

miopOD FAQ

1.General information

Product name	miopOD
Model	M1000
Body size	49.5*32.5*11.5mm
Weight	29g (include strap)
Display	LED
Sensor	PPG Accelerometer
Button	1 button
Battery capacity	110mAh
Charging cable	USB cable
Connection	BLE4.0/ANT+/NFC
Battery life	24HRS
Data storage	30HRS
Fit to Arm	190-410mm
Water proof	5ATM
App	miopApp or the third-party App
Packing list	miopOD x1、Strap x2、Charging cable x1、Quick start guide x1

2.Overview

a. Main body



b. Accessories

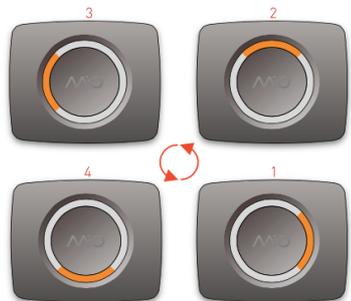
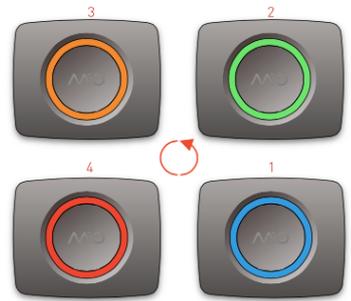


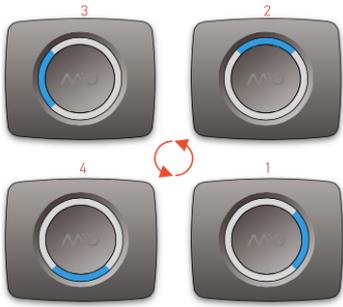
Strap



Charging cable

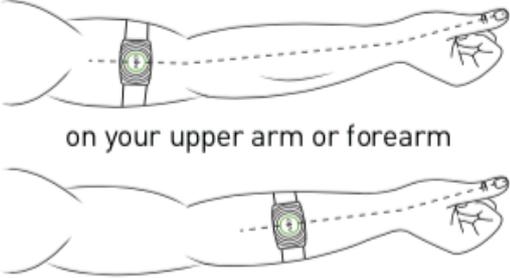
3. Basic operation and display

Feature	Operation	Display	Vibration (times)
Start workout	Press and hold the button until you see the Blue LED light.		Once
End workout	Press and hold the button until you see the Red LED light.		Once
Pause/continue	During workout, Press button once to pause workout and the LED lights off. Press button to continue workout and the LED lights up.		Once
Measure resting heart rate	Press the button once to measure resting heart rate. Orange LED light will rotate while measuring.		None
Low battery alert	Red LED flashing indicated the battery is low. Charge your device.		3 times
Charging	The green LED light flashing when connected to the USB charger. The green LED stops flashing when fully charged.		None
Goal achieved alert	When Calorie goal is achieved, the LED light will cycle from Blue to Green to Yellow to Red for 5 seconds.		3 times

<p>Detecting heart rate</p>	<p>Blue LED lights up sequentially to detect heart rate.</p>		<p>None</p>
<p>Cardio target zone</p>	<p>Upper Zone: Flashing Red LED In Zone: Flashing Green LED Lower Zone: Flashing Blue LED</p>		<p>Vibrates once when crossing the upper/lower boundary</p>
<p>5 Zone</p>	<p>Zone 1: Flashing Blue LED Zone 2: Flashing Green LED Zone 3: Flashing Orange LED Zone 4: Flashing Purple LED Zone 5: Flashing Red LED</p>		<p>None</p>

4.Operation question

Question	Answer
<p>1. How to use it quickly?</p>	<p>a. Download Install MIO App and Create a MIO account.</p> <p>b. Pair Press button to power on mioPOD, Follow the app instructions to finish the pairing.</p> <p>c. Wear Adjust the length of the strap so that it is securely fastened to</p>

	<p>the upper arm or forearm.</p> <p>d. Start/End workout Press and hold the button until you see the Blue LED light to Start a workout. Press and hold the button until you see the Red LED light to End the workout.</p> <p>e. Workout data Workout data will sync to mioApp automatically.</p>
<p>2. How to wear it properly?</p>	<p>a. Adjust the length of the strap so that it fits comfortably on the upper or forearm.</p> <p>b. For best results line the mioPOD with thumb.</p>  <p style="text-align: center;">on your upper arm or forearm</p> <p style="text-align: center;">For best results line the pod with your thumb.</p>
<p>3. How to record the workout data?</p>	<p>a. Press and hold the button until you see the Blue LED light to start a workout.</p> <p>b. During the workout, Press and hold the button until you see the Red LED light to end the workout, and the workout data will save automatically.</p>
<p>4. How to measure resting heart rate?</p>	<p>Press the button once to measure resting heart rate, Orange LED light will rotate while measuring.</p> <p>Recommended to measure your resting heart rate in the morning, laying still before you get out of bed.</p> <p>Best to measure it multiple times on consecutive days.</p>
<p>5. How to charge properly?</p>	<p>When the battery is low, plug one end of the charging cable into the charging port and the other end into the USB port of the computer or mobile phone charger for charging.</p>  <p>The green LED light flashes, charging is complete, and the</p>

	<p>green LED light is always on.</p> <p>During charging, the green LED light flashing. When fully charged, the green LED stops flashing.</p> 
6. Why set the heart rate zone?	Glanceable color zone prompts alert you to real-time heart rate intensity, keeping you in your cardio zone according to your personal training goals.
7. How to set the heart rate zone?	Go to mioAPP->Profile->HEART RATE SETTINGS and set as your needed.
8. Do I need to connect my phone when using mioPOD?	No need. mioPOD saves the last 30 hours of workout data.
9. Is mioPOD waterproof?	50 meters waterproof, suitable for swimming.

4.Functional question

Question	Answer
1. What are the features of mioPOD?	<ul style="list-style-type: none"> A. Performance-level Optical Heart Rate B. Resting Heart Rate C. Burned Calories D. Intensity Minutes E. Heart-Rate LIGHT Alerts F. Haptic Alerts G. Running Cadence H. Training Insights I. 5 ATM Water Resistant J. Syncs with mioAPP K. Stores 30 Hours of Workouts L. Recovery Time Advisor M. NFC/BLE/ANT+ Connectivity
2. Is mioPOD heart rate accurate?	<p>mioPOD adopts a new generation of valencell (American brand) optical heart rate measurement technology, and it is worn in the forearm or upper arm, closer to the heart position, and can clearly and quickly capture heart rate signals in different states, even in irregular movement, it can ensure the accuracy of heart rate.</p>
3. Which is better between	

mioPOD and heart rate belt ?		mioPOD	Heart rate belt
	Wearing position	Upper arm or forearm	Chest (directly under the sternum)
	Wearing convenience	★★★★★	★★★
	Wearing comfort	★★★★★	★★★
	Data viewing convenience	★★★★	★
	Heart rate accuracy	★★★★★	★★★★★
	In summary, mioPOD has the advantage of being more comfortable and easy to wear, and the accuracy is similar to the heart rate belt.		
4. What third-party Apps can mioPOD connect to and synchronize data with?	mioPOD adopts the standard heart rate service protocol. Any third-party App supporting this protocol can synchronize heart rate data after pairing and connecting mioPOD. Currently known Apps that can synchronize data include: NRC、PEAR、ENDOMONDO、UA RUN、RUNKEEPER、ZWIFT、SUFFERFEST.		
5. Why are there only 2 green LED lights at the bottom of mioPOD, and 6 competitive ones?	At present, there is no data to show that the more green light, the more accurate the measurement will be. On the contrary, the more green light, the faster power consumption, which is certain. mioPOD adopts a new generation of valencell optical heart rate measurement technology, with measurement accuracy comparable to heart rate belt.		
6. What workouts does mioPOD support?	The supporting workouts include: running, cycling, swimming, strength and group training etc.		
7. Where to choose the workout type?	After workout, select workout type in the mioApp. mioApp->Workouts->Click the icon on the left of the record to select).		
8. Can I check the real-time data during workout?	Yes, Enter Live mode in mioApp to view real-time data. mioApp->Today->Click the Live mode icon.		

5. Trouble problem

Trouble description	Troubleshooting
1. The LED does not light after pressing the button	The battery of mioPOD may not be enough. Please try charging.
2. The LED light does not light up when charging	a. Check that the charging interface is properly inserted or that the contact is good. b. Check that the power connector is working properly (DC 5V) and then try changing to another power connector.
3. Unable to pair	a. Try charging to make sure the device is fully charged. b. Confirm that the operate steps are correct (you need to turn on the device and be close to the phone).
4. Unable to sync data	a. Check if mioPOD is paired with mioApp: mioApp-> device to check. b. Check if your phone's Bluetooth and mobile network are turned on.

6. Other question

Question	Answer
1. How to contact MIO?	You can contact MIO by: Website: www.mio-labs.com ; E-mail: service@mil-labs.com
2. What is the product warranty policy?	Non-human quality problems: 7 days return, 15 days replacement, 1 year warranty. Accessories (eg belts, charging cable) are not guaranteed.