



Steps to Connect your Mobile Device to your MZ-3

For Android Phones running software 5.0 or higher with Bluetooth LE 4.0 or higher, have them follow these steps, and do not skip any steps:

- 1.** Remove belt from body and listen for the three beeps
- 2.** Log out of the app
- 3.** Turn OFF Bluetooth
- 4.** Turn Location services on, and confirm that "High Accuracy", "Improve Accuracy", or "Bluetooth Scanning" is turned on (the exact name will vary between phone models and Android OS versions)
- 5.** Reboot the phone
- 6.** Once we're backup, fit the belt ON (you should hear 1 single beep when it is 'connected' to your heart rate)
- 7.** Turn ON Bluetooth-note: do NOT press anything, rather, wait until Myzone pops up and it should display your belt number – still do NOT press anything.
- 8.** Log back into the Myzone app and open the workout tile where the live heart rate should display momentarily.

iPhones 5 or higher

- 1.** Unfit your belt from your body and listen for the 3 beeps.
- 2.** Log out of the MYZONE app
- 3.** Go to your appstore and look for any MYZONE app updates - if there is one, update it. If not, next step.
- 4.** Turn OFF Bluetooth in your settings.
- 5.** Reboot your phone
- 6.** Fit your belt back on and listen for the beep. If you do not hear a single beep, tighten the strap and re-position it to the left to see if that helps it get a more reliable heart rate reading (moistening the contact pads on the back of the strap can also help improve the conductivity).

7. Turn ON Bluetooth, but DO NOT press anything other than turning Bluetooth ON.
8. If Myzone comes up as "other devices" you should be good to go and open the Myzone app back up and go to the workout tile.
9. If Myzone appears under "available devices", open the app and see if your belt appears under the workout tile, but if not, go back to the Bluetooth settings and click the "i" next to it to "forget the device" and reboot the phone, then open the app back up and go to the workout tile.