ALPHA

Complete User Guide

mio®

Petitioner Samsung Ex-1100, 0001

Table of Contents

Welcome

03 Getting Started

04 Your MIO Alpha

04 Icons

04 Activating Your Alpha

Using Alpha

05 Wearing Your Alpha

05 Getting Your Heart Rate

06 Setting Your Target Heart Rate

07 Using The Timer

08 Reviewing Your Exercise Session

08 Using Alpha With Devices and Apps

Maintaining Your Alpha

10 Charging The Battery

11 Using Your Alpha In Water

11 Caring For Your Alpha

12 Alpha Specifications

Warranty and Regulations

12 Warranty & Service

14 Disclaimer

14 Copyright and Trademarks

15 Regulations and Conformity

Have any questions about your 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

facebook.com/AlphaHeartRate

twitter.com/AlphaHeartRate

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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 ANT+™ or *Bluetooth*® Smart technology to transmit your heart rate data to smartphones and other compatible devices. Take advantage of hundreds of fitness apps.

Remember to register your Alpha online at **mioglobal.com/alpha** for full warranty service.

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). If you have any concerns, consult your doctor before using Alpha.

See page 09 for important battery care and battery safety information.

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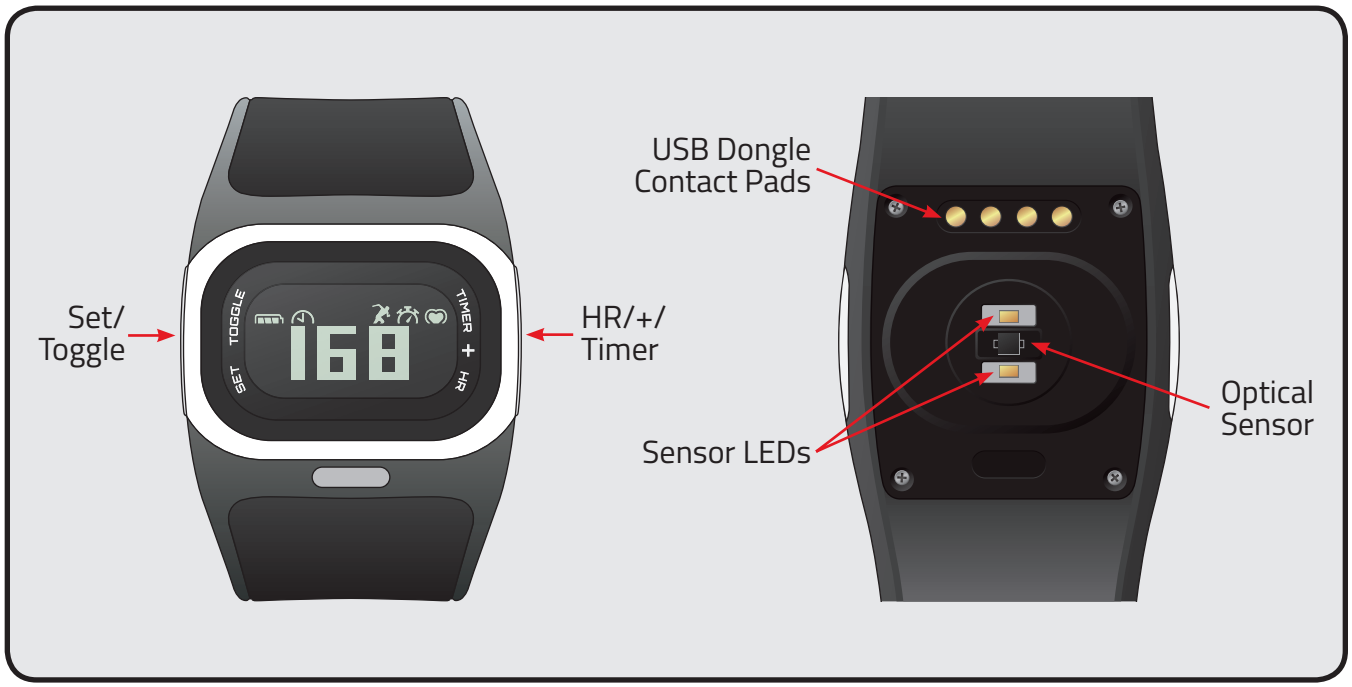
Your MIO Alpha



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.

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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 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 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. The heart rate may take a few extra seconds to stabilize while your body is adjusting to the physical activity; we recommend wearing your Alpha during the warm up stage of your workout.

TURNING ON EXERCISE MODE

1. Fasten 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* below.

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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TROUBLESHOOTING

- You may need to tighten the watch strap and/or move the watch further up your forearm.
- On cold days Alpha's technology can be impacted. We recommend activating the heart rate reading while still indoors and, if necessary, wearing a sleeve over Alpha.
- If you are still having trouble, try wearing Alpha on your other wrist.
- Minimize hand movement and extreme bending of the wrist 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. Please refer to the steps above and try again.

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.

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.

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USING HEART RATE ZONE ALERTS

Your Alpha watch can notify you by beeping once 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 red double-flash means your heart rate is 10 BPM or more above the target zone.

Blue flash: you are exercising below your lower limit. A blue double-flash means your heart rate is 10 BPM or more below 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 VIEW THE ELAPSED TIME ON THE TIMER

- From the heart rate display, press the **SET** button to view the timer. This will make the timer your default display.
- Press the **SET** button again to peek at the time. The time will be displayed for 3 seconds before returning to the timer.
- Press the **SET** button twice to return to the heart rate display.

TO EXIT FROM TIMER

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

Turning off the timer also turns off EXERCISE mode.

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

Note: *Once you start the timer, the data from your last exercise will be replaced by the new data.*

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 Alpha compatible smart phones and Alpha compatible exercise equipment computers, and use your Alpha with a wide range of fitness apps. For a complete list of compatible devices please refer to **alphaheartrate.com**.

Compatible devices will *only* capture Alpha's heart rate 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

- 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.*

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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.

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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 while EXERCISE mode is on varies from 8–10 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.

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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 **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.
- RF transmission 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 as needed. If you use Alpha regularly, weekly cleaning is recommended.
- 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.

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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)

Min Recommended Wrist Size: 145mm

Lens: Mineral Glass

Watchcase: PA+GF

Caseback: PC+CF

Caseback Contact Pads: SUS316

Strap: Silicon

Water Resistance: 30M

Battery: 170mAh Lithium Polymer

Expected Battery Life: Up to 5 Years

Magnets: Neodymium – iron – boron (NdFeB)

Radio Frequency/Protocol: 2.4 GHz ANT+ or *Bluetooth*® Smart 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. **help.mioglobal.com/**

MIO WARRANTY INFORMATION

Physical Enterprises Inc. warrants that during the warranty period, Physical Enterprises Inc. will, at its sole discretion, remedy defects in materials or workmanship free of charge either by a) repairing, or b) replacing, or c) refunding, subject to the terms and conditions of this Limited Warranty. This Limited Warranty is only valid and enforceable in the country of purchase, unless local law stipulates otherwise. Processing of all warranty claims will be handled by the distributor of MIO products for the geographic area where the purchase was made.

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WARRANTY PERIOD

The Limited Warranty Period starts on the date of purchase. The Warranty Period is one (1) year in North America. International warranty periods vary subject to local laws and the policies of the authorized importer or distributor for the geographic area where the purchase was made. International warranties are at a minimum one (1) year.

EXCLUSIONS AND LIMITATIONS

This Limited Warranty does not cover:

1. normal wear and tear, b) defects caused by rough handling, or c) defects or damage caused by misuse contrary to intended or recommended use or 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.

(Without limiting the foregoing, damage resulting from bending or dropping the MIO product will be deemed the result of abuse or misuse.)

2. user manuals or any third-party items;
3. replaceable batteries.

This Limited Warranty is not enforceable if:

1. the item has been used in ways other than the intended use;
2. the watch case has been opened or otherwise tampered with.
3. the serial number has been removed, altered or made illegible in any way, as determined at the sole discretion of Physical Enterprises Inc.
4. the MIO product was NOT purchased from an authorized MIO reseller

Physical Enterprises Inc. does not warrant that the operation of the Product will be uninterrupted or error free, or that the Product will work with any hardware or software provided by a third party.

LIMITATION OF LIABILITY

To the maximum extent permitted by applicable mandatory laws, this Limited Warranty is your sole and exclusive remedy and is in lieu of all other warranties, expressed or implied. Physical Enterprises Inc. shall not be liable for special, incidental, punitive 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 Physical Enterprises Inc. knew of the likelihood of such damages. Physical Enterprises Inc. shall not be liable for delay in rendering warranty service.

WARRANTY AND REPAIRS CONTACT

Please contact MIO Customer service at 1-877-770-1116 for information regarding repairs and post warranty service.

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

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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. Physical Enterprises Inc. 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 accurate heart rate using optical heart rate sensing technology or EKG technology, 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.

Copyright and Trademarks

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iPhone® is a registered trademark of Apple Inc.
Android™ is a trademark of Google Inc.

ANT+™ is a trademark of Dynastream Innovations Inc.

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Other trademarks and trade names are those of their respective owners.

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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 Physical 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.

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

Made in China

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