

# MIO FUSE

*COMPLETE USER GUIDE*



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Set up your device  
with the Mio GO app



## HAVE ANY QUESTIONS ABOUT YOUR MIO FUSE?

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



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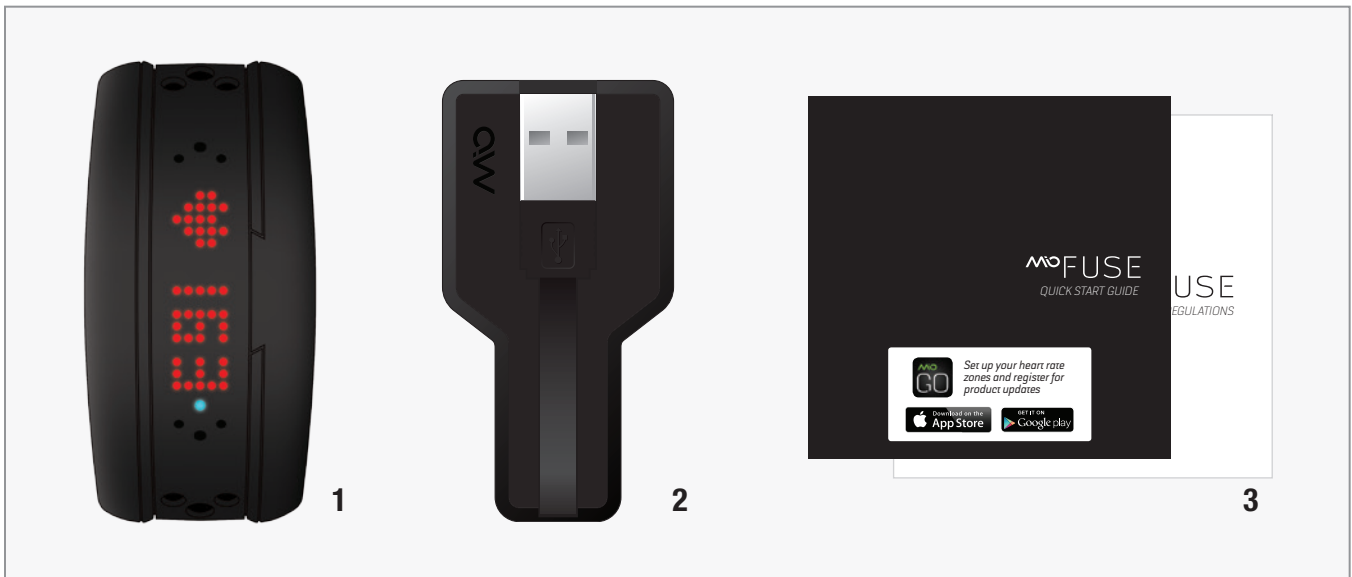
# WELCOME

Congratulations on your purchase of Mio FUSE, the all-in-one performance wristband that tracks your heart rate, workout data, and daily activity. Mio FUSE uses ANT+™ and Bluetooth® Smart (BLE) technology to wirelessly transmit your data to a smartphone, bike computer, or another compatible device. Track your workouts with the Mio GO app or take advantage of hundreds of other fitness apps.

Remember to register your Mio FUSE online at [mioglobal.com/register](http://mioglobal.com/register) to receive full warranty service.

## WHAT'S INCLUDED

1. Mio FUSE
2. USB Charger
3. Quick Start Guide/Warranty
4. Wearing and Charging Card



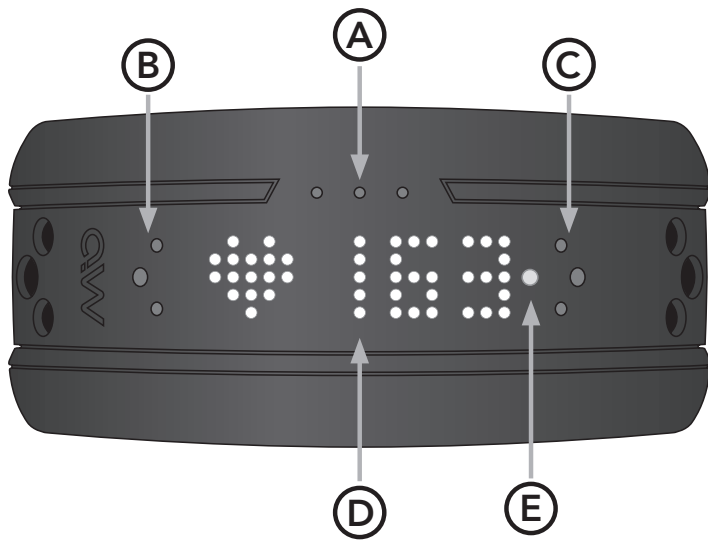
## IMPORTANT SAFETY INFORMATION

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

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

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

## YOUR MIO FUSE



- A Heart Rate / Timer Touchpoint
- B/C Scroll Touchpoints
- D Display
- E Heart Rate (HR) Indicator Light

## GETTING STARTED

### Activating Your Mio FUSE



To activate your Mio FUSE, simply charge it with the USB charger provided. Mio FUSE has successfully activated when you see this symbol on the display:



### Charging

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



The display will show  to indicate that the battery is charging. Once the battery is fully charged, the display will show: .

When the battery level is low, Mio FUSE will show . You can also see the battery level in Mio GO when the Mio FUSE is connected to the app.

Each full charge will provide approximately 6-7 days of use, if heart rate monitoring is used for 1 hour per day.

For important battery care and battery safety information, please see **Battery Care**.

## Setup

Initial set up of the Mio FUSE must be done through the Mio GO app. Download Mio GO onto your smartphone from:



After Mio GO is installed, open the app and follow the set up instructions.

### *Set Up Profile*

Set up your user profile. Your information will allow Mio GO to provide more accurate data and a better interactive training experience.

### *Connect Mio Device*

- i) Turn on the Bluetooth function of your smartphone.
- ii) Within Mio GO, select your Mio FUSE from the list of devices found. Once connected, the time displayed on Mio FUSE will automatically sync with the clock on your smartphone.
- iii) Tap **>** to customize your device. See **Device Settings** for more information about these settings:
  - Choose your preferred heart rate training mode and set your heart rate zone limits (See **Heart Rate Training Modes** for more information)
  - Customize Mio FUSE screens and display options
  - Set your daily goal
  - Select left/right arm position
  - Turn on/off vibration alert
  - Turn on/off Screen Lock feature

Your Mio FUSE is now ready to use! For assistance in setting up your device, please visit [mioglobal.com/support](http://mioglobal.com/support).

# USING MIO FUSE

## MIO FUSE TOUCHPOINTS

Mio FUSE is a touch-operated device. Navigate the screens and features by tapping on the Touchpoints.

**Note:** To prevent accidental triggering of the device, the Touchpoints are only active when your arm is in a horizontal position, parallel to the ground.

## ALL-DAY MODE


In All-Day Mode, Mio FUSE tracks and displays your daily accumulated steps, calories, distance, and goal progress. Your activity in Workout Mode is included in these totals. The values are reset to 0 at midnight each day.

In All-Day Mode, tap any Touchpoint to turn on the display. Tap **(B)** or **(C)** to scroll through the screens. The default screens are: time, calories, steps, and goal progress. You can customize which screens to display and also set your target goal through the Mio GO app. See **Set Up** for more information.

Mio FUSE stores up to 14 days of daily summary data. If Mio FUSE runs out of memory during All-Day Mode, it will start overwriting the oldest daily summary data. Please see **Data Storage and Transfer** for more information.

## WORKOUT MODE

In Workout Mode, Mio FUSE tracks and displays your real-time heart rate, current heart rate zone, workout duration, calories, distance, pace, and speed.

To enter Workout Mode, you must first turn on heart rate monitoring. Touch and hold **(A)**; Mio FUSE will vibrate and proceed to find your heart rate. Hold your arm still until your heart rate is found. (If you see  displayed, Mio FUSE was unable to find your heart rate. Please refer to **Troubleshooting**.)

To stop monitoring your heart rate, touch and hold **(A)** until the display shows **QUIT**.

### Using the Workout Timer

After Mio FUSE has found your heart rate, you can begin tracking your workout.

**Start:** Tap **(A)** to start the timer.

**Scroll:** During your workout, tap **(B)** or **(C)** to scroll through the screens. You can customize which screens to display through the Mio GO app. Please see Set Up for more information.

**Pause:** Tap **(A)** to pause the timer, and again to resume.

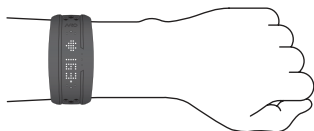
**End Workout:** When the timer is paused, touch and hold **A** to exit Workout Mode. Mio FUSE will return to All-Day Mode.

**Note:** Your heart rate and workout data will only be recorded when the timer is running.

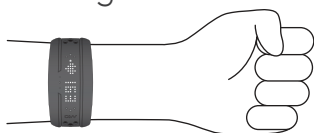
## Wearing Your Mio FUSE

To accurately monitor your heart rate during your workout:

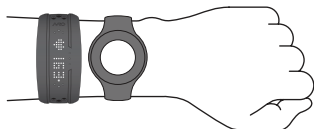
1. Fasten Mio FUSE snugly on your lower forearm, about 1-3 inches (3-8 cm) above your wrist bone. The optical sensor on the back should make good contact with your skin.



2. If you have a smaller wrist, wear the Mio FUSE higher on your forearm.
3. For cyclists or users with concave wrists, wear the Mio FUSE 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 FUSE 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.

## Troubleshooting

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

For additional help, please visit [mioglobal.com/support](http://mioglobal.com/support).

# DEVICE SETTINGS

You can configure these Mio FUSE settings through the Mio GO app. See **Set Up** for more information.

## ALL-DAY SCREENS

Select which metrics you would like displayed when you scroll through your screens in All-Day Mode.

## WORKOUT SCREENS

Select which metrics you would like displayed when you scroll through your screens in Workout Mode. You can select predefined options for various activities, or custom configure your screens. You can also set your display to always on while you work out.

## DAILY GOAL

Set a daily goal for steps taken, distance travelled, or calories burned. Track your progress towards the goal each day on the goal progress screen.

## ARM POSITION

Select in Mio GO whether you will wear Mio FUSE on your left or right arm. The screen orientation will automatically change to reflect your selection. Note that in the Left arm position, Touchpoint **(A)** will be above the display, and in the Right arm position, Touchpoint **(A)** will be below the display.

## VIBRATION ALERT

When vibration alerts are enabled, Mio FUSE will vibrate when you:

- Begin heart rate monitoring
- Start, pause, resume, or end a workout
- Enter a new heart rate zone in 5-Zone Mode
- Are outside your target zone in 1-Zone Mode

## SCREEN LOCK

Enable screen lock to prevent accidental triggering of your device. When Mio FUSE is locked, tap any Touchpoint to see the last active screen. To unlock, touch and hold **(B)** and **(C)** simultaneously. The device will automatically relock after 10 seconds of inactivity.



# HEART RATE TRAINING MODES

In Workout Mode, the HR Indicator Light provides real-time feedback on your heart rate. When Mio FUSE is connected to a Bluetooth device, the HR Indicator Light will do single flashes. When no Bluetooth device is connected, the HR Indicator Light will do double flashes.

Choose between Training Zone Mode (5-Zone) and Zone Alert Mode (1-Zone), and customize the upper and lower boundaries of each HR zone using the Mio GO app. The default mode is 5-Zone Mode. Please see **Set Up** for more information.

## TRAINING ZONE MODE [5-ZONE]

In 5-Zone Mode, the HR Indicator Light shows your current HR zone. Mio FUSE will vibrate when you move into another HR zone.

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

## ZONE ALERT MODE [1-ZONE]

In 1-Zone Mode, the HR Indicator Light shows whether you are below, within, or above your selected target HR zone. Mio FUSE will vibrate when you are not within your target HR zone.

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

# DATA STORAGE AND TRANSFER

Mio FUSE can store up to 14 days of daily summary data in All-Day Mode and an additional 30 hours of exercise data in Workout Mode. Mio FUSE will display **LOW MEM** when there are less than 2 hours of memory remaining; it will display **NO MEM** when no memory is left, or when 30 exercises have been recorded. If Mio FUSE runs out of memory during Workout Mode, it will stop recording your workout and display **NO MEM**, but the timer will keep running.

Mio FUSE will automatically sync your data when it connects to the Mio GO app on your smartphone. Sync daily to see your activity data, review your workout statistics, and clear your device memory.

For help with connecting your Mio FUSE, please visit [mioglobal.com/support](http://mioglobal.com/support).

## CONNECTING TO A RECEIVING DEVICE

You can connect Mio FUSE to transmit your heart rate to many fitness apps, cycling computers, GPS watches, and other sport devices through Bluetooth Smart wireless technology (BLE) and ANT+. See what devices and apps are compatible at [mioglobal.com/compatibility](http://mioglobal.com/compatibility).

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

### Tips for Pairing

- Stay 30 meters (100 feet) away from other ANT+ or Bluetooth sensors and devices.
- Position the receiving device as close to your Mio FUSE as possible, ideally 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 FUSE 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

Pairing must be completed within the app settings, and not in your smart device's Bluetooth settings.

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>.)

1. Turn on the Bluetooth function of your device. 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.
2. Open the app that you would like to pair with and add your Mio FUSE as a heart rate sensor. The setup process varies by app, but the option to add a heart rate sensor is typically found in the Settings menu. Repeat the above pairing process for each app. After initial pairing is complete, your Mio FUSE will automatically be recognized each

time you use the app.

### *Requirements for Android Apps*

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](http://mioglobal.com/compatibility).

### **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 FUSE.

# *MAINTAINING YOUR MIO FUSE*

## *BATTERY CARE*

Mio FUSE 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 risk of damage to your Mio FUSE, risk of fire, risk of electrolyte leaks and chemical burns, and risk of injury.

### **Battery Care Guidelines**

- Recharge the battery at least once every 6 months.
- Do not expose Mio FUSE to high temperatures.
- Use your Mio FUSE in the temperature range of 5°C to 45°C (41°F to 113°F).
- Store the Mio FUSE in the temperature range of -5°C to 55°C (23°F to 131°F).
- Do not disassemble, puncture, or incinerate the Mio FUSE device and strap.
- If the casing of the device breaks and the battery is exposed, keep the battery away from children. Contact your local recycling authority to properly dispose of the device

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 much 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.

## CLEANING YOUR MIO FUSE

- Wipe the device and charging pins with a damp cloth as needed. Use mild soap to remove oil or dirt. If you use Mio FUSE regularly, weekly cleaning is recommended.
- Avoid scratching the device to protect your Mio FUSE from damage.
- Do not expose the Mio FUSE to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents. Chemicals can damage the seal, case, and finish.
- After swimming, rinse Mio FUSE with tap water and gently dry with a soft cloth.

## USING MIO FUSE IN WATER

- Mio FUSE is water resistant up to 30 meters and can be worn while swimming.
- **Important:** The Mio FUSE is water resistant only if the device remains intact.
- Touch function is suspended when the Mio FUSE is underwater.
- 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 Mio FUSE while diving.
- Wireless communication does not work under water.
- After swimming, rinse Mio FUSE with tap water and gently dry with a soft cloth.

## CARING FOR YOUR MIO FUSE

- **Important:** Do not attempt to disassemble or service your Mio FUSE. The sensor unit cannot be removed from the strap.
- Protect your Mio FUSE from impact shocks, extreme heat, and extended exposure to

direct sunlight.

## *MIO FUSE 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:** PC

**Caseback:** PC+GF

**Caseback Charging Pins:** SUS 316

**Strap:** Silicone

**Water Resistance:** Up to 30m

**Battery:** 125mAh Lithium Polymer

**Expected Battery Life:** Up to 5 Years

**Magnets:** Neodymium – iron – boron (NdFeB)

**Radio Frequency/Protocol:** 2.4 GHz ANT+ and Bluetooth Smart wireless technology

# *WARRANTY AND REGULATIONS*

## *WARRANTY & SERVICE*

Be sure to visit our support pages to find online help, FAQs, videos, and manuals for your product: [mioglobal.com/support](http://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](https://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;
4. WITHOUT LIMITING THE FOREGOING, THE PHYSICAL ENTITIES DO 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, AND EXPRESSLY DISCLAIM ANY DAMAGES RESULTING FROM INACCURACY OR MATHEMATICAL INACCURACY OF THE PRODUCT OR THE LOSS OF STORED DATA; AND
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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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Other trademarks and trade names are those of their respective owners.

## REGULATIONS AND CONFORMITY

The Mio FUSE Regulatory Sheet is available for download at [mioglobal.com/support](http://mioglobal.com/support).



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 FUSE) in compliance with EMC directive 2004/108/EC. Please e-mail [support@mioglobal.com](mailto: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 #59P

Designed in Canada

Made in China