

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

 support@mioglobal.com

 mioglobal.com/support

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WELCOME

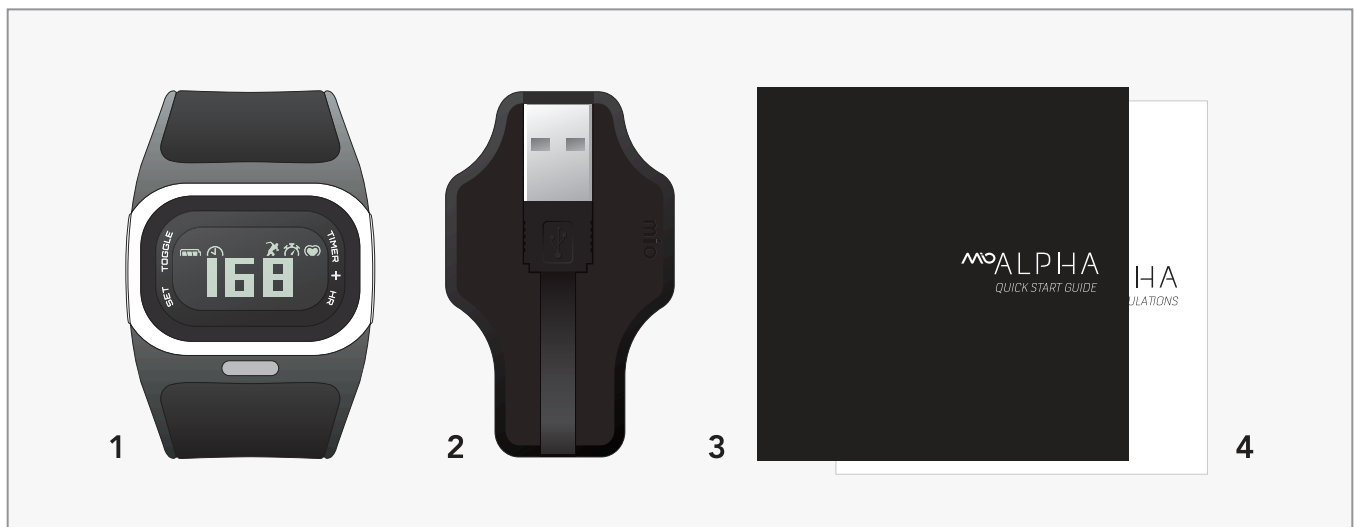
Congratulations on your purchase! Mio ALPHA is the world's first performance level, strapless, continuous heart rate monitor you can wear on your wrist. ALPHA uses *Bluetooth*® Smart technology to transmit your heart rate data to smartphones and other compatible devices. Take advantage of a wide range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

Remember to register your Mio ALPHA at mioglobal.com/register 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.

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