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Page 5 To use LIGHT:
Press LIGHT button to
turn on the backlight.

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Once the vehicle engine is started, your Mio automatically powers on. When you power on your Mio for the first time, follow the on-screen prompts to complete the following:

1. Select your preferred language.
- 2.

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Guide MIO for a little while to allow a layer of moisture to build up between the back of the watch and your arm. Do not press too hard on the sensor. Exercising vigorously with a lot of arm movement or. body motion can cause "muscle noise" that may. prevent proper

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sure the Make sure
the back plate is in
contact with your
wrist back plate is in
contact with Your

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MIO may be in sleep mode (with a blank display) when during the measurement. your wrist. you first receive it. Page 2 AGE RESULTING FROM ABUSE, MISUSE OR ALTERATION OF THE MIO LIFESTYLE WATCH.

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of moisture to build
up between the back
of the watch and your
arm. Do not press too
hard on the sensor.
Exercising vigorously
with a lot of arm
movement or. body
motion can cause

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