

ALPHA

Complete User Guide



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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 hundreds of fitness apps.

Getting Started

WHAT'S INCLUDED



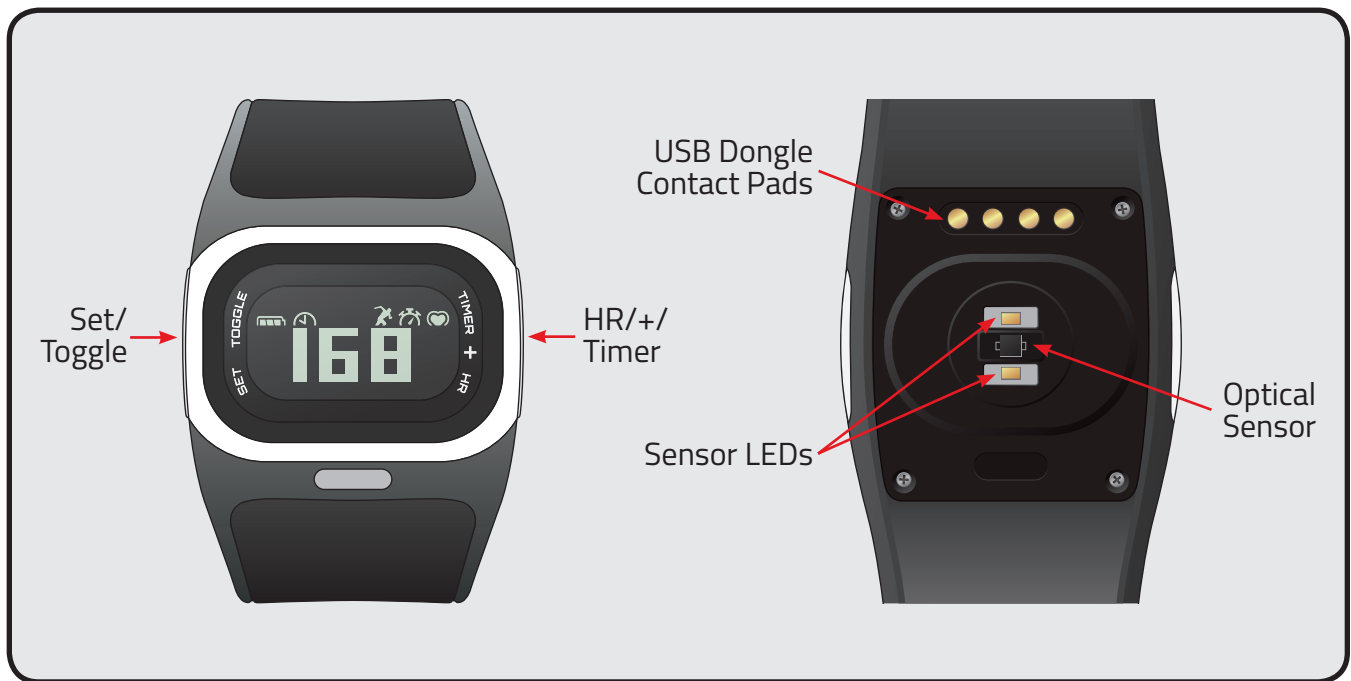
IMPORTANT SAFETY INFORMATION

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). Consult your doctor or device manufacturer before using 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 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 Alpha

Wearing Your Alpha

To use the heart rate monitor on your Alpha watch, you must:

- Fasten the watch snugly so the optical sensor on the back of the watch makes good contact with your skin.
- Wear the watch above—not on—your wrist bone; wear it higher on the forearm if you have a small wrist.
- If you often have cold hands or poor circulation, your Alpha's performance may be diminished. Try exercising 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 your Alpha like any watch.

Getting Your Heart Rate

You can view your heart rate and use the heart rate monitor when you put your watch in EXERCISE mode. You must be wearing the watch for it to read and display your heart rate.

TURNING ON EXERCISE MODE

1. Press and hold the **HR** button until the watch beeps and the display says FIND.
2. 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 see  , the heart rate signal is not strong enough. Please refer to *Troubleshooting*.

TURNING OFF EXERCISE MODE

1. Press and hold the **HR** button until the watch beeps and the display says QUIT or END.

TROUBLESHOOTING

- You may need to tighten the watch strap.
- On cold days, activate the heart rate reading while still indoors.
- If you are still having trouble, try wearing Alpha on your other wrist.
- Minimize wrist movement while using Alpha's continuous heart rate.

If Alpha cannot detect your heart rate during the FIND period (2 min), it will leave EXERCISE mode and go back to TIME mode.

Setting Your Target Heart Rate

To specify your target heart rate zone, your Alpha must be in EXERCISE mode.

Your target heart rate (HR) zone consists of your upper heart rate limit and your lower heart rate limit. These limits are usually a percentage of your maximum heart rate (MHR). This table shows some examples:

Exercise Type	Lower HR Limit	Upper HR Limit
Warm Up	50% of MHR	60% of MHR
Moderate	60% of MHR	70% of MHR
Fitness	70% of MHR	80% of MHR
Training	80% of MHR	90% of MHR

If you don't know your maximum heart rate or upper and lower heart rate limits, use your preferred method for calculating them or check with your doctor. A very basic method to calculate your MHR is to subtract your age from 220.

Example: If your age is 50, your MHR is 170, and if you want to exercise in the range of Moderate to Fitness, you could set your lower HR limit to 102 (60% of MHR) and your upper HR limit to 136 (80% of MHR).

When you start using your Alpha while you exercise, you'll soon get an idea of your personal heart rate zone for different levels of activities.

Tip: When you set your target heart rate zone, you will be prompted to set the upper heart rate first, then the lower heart rate.

TO SET YOUR TARGET HEART RATE ZONE

1. With your watch in EXERCISE mode, press and hold the **SET** button until the watch beeps and the display says SET UP .
2. Press the **+** button to select the first digit of the heart rate for your desired upper heart rate limit. The first digit will be a number from 0 to 2.
3. Press the **SET** button to confirm your choice.
4. Repeat steps 2 and 3 for the next two digits of the heart rate, selecting a number between 0 and 9 for each.

When you have set the upper heart rate limit, the display will say LOW . Repeat steps 2 through 4 to set the lower heart rate limit.

USING HEART RATE ZONE ALERTS

Your Alpha watch can notify you by beeping when you are not exercising in your target heart rate zone. A double beep indicates your heart rate is 10 BPM or more outside the target zone. To use zone alerts, specify your target zone and turn on the timer while you are exercising.

HEART RATE ZONE ALERT LED SIGNALS

With your Alpha in EXERCISE mode and the timer on, the LED light below the watch displays alerts.

Green flash: you are exercising in your target heart rate zone.

Red flash: you are exercising above your upper limit. A double-flash means your heart rate is 10 BPM or more outside the target zone.

Blue flash: you are exercising below your lower limit. A double-flash means your heart rate is 10 BPM or more outside the target zone.

Using The Timer

Turn on the timer while you are exercising to:

- Track the length of time you have been exercising.
- Turn on heart rate zone alerts.

Your watch must be in EXERCISE mode to use the timer.

TO TURN ON THE TIMER

- With your watch in EXERCISE mode, press the **TIMER** button. The display says START.
- Press the **TIMER** button to Pause/Resume the TIMER. Once the TIMER is running, the HR Zone alert will be activated.

TO EXIT FROM TIMER

- Press and hold the **TIMER** button until the display says END.

Turning off the timer also turns off EXERCISE mode.

TO VIEW THE ELAPSED TIME ON THE TIMER

- Press the **SET** button.
- Press the **SET** button again to toggle the display from timer to time to heart rate.

Reviewing Your Exercise Session

Your Alpha exercise log shows:

- The length of time of your last exercise session (assuming that the timer was running for your entire session).
- Your average heart rate during the last exercise session.
- The amount of time you spent in your target heart rate zone in the last exercise session.

TO REVIEW THE STATISTICS FROM YOUR LAST EXERCISE SESSION

1. In TIME mode (that is, with EXERCISE mode off), press the **TOGGLE** button.
The display says LAST RUN.
2. View the length of time of your last session, and then press the **TOGGLE** button.
The display says AVG .
3. View your average heart rate, and then press the **TOGGLE** button.
The display says IN ZONE.
4. View the amount of time you spent exercising in your target heart rate zone
5. Press the **TOGGLE** button to return to TIME mode.

Using Alpha With Devices and Apps

You can use your Alpha as a stand-alone sports watch with heart rate monitor. You can also transmit your real-time heart rate data to an ANT+™, *Bluetooth*® Smart Ready or *Bluetooth*® 4.0 device (depending on which model of Alpha you purchased), including smart phones and exercise equipment computers, and use your Alpha with a wide range of fitness apps.

WORKING WITH A RECEIVING DEVICE

- If needed, purchase an ANT+ dongle when you purchase your Alpha watch.
- The Alpha starts transmitting your heart rate data as soon as it finds your heart rate. This means it is discoverable to your devices.
- Wear the receiving device on your arm, in your front pocket, or in front of you on a belt or bike handlebar. Do not position the device behind you (e.g. in a back pocket or backpack).
- The Alpha heart rate calculation is not based on instant R-R interval, and will not work for apps that require heart rate variability (HRV) data.

Tip: *The first time you use your Alpha with a receiving device or app, you must pair the Alpha and the device or app. Pairing can prevent signal interference when other sensors and devices are in the area. Once paired, just treat your Alpha as a chest strap or heart rate monitor.*

TIPS FOR PAIRING

- The Alpha must be in EXERCISE mode, reading your heart rate, before pairing.
- Position the receiving device within 3 metres (9 feet) of the Alpha.
- Stay 10 metres (30 feet) from other ANT+ or *Bluetooth* sensors and devices.

PAIRING WITH IPHONE APPS

1. If you are using the ANT+ version of iPhone, plug in the ANT+ dongle.
2. If you are using *Bluetooth* Smart technology, turn on the *Bluetooth* function of your iPhone.
3. Open the app to pair with. Instructions vary for each app, but typically you add or scan for the heart rate sensor using the app's Settings mode.

Note: *Once you have paired with the app, it will automatically recognize Alpha each time you use the app.*

4. Repeat for each app that you want to pair with.

PAIRING WITH ANDROID™ APPS – BLUETOOTH® SMART

- Open the Android's Settings menu and follow the standard *Bluetooth* pairing process to add or scan for the Alpha heart rate sensor.

After you pair the Alpha to your Android, all apps will be automatically paired.

PAIRING WITH ANDROID APPS – ANT+™

1. If your Android phone does not have a built-in ANT+ receiver, plug in the ANT+ dongle.
2. Open the app to pair with. Instructions vary for each app, but typically you add or scan for the heart rate sensor using the app's Setting mode.

Note: *Once you have paired with the app, it will automatically recognize Alpha each time you use the app.*

3. Repeat for each app that you want to pair with.

PAIRING WITH RECEIVING DEVICES SUCH AS BIKE COMPUTERS

Instructions vary for each device. Follow the instructions for receiving heart rate data from a chest strap; your device will register the Alpha heart rate sensor.

Maintaining Your Alpha

Charging The Battery

Your Alpha watch contains a rechargeable lithium polymer battery. Follow these instructions and guidelines to ensure long life for the battery.

If you do not follow these guidelines, the battery life could be shortened and there is the risk of damage to the watch, risk of fire, risk of electrolyte leaks and chemical burns, and risk of injury.

BATTERY INDICATOR

- The battery indicator in the upper left of the watch face shows three bars when the battery is fully charged. Each bar represents about 1/3 of the battery's full charge.
- If you put the watch in EXERCISE mode and the battery charge is below 1/3, the display will say LOW BATTERY. You can still use the heart rate monitor.
- If you put the watch in EXERCISE mode and the display says NO BATTERY, you must recharge the battery before using the heart rate monitor again. The watch will automatically return to TIME mode.

BATTERY LIFE

- The length of time you can use the heart rate monitor before recharging the battery varies from 8 to 18 hours.

TO CHARGE THE BATTERY

1. Make sure that the 4 connection pads on the caseback are dry. If not, dry them with a towel.
2. Plug the USB dongle into the USB port of your computer.
3. Attach the 4 connection pads on the caseback to the 4 connection pads on the dongle. The magnets in the connection pads will help the two pieces lock into place.

The display will indicate that the battery is charging, and the blue LED will flash.

Tip: When the battery is finished charging, the display will say FULL .

BATTERY CARE GUIDELINES

- Recharge the battery at least once every 6 months.
- Do not expose the watch to high temperatures.
- Use the watch in the temperature range of 5°C to 45°C (41°F to 113°F).
- Store the watch in the temperature range of 0°C to 25°C (32°F to 77°F).
- Do not disassemble, puncture, or incinerate the watch or battery.
- If the watch casing breaks and the battery is exposed, keep the battery away from children.

BATTERY REPLACEMENT

- The battery lifetime is about 300 charge cycles. If you charge the battery every week, the battery should last for 5 years.
- When the battery charge length is obviously shorter than before, visit www.mioglobal.com to find out how to replace the battery.
- Contact your local recycling authority for information about disposing of the watch and battery.

Using Your Alpha In Water

- The MIO Alpha is water-resistant; you can wear your Alpha while swimming.
- **Important:** Do not press the watch buttons under water.
- The accuracy of the heart rate monitor might be reduced in cold water or if you are using large arm movements.
- Do not wear your Alpha while diving.
- Wireless technology does not work under water.
- After swimming, rinse your Alpha with tap water and dry it with a soft cloth.

Caring For Your Alpha

CLEANING YOUR ALPHA

- Clean the sensor area and connection pads with mild soap and water about once a week.
- Do not scratch the sensor area. Protect it from damage.
- Wipe the watch with a damp cloth as needed. Use mild soap to remove oil or dirt.
- Do not expose your watch to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents. Chemicals can damage the watch's seal, case, and finish.
- After swimming, rinse your Alpha with tap water and dry it with a soft cloth.

OTHER CARE TIPS

- Do not attempt to disassemble or service your watch.
- Protect your watch from impact shocks, extreme heat, and extended exposure to direct sunlight.
- The Alpha is water-resistant only if the lens, buttons, and case remain intact.

Alpha Specifications

Clock: 12-hour

Timer: 9 hours 59 minutes 59 seconds

Max Readable Heart Rate: 220 BPM

Min Readable Heart Rate: 30 BPM

Operating Temp: 5°C to 45°C (41°F to 113°F)

Lens: Mineral Glass

Watchcase: PA+GF

Caseback: PC+CF

Caseback Contact Pads: SUS316

Strap: Silicon

Battery: 170mAh Lithium Polymer

Expected Battery Life: Up to 5 Years

Radio Frequency/Protocol: 2.4 GHz ANT+ or *Bluetooth*® Smart Wireless Technology

Warranty and Regulations

Limited One Year Warranty

The MIO fitness watch, except the battery, is warranted to the original purchaser to be free from defects in material and workmanship under normal use for a period of one (1) year from the date of purchase. During the warranty period, and 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 has been opened or otherwise tampered with.

There is a U.S. \$12.00 charge for handling, postage, and insurance on warranty repairs. Contact Physi-Cal 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 or repaired watch after your defective watch has been received at our warehouse. Please note that only your original retailer can offer a refund according to their own terms and conditions.

You can also contact us by fax to arrange to receive return or replacement shipping authorization: 1-604-800-0471.

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 and 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.

International Warranty

A separate warranty may be provided by international distributors for devices purchased outside North America depending on the country. If applicable, this warranty is provided by the local in-country distributor and this distributor provides local service for your device.

Warranty and Repairs Contact

MIO Watch Service
Toll-free: 1-877-770-1116
Fax: 1-309-689-6543

For full warranty service, register your Alpha online at: mioglobal.com/alpha

Disclaimer

The material in the instruction guide and 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, and website are intended to support a sensible approach to health and fitness. They are not intended to replace professional medical advice related to diet, exercise, or weight loss. Physi-Cal Enterprises shall not be liable for any damages, direct or incidental, consequential or special, arising out of, or related to, the use of MIO products and accompanying documents. If you experience severe or prolonged discomfort or pain at any time, see your doctor immediately. The information in the instruction guide is intended to be used as a general guide only and 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 heart rate 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 and expenditure: reliance on inappropriate intake and 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 and expenditure targets are appropriate for you. MIO, while designed to provide an EKG-accurate heart rate, is neither designed nor warranted for medical use and should not be relied upon for medical purposes. Always consult a doctor before beginning a new exercise regime or diet program of any kind.

Regulations and Conformity

The Alpha Regulatory Sheet is available for download at mioglobal.com/alpha.



EU RESIDENTS: Do not dispose of this product as unsorted municipal waste. It is your responsibility to return this product to your local recycling service.

EU-DECLARATION OF CONFORMITY Physi-Cal Enterprises Inc. declares this heart rate watch (MIO Alpha) in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our MIO Watch Service line.

If there are electrostatic disturbances in the environment, the watch may malfunction or display an error. In this case, reset the watch or relocate to an area without such disturbances.

Part # 52P (ANT+) or 53P (*Bluetooth*® Smart)

Made in China