



INSTRUCTION MANUAL

This manual is for all
Active watches, including
Connect models

FEATURES:

- EKG accurate heart rate watch without a chest strap.
- Activity Monitor with PC Connection (Connect Model only)
- Tracks total calories your burn in a day
- 3500 calorie countdown mode



CONTENTS

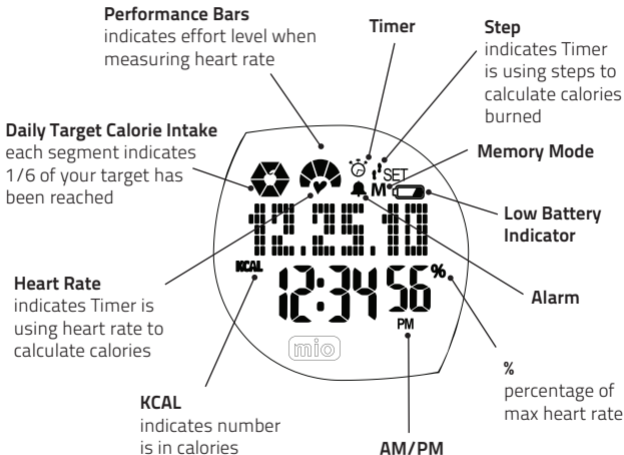
WAKING UP YOUR MIO AND QUICK START	2
MIO ACTIVE AT-A-GLANCE	3
MODES OF OPERATION	5
TAKING YOUR HEART RATE WITH THE SMART TOUCH TECHNOLOGY	7
QUICK TIPS	10
WEARING MIO IN WATER & LOCKING THE HEART RATE SENSOR	11
SET TIME & DATE	12
MY MIO / SETUP	13
SET ALARM	14
SET RESTING HEART RATE	15
PEDOMETER	15
USING THE EXERCISE TIMER	16
WEIGHT MANAGEMENT MODES	24
MEMORY	28
TO CHANGE MIO'S BATTERY	29
PC UPLOAD (CONNECT MODELS ONLY)	30
MY MIO	31
SPECIFICATIONS	32
LIMITED ONE YEAR WARRANTY	33
DISCLAIMER	34
WARRANTY AND REPAIRS CONTACT	35

A. WAKING UP YOUR MIO AND QUICK START

Your MIO may be in sleep mode (with a blank display) when you first receive it. Hold START until you see blinking 12H or 24H and start setting up the time and date format:

- Press + or – to toggle the format:
- **12** = 12 Hour clock; **24** = 24 Hour clock
- Press SET for next setting.
- Do the same for TIME, DATE FORMAT, DATE, YOUR NAME, WEIGHT UNIT, WEIGHT, GENDER, BIRTH YEAR.
- Press SET to finish.

B. MIO ACTIVE AT-A-GLANCE



To use light: Press the LIGHT button to turn on the backlight
Light will stay on for 5 seconds, or until no key has been pressed for 5 seconds.

**LIGHT/RESET
BUTTON**

turns on
backlight,
resets value

Smart Touch
MIO Sensor

**MODE/-
BUTTON**

switches modes,
decreases value

**START/ STOP/+
BUTTON**

starts or stops
the exercise
timer, increases
value

SET BUTTON

hold to enter SET
mode, toggle alarm
ON/OFF, switch
sub modes



C. MODES OF OPERATION

Press MODE to move to the next mode.



TIME & DATE

- Display Time, Pedometer information, Date, Weekday and your name or initials.



NET CALORIES IN

- Display Net Calorie intake.
- Enter Calorie intake.



PEDOMETER

- Display Steps, Activity Calories, Distance, Active Time and Speed.



MEMORY

- Display Total Steps, Activity Calories, Metabolic Expenditure (Total Calories), Net Calories, Distance, and Active Time for Today, This Week, Last Week, and each of the last 7 days.



ALARM

- Set Daily Alarm.



EXERCISE TIMER

- Exercise Timer for workouts and other activities, 5 timer modes including Walk/Run timer.



RESTING HEART RATE

- Measure and display your Resting heart rate.



SETUP

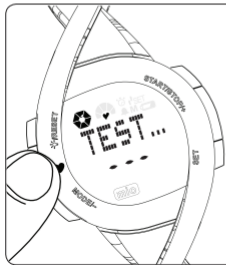
- Set your personal data and weight management goal.

D. TAKING YOUR HEART RATE WITH THE SMART TOUCH TECHNOLOGY SENSOR



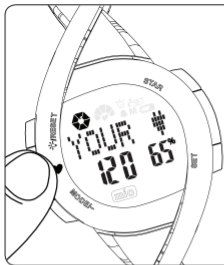
Place any finger or your palm anywhere on the Smart Touch sensor.

1



Hold to activate Smart Touch sensor. Make sure the back plate is in contact with your wrist. TEST will appear, and heart rate icon will flash.

2



Wait for heart rate readout (3-8 sec). MIO will beep when the reading is ready.

Your heart rate will remain displayed for 5 seconds after you remove your finger.

3

- You can take your heart rate (HR) from any mode (except SET modes).
- With MIO Smart Touch Technology, obtaining your on-demand heart rate by touch has never been easier. You can get a reading by placing your finger tips, palms or just about any part of your hand on the sensor. Experiment to find your own preference.
- A one-time read out of your heart rate in beats per minute (BPM) will display. The small digits at the right display the percentage of your current heart rate to your maximum heart rate (up to 99%).
- MIO calculates this percentage using your personal data. A maximum heart rate is an estimate with a variability of up to 15 BPM.
- The heart rate sensor can also be locked to prevent accidental reading. See section F.

- For continuous reading, keep pressing the sensor.
- For best accuracy, left and right hands should not be in contact during the test.

TROUBLESHOOTING POINTERS

If you don't get your heart rate within 10 seconds, moisten the ends of your fingers and try again. It helps to wear your MIO for a little while to allow a layer of moisture to build up between the back of the watch and your arm. Do not press too hard on the sensor.

Exercising vigorously with a lot of arm movement or body motion can cause "muscle noise" that may prevent proper detection of a HR signal. Try to relax your watch arm. If your HR varies, note that fluctuations are normal in a healthy heart; in fact, the healthier your heart is, the more variation you could see. However, if MIO's calculations start to vary significantly from what you have come to expect, replace MIO's battery (see Section O). To optimize readings, occasionally clean the back of you MIO case and the Smart Touch sensor with a clean, soft cloth.

If the watch is submerged in water, or becomes very wet, then it may automatically go to HR MODE. A message 'DRY PLEASE' will also be displayed. If you receive this message, please dry the watch thoroughly. The HR MODE can also be locked to prevent accidental HR readings being taken, (see Section F).

E. QUICK TIPS

SHORTCUTS

- To return to TIME from any mode, hold MODE for 2 seconds (except while in setting mode).
- To go directly to EXERCISE TIMER from any mode press the START button.
- To exit from any SET mode without going through all settings, hold SET key for 2 seconds.

SET MODES

Whatever mode you are in, hold the SET button to enter its SET mode:

1. Hold SET until beep (2 seconds), value will flash.
2. Press + or – to adjust; to scroll automatically, hold + or –.
3. When value is adjusted, press SET again.
4. Repeat steps 2 to 3 as needed or hold SET for 2 seconds to exit the set mode.

F. WEARING MIO IN WATER & LOCKING THE HEART RATE SENSOR

To prevent triggering the Smart Touch heart rate feature from accidental readings due to contact with water or some clothing materials use the heart rate Lock feature. Because water is a conductor, it will activate the HR function. To protect the battery's life while swimming or showering (although wearing in the shower/bath/sauna is not recommended) always use MIO's heart rate Lock.

- To turn the HR Lock on: in any MODE press and hold START/STOP for 2 seconds. The HR lock icon will display.
- To turn HR Lock off: first dry the watch by towel, then repeat the step above.

G. SET TIME & DATE

TIME & DATE' screen shows the time, and also displays other data which the user can select from including: data from the pedometer (STEPS, DISTANCE, ACTIVITY TIME or SPEED), ACTIVITY CALORIES, NAME, DATA, WEEKDAY.

To change TIME & DATE;

- Hold SET until beep (2 seconds). The data which is collected from the pedometer will blink.
- Press + or – to select what you want to display in TIME & DATE mode. The options are STEPS, DISTANCE, ACTIVE TIME or SPEED.
- Press SET to set TIME & DATE format.
- Press + or – to toggle the TIME & DATE format.

12H= 12 Hour clock

24H= 24 Hour clock

- Press SET to set HOUR.
- Press + or – to select HOUR. To scroll quickly, hold + or –.
- Press SET.
- Do the same to select MIN.
- To reset seconds to zero press + or –. Otherwise press SET to move to next setting.
- Press + or – to choose DATE FORMAT (DM or MD). Press set.

Use + or – then SET to adjust YEAR, MONTH, DAY.

To stop making changes at any time, hold SET for 2 seconds.

H. MY MIO / SETUP

- Press MODE 7 times to go from TIME to MYMIO.
- To make changes in your personal settings in MYMIO, hold SET until beep (2 seconds).
- WEIGHT will blink. Press + or - to adjust. To scroll quickly, hold + or -. Press SET to confirm.
- Do the same for HEIGHT, WEEKLY GAIN/LOSS GOAL, ACTIVITY LEVEL, UNIT FORMAT, SCROLL, NAME, GENDER, BIRTH YEAR, MAX HEART RATE AND DAILY CALORIE TARGET – Please note there is additional information about each of these settings below.
- To stop making changes at any time hold SET until beep (2 sec). Your MIO will go directly to the Daily Net Calorie TARGET.

Additional info:

- For WEEKLY GAIN / LOSS GOAL, LB/WK or KG/WK will display. Use + or - to adjust your weight gain (+) or loss (-) goal. Then press SET. For example if your goal is to lose one pound per week, set the value -1.0. To lose weight use a negative number, to gain weight use a positive number.
- Please note that that it is not recommended to have a weight change of more than 2lb or 0.9kg per week, so the maximum gain / loss is limited to 2lb or 0.9kg per week.
- For ACTIVITY LEVEL, ACT LO, MI or HI will display. Please refer to section M for the definition of each level.

- The SCROLL feature relates to the top line of the MIO's display. It will automatically toggle between different display values, but this feature can be turned off by selecting SCROLL OFF.
- The MAX HR is based on your personal details. If you wish to override this and input your own MAX HR use the + or – buttons.
- MIO will calculate your Daily Net Calorie TARGET based on your weight change goals and personal settings. The far left digit of this TARGET will be flashing, to accept this calculated TARGET press SET 4 times to accept each digit. If you want to adjust your TARGET use the + or – to adjust each digit. See section M for more information on setting TARGET Daily Calories.
- MIO uses your personalized information in calculating stride length and calories burned during exercise. Update your weight regularly to keep your MIO accurate.

I. SET ALARM

- Press MODE 4 times to go from TIME to ALARM.
- To change ALARM from ON to OFF or from OFF to ON press the SET button. (Bell icon will be displayed once alarm is ON 🛎)
- To change the time of an ALARM, hold the SET button until beep (2 seconds), use +/- to adjust the HOUR, press SET, use +/- to adjust the MINUTE, then press SET. To scroll more quickly hold the + or –.

Alarm icon will show if the ALARM is on.

Hold MODE for 2 seconds to return to TIME mode.

J. SET RESTING HEART RATE

For the most accurate reading, set this function when you first wake up in the morning (without an alarm clock). Until then, use the default resting heart rate (70 BPM).

- Press MODE 6 times to go from TIME to RESTING heart rate. Your most recent RHR will display.
- Place any finger or your palm anywhere on the Smart Touch sensor as described in Section D. TEST appear and the Heart icon blinks. Your resting heart rate should appear within 3 to 8 seconds.

To return to TIME, press MODE 2 times.

K. PEDOMETER

The most advanced feature of the ACTIVE is monitoring your daily activity calories by counting your daily steps. In PEDOMETER mode, you can see the following screens: STEPS/ACTIVITY CALORIES, DISTANCE/ACTIVE TIME, and SPEED. The pedometer automatically begins when it detects movement.

PEDOMETER MODE

- To go from TIME to PEDOMETER, press MODE twice.
- Press SUB/SET button to switch between different pedometer information.

TO CLEAR YOUR STEP INFORMATION

- In PEDOMETER mode, hold RESET till beep. A "SAVE?" screen will appear.
- Press + or - to select YES or NO. If you choose "YES", the pedometer information will be saved to TODAY record in MEMORY mode (see section N); otherwise, the information will be discarded.
- Press SET to confirm and the screen is clear.

PEDOMETER CALORIES

ACTIVE calculates your PEDOMETER CALORIES based on your speed. Your stride length for the distance and speed is estimated by your height automatically. MIO automatically deducts your PEDOMETER CALORIES from your Net Calories.

L. USING THE EXERCISE TIMER

Press START to go from other modes to EXERCISE TIMER or press MODE 5 times to go from TIME to EXERCISE TIMER. There are five timer types. Choose the one that is suitable for your exercise.

- To count up from zero
- To count down to zero and stop
- To count down to zero then count up
- Dual Interval Timer
- To count down to zero and repeat.

The timer can determine a HR zone (upper and lower limit) for you based on your target EXERCISE TYPE. There are 4 EXERCISE TYPES: WARM UP, BURN FAT, FITNESS, & TRAINING. If you wish to override pre-determined upper limit and lower limit, you can use the + or – buttons to adjust the values. If your HR is out of the HR zone, audio & visual warning will alert you.

You can disable HR zone alert by selecting NONE in EXERCISE TYPE.

EXERCISE TYPE	Heart Rate Lower Limit	Heart Rate Upper Limit
None (default)	Alerts Disabled	
WARM UP	50% of MHR	60% of MHR
BURN FAT	60% of MHR	70% of MHR
FITNESS	70% of MHR	80% of MHR
TRAINING	80% of MHR	90% of MHR

TO COUNT UP FROM ZERO

(suitable for walking or exercises that require timing)

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or – to adjust the TIMER TYPE to TMR (↑) Press SET.
- Press + or – to adjust the exercise type. Press SET.
- If you want to adjust the LOWER and UPPER HR LIMIT, press + or – to adjust; otherwise press SET.
- To start the timer, press START.
- TIMER will ask PEDO CAL?, or (♥) CAL? and count down from 5 seconds. See page 23 and 24.
- To pause, press STOP. Press START to resume.
- To reset timer to zero and clear the workout calories, press RESET until beep (2 seconds).

TO COUNT DOWN TO ZERO AND STOP

(suitable for walking with time limit)

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or – to adjust the TIMER TYPE to TMR ↓. Press SET.
- Press + or – to adjust the HOURS. Press SET.
- Repeat for MINUTES and SECONDS.
- Press + or – to adjust the exercise type. Press SET.
- If you want to adjust the LOWER and UPPER HR LIMIT, press + or – to adjust; otherwise press SET.
- To start the timer, press START.
- TIMER will ask PEDO CAL?, or (♥) CAL? and count down from 5 seconds. See page 23 and 24.
- To pause, press STOP. Press START to resume.
- Timer will beep when the countdown reaches zero.
- To reset timer to starting condition and clear the workout calories, press RESET until beep (2 seconds).

TO COUNT DOWN TO ZERO AND THEN COUNT UP

(suitable for jogging or running with warm-up timer)

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or – to adjust the TIMER TYPE to TMR (↕). Press SET.
- Press + or – to adjust the HOURS of the warm-up timer. Press SET.
- Repeat for MINUTES and SECONDS.
- Press + or – to adjust the exercise type. Press SET.
- If you want to adjust the LOWER and UPPER HR LIMIT, press + or – to adjust; otherwise press SET.
- To start the timer, press START.
- TIMER will ask PEDO CAL?, or (♥) CAL? and count down from 5 seconds.
See page 23 and 24.
- To pause, press STOP. Press START to resume.
- Timer will beep when the TIMER (↕) reaches zero and then countup automatically.
- To reset timer to starting condition and clear the workout calories, press RESET until beep (2 seconds).


TO USE THE WALK/RUN (DUAL INTERVAL) TIMER (suitable for training)

See your MIOSENSE Guide for a Walk/Run program, set the first interval for running segments, and the second for walking segments.



- The timer must be stopped
- Hold SET until beep (2 seconds).
- Press + or – to adjust the TIMER TYPE to TIMER (↓↓). Press SET.
- Press + or – to adjust the TIMER 1 (Run) HOURS. Press SET. Repeat for TIMER 1 MINUTES and SECONDS.
- Press + or – to adjust the EXERCISE TYPE. Press SET.
- If you want to adjust the LOWER and UPPER HR LIMIT, press + or – to adjust; otherwise press SET.
- Press + or – to adjust the TIMER 2 (Walk) HOURS. Press SET. Repeat for TIMER 2 MINUTES, SECONDS and EXERCISE TYPE.
- Press + or – to adjust the TIMER 2 (Walk) HOURS. Press SET. Repeat for TIMER 2 MINUTES and SECONDS. Press + or – to adjust the number of cycles (repetitions). Press SET.
- To start the Walk/Run timer, press START and begin running.
- Timer will beep when the first interval countdown reaches zero.
- TIMER will ask PEDO CAL?, or (♥) CAL? and count down from 5 seconds. See page 23 and 24.
- Walk until your MIO beeps when the second interval countdown reaches zero.
- Repeat until you have completed all your repetitions.
- To pause at any time, press STOP. Press START to resume.
- To reset timer to starting condition and clear the workout calories, press RESET until beep (2 seconds).

TO COUNT DOWN TO ZERO AND REPEAT

(suitable for training)

- The timer must be stopped.
- Hold SET until beep (2 seconds).
- Press + or – to adjust the TIMER TYPE to **TMR**  REP. Press SET.
- Press + or – to adjust the HOURS. Press SET.
- Repeat for MINUTES and SECONDS.
- Press + or – to adjust the EXERCISE TYPE. Press SET.
- If you want to adjust the LOWER and UPPER HR LIMIT, press + or – to adjust; otherwise press SET.
- Press + or – to adjust the TIMER 2 (Walk) HOURS. Press SET. Repeat for TIMER 2 MINUTES, SECONDS and EXERCISE TYPE.
- TIMER will ask PEDO CAL?, or (♥) CAL? and count down from 5 seconds. See page 23 and 24.
- To start the timer, press START.
- To pause, press STOP. Press START to resume.
- Timer will beep when the countdown reaches zero, then repeat the countdown until you have completed all your repetitions.
- To stop the timer, press STOP.
- To reset timer to starting condition and clear the workout calories, press RESET until beep (2 seconds).

TO COUNT CALORIES BURNED

TIMER will count your workout calorie once the timer is started. The timer can calculate your workout calories based on either step counts or heart rate. You can choose the way it counts your calorie burned when you start the timer. After you press the START button the screen will say; "Pedo Cal" (), for calories based on your steps, or "HR Cal" (). 'Press START to scroll between Pedo Cal and HR Cal' If you want to keep the same way as your last exercise section, you don't need to press any button. The timer will start the timer automatically and keep using last way. If you want to switch to the other way, press START to use the other way to count your calorie. You have 5 seconds to make your choice. The timer will count down from 5 to zero and then your TIMER will begin.

Please note that when the step icon is shown in the TIMER mode that means the timer is using step counts to do calorie calculation. If the heart icon is shown, then the timer is using heart rate to do calorie calculation.

TO COUNT CALORIES BY STEP COUNTS

Using step counts for calorie calculation is a good for walking or jogging exercise. You can view your workout information such as TOTAL TIME, CALORIES, STEPS, DISTANCE, & SPEED by pressing the SUB.M button in TIMER mode.

TO COUNT CALORIES BY HEART RATE

Using heart rate for calorie calculation is a good for nonwalking/jogging/running exercises, such as weight lifting. What you need to do to count your workout calorie is to measure your heart rate at anytime during exercise but particularly when you increase or decrease the intensity of your workout. Then the timer will calculate your workout calorie between your last and current HR measurement. You can view your workout information such as TOTAL TIME and CALORIES by pressing the SUB MENU button in TIMER mode. MIO automatically deducts your workout calories burned from your Net Calories In.

Note: If no heart rate is detected after 15 minutes, your Active will start counting calories using the pedometer function.

TO CLEAR CALORIES BURNED AND RESET TIMER

- Hold RESET until beep to reload your previous timer setting and clear your previous workout calories burned.
- Or hold SET until beep to select the timer type and the duration for your exercise. Your previous workout calories burned will be cleared at the same time.


M. WEIGHT MANAGEMENT MODES

MIO uses your personal information (weight, gender, age, resting heart rate, activity level, etc.) and personal goals (e.g., Weekly Weight Change GOAL) to help you establish a TARGET Daily Calories and to calculate Calories burned during workouts.

The NET CALORIES IN mode displays net calorie intake (= Calorie Intake - Pedometer Calories - Workout Calories) and allows you to enter your Calorie intake. Workout Calories are counted, based on either steps or heart rate, (refer to section L) using EXERCISE TIMER and are automatically subtracted from your NET CALORIES IN. Your TARGET Daily Calories is set in MY MIO (refer to section H).

Note: If EXERCISE TIMER is stopped, the pedometer calories will be automatically subtracted from the NET CALORIES IN function.

As your weight changes update it in MY MIO (section H). If your Resting heart rate changes as you get in shape, update it (see section J). The APPLE GRAPHIC on the display indicates how your NET CALORIES IN compare to your TARGET Daily Calories:

The APPLE GRAPHIC () consists of 6 sectors. Each sector represents 1/6 of your TARGET DAILY CALORIE. You can imagine 2 sectors represent a meal.

When you reach your TARGET, all sectors are gone and try not to eat too much for the rest of the day.

TO ENTER CALORIES CONSUMED

- Press MODE once to get from TIME to NET CALS IN.
- Hold SET until beep (2 seconds).
- Use + and – to select “+ MEAL” (you have eaten) or - “MEAL” (in case you have accidentally entered more than you have actually eaten). Press SET.
- Use + and – to adjust the units digit of your meal calories. Press SET.
- Repeat for the tens, hundreds and thousands of your meal calories.
- These calories will be added to your NET CALS IN if + “MEAL” is selected.

TO RESET NET CALS IN

Your NET CALS IN will be reset to zero automatically at every midnight Refer to section K and L to learn about PEDOMETER CALORIES and WORKOUT CALORIES.

MORE INFORMATION ON SETTING YOUR TARGET DAILY CALORIES

MIO automatically calculates a default TARGET DAILY CALORIES based on your personal information (weight, activity level) and Weekly Weight Change GOAL. You may choose to accept this default or to edit this TARGET based on your own calculations. Here is a standard method to calculate your TARGET:

1. RESTING METABOLIC RATE (RMR):

Multiply your weight (in lbs) by 10 (or multiply your weight in kg by 22).

Example: 130 lbs x 10= 1,300 RMR

2. ACTIVITY LEVEL

Determine from the table the regular activity you engage in at home & at work. Do not include exercise sessions. Multiply your RMR by % Activity Level.

Example: 1,300 RMR calories x 50% Activity Level=650 Activity calories.

Lifestyle	Description	Add % to RMR
Sedentary (LO)	You sit most of the day at work and at home. You drive or ride in a car to get around.	20-40%
Moderately Active (MI)	You are more active at work and at home; you ride to work, use stairs, do housework.	40-60%
Very Active (HI)	You are very physically active at work and at home, performing strenuous physical labor such as construction work.	60-80%

3. DAILY CALORIE REQUIREMENT (DCR)

Determine your DCR adding your RMR calories & Activity calories.

Example: 1,300 RMR calories + 650 Activity calories= 1,950 DCR

4. DAILY CALORIE TARGETS FOR YOUR WEIGHT GOALS:

Your DCR is your Daily Calorie Target TO LOSE 1 LB PER WEEK: Deduct 500 calories from your DCR.

Example: 1,950 DCR - 500 calories= 1,450 Daily Calorie TO GAIN 1 LB PER WEEK. Add 500 calories to your DCR.

Example: 1,950 + 500 calories= 2,450 Daily Calorie Target Note: 1 lb= 3,500 calories.

Enter or change your Target in SET MY MIO (see Section H).

IMPORTANT: According to the World Health Organization Standard (WHO), the minimum DAILY CALORIE INTAKE is 1,200 calories (kcal) for women and men. Your MIO will not let you set your DAILY CALORIE TARGET to less than the recommended minimum value.

N. MEMORY

ACTIVE wants to help you to realize your progress, so it memorizes your records for TODAY, THIS WEEK, LAST WEEK and last 7 days. You can use this data to analyze your performance. Each of the records contains the following:

- Total daily/weekly STEPS.
- Daily/weekly ACTIVITY CALORIES. The display will show "ACTIVE".
- Daily/weekly METABOLIC EXPENDITURE which is equal to RESTING METABOLIC CALORIES + ACTIVITY CALORIES. The display will show "TOTAL".
- Daily/weekly NET CALORIE IN. The display will show "NET".
- Daily/weekly ACTIVE DISTANCE and ACTIVE TIME.

TO VIEW YOUR RECORD

- Press MODE 3 times to get from TIME to MEMORY.
- Press SET to select the record. The information of the selected record will scroll every 5 seconds.
- To exit, press MODE.

TO CLEAR YOUR RECORD

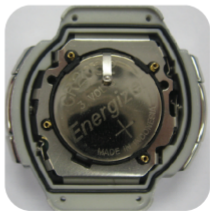
- In MEMORY mode, press SET to select the record that you want to clear.
- Hold RESET till beep.

0. TO CHANGE MIO'S BATTERY

Please see Warranty details regarding battery change. We recommend that your battery is changed by a Jeweller/watch repair service center.

1. Take off strap from the module.
2. Remove 4 screws from the back plate.
3. Remove back plate. Notice the rubber gasket around edge of the case. If gasket comes out, handle carefully.
4. Remove the battery. Place the new battery in with the positive (+) side facing out. Make sure the rubber gasket sits on the edge of the case properly.
5. Place the back plate and screw in the four screws.

There are two connection pins at the caseback, please handle carefully.



P. PC UPLOAD (CONNECT models only)

1. Connect ACTIVE to your PC via USB clip.
2. Launch web browser and go to www.mioglobal.com. Click on MyMIO and create your free account.
3. Within MyMIO click on 'Active'
4. Follow the instructions to upload data.



Free!
Motivational!
Unlimited access!



ACTIVE includes membership to MyMIO, your complete health & wellness portal. Track, query and analyze your own biofeedback data.

Set yourself challenges and use the support of our free personal trainers and other MyMIO members to reach and surpass your goals. All MIO users have free access to this site, and those with Well Connect products can automatically upload their data. Join today to take advantage of everything MyMIO can do to help you achieve your health and wellness goals.

**INCLUDES THE FAMOUS 3500 CALORIE CLUB™:
BURN 3500 CALORIES, LOSE A POUND OF WEIGHT.**

Visit www.mioglobal.com for more details.

MIO ACTIVE SPECIFICATIONS

12/24 hr clock with date and weekday daily alarm.

Total Calorie Intake (Total In): **9999**

Calorie Expenditure (Burned): **9999**

Calorie Target (Target): **9999**

Exercise Timer Modes:

3 Basic (Count up, Countdown & Stop, Countdown & Repeat)

1 Countdown + Countup Dual Timer (Warm-up Timer)

1 Customizable Dual Interval (Walk / Run)

Timer: **9 hours 59 minutes**

Max Heart Rate Percentage: **99%**

Max Readable Heart Rate: **230 BPM**

Min Readable Heart Rate: **40 BPM**

Backlight: **5 second delay**

Operating Temp: **0°C to 40°C**

Lens: **Acrylic**

Watchcase: **ABS**

Caseback: **Stainless steel**

Strap: **Polyurethane**

Buckle: **Stainless steel**

Battery: **Lithium type CR2032**

Expected Battery Life: **1 year**

Made in China

SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE

Water
Resistance

30
meters

**Do not push
buttons
underwater.**

The Heart
Rate Measure
function is
not intended
for use or
operation
in or under
water.

LIMITED ONE YEAR WARRANTY

THE MIO LIFESTYLE WATCH, EXCEPT THE BATTERY, IS WARRANTED TO THE ORIGINAL PURCHASER TO BE FREE FROM DEFECTS IN MATERIAL & WORKMANSHIP UNDER NORMAL USE FOR A PERIOD OF ONE (1) YEAR FROM THE DATE OF PURCHASE. DURING THE WARRANTY PERIOD, & UPON PROOF OF PURCHASE, THE MIO FITNESS WATCH WILL BE REPAIRED OR REPLACED (WITH THE SAME OR SIMILAR MODEL) AT THE OPTION OF THE MANUFACTURER, WITHOUT CHARGE FOR EITHER PARTS OR LABOR. THE WARRANTY DOES NOT APPLY TO DAMAGE RESULTING FROM ABUSE, MISUSE OR ALTERATION OF THE MIO WATCH. THIS INCLUDES ANY DAMAGE TO THE MIO THAT APPEARS TO BE CAUSED BY THE USE OF TOOLS. WITHOUT LIMITING THE FOREGOING, DAMAGE RESULTING FROM BENDING OR DROPPING THE MIO WATCH WILL BE DEEMED TO RESULT FROM ABUSE OR MISUSE. THIS WARRANTY IS VOID IF THE WATCH CASE OF THE MIO WATCH HAS BEEN OPENED OR OTHERWISE TAMPED WITH. THERE IS A U.S. \$12.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSICAL CUSTOMER SERVICE TO ARRANGE FOR WARRANTY REPAIR OR REPLACEMENT BY PHONING 1-877-770-1116. IT CAN TAKE UP TO SIX WEEKS TO RECEIVE YOUR REPLACEMENT/REPAIRED WATCH AFTER YOUR DEFECTIVE WATCH HAS BEEN RECEIVED AT OUR WAREHOUSE. PLEASE NOTE THAT ONLY YOUR ORIGINAL RETAILER CAN OFFER REFUND ACCORDING TO THEIR OWN TERMS & CONDITIONS.

YOU CAN ALSO CONTACT US BY MAIL TO ARRANGE TO RECEIVE RETURN/REPLACEMENT SHIPPING AUTHORIZATION: MIO WATCH SERVICE CENTER, 7501 N. HARKER DRIVE, PEORIA, IL 61615, TOLL FREE 1-877-770-1116 FAX 1-309-689-6543

NEITHER THE WARRANTY NOR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY, SHALL EXTEND BEYOND THE WARRANTY PERIOD (ONE YEAR FROM DATE OF ORIGINAL PURCHASE). NO RESPONSIBILITY IS ASSUMED FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGE, INCLUDING BUT NOT LIMITED TO DAMAGE RESULTING FROM INACCURACY OF THE PRODUCT OR ANY OF ITS FUNCTIONS. THE LAWS OF SOME JURISDICTIONS DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES SO THAT THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THE WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS & YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE. THIS WARRANTY IS VOID UNLESS THE MIO WATCH IS PURCHASED FROM AN AUTHORIZED MIO RESELLER.

DISCLAIMER

THE MATERIAL IN THE INSTRUCTION GUIDE & MIOSENSE BOOKLET & WEBSITE IS FOR INFORMATION PURPOSES ONLY. THE MIO WATCH DESCRIBED IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE, DUE TO THE MANUFACTURER'S CONTINUOUS DEVELOPMENT PROGRAM. THE MIO WATCH, INSTRUCTION GUIDE & MIOSENSE BOOKLET ARE INTENDED TO SUPPORT A SENSIBLE APPROACH TO HEALTH & FITNESS. THEY ARE NOT INTENDED TO REPLACE PROFESSIONAL MEDICAL ADVICE RELATED TO DIET, EXERCISE OR WEIGHT LOSS. PHYSICAL ENTERPRISES SHALL NOT BE LIABLE FOR ANY DAMAGES, DIRECT OR INCIDENTAL, CONSEQUENTIAL OR SPECIAL, ARISING OUT OF, OR RELATED TO, THE USE OF MIO & ACCOMPANYING DOCUMENTS. IF YOU EXPERIENCE SEVERE OR PROLONGED DISCOMFORT OR PAIN AT ANY TIME, SEE YOUR DOCTOR IMMEDIATELY. THE INFORMATION IN THE INSTRUCTION GUIDE & MIOSENSE BOOKLET IS INTENDED TO BE USED AS A GENERAL GUIDE ONLY & MAY NOT BE APPROPRIATE TO SPECIFIC USERS. IN PARTICULAR: MAXIMUM HEART RATE. CONSULT A DOCTOR TO DETERMINE YOUR PERSONAL MAXIMUM HEART RATE. MIO USES COMPLEX FORMULAE THAT GENERALLY PREDICT THE HR BASED UPON STUDIES OF SUBJECTS WITH HEALTHY HEARTS. THE PERCENTAGE OF MAXIMUM CALCULATIONS ARE NOT TO BE RELIED UPON ESPECIALLY IF YOU HAVE A HISTORY OF HEART DISEASE, STROKE, HIGH OR LOW BLOOD PRESSURE, DIABETES, ASTHMA OR OTHER CIRCULATORY OR RESPIRATORY CONDITIONS. CALORIE TARGET & EXPENDITURE: RELIANCE ON INAPPROPRIATE INTAKE & EXPENDITURE TARGETS MAY RESULT IN EXCESSIVE WEIGHT GAIN OR LOSS, FAINTING, DIETARY DEFICIENCIES OR OTHER ADVERSE MEDICAL CONSEQUENCES. CONSULT A DOCTOR TO DETERMINE WHAT CALORIC INTAKE & EXPENDITURE TARGETS ARE APPROPRIATE FOR YOU. MIO, WHILE DESIGNED TO PROVIDE AN EKG-ACCURATE HEART RATE, IS NEITHER DESIGNED NOR WARRANTED FOR MEDICAL USE & SHOULD NOT BE RELIED UPON FOR MEDICAL PURPOSES. ALWAYS CONSULT A DOCTOR BEFORE BEGINNING A NEW EXERCISE REGIME OR DIET PROGRAM OF ANY KIND.

WARRANTY AND REPAIRS CONTACT

MIO Watch Service Center,
7501 N Harker Drive,
Peoria, IL 61615

Toll-free: 1-877-770-1116

Fax: 1-309-689-6543

www.mioglobal.com

Made in China
PWC130-03003(MIO)



EU RESIDENTS: Do not dispose of this product as unsorted municipal waste. It is your responsibility to return this product to local recycling service. EU-DECLARATION OF CONFORMITY Physi-Cal Enterprises Inc. declares this Finger Sense heart rate Watch (MIO ACTIVE) in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our Customer Service.



Under the environment with ESD, the device may malfunction, disconnect, and/or display an error. This requires the user to reset the device, reconnect it, or relocate to an area without such electrostatic disturbances.



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