

# MIO SLICE™

## COMPLETE USER GUIDE



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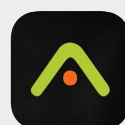
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Set up your device with the  
Accurofit App

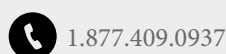


## Have any questions about your Mio SLICE?



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.



1.877.409.0937



Support@Accurofit.com



Accurofit.com/support

# WELCOME

Congratulations on your purchase of Mio SLICE™, the 24/7 activity tracker that measures your Personal Activity Intelligence™ (PAI), daily activity, and sleep quality. Mio SLICE uses Bluetooth® Smart (BLE) technology to wirelessly transmit your data to a smartphone.

## WHAT'S INCLUDED

Mio SLICE



USB Charger



## IMPORTANT SAFETY INFORMATION

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

While Mio SLICE provides accurate heart rate measurements, it is not a medical device. The SLICE and USB charger contain strong magnets. If you use a pacemaker, defibrillator, or other implanted electronic devices, consult your doctor before using a SLICE. See **Battery Care** for important battery care and battery safety information.

## YOUR MIO SLICE



## PAI (PERSONAL ACTIVITY INTELLIGENCE)

PAI is revolutionary new system that turns your heart rate data into a single, personal score, showing how much activity you need to stay healthy. Everyone's goal is the same, to keep your PAI score above 100 over a 7-day rolling window to maintain optimal health, but what it takes to achieve that goal is a personalized experience.

PAI points are calculated based on your heart rate data and personal profile. To earn more PAI points, increase the intensity of whatever activity you choose to get your heart rate up.

Your PAI Score and PAI Points Earned Today can be found anytime on your Mio SLICE and in the Accurofit app.

Learn more about PAI at [Paihealth.com](http://Paihealth.com)

## GETTING STARTED

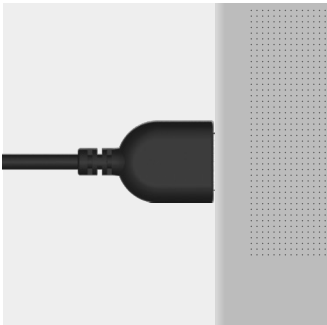


Fully charge Mio SLICE before you start using it. To activate and configure your SLICE, download the Accurofit App on your compatible smartphone.

The Accurofit app is available for download on the Apple App Store and the Google Play store.

## CHARGING

**Important:** Make sure the two charging contacts on the back of the SLICE are dry. If they are wet, pat them gently with a dry towel.



1. Plug the USB charger into the USB port of your computer.



2. Align the two charging contacts on the back of the SLICE to the two charging pins on the USB charger. The magnets in the charger will help the two pieces lock into place.



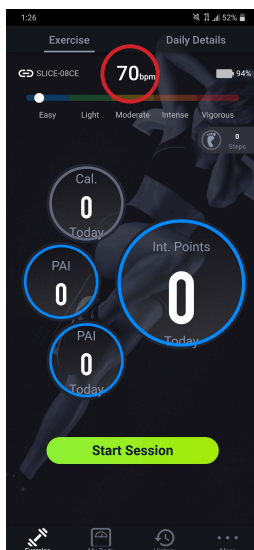
3. The screen will display a charging icon to indicate that the battery is charging. Depending on the SLICE battery level, it can take a few minutes for the charging icon to appear.



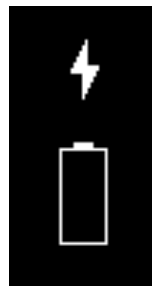
4. It will take approximately 2 hours to fully charge; the display will show a full battery icon. Each full charge will provide up to 4 days of normal use.

## BATTERY STATUS

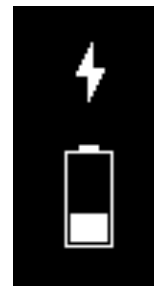
The battery level is displayed in the Accurofit App.



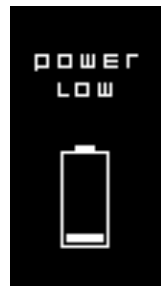
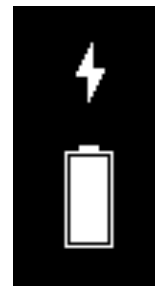
SLICE will display the following screens to indicate its battery status:



Battery is charging



Battery is fully charged



Low Battery (10% charge)

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

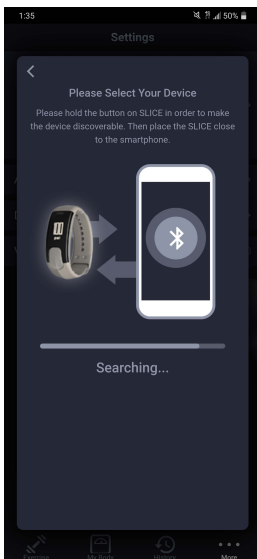
## SETUP

Open the Accurofit app on your smartphone and follow the prompts:

1. Create a new account, or sign in if you already have one.
2. Complete your user profile.
3. The app will now guide you to pair a device.

For Android, please ensure you allow PAI app to access Bluetooth and Location. Location permissions are required to discover and pair with SLICE over Bluetooth. If you do not grant these permissions, The app will not be able to discover or successfully pair with SLICE.

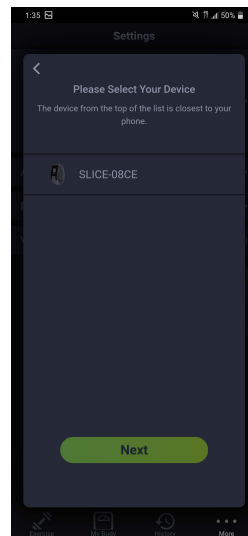
## PAIRING MIO SLICE TO YOUR SMARTPHONE



1. The app will start searching for Bluetooth discoverable devices. Be sure to keep Mio SLICE as close as possible to your phone.



2. Press the button on SLICE. After it displays the SLICE logo, it will enter pairing mode for 60 seconds.



3. In the app, select the SLICE that appears in the list. If multiple devices appear, bring your SLICE as close as possible to your phone.



4. SLICE will display a 6-digit code. Enter this code in the app when prompted. If you have an Android phone, you may have to pull down the notification drawer to see the prompt.



5. Your SLICE is now paired to your phone and will reconnect automatically when it is within range. Your SLICE cannot be connected to another phone.

## TROUBLE WITH PAIRING MIO SLICE TO YOUR PHONE

Try the following tips if you have trouble pairing Mio SLICE to your smartphone:

- Check that SLICE is in pairing mode by pressing the SLICE button.  
This screen indicates SLICE is in pairing mode:



- Check that you are connecting to the correct SLICE device. Before pairing is complete, SLICE is listed with a 4-digit code appended to the name. Match the 4-digit code to your device serial number, found on the back of your SLICE strap as well as the bottom of the SLICE box. E.g. If your serial number is "60P00014DCI", SLICE will show up in the app as "SLICE-014D".
- Ensure "Location Services (GPS)" is enabled on your phone. Bluetooth requires access to Location in order to scan for nearby Bluetooth devices.

### RESET AND RETRY

- In the *More* Section of the app, select *Remove Device*. Then close the app and navigate to your phone's bluetooth settings page. Remove the Slice from your list of paired devices by selecting *forget* or *unpair*.
- Next, take your slice, and place it on the charger.
- While on the charger, press and hold the button on the slice for about 15 seconds. During this time the slice will display RESET and begin counting down from 5. Once the slice says SLICE again, you can let go of the button.
- Try to pair to phone once more.

For additional help, please visit [Accurofit.com/support](https://accurofit.com/support)



## UPDATING MIO SLICE

After pairing, the app will update SLICE if a newer firmware version is available. Select Yes, then wait for the *Start* button to highlight. Select start and wait for the update to continue. Do not navigate away from this screen. Once the update is complete, check for additional updates.

If your slice reads "Sync me". Close and open the app again, it should sync and restore the device.

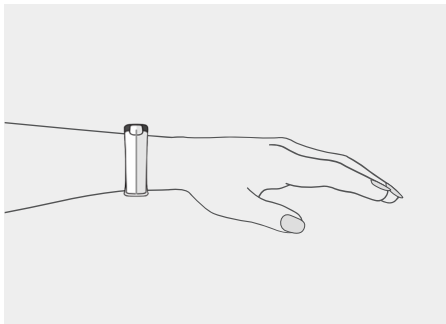
Check for additional updates after the first as older units may require additional firmware.

# USING MIO SLICE

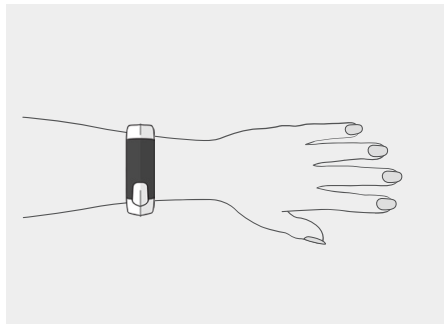
Mio SLICE tracks your activity 24/7. View your daily progress by scrolling through the screens on the display. History and more details are available in the Accurofit app.

## WEARING MIO SLICE

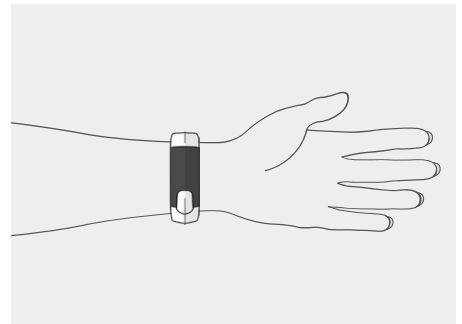
For accurate heart rate monitoring, wear Mio SLICE as shown below:



1. Fasten the SLICE snugly, about 1-2 finger widths above your wrist bone. The optical sensor should make good contact with your skin.



2. If you have a smaller wrist, wear the SLICE higher on your forearm.



3. For cyclists or users with concave wrists, wear the SLICE higher and on the underside of your forearm, since bending of the wrist may affect the heart rate reading.

## NAVIGATING MIO SLICE

Mio SLICE has one button, which can be pressed in two ways:

**Short Press**

- Scroll to next screen
- Dismiss a notification

**Long Press**

- Opens Menu for access to
  - Workout Mode
  - Shut Down
  - Back off

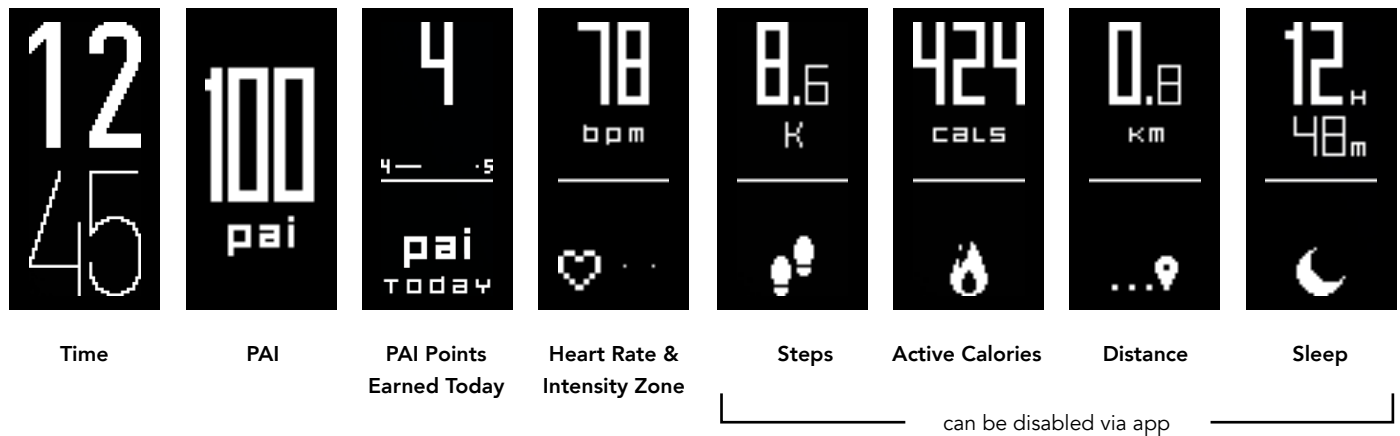
## SCREEN TIMEOUT

Mio SLICE automatically turns off its screen to conserve battery. To wake the screen, press the button. You can customize this screen timeout duration in **Device Settings**.



## ALL-DAY MODE

Mio SLICE automatically tracks your heart rate, PAI score, active calories, steps, distance, and sleep data in All-Day Mode. These values reset to 0 at midnight each day, with the exception of your PAI score, which is based on your total activity in the last 7 days.



## AUTOMATIC HEART RATE SAMPLING

Mio SLICE monitors your activity level 24/7 to automatically adjust its heart rate sampling rate. When your heart rate rises, SLICE will increase its sampling rate to ensure all your activity is captured accurately.

SLICE has four heart rate sampling rates:

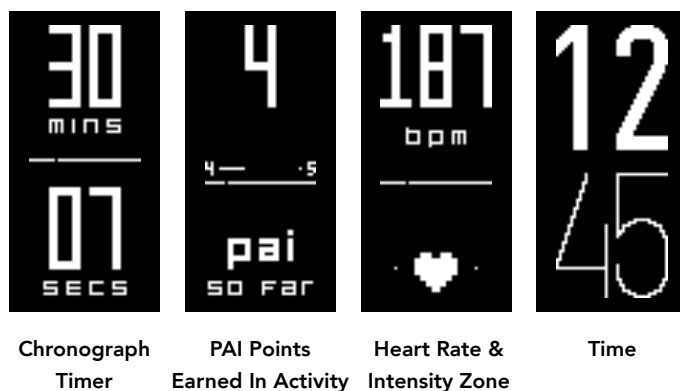
- Rest: SLICE captures your heart rate every five minutes.
- Low Intensity: SLICE captures your heart rate every minute.
- Moderate to High Intensity: SLICE captures your heart rate every second, continuously
- Sleep: SLICE analyzes your sleep, captures your heart rate every five minutes, and measures your resting heart rate.

In addition, SLICE will capture your heart rate each time you wake its display or open the Accurofit app.

## WORKOUT MODE

To record an activity, put Mio SLICE into Workout Mode by pressing down the button for 2 seconds. SLICE will display a menu. Select the running icon, the slice will say "Go" and then start the chronograph timer. In Workout Mode, SLICE uses high intensity sampling rate, capturing your heart rate every second.

SLICE will display screens specific to the current activity session:

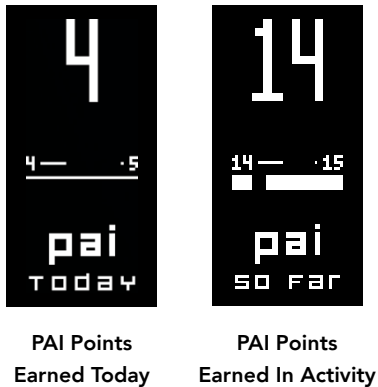


To end and save the activity session, press down the button for 2 seconds. SLICE will exit Workout Mode and return to All-Day Mode.

PAI points earned in recorded activities are automatically rolled into your PAI Score and PAI Points Earned Today. You can review details of your recorded activities in the Accurofit App.

## PAI POINTS EARNED SCREENS

There are two screens on SLICE that show you how many PAI points you have earned today and your progress towards the next PAI point.

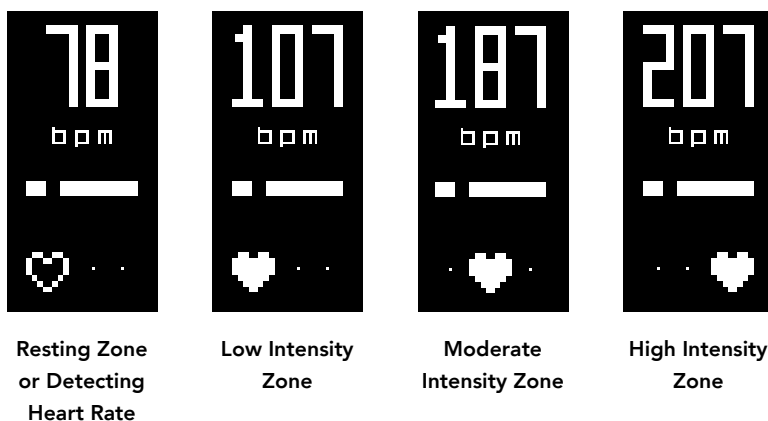


The PAI points you have accumulated are indicated by the big number on the top. The progress bar between the small numbers in the middle show you how close you are to earning your next PAI point.

## HEART RATE & INTENSITY ZONE SCREEN

Scroll to the Heart Rate & Intensity Zone screen at any time to see your current heart rate. It can take a few seconds to detect and display your heart rate when SLICE is in All-Day Mode.

The position of the heart icon is an indicator of your current intensity zone.



PAI intensity zones are personalized based on your resting heart rate and maximum heart rate. The higher your intensity, the quicker you earn PAI. PAI intensity zones may shift a bit from day to day as your resting heart rate changes.

## TROUBLE GETTING YOUR HEART RATE

Try the following tips if you have trouble getting your heart rate:

- Try keeping your arm still while Mio SLICE is searching for your heart rate
- Try tightening the strap
- Try wearing SLICE higher on your forearm
- Try wearing SLICE on the underside of your forearm
- On colder days, enter Workout Mode before heading outdoors
- Warm up for a few minutes to increase your blood circulation before you start Workout Mode on SLICE
- If you are still having trouble, try wearing SLICE on your other arm

For additional help, please visit [Accurofit.com/support](https://accurofit.com/support)

## SLEEP TRACKING

Mio SLICE has automatic sleep detection. Simply wear your SLICE to sleep to analyze your sleep quality. When you wake up, you will find a sleep summary on SLICE and a breakdown of your sleep session in the Day Detail tab of the Accurofit App.

## DATA STORAGE & TRANSFER

Mio SLICE can store up to 7 continuous days of data. Memory is cleared each time the SLICE connects and syncs to the Accurofit App. If SLICE has not been synced in 7 days, it will overwrite the oldest day to capture new data.

## SYNCING ACTIVITY DATA

Mio SLICE automatically measures and saves your activity data. Open the Accurofit App to see your 7-day progress and to review each day in more detail.

If SLICE remains paired to the app, it will automatically sync each time you open the app. SLICE will also sync periodically to your phone if the app is running in the background.

## STREAMING HEART RATE TO OTHER APPS & DEVICES

Mio SLICE can stream your heart rate to any fitness apps and devices that support Bluetooth or ANT+ heart rate streaming. Put SLICE into Workout Mode and ensure your phone remains nearby to stay connected.

# DEVICE SETTINGS

You can configure your device settings in the Accurofit app. Make sure Mio SLICE is connected to the app to access the settings.

## PHONE NOTIFICATIONS

Select whether you want to receive notifications on your SLICE when you have an incoming call or text message on your phone.

## DEVICE SCREENS

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

## SENSOR LOCATION

Select whether you are wearing SLICE on your left wrist or right wrist. This setting allows SLICE to display incoming phone notifications in the correct orientation.

## VIBRATION

OFF or ON. Slice will vibrate for the following reasons.

- Phone notifications
- Enter Workout Mode
- Paired successfully
- Achieve 100 PAI
- Exit Workout Mode
- Pairing failed

Vibration alerts for phone notifications cannot be disabled. Vibrations alerts are disabled when:

- You wear SLICE to sleep
- The connected iPhone is in Do Not Disturb mode

## ANT+ IN WORKOUT MODE

Allows the device to broadcast HR data to external applications such as the Accurofit Gym Display. If you are not using SLICE with Accurofit at the Gym, you can disable this setting.

## 24 HOUR TIME FORMAT

Select between 24 or 12 hour format.

# FIRMWARE UPDATES

Firmware updates provide new features and device improvements. When a new firmware is available for your Mio SLICE, you will be notified in the Accurofit App. You will also see the option to update your firmware under **Device Settings** of the app.

Try the following tips if you have trouble updating your Mio SLICE:

1. Fully charge your SLICE.
2. Keep the PAI app open and do not navigate away from the app until the firmware update is complete.
3. Keep your SLICE as close as possible to the phone until the firmware update is complete.
4. Check that your phone has a stable internet connection.
5. Ensure the PAI app is not being killed in the background by a task killer app (e.g. Greenify).
6. Force close the PAI app. Then, reopen the PAI app and restart the firmware update process.
7. New devices will need 2 updates to complete. Please keep this in mind.

# RESETTING MIO SLICE AND PAIRING TO A NEW PHONE

To connect Mio SLICE to another smartphone, a reset is required:

First, clear the slice from the old phone.

-In the Accuro app, navigate to the *More* section and select *Remove Device*.

-Close the app and open your phone's bluetooth settings. Look for the slice in your previously paired device list and remove it.

-Turn off your phone's bluetooth for now.

Next, take your slice, and place it on the charger to perform a reset.

- While on the charger, press and hold the button on the slice for about 15 seconds. the Slice will display *RESET* and begin counting down from 5. Once the slice says *SLICE* again, you can let go of the button.

- Let the slice charge for a while, when off the charger it will display the pairing icon and is ready to be set up once again.

# MAINTAINING YOUR MIO SLICE

## BATTERY

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

If you do not follow these guidelines, the battery life could be shortened and there is a risk of damage to your SLICE, 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 SLICE to high temperatures
- Use your SLICE in the temperature range of 5°C to 45°C (41°F to 113°F)
- Store the SLICE in the temperature range of -5°C to 55°C (23°F to 131°F)
- Do not disassemble, puncture, or incinerate the SLICE 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 SLICE battery lasts for approximately 300-500 charge cycles. The battery is non-replaceable.

If the battery charge length is noticeably much shorter than before, your SLICE may have reached its end of life. Proper recycling and disposal of the device is required.

## RECYCLING AND DISPOSAL

Contact your local recycling authority to properly dispose of the device and battery. Do not dispose SLICE and its battery with household waste or in the municipal waste stream.

## CLEANING YOUR MIO SLICE

- Wash Mio SLICE regularly with mild soap and water. As SLICE is designed to be worn all day and overnight, regular cleaning is recommended to prevent skin irritation.
- Make sure you allow both your arm and SLICE to dry completely before resuming wear.
- Avoid scratching the device to protect your SLICE from damage.
- Do not expose the SLICE to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents. Chemicals can damage the seal, case, and finish.
- If your skin becomes irritated, wear SLICE on the other arm or discontinue wearing until the irritation clears

## USING MIO SLICE IN WATER

- SLICE is water resistant up to 30 meters (100 feet) and can be worn while swimming.
- **Important:** SLICE is water resistant only if the device remains intact.
- The accuracy of heart rate monitor may be reduced in cold water, especially if you are using large arm movements.
- Do not wear SLICE while diving.
- Wireless communication does not work under water.
- After swimming, rinse Mio SLICE with water and gently dry with a soft cloth.

## CARING FOR YOUR MIO SLICE

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

## MIO SLICE SPECIFICATIONS

**Product Model:** SLICE 60P

**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 + AL

**Caseback Charging Pins:** SUS 316

**Material:** TPU strap, anodized aluminum main body and buckle

**Water Resistance:** 3 ATM (30 meters or 100 feet)

**Battery:** 60 mAH Lithium Polymer

**Magnets:** Neodymium - Iron - Boron (NdFeB)

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

**Frequency band:** Bluetooth: 2404-2480MHz; ANT+: 2457MHz

**Max output power:** Bluetooth: -0.72dBm; ANT+: -9.31dBm

## CERTIFICATION

### FCC ID

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## IC ID

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

## CE/RED

### CAUTION

RISK OF EXPLOSION OF BATTERY IS REPLACED BY AN INCORRECT TYPE  
DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS

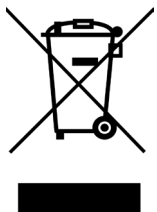
### MANUFACTURER

Physical Enterprises Inc. (Mio Global)  
302-2930 Arbutus St. Vancouver BC, V6J 3Y9, Canada

### EU IMPORTER

Scanwell Logistics LHR Ltd. (c/o Physical Enterprises)  
Scanwell House, Unit 13, Central Park estate, Staines Road,  
Hounslow, Middlesex TW4 5DJ

## WEEE



Correct disposal of this product. This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

## RCM

