

# 1. INSTALL MIO APP

- 1. Download Mio App on Apple App Store or Google Play Store.
- 2. Create a Mio account and you can setup your device.



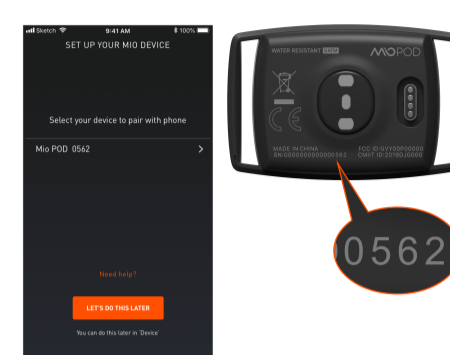
# 2. SETUP

## Pair Mio POD with Mio App

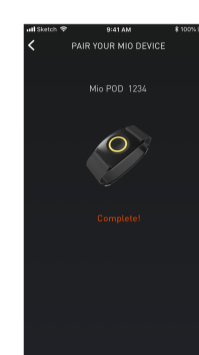
- a. Press the button on Mio POD to power on



- b. Select your device on Mio App to connect

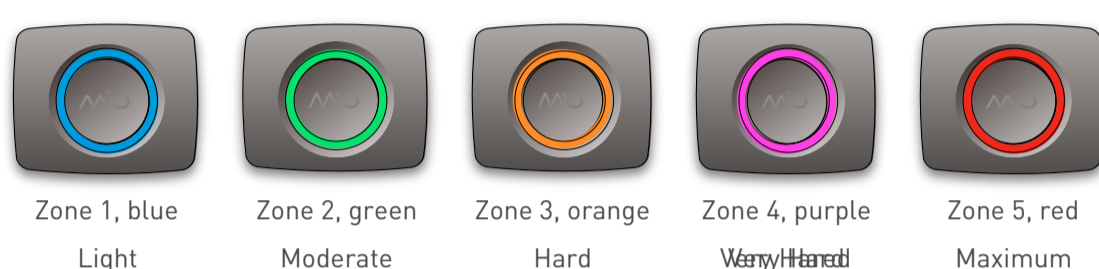


- c. Follow the steps to finish the pairing.



## Heart Rate Zone Settings on Mio App

- a. 5-Zones selected



- b. Target Cardio Zone selected



# 3. WEAR MIO POD

Wear your Mio POD on your upper arm or forearm.



# 4. RECORD A WORKOUT

- a. To start a workout, press and hold the button until you see the blue LED light.



- b. To end the workout, press and hold the button until you see the red LED light.



- c. The workout data will sync to your phone automatically after the device is connected with Mio App.

# 5. MEASURE RESTING HEART RATE

Press the button once to start Resting HR measurement and you can see orange LED light.



# 6. BATTERY

## Low Battery

When there is a red LED flashing, it indicates the battery power is low and you need to charge your device.



## Charging Battery

Connect Mio POD to a USB charger with the charging cable



# 7. WARNING

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

NOTE: 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 Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.