



## **Mio Licenses its Proprietary PAI Technology to the Lenovo Brand of Wearables**

*Lenovo fitness tracking devices will integrate PAI (Personal Activity Intelligence), the groundbreaking activity metric, helping people manage their health and reduce the risk of lifestyle-related diseases.*

**Vancouver, British Columbia – August 22, 2017** – [Mio Global](#), a health technology company, today announces its partnership with [Lenovo](#) – a leader in innovative consumer, commercial, and enterprise technology. The new Lenovo HW01 Plus fitness bands are the first of many devices that will feature Mio’s science-based health metric that translates heart rate data into a simple, meaningful score that guides users on how much activity they need to live a longer, healthier life.

The Personal Activity Intelligence experience utilizes heart rate because it is the single most accurate reflection of the body’s response to physical activity, which means it also provides the most accurate picture of how daily and weekly activities can contribute to overall health. The PAI algorithm translates heart rate and personal data into a simple score that gives users a personalized prescription for exercise through one universal goal: keep your weekly PAI score at or above 100 for maximum health benefits. Since this goal is based on personal profile data, it adapts to a people’s fitness levels as they improve.

An article published in [The American Journal of Medicine](#) states that PAI has a huge potential to motivate people to become and stay physically active by informing them about how much exercise is required to reduce the risk of cardiovascular disease by 25 percent, and also significantly reduce the risk of other lifestyle diseases. PAI research has been conducted using the HUNT study data, one of the largest health studies ever conducted. It has been scientifically proven that those who maintained a PAI score at or above 100 lived on average of 5 years longer than those who were inactive.

“We are excited to integrate PAI into the experiences and platforms of many other brands to positively impact global health by making wearables more meaningful,” said Peter Taylor, CEO of Mio Global. “Lenovo is a major brand in the consumer technology space, so we’re thrilled that PAI was the chosen metric to help grow their business because of its wide appeal across a wide variety of consumers of lifestyles and fitness levels.”

To learn more about Mio Global and partnership opportunities with PAI, visit [www.PAIforLife.com](http://www.PAIforLife.com).

### **About Mio Global:**

Mio Global is an industry leader in health technology with proprietary heart rate-based algorithms such as the groundbreaking activity metric Personal Activity Intelligence (PAI). PAI is a scientifically-validated score that empowers people with personalized insights into how much exercise they need to live a longer, healthier life. Mio is now providing its patented heart rate-based software and algorithms to businesses

via cloud-based services and licensing. Its customers include health platforms, fitness clubs, insurance companies, wearable companies and other industry partners. For more information, visit [PAIForLife.com](https://PAIForLife.com). For details on the science behind PAI, visit [mioglobal.com/PAIscience](https://mioglobal.com/PAIscience).

**About Lenovo:**

Lenovo (HKSE: 992) (ADR: LNVGY) is a \$45 billion global Fortune 500 company and a leader in providing innovative consumer, commercial, and enterprise technology. Our portfolio of high-quality, secure products and services covers PCs (including the legendary Think and multimode Yoga brands), workstations, servers, storage, smart TVs and a family of mobile products like smartphones (including the Moto brand), tablets and apps. For more information, visit [www.lenovo.com](https://www.lenovo.com).