

# MIO LINK

*QUICK START GUIDE*



*Setup your heart rate zones and register for product updates*



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and register for product updates*



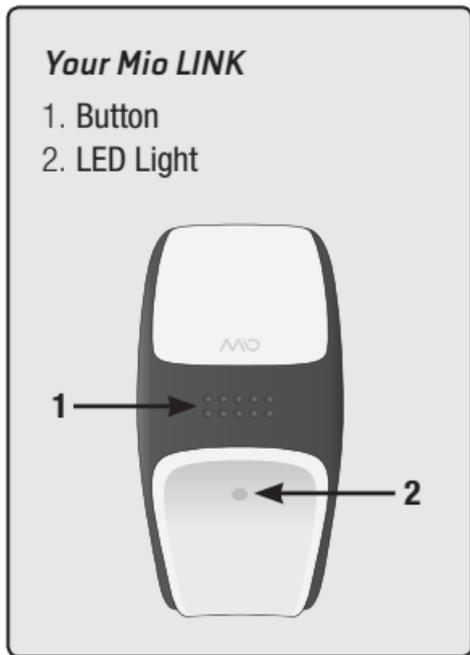
## MIO LINK

To download the Complete User Guide, get important battery care information, and register your Mio LINK, visit:

**[mioglobal.com/support](http://mioglobal.com/support).**

### GETTING STARTED

1. Remove Mio LINK from the packaging.
2. Fasten Mio LINK on your wrist.
3. Press and hold the button to activate Mio LINK. The LED will light up.
4. After a few seconds the LED light will turn off.
5. Your Mio LINK is now activated and in standby mode.



## ***CHARGING YOUR MIO LINK***

1. Make sure the 4 charging pins on the back of the Mio LINK are dry. If not, dry them with a towel.
2. Plug the USB connector of the USB dongle into the USB port of your computer.
3. Attach the 4 charging pins on the back of Mio LINK to the 4 charging pins on the USB dongle. The magnets in the charging pins will help the two pieces lock into place.

The LED light will fade in and out slowly in a cyan color ● to indicate that the battery is charging. When the battery is fully charged, the LED light will turn off.

## ***WEARING YOUR MIO LINK***

To accurately monitor your heart rate:

- Fasten Mio LINK snugly on your wrist. The optical sensor on the back should make good contact with your skin
- You should wear Mio LINK above, and not directly on top, of your wrist bone.
- If you have a smaller wrist, wear Mio LINK higher on your forearm.

- If you use Mio LINK for biking, wear it higher on your forearm, since the bending of the wrist will affect the heart rate reading.
- If you often have cold hands or poor circulation, try exercising for a few minutes to increase blood flow before you begin to track your heart rate.

### ***Getting Your Heart Rate***

1. To turn on Heart Rate Mode on your Mio LINK, press and hold the Button until the LED lights up. The colour of this LED is an indicator of the battery level:

● Cyan	Battery is charged
● Yellow	Battery level is below 30%
● Red (flash twice)	Battery level is low and unable to provide HR measurement

2. Mio LINK will immediately begin searching for your heart rate (HR), indicated by the pulsing LED light.
3. Hold your arm still until the LED blinks in a distinctively slower pattern. This means Mio LINK has found your heart rate. The LED colour at this point is an indicator of the HR zone, calculated as a percentage of your maximal heart rate (MHR):

COLOUR	DESCRIPTION	LOWER HR LIMIT	UPPER HR LIMIT
 Cyan	Resting	0% of MHR	< 50% of MHR
 Blue	Warm Up / Recovery	50% of MHR	< 60% of MHR
 Green	Fat Burn & Endurance	60% of MHR	< 70% of MHR
 Yellow	Aerobic Fitness	70% of MHR	< 80% of MHR
 Magenta	Anaerobic Intensive	80% of MHR	< 90% of MHR
 Red	Peak Performance	90% of MHR	220 BPM

**Note:** This table is only a suggested range. Refer to **Configuring Your Mio LINK** (pg. 8) for more details.

If no valid heart rate signal is found within the initial 2 minutes, the LED will light up in red for 2 seconds, then Mio LINK will automatically leave Heart Rate Mode and turn off.

- During your workout, if the red LED is flashing in a steady pattern (ON for 1 second, OFF for 1 second), Mio LINK has lost connection to your heart rate. Please refer to **Troubleshooting** (pg. 9).
- To turn off Heart Rate Mode, press and hold the Button until the LED lights up for 2 seconds.

### ***Configuring Your Mio LINK***

You can customize the upper and lower boundaries of your heart rate zones through the Mio GO app.

To connect your Mio LINK to Mio GO:

1. Turn on the Heart Rate Mode of your Mio LINK.
2. Open the Mio GO app on your smartphone or tablet.
3. Tap the Connect icon. Follow the prompts to scan and connect your Mio LINK.

Mio GO is available for download from the Apple App Store and Google Play store.

**Note:** *Currently, the Android version of Mio GO will be for setup only. Full features coming soon!*

For more information on pairing Mio LINK with Mio GO, please see the Complete User Guide at **[mioglobal.com/support](http://mioglobal.com/support)**.

### ***WIRELESS DATA TRANSFER***

Once your heart rate is detected, Mio LINK will automatically send your continuous heart rate data through *Bluetooth*<sup>®</sup> Smart and/or ANT+<sup>™</sup>

wireless communication technology. You can connect your Mio LINK with any compatible smartphones or sport and fitness devices to receive the data.

For a list of all compatible devices, please visit [mioglobal.com/apps](http://mioglobal.com/apps).

## ***TROUBLESHOOTING***

- Minimize wrist movement when Mio LINK is searching for your initial heart rate.
- You may need to tighten the strap.
- Try wearing Mio LINK higher on your forearm.
- On colder days, activate heart rate reading before heading outdoors.
- If you are still having trouble, try wearing Mio LINK on your other wrist.

## ***IMPORTANT SAFETY INFORMATION***

Consult your doctor before beginning a new exercise program.

The Mio LINK and USB dongle contain strong magnets. If you use a pacemaker, defibrillator, or other implanted electronic devices, consult your doctor before using a Mio LINK.