



FREQUENTLY ASKED QUESTIONS

Why was PAI developed?

While it's common knowledge that exercise plays a key role in extending longevity and reducing an individual's risk of disease, there has never been a simple formula for understanding exactly how much exercise we need to do, and how high of an intensity level we need to exercise at in order to achieve maximal results. Goals such as '10,000 steps per day' or '30-minutes of activity per day' tend to be vague and misleading, as they don't reflect what the body's response is to each activity -- and every individual is unique in how they respond to exercise.

The most personalized, accurate way to track and measure the body's response to activity is through monitoring a person's heart rate; it is a universal and highly individual metric.

Building on Mio's foundation in engineering precision heart rate monitoring wearables, the company has developed a new metric PAI (Personal Activity Intelligence) that makes heart rate data even more meaningful and actionable than ever before.

How is PAI more accurate, effective, and meaningful than other fitness metrics?

PAI is based on robust epidemiological evidence (60,000 individuals closely monitored for up to 27 years) and it is a powerful algorithm based off the personal profile of the user and his or her real-time heart rate data. PAI links personalized data to the individual's health, and returns simple physical activity recommendations to motivate users to become (and stay) more physically active.

PAI analyzes heart rate from the user and provides a single measure (PAI score) indicating whether the user's current level of activity is enough to attain or sustain an optimum health profile.

PAI scores adapt to diverse lifestyles, making activity goals highly individualized and realistic to attain. People can choose to do whatever activity they enjoy – as long as it gets their heart rate into a certain zone for a set amount of time, they will notice optimal health benefits. A simple PAI score read-out interprets users' data and gives them a simple goal to stay above 100 PAI.

There has never been a simpler, more meaningful way to provide people with personalized guidance to set and achieve physical activity goals.



What does your PAI score mean and what is the significance of 100?

Mio's new PAI app is designed to use an easy-to-understand number of "100" as the universal goal over a rolling 7-day window for everyone. However, what each person needs to do to achieve 100 PAI is unique to that individual based on his/her personal profile (gender, age, etc.) and heart rate data set up within the app.

Who can benefit from PAI?

Everyone can benefit. If you care about your health, you should use PAI to guide and manage your lifestyle. PAI offers actionable and scientifically proven insight into how a person's activity is impacting his or her health, which provides motivation for those individuals who are less active. For people who are already active, PAI delivers engaging, quantifiable benefits of their workouts and activities – perfect for those looking to move beyond the limited information today's activity trackers have to offer.

Keeping a PAI score above 100 also provides the same health benefits to overweight people, smokers, and to those with hypertension – maximal protection from lifestyle disease and increased lifespan up to 10 years.

Why is PAI calculated over 7 days?

Your PAI score is calculated based on algorithms compiling data over the last 7 days. This rolling 7-day window allows users to live their lives without having to obsess over exercise, while also encouraging them to be mindful of when they need to get moving.

You can see how much PAI you've earned on any given day, and/or during a specific workout session. The science shows that if you have obtained a total score of 100 PAI in total over a 1-week cycle, you have been active enough to ensure you maintain optimum health, reducing your risk of disease.

Do you need to exercise every day in order to reach 100 PAI?

To maintain a minimum PAI score of 100, it's not essential to exercise every day, but what is essential is the amount of activity you've done, and the level of intensity at which you've done those activities over 7 days. PAI will take every activity into account and assign a PAI score based on those activities over the week.

Can the PAI app work with any heart rate monitoring device?

The PAI app currently works exclusively with Mio's heart rate wearables.