

# Quick start guide



# Welcome

Here's some easy steps  
to get you going...

For further information or queries,  
please contact the MiLife Support Team on  
 0845 888 8877

or email on [support@milife.com](mailto:support@milife.com)

## Things you'll need during installation



1. MiBand



2. MiBand  
charger



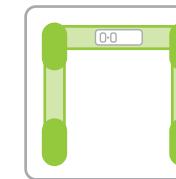
3. Plug



4. Bluetooth  
adapter



5. CD



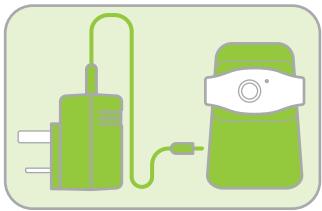
6. Smart Scales  
(not included  
in Partner Pack  
or Activity Pack)



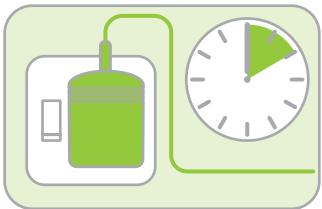
7. User name  
and password

(please make sure you've registered as  
a new user on [www.milife.com](http://www.milife.com))

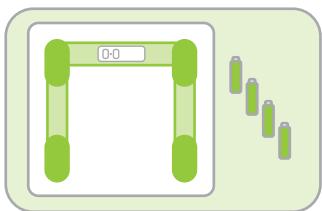
# Preparing your MiBand and Smart Scales



Connect your **MiBand charger** to the **plug** via the small jack lead. Ensure your **MiBand** is correctly located in the dock so that the pins of the dock make contact with the metal plates of the **MiBand**.

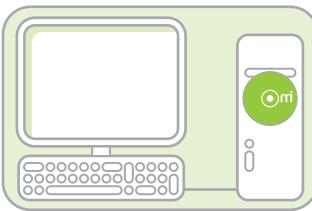


Insert the **plug** into a **wall socket** and let your **MiBand** charge for approximately **2 hours**. While charging, the **MiBand** light will be solid. When charging is complete the light will flash.



We recommend that you **charge your MiBand once a week**. You will also need to ensure that your **Smart Scales** have **4 AA batteries** correctly inserted.

## Insert CD into PC



Insert the **CD** into your computer. The CD should auto-run. If this does not happen, double-click on the **Autorun.hta** file on the CD.

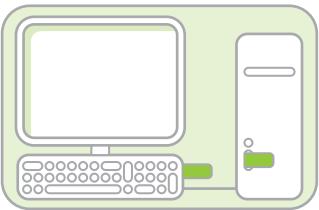
**Tip:** your firewall or anti virus software might ask whether to allow Mi setup wizard/Mi connector to access the internet. Please say yes.



You should see a '**Welcome to MiLife Installation**' screen.

When installing the MiLife software for the first time, you will need to complete the set-up wizard. Please ensure that the 'Launch set-up wizard when finished' check box is ticked (See page 13).

# Install Bluetooth adapter



**On desktop PCs:** Take your Bluetooth adapter and insert it into a USB port. Your computer should automatically set up your device, and a Bluetooth icon will appear in your icon tray (bottom right of screen).

If this does not happen please unplug the Bluetooth adapter, click on "Install Bluetooth drivers" on the installation screen and follow the on-screen instructions. Plug in the Bluetooth adapter when the instalation wizard instructs you to do so.



**On Laptops:** Most laptops should have Bluetooth installed already. Ensure your Bluetooth is switched on (see your laptop instruction manual to do this). If your laptop isn't set-up for Bluetooth, please follow the instructions above for desktop PCs.

# Mac OS installation

## Before installation please ensure:

- You have your MiLife box
- You have created your account and obtained your username and password from [www.MiLife.com](http://www.MiLife.com)
- Your Mac's Bluetooth is turned on

## To install MiLife software on your Mac:

1. Insert CD
2. Double click MiConnector CD item on your desktop
3. Double click MiConnector.mpkg
4. Follow on-screen instructions in the installation wizard

## To run the set-up wizard:

1. Navigate to the Applications directory on your Mac and double click MiSetUpWizard
2. Follow on-screen instructions to set up your MiBand and Smart Scales

## To send data to MiLife you will need to use the MiConnector:

1. Navigate to the Applications directory on your Mac and double click MiConnector
2. Follow on-Screen instructions to upload your data from the MiBand to the MiLife website

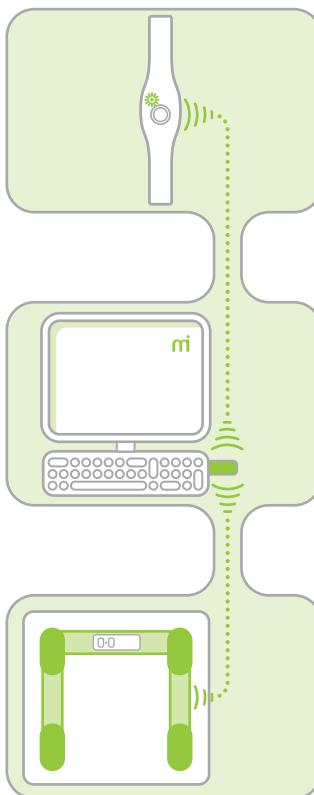
# Install MiConnector



Click on the **Install MiConnector** link on the installation screen and follow the on-screen instructions.

Following successful installation, the MiLife set-up wizard should start automatically, if you have ticked the "launch set-up wizard" box. You can also start it manually by clicking **Start -> All Programs -> MiLife -> MiSet-upWizard**.

# Smart Scales, MiBand and online account set-up



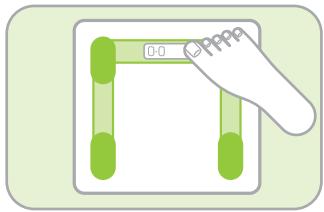
Follow on-screen instructions to connect your **Smart Scales** and **MiBand** and complete your online account and profile set-up during the process. You will be prompted for your MiLife user name and password.

At the end of this process the set-up wizard will automatically launch your web browser and **log you into MiLife**, where you will find instructions on how to complete your set-up and profile.

The following pages contain detailed explanations of some of the steps you will be asked to do.

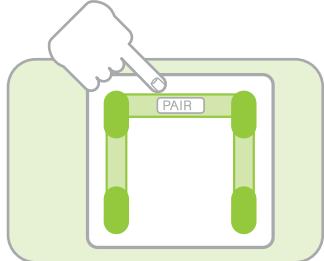
- o setting up the Smart Scales
- o waking up the MiBand
- o measuring your weight
- o sending your data to MiLife.

## ○ Setting up the Smart Scales



The on-screen instructions have asked you to put the scales in **pairing mode** (required during page 8).

1. Turn your **Smart Scales** ON by pressing down on them firmly near the **top** with **your foot**.



2. Hold the middle button, behind the display, until the display reads '**PAIR**'. Now continue to follow the on-screen instructions.

You can now place your **Smart Scales** in the bathroom as they will not need to 'talk' to your PC again.

**Tip:** Soft carpets can cause errors in weight measurements, make sure the **Smart Scales** are placed on a hard surface when measuring your weight.

## ○ Waking up the MiBand

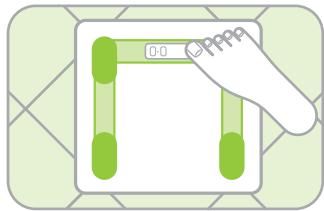


To '**wake up**' the **MiBand** please ensure it is on your wrist. Repeatedly tap the circle with your **index finger** until the light starts flashing.



The first time you do this it may take a while to activate, as the **MiBand** is learning about your tapping style. Keep tapping lightly until the light starts flashing.

## ○ Measuring your weight



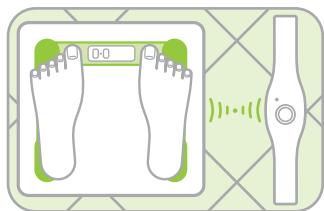
Activate the **Smart Scales** by pressing them with your foot. Please wait for the **Smart Scales** display to show **0.0** before stepping on.

Wake up your **MiBand** (see page 10).



Step onto the **Smart Scales**. Your **MiBand** will connect to the **Smart Scales** and record your weight reading and time.

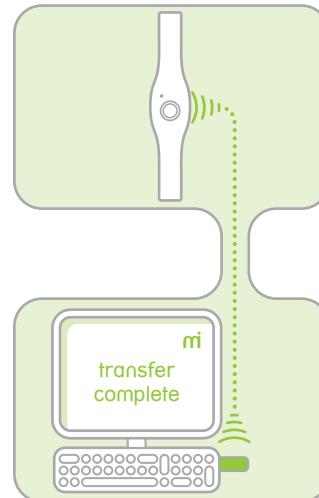
While the weight data is being transferred to the **MiBand**, the **Smart Scales** display will show a progress indicator. If the transfer is successful, you will hear a single beep. If it is not successful you will hear 5 beeps – should this happen, please wait for the **Smart Scales** display to turn off, then repeat the sequence.



## ○ Sending your data to MiLife



Please ensure your **computer** is connected to the internet and the Bluetooth is turned on. Click on the **Mi icon** on your desktop or start MiConnector by clicking **Start -> All Programs -> MiLife -> MiConnector**. Enter your MiLife **username** and **password**.



Then follow on-screen instructions to **transfer** your weight and activity data onto the **computer**. Once this is complete, your data will be automatically uploaded to the MiLife website.

# Questions and answers

Q

Can I use other computers to transfer my data?

A Yes. You can install and use **MiConnector** on as many computers as you want. Remember that when you do this you will NOT need to re-run the set-up wizard so make sure that the "launch set-up wizard" check box is unticked when finished.

Q

I already have my Smart Scales and MiBand set-up but other members of my household want to use it to, what shall I do?

A

Other members of your household can use your scales, however they will need their own **MiBand**. **MiBand** packs are available online and from **MiLife** partners.

Q

I want to download my data when I am at work, but I keep my scales at home. What shall I do?

A

This is fine. Remember your **Smart Scales** only need to 'talk' to your **MiBand**. The **MiBand** will transmit your weight and activity data via the computer (by using the **MiConnector**).

# WEEE Legislation

## A. Information on Disposal for Users (private households)

### 1. In the European Union

Attention: If you want to dispose of this equipment, please do not use the ordinary dust bin! Used electrical and electronic equipment must be treated separately and in accordance with legislation that requires proper treatment, recovery and recycling of used electrical and electronic equipment. Following the implementation by member states, private households within the EU states may return their used electrical and electronic equipment to designated collection facilities free of charge\*.

\* Please contact your local authority for further details.

If you're used electrical or electronic equipment has batteries or accumulators, please dispose of these separately beforehand according to local requirements.

By disposing of this product correctly you will help ensure that the waste undergoes the necessary treatment, recovery and recycling and thus prevent potential negative effects on the environment and human health which could otherwise arise due to inappropriate waste handling.

For the UK only visit [www.recycle-more.co.uk](http://www.recycle-more.co.uk) and use the "bank locator".

### 2) In other countries outside the EU

If you wish to discard this product, please contact your local authorities and ask for the correct method of disposal.

## B) Information on disposal for business users

### 1) In the European Union

If the product is used for business purposes and you want to discard it: Contact your local collection facility or local authorities.

### 2) In other countries outside the EU

If you wish to discard of this product, please contact your local authorities and ask for the correct method of disposal.