contact Mio Global to obtain a list of authorized resellers).

Please refer to [mioglobal.com/support](http://mioglobal.com/support) for country-specific warranty information.

### Exclusions and Limitations

This Limited Warranty does not cover, and customers will not be entitled to any claim under this Limited Warranty or otherwise for:

1. problems arising from abuse or rough, careless, or improper handling (and without limiting the foregoing, damage resulting from bending or dropping the product will be deemed the result of abuse or improper use);
2. problems arising from misuse contrary to intended or recommended use;

3. problems arising from alteration of the Mio product, such as moisture or water damage sufficient to affect the proper function of the product, and damage to the product case or visible cracking of the face;
4. problems arising from the use of the Mio product with any product, accessory, software and/or service not manufactured or supplied by Mio Global; or
5. replaceable batteries, or user manuals or any third-party items;

in each case as determined at the sole discretion of Mio Global.

## *EXCLUSIONS AND LIMITATIONS OF LIABILITY; DISCLAIMERS*

THIS LIMITED WARRANTY IS ONLY VALID AND ENFORCEABLE IN THE COUNTRY OF PURCHASE. TO THE MAXIMUM EXTENT PERMITTED BY APPLICABLE, MANDATORY LAWS:

1. THIS LIMITED WARRANTY IS YOUR SOLE AND EXCLUSIVE REMEDY AND IS IN LIEU OF ALL OTHER WARRANTIES, REPRESENTATIONS, GUARANTEES OR CONDITIONS, WHETHER EXPRESSED OR IMPLIED;
2. NEITHER THIS LIMITED WARRANTY, NOR ANY OTHER WARRANTY, GUARANTEE, REPRESENTATION OR CONDITION, INCLUDING ANY IMPLIED WARRANTY AND CONDITION (WHETHER FOR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, OR OTHERWISE), WILL EXTEND BEYOND THE LIMITED WARRANTY PERIOD;
3. MIO GLOBAL, OR ANY OF ITS AFFILIATES OR THEIR RESPECTIVE EMPLOYEES, OFFICERS, DIRECTORS, REPRESENTATIVES AND AGENTS (COLLECTIVELY, THE "PHYSICAL ENTITIES"), SHALL NOT BE LIABLE FOR SPECIAL, INCIDENTAL, PUNITIVE, INDIRECT OR CONSEQUENTIAL DAMAGES, INCLUDING BUT NOT LIMITED TO LOSS OF ANTICIPATED BENEFITS, LOSS OF DATA, LOSS OF USE, COST OF CAPITAL, COST OF ANY SUBSTITUTE EQUIPMENT OR FACILITIES, CLAIMS OF THIRD PARTIES, DAMAGE TO PROPERTY RESULTING FROM THE PURCHASE OR USE OF THE ITEM OR ARISING FROM BREACH OF THE WARRANTY, BREACH OF CONTRACT, NEGLIGENCE, STRICT TORT, OR ANY LEGAL OR EQUITABLE THEORY, EVEN IF MIO GLOBAL KNEW OF THE LIKELIHOOD OF SUCH DAMAGES;
4. WITHOUT LIMITING THE FOREGOING, THE PHYSICAL ENTITIES DO NOT WARRANT THAT THE OPERATION OF THE PRODUCT WILL BE UNINTERRUPTED OR ERROR FREE, OR THAT THE PRODUCT WILL WORK WITH ANY HARDWARE OR SOFTWARE PROVIDED BY A THIRD PARTY, AND EXPRESSLY DISCLAIM ANY DAMAGES RESULTING FROM INACCURACY OR MATHEMATICAL INACCURACY OF THE PRODUCT OR THE LOSS OF STORED DATA; AND
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### **Contacting Mio Global**

For all matters related to this Limited Warranty, please contact Mio Global:

 1.877.770.1116

 [support@mioglobal.com](mailto:support@mioglobal.com)

## COPYRIGHT AND TRADEMARKS

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## REGULATIONS AND CONFORMITY

The Mio ALPHA Regulatory Sheet is available for download at [mioglobal.com/support](http://mioglobal.com/support).



EU RESIDENTS: Do not dispose of this product as unsorted municipal waste. It is your responsibility to return this product to your local recycling service.

EU-DECLARATION OF CONFORMITY Physical Enterprises Inc. declares this heart rate watch (MIO Alpha) in compliance with R&TTE directive 1999/5/EC. Please e-mail [support@mioglobal.com](mailto:support@mioglobal.com) to request a copy of the Declaration of Conformity.

If there are electrostatic disturbances in the environment, the product may malfunction or display an error. In this case, reset the product or relocate to an area without such disturbances.

Model Number 53P (Bluetooth® Smart)

Made in China