

MiOLINK

COMPLETE USER GUIDE



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HAVE ANY QUESTIONS ABOUT YOUR MIO LINK?

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
-  facebook.com/mioglobal
-  twitter.com/mioglobal



Set up your device with the Mio GO app



WELCOME

Congratulations on your purchase of Mio LINK, the performance-level, strapless, continuous heart rate monitor that you can wear on your wrist. Mio LINK uses ANT+™ and Bluetooth® Smart (4.0) technology to transmit your heart rate data to smartphones, bike computers, and other compatible devices. Download the Mio GO app for a fully personalized, interactive workout, or take advantage of hundreds of other fitness apps.

Remember to register your Mio LINK through the Mio GO app, or online at mioglobal.com/register to receive full warranty service.

GETTING STARTED

What's Included

1. Mio LINK
2. USB Charger
3. Warranty & Regulations



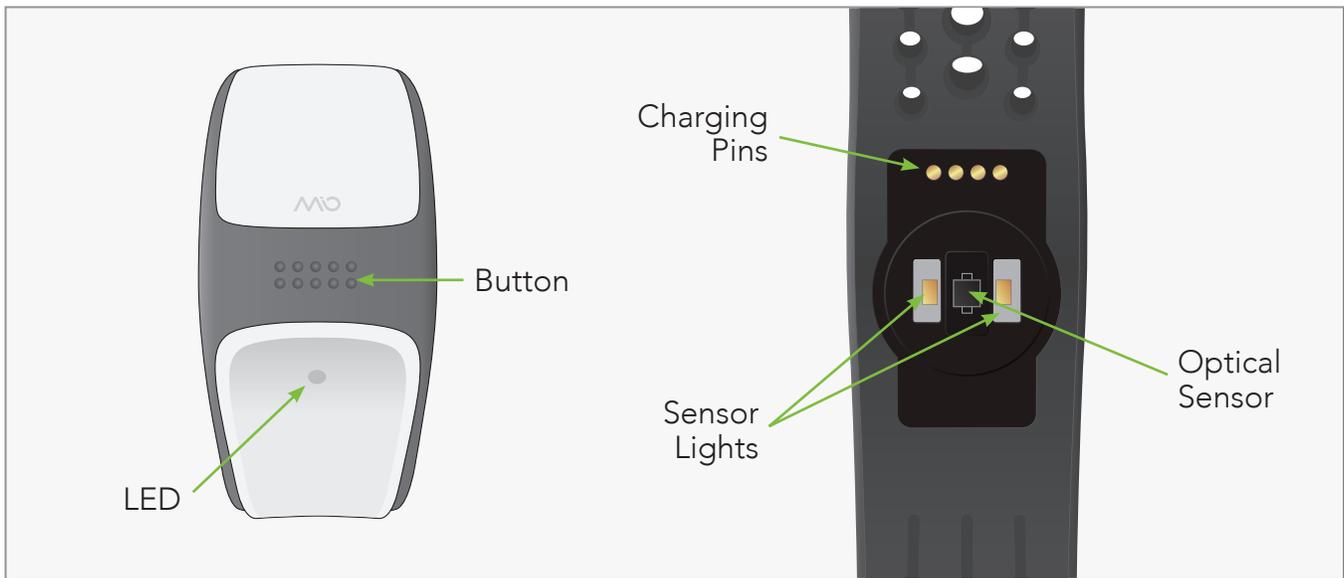
IMPORTANT SAFETY INFORMATION

Be sure to consult your doctor before beginning a new exercise program.

While Mio LINK provides accurate heart rate measurements, it is not a medical device. The Mio LINK and USB charger contain strong magnets. If you use a pacemaker, defibrillator, or other implanted electronic devices, consult your doctor before using a Mio LINK.

See **Charging The Battery** for important battery care and battery safety information.

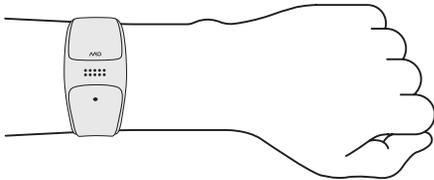
YOUR MIO LINK



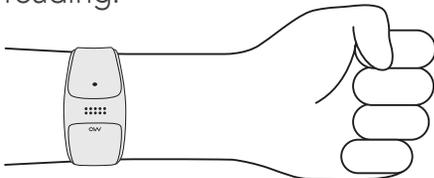
Wearing Your Mio LINK

To accurately monitor your heart rate:

1. Fasten Mio LINK snugly on your lower forearm, about 1–3 inches (3–8cm) above your wrist bone. The optical sensor on the back should make good contact with your skin.



2. If you have a smaller wrist, wear Mio LINK higher on your forearm.
3. For cyclists or users with concave wrists, wear the Mio LINK higher and on the underside of your forearm, since bending of the wrist may affect the heart rate reading.



4. If you are using Mio LINK with an ANT + sport device, wear both devices on the same arm for a better ANT+ connection.

Important: For optimal heart rate accuracy, especially if you often have cold hands or poor circulation, we strongly recommend doing a warm up exercise for a few minutes before you begin to track your heart rate.

USING MIO LINK

Important: Wash Mio LINK regularly with mild soap and water to prevent skin irritation. Make sure you allow both your arm and the LINK to dry completely before resuming wear.

GETTING YOUR HEART RATE

You can get your real-time heart rate when you put Mio LINK in Heart Rate (HR) Mode. You must be wearing Mio LINK to obtain an accurate heart rate reading. The heart rate may take a few seconds to stabilize while your body is adjusting to the physical activity. We recommend activating Heart Rate Mode during the warm up stage of your workout.

Turning On HR Mode

1. While standing still, press and hold the Button until the LED lights up. The color of this LED is an indicator of the battery level. (See **Charging The Battery** for more information).
2. Mio LINK will immediately begin searching for your HR, indicated by the pulsing light blue LED.
3. Hold your arm still until the LED blinks in a distinctively slower pattern. This means Mio LINK has found your heart rate. The LED color at this point is an indicator for the HR zone. For more details, please refer to **Heart Rate Zones**.

If no valid heart rate signal is found within the initial 2 minutes, the LED will light up in red for 2 seconds, then Mio LINK will automatically leave Heart Rate Mode and turn off.

Please refer to **Troubleshooting**.

During your workout, if you see a red LED flashing in a steady pattern (ON for 1 second, OFF for 1 second), Mio LINK has lost connection to your heart rate. Please refer to **Troubleshooting**.

Turning Off HR Mode

Press and hold the Button until the LED turns solid. Your Mio LINK will switch off when the LED turns off. (The colour of this LED indicates the battery level. See **Charging The Battery** for more information).

Troubleshooting

- Minimize wrist movement when Mio LINK is searching for your initial heart rate.
- Try tightening the strap.
- Try wearing Mio LINK higher on your forearm.
- On colder days, activate the heart rate reading before heading outdoors.
- If you are still having trouble, try wearing Mio LINK on your other arm.

HEART RATE ZONES

Your target heart rate (HR) zone consists of your upper HR limit and your lower HR limit. These limits are usually a percentage of your maximal heart rate (MHR). If you do not know your MHR or upper and lower HR limits, you can check with your doctor, or use this following MHR calculation method as guidance:

$$MHR = 208 - (0.7 \times \text{Age})$$

Note: *If Mio LINK is connected to a Bluetooth device, the LED light will do single flashes. If no Bluetooth device is connected, the LED light will do double flashes.*

Using Heart Rate Zone Alerts

Training Zone Mode (5-Zone) is the factory default on Mio LINK. To switch to Zone Alert Mode (1-Zone), or to customize the upper and lower boundaries of each HR zone, please refer to **Set Up**.

Training Zone Mode [5-Zone]

The LED light will blink slowly to indicate your current HR zone. You can customize the upper and lower boundaries of each HR zone through the Mio GO app. Please see **Set Up** for more details.

COLOR	DESCRIPTION
● Light Blue	Rest
● Blue	Very Light
● Green	Light
● Yellow	Moderate
● Pink	Hard
● Red	Maximum

Zone Alert Mode [1-Zone]

In Zone Alert Mode, the LED will blink slowly to indicate whether you are below, within, or above the target HR zone.

COLOR	DESCRIPTION
● Blue	Below Target HR Zone
● Green	Within Target HR Zone
● Red	Above Target HR Zone

SET UP

To achieve the full potential of training with Mio LINK, you should configure your LINK through the Mio GO app. Mio GO allows you to:

- Customize your upper and lower limits of each HR zone.
- Switch between Training Zone Mode (5-Zone) and Zone Alert Mode (1-Zone).

Mio GO is available for download in the Apple App Store and Google Play store.

Setting Up Heart Rate Zones

1. Find an isolated location, away from all other ANT+ sensors.
2. Fasten Mio LINK snugly on your forearm. Press and hold the Button to turn on HR Mode.
3. Turn on the Bluetooth function of your smartphone or tablet.
4. Open the Mio GO app. If you are opening the app for the first time, you will be asked to set up a user profile and connect your device.
5. Select your Mio LINK from the list of discovered devices.
6. Choose your preferred heart rate training mode and set your heart rate zone limits (See **Heart Rate Zones** for more information).
7. Choose to customize your lower and upper HR limits by either % Max HR or BPM.
8. Tap each zone to change the lower and upper boundaries. Tap **Done**.
9. Your LINK is now configured and ready to use!

For more information or for assistance with configuring your Mio LINK, please visit mioglobal.com/support.

USING MIO LINK WITH APPS & DEVICES

Mio LINK can be used as a stand-alone heart rate monitor with heart rate (HR) zone indicator. You can also transmit your real-time HR data, using ANT+ or *Bluetooth* Smart (4.0) technology, to any compatible smartphones and exercise equipment computers. Connect your Mio LINK to a compatible device to take advantage of the wide range of fitness apps available.

See what devices and apps are compatible at mioglobal.com/compatibility.

Compatible devices will only capture LINK's data in real-time. This requires you to have the device with you while you are tracking your heart rate.

WORKING WITH A RECEIVING DEVICE

You will be required to pair Mio LINK with every new app and receiving device you use. Pairing prevents signal interference from other sensors and devices in the area.

Tips for Pairing

- Mio LINK must be in Heart Rate Mode.
- Stay 30 meters (100 feet) away from other ANT+ or Bluetooth sensors and devices.
- Position the receiving device as close to your Mio LINK as possible, within 1 meter (3 feet).
- 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).
- Heart rate calculation of the Mio LINK is not based on instant R-R interval, and will not work for apps and devices that require heart rate variability (HRV) data.

Pairing with Apps through Bluetooth

1. Turn on the Bluetooth function of your device.
2. If you use an Android device, open the Bluetooth settings menu on your device. Enable the setting that makes your device visible to other Bluetooth devices.
3. Put on your Mio LINK and turn it on.
4. Open the app that you would like to pair with. Instructions vary for each app, but typically, you can add or scan for a heart rate sensor within the app's settings.
Note: *Pairing must be completed within the app settings, and not in your smart device's Bluetooth settings.*
5. Repeat the above pairing process for each app. After initial pairing is complete, your Mio LINK will automatically be recognized each time you use the app.

Note: *To pair with an Android app through Bluetooth Smart, all of the following requirements must be met:*

- Your device is running an Android version 4.3 or higher
- Your device has Bluetooth 4.0
- Your app supports both of the above

To find out whether your Android device meets the compatibility requirements, visit mioglobal.com/compatibility.

Important: If you want to pair through ANT+, you will need a device with built-in ANT+ support, or an ANT+ dongle. (For details, visit <http://www.thisisant.com>.)

Pairing with Sport Devices such as Bike Computers

Instructions vary for each device. Follow your device manufacturer's instructions for receiving heart rate data from a chest strap; your device will register the Mio LINK.

MAINTAINING YOUR MIO LINK

CHARGING THE BATTERY

Mio LINK contains a rechargeable lithium polymer battery. Follow these instructions and guidelines to maintain the battery lifespan.

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

Battery Status

The LED light will light up and indicate the battery level every time you turn on or turn off Heart Rate Mode.

COLOR	BATTERY POWER
● Green	Battery is charged
● Yellow	Battery level is below 30%
● Red (flash twice)	Battery level is low and unable to provide heart rate measurement

If the battery level falls below 30% during a workout, the LED will alert you every 4 seconds by quickly flashing red-blue-red-blue, and then resuming the heart rate zone indication pattern.

Battery Life

Every full charge of Mio LINK will provide 8 to 10 hours of use in Heart Rate Mode.

Charging Your Mio LINK

1. **Warning:** Make sure the four charging pins on the back of Mio LINK are dry. Otherwise, dry them gently with a towel.
2. Plug the USB charger into the USB port of your computer.
3. Align the four charging pins on the back of Mio LINK to the four charging pins on the USB charger. The magnets in the charging pins will help the two pieces lock into place.

The LED light will fade in and out slowly in a light blue color ● to indicate that the battery is charging. When the battery is fully charged, the LED light will turn off.

Battery Care Guidelines

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

Battery Lifespan

- The battery lasts for approximately 300 charge cycles. If charged on a weekly basis, the battery should last for at least 5 years.
- The battery is non-replaceable. If the battery charge length is noticeably shorter than before, your Mio product may have reached its end of life. Contact your local recycling authority to properly dispose of the device and battery.

USING YOUR MIO LINK IN WATER

- Mio LINK is water-resistant up to 30 meters and can be worn while swimming.
- **Important:** Do not press the Button under water.
- The accuracy of the heart rate monitor may be reduced in cold water or if you are using large arm movements.
- Do not wear your LINK while diving.
- Wireless communication does not work under water.
- After swimming, remove the Mio LINK strap from the sensor unit. Rinse both with tap water and gently dry with a soft cloth.

CARING FOR YOUR MIO LINK

Cleaning Your Mio LINK

- Wash Mio LINK regularly with mild soap and water to prevent skin irritation.
- Make sure you allow both your arm and the LINK to dry completely before resuming wear.
- Avoid scratching the optical sensor area to protect your LINK from damage.
- Do not expose Mio LINK to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents. Chemicals can damage the seal, case, and finish.
- After swimming, remove the strap from the sensor unit. Rinse both with tap water and gently dry with a soft cloth.
- If your skin becomes irritated, wear LINK on the other arm or discontinue wearing until the irritation clears.

Other Care Tips

- Do not attempt to disassemble or service your Mio LINK.
- Protect your LINK from impact shocks, extreme heat, and extended exposure to direct sunlight.
- Mio LINK is water-resistant up to 30 meters only if the button is not pressed under water and the casing remains intact.

MIO LINK SPECIFICATIONS

Maximum Readable Heart Rate: 220 BPM

Minimum Readable Heart Rate: 30 BPM

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

Case: ABS

Caseback: PC+GF

Caseback Charging Pins: SUS316

Strap: Silicone

Water Resistance: up to 30M

Battery: 60mAh Lithium Polymer

Expected Battery Life: Up to 5 Years

Magnets: Neodymium – iron – boron (NdFeB)

Radio Frequency/Protocol: 2.4 GHz ANT+ and *Bluetooth* Smart (4.0) Wireless Technology

WARRANTY AND REGULATIONS

WARRANTY & SERVICE

Be sure to visit our Product Support pages to find online help, FAQs, videos, and manuals for your product: mioglobal.com/support.

Mio Global Limited Warranty Information

This product is warranted to the original purchaser to be free from defects of quality, materials or workmanship at the time of delivery for the Limited Warranty Period (see below). During the Limited Warranty Period, Physical Enterprises Inc. (Mio Global) will, at its sole discretion, remedy such defects free of charge either by a) repairing, or b) replacing, or c) refunding the original purchase price (excluding taxes, shipping, handling, duties, and similar amounts), subject to the terms and conditions of this Limited Warranty. Processing of all warranty claims will be handled by the distributor of the product for the geographic area where the original purchase was made. To obtain warranty service, contact the store/dealer where the product was purchased to make a warranty claim.

Warranty Period

The “Limited Warranty Period” starts on the date of purchase and lasts for one year, ending on the first anniversary of the date of purchase. Your store/dealer (or its importer or distributor) may have offered you a longer warranty period as part of the sale; Mio Global is not responsible for such longer warranty period so please contact your store/dealer for more information. The Limited Warranty Period will automatically expire without notice, and this Limited Warranty is not enforceable, if (as determined at the sole discretion of Mio Global):

1. the product has been opened or otherwise tampered with (except where permitted by the relevant documentation, such as to properly replace batteries as instructed);
2. the product has been serviced by a person other than Mio Global;
3. the serial number has been removed, altered or made illegible in any way; or
4. the product was not purchased from an authorized reseller of Mio Global (please contact Mio Global to obtain a list of authorized resellers).

Please refer to mioglobal.com/support for country-specific warranty information.

Exclusions and Limitations

This Limited Warranty does not cover, and customers will not be entitled to any claim under this Limited Warranty or otherwise for:

1. problems arising from abuse or rough, careless, or improper handling (and without limiting the foregoing, damage resulting from bending or dropping the product will be deemed the result of abuse or improper use);
2. problems arising from misuse contrary to intended or recommended use;
3. problems arising from alteration of the Mio product, such as moisture or water damage sufficient to affect the proper function of the product, and damage to the product case or visible cracking of the face;
4. problems arising from the use of the Mio product with any product, accessory, software and/or service not manufactured or supplied by Mio Global; or
5. replaceable batteries, or user manuals or any third-party items;

in each case as determined at the sole discretion of Mio Global.

EXCLUSIONS AND LIMITATIONS OF LIABILITY; DISCLAIMERS

THIS LIMITED WARRANTY IS ONLY VALID AND ENFORCEABLE IN THE COUNTRY OF PURCHASE. TO THE MAXIMUM EXTENT PERMITTED BY APPLICABLE, MANDATORY LAWS:

1. THIS LIMITED WARRANTY IS YOUR SOLE AND EXCLUSIVE REMEDY AND IS IN LIEU OF ALL OTHER WARRANTIES, REPRESENTATIONS, GUARANTEES OR CONDITIONS, WHETHER EXPRESSED OR IMPLIED;
2. NEITHER THIS LIMITED WARRANTY, NOR ANY OTHER WARRANTY, GUARANTEE, REPRESENTATION OR CONDITION, INCLUDING ANY IMPLIED WARRANTY AND CONDITION (WHETHER FOR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, OR OTHERWISE), WILL EXTEND BEYOND THE LIMITED WARRANTY PERIOD;

3. MIO GLOBAL, OR ANY OF ITS AFFILIATES OR THEIR RESPECTIVE EMPLOYEES, OFFICERS, DIRECTORS, REPRESENTATIVES AND AGENTS (COLLECTIVELY, THE "PHYSICAL ENTITIES"), SHALL NOT BE LIABLE FOR SPECIAL, INCIDENTAL, PUNITIVE, INDIRECT OR CONSEQUENTIAL DAMAGES, INCLUDING BUT NOT LIMITED TO LOSS OF ANTICIPATED BENEFITS, LOSS OF DATA, LOSS OF USE, COST OF CAPITAL, COST OF ANY SUBSTITUTE EQUIPMENT OR FACILITIES, CLAIMS OF THIRD PARTIES, DAMAGE TO PROPERTY RESULTING FROM THE PURCHASE OR USE OF THE ITEM OR ARISING FROM BREACH OF THE WARRANTY, BREACH OF CONTRACT, NEGLIGENCE, STRICT TORT, OR ANY LEGAL OR EQUITABLE THEORY, EVEN IF MIO GLOBAL KNEW OF THE LIKELIHOOD OF SUCH DAMAGES;
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Contacting Mio Global

For all matters related to this Limited Warranty, please contact Mio Global:



1.877.770.1116



support@mioglobal.com

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REGULATIONS AND CONFORMITY



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 Physical Enterprises Inc. declares this heart rate band (Mio LINK) in compliance with EMC directive 2004/108/EC. Please e-mail **support@mioglobal.com** to request a copy of the Declaration of Conformity.

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

Model #56P

Designed in Canada

Made in China