

A quick guide to setting up your MZ-Switch.

1. Download the Myzone App

- Type 'Myzone' into your app provider or scan below.



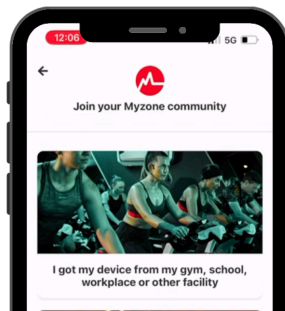
Android



Apple

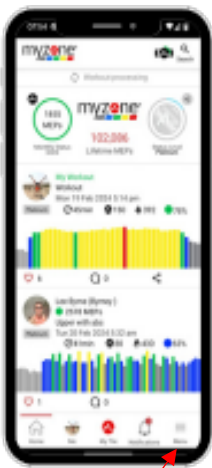
2. Create an account:

- Please select 'I got my device from my gym, school, workplace, or other facility'. Using **UKACTIVEMP** as your facility code

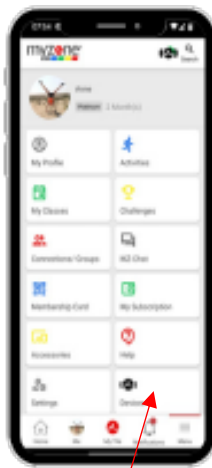


- Fill out your personal profile details
NB: these metrics don't have to be exact, just approximate.
- Accept the T&Cs

3. Add your MZ-Switch belt ID to your profile:



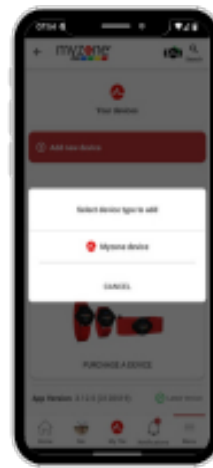
Select the
Menu Bar



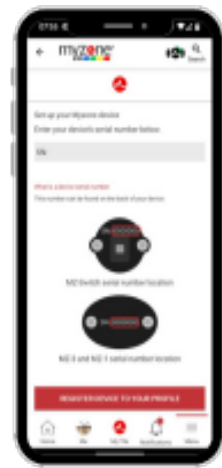
Select
Devices



Select 'Add
new device'



Select
'Myzone'



Enter your
device

Please note: Your belt ID is located on the back of your MZ-Switch module.




4. Time to get some practice in ahead of the challenge!

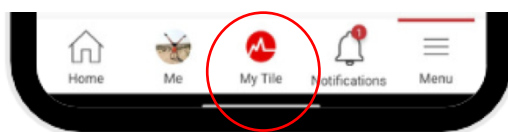
Some handy tips.

Charging your device

- **Note:** Please do this before using
- A USB charger is provided in the Myzone box

Using your device

1. Switch on your Myzone
 - On the wrist or arm – hold down the  button
 - On the chest – it should switch on automatically
 - For both you will hear a single beep and see an LED light
2. Select the 'My Tile' icon on the bottom menu bar of the app



3. Your Myzone tile will then appear on your screen – time to get moving!

Further information on Myzone

For further information on using your Myzone device, head to **myzone.org** or take a read of the below links:

- [Heart rate monitor versatility](#) – wearing it on your arm, wrist and chest
- [Six reasons to start Heart Rate Training](#)
- [20 Tips to get moving](#)
- [What are MEPs](#)