Withings Body™ Cardio

Weight & Body Composition - Heart Rate and Pulse Wave Velocity - Daily Report

Installation and Operating Instructions (iOS users)

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Important Notice

By using your Withings Body Cardio you expressly agree to the Withings Services Terms and Conditions available on our website.

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Minimum Requirements

Internet access

Access to the Internet is required to:

- Download the Withings Health Mate® app,
- Set up your Withings Body Cardio,
- Upgrade your product whenever an update is available.

For more details, refer to "Specifications" on page 57.

We recommend using the app on a device connected to the Internet to enjoy all features.

Smartphone or device

An iOS device or an Android device (with operational Bluetooth and Wi-Fi or 3G/4G) is required to:

- Set up your Withings Body Cardio,
- Retrieve data from your Withings Body Cardio,
- Access specific functions of your Withings Body Cardio.

Bluetooth Low Energy (BLE) compatibility is recommended to install your Withings Body Cardio.

For more details, refer to "Specifications" on page 57.

OS version

You need iOS 8 or above to install and run the Withings Health Mate® App on an iOS device.

You need Android 2.3.3 or above to install and run the Withings Health Mate® App on an Android device.

Withings Health Mate® app version

We recommend that you use the latest available version of the Withings Health Mate® app to have all the latest features available.
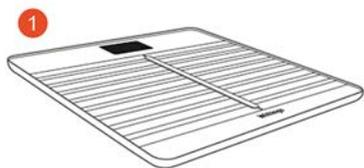
Withings Body Cardio Description

Overview

With its slick and extra thin design, the Withings Body Cardio allows you to easily track your weight and monitor your progress. Additionally, it calculates your fat mass, muscle mass, bone mass and water mass by bioelectric impedance to inform you about your body composition.

Of course that's not all your Withings Body Cardio does. It provides you with information about your heart rate and measures your Pulse Wave Velocity, a key indicator of cardiovascular health. If you activate the Weather screen, you also get your daily weather report everytime you weigh in.

Because the Withings Body Cardio is a connected scale, its true potential is achieved when you use it along with the Withings Health Mate® app. Beside allowing you to install your scale, the Withings Health Mate® app allows you to customize its display, to set a weight goal, and to check the entire history of your weight data.

Thanks to its in-app activity tracking feature and the numerous partner apps you can connect it to, the Withings Health Mate® app helps you reach your health goals faster by helping you track your activity and check your calorie balance.
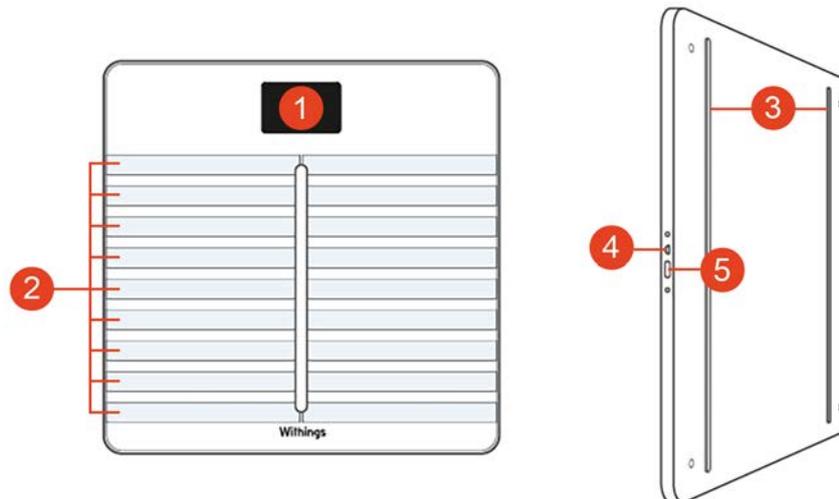
Box contents

(1) Withings Body Cardio   (2) USB cable   (3) Quick Start Guide

Product description

(1) Display

(2) Electrodes

(3) Feet

(4) Micro USB port

(5) Pairing and units button

Scales screens description

You can select a number of screens to be displayed on your Withings Body Cardio:

- Weight: Displays your weight. This screen cannot be disabled.
- Fat Mass: Displays your percentage of fat mass.
- Water: Displays your percentage of water.
- Bone mass: Displays the weight of your bones.
- Muscle mass: Displays the weight of your muscles.
- Weather[1]: Displays the weather for the day.
- Heart Rate: Displays your heart rate.
- Weight Trend[1]: Displays a graph with your last 8 weight measurements.
- Steps[1,2]: Displays the number of steps you did the previous day.
- NikeFuel[1,3]: Displays the amount of NikeFuel you earned the previous day.

You can disable or change the order of these screens as you like after you install your Withings Body Cardio. Otherwise, they will appear in the default order. Refer to "Changing the screen order" on page 28 for more information.

[1] This screen can only be used if you set up your Withings Body Cardio in Wi-Fi

[2] You either need to own a Withings® tracker, or to use the in-app tracking of the Withings Health Mate® app to display your number of steps on this screen. If you don't have a Withings® tracker, tap the Activity widget at the top of your Timeline in the Withings Health Mate® app and tap **Activate now**. Your mobile device will then start tracking your steps.

[3] You need to have a Nike+ account to see the amount of NikeFuel you have on this screen.

Setting Up the Withings Body Cardio

Installing the Withings Health Mate® app

If the Withings Health Mate® app is not already installed on your device, perform the following steps:

1. Type go.withings.com in your device's web browser.
2. Tap **Download on the App Store**.
3. Tap **GET**.
   The installation process starts.

Installing your Withings Body Cardio

Overview

Installing your Withings Body Cardio in Wi-Fi gives you access to all the features and screens available. Installing your Withings Body Cardio in Bluetooth limits the features and screens available. For example, you can't use the Weather screen and the Steps screen, as they require access to the Internet.

You can change the configuration of your Withings Body Cardio anytime you want. Refer to "Changing the configuration of your Withings Body Cardio" on page 21 for more information.

Note that once you've installed your Withings Body Cardio on your account, all the users of the account can use it. You are also free to install it on various account. There is, however, a limit of eight users per scale at the moment.

Installing your Withings Body Cardio without an existing account

Refer to "Installing your Withings Body Cardio with an existing account" on page 15 if you already have a Withings® account.

1. Press and hold the side button for four seconds.
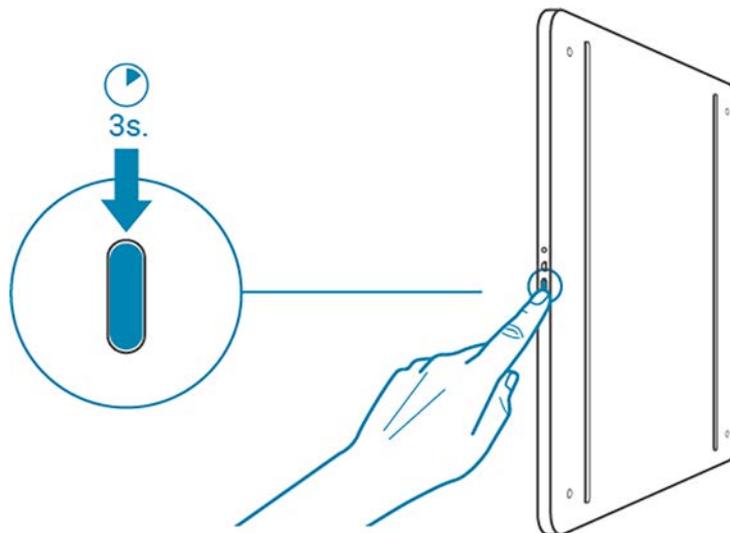
The scale displays go.withings.com.
2. Open the Withings Health Mate® app.
3. Tap **Join Withings**.

4. Tap **I'm setting up my device**.

5. Tap **Scales**.

6. Tap **Body Cardio**.

7. Tap **Install now**.

8. Tap the Withings Body Cardio you want to install.
   It may take up to a minute for your scale to be detected by your mobile device.

   If your Withings Body Cardio is not displayed in the list, go to the Bluetooth settings of your device and pair it from there. It should now appear in the Withings Health Mate® app.

9. Tap **Next**.

Cancel Setup Next

Scale detected

Next

10. Enter your email address, password, and then confirm your password. Tap **Next**.
11. Enter your first name, surname (last name) and birthday. Tap **Next**.
12. Select your gender and enter your current height and weight. Tap **Create**.
    This information is necessary for the calculation of your BMI.
    It also allows your Withings Body Cardio to recognize you based on your weight the first time you weigh in.

13. If you want your scale to sync in Wi-Fi once it's installed, perform the following steps:
    a. Tap **Quick setup** to use the same Wi-Fi network as your mobile device or **Setup another network** to use another one.

Cancel Wi-Fi setup

Choose a WiFi network to setup your device.

Quick setup: "guests" >

Setup another network >

I don't have a Wi-Fi Network >

b. Tap **Allow**.
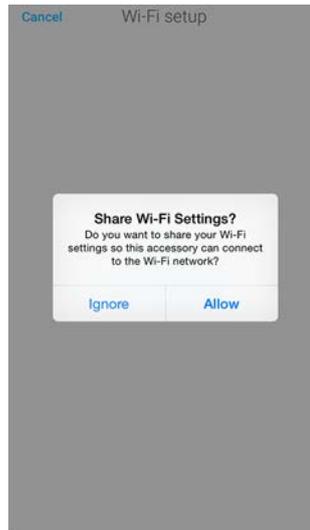
You will need to update the Wi-Fi configuration if you change the network name or password. Refer to "Changing the configuration of your Withings Body Cardio" on page 21 for more information.

14. If you want your scale to sync in Bluetooth only once it's installed, tap **I don't have a Wi-Fi Network**.

15. Tap **Close**.

Installation   Close

Setup completed

Close

16. Tap **Invite** if you want to share your scale with another account, or tap **Skip** if you don't want to.

Share your scale   Skip

Invite your family and friends to use your Body Cardio

People you're sharing your scale with won't be able to access your data.

Invite

A link, which will be valid for 72 hours, will then be sent to the persons you've invited. They will be able to link the scale to their account from there, without having to install it from scratch.

The Withings Health Mate® now prompts you to select your target weight. Tap **Cancel** if you don't want to set a weight goal. You can set one later on if you change your mind. Refer to "Changing your weight goal" on page 35 for more information.

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Installing your Withings Body Cardio with an existing account

1. Press and hold the side button for four seconds.
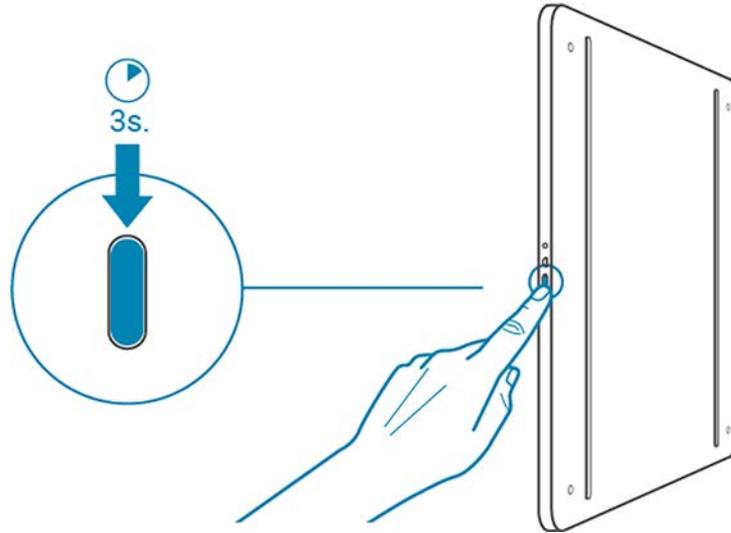
The scale displays go.withings.com.

2. Open the Withings Health Mate® app.
3. Go to **My devices**.
4. Tap **+**.

5. Tap **Scales**.

6. Tap **Body Cardio**.

7. Tap **Install now**.

8. Tap the Withings Body Cardio you want to install.

It may take up to a minute for your scale to be detected by your mobile device.

If your Withings Body Cardio is not displayed in the list, go to the Bluetooth settings of your device and pair it from there. It should now appear in the Withings Health Mate® app.
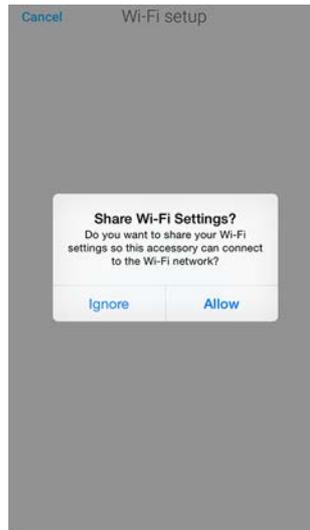
9. Tap **Next**.

10. If you want your scale to sync in Wi-Fi once it's installed, perform the following steps:
    a. Tap **Quick setup** to use the same Wi-Fi network as your mobile device or **Setup another network** to use another one.

b. Tap **Allow**.

You will need to update the Wi-Fi configuration if you change the network name or password. Refer to "Changing the configuration of your Withings Body Cardio" on page 21 for more information.

11. If you want your scale to sync in Bluetooth only once it's installed, tap **I don't have a Wi-Fi Network**.

12. Tap **Close**.

13. Tap **Invite** if you want to share your scale with another account, or tap **Skip** if you don't want to.

A link, which will be valid for 72 hours, will then be sent to the persons you've invited. They will be able to link the scale to their account from there, without having to install it from scratch.

The Withings Health Mate® now prompts you to select your target weight.

Selecting your weight goal

To select your weight goal, perform the following steps:

1. Tap and slide up or down to select your target weight.

2. Tap **Next**.
3. Tap and slide up or down to select the pace at which you want to achieve your weight goal.

4. Tap **OK**.

Changing the configuration of your Withings Body Cardio

You may need to change the configuration of your Withings Body Cardio:

- If you want to use a different Wi-Fi network,
- If you've changed the name or password of the Wi-Fi network you use,
- If you want to switch from a Bluetooth configuration to a Wi-Fi configuration,
- If you want to switch from a Wi-Fi configuration to a Bluetooth configuration.

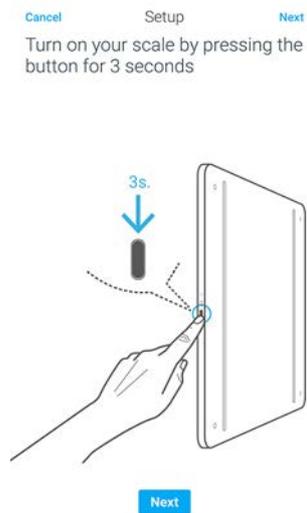To change your configuration, perform the following steps:

1. Open the Withings Health Mate® app.
2. Go to **My devices**.
3. Tap **Body Cardio**.

4. Tap **Wi-Fi Configuration**.
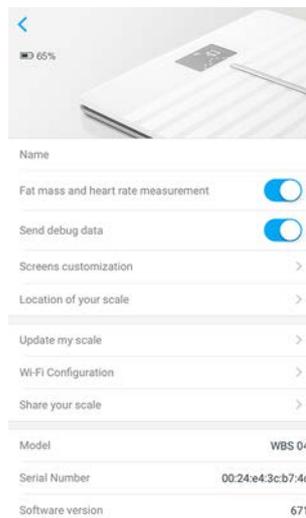
5. Press the button on the side of the scale for three seconds and tap **Next**.

6. Tap the Withings Body Cardio you want to install.
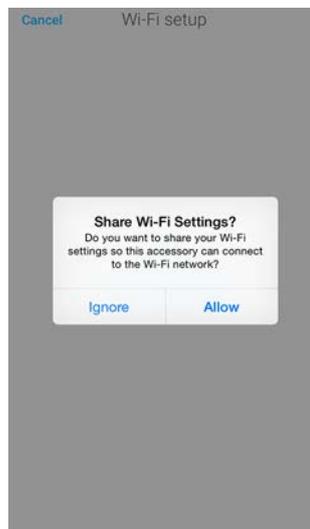   It may take up to a minute for your scale to be detected by your mobile device.
7. Tap **Next**.

8. To switch to a Wi-Fi configuration or to update the Wi-Fi network:
   a. Tap **Quick setup** to use the same Wi-Fi network as your mobile device or **Setup another network** to use another one.

   b. Tap **Allow**.

9. To switch to a Bluetooth configuration, tap **I don't have a Wi-Fi Network**.
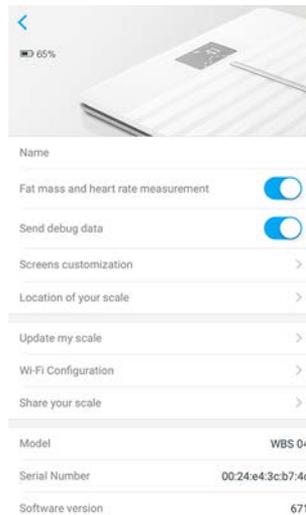
10. Tap **Close**.

Sharing your Withings Body Cardio with someone

If you want to share your Withings Body Cardio with another account (for example with someone in your household who has a separate account), perform the following steps:

1. Open the Withings Health Mate® app.
2. Go to **My devices**.
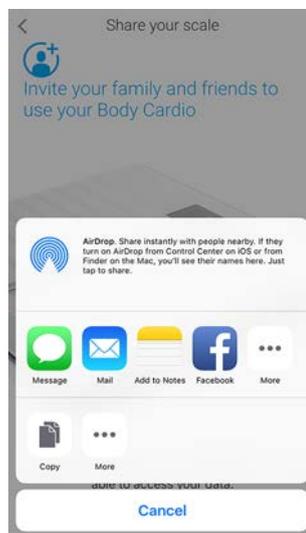3. Tap **BodyBody Cardio**.

4. Tap **Share your scale**.

5. Tap **Invite**.

Share your scale

Invite your family and friends to use your Body Cardio

People you're sharing your scale with won't be able to access your data.

Invite

6. Select how you want to share your scale and who you want to share it with.

A link, which will be valid for 72 hours, will then be sent to the persons you've invited. They will be able to link the scale to their account from there, without having to install it from scratch.

Changing the settings of your Withings Body Cardio

Changing the weight unit

You have the choice between three weight units: kilogram (kg), stone (stlb) and pound (lb). To change the units on your Withings Body Cardio, perform the following steps:

1. Press the button on the side of your Withings Body Cardio.
2. Check the screen of your scale to view the unit currently selected.
3. Press the button again to move the arrow to the correct unit.
   The unit change is confirmed a few seconds after you stop pressing the button.

Changing the temperature unit

While you can change the weight unit directly from your Withings Body Cardio, the temperature unit (used in the Weather screen) can only be changed from the Withings Health Mate® app. By default, the temperature unit is based on the language of the app. To change the temperature unit, perform the following steps:

1. Open the Withings Health Mate® app.
2. Go to **Settings**.
3. Tap **Units**.
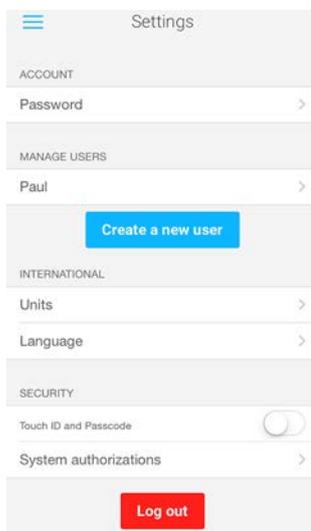
4. Select the temperature unit you want.
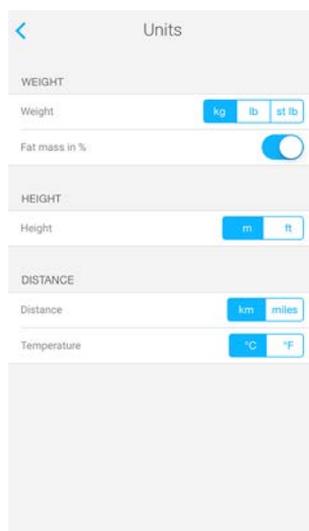
You can also change the weight unit from this screen but it will only affect the display in the Withings Health Mate® app. The weight unit on the Withings Body Cardio can only be changed from the scale itself. Refer to "Changing the weight unit" on page 26 for more information.

5. Tap the back button to confirm.
   You will need to weigh in once more before the change is taken into account on your scale.

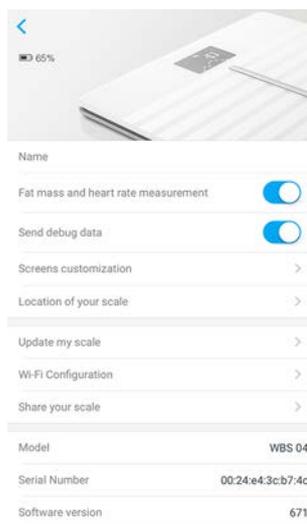## Changing the screen order

You can change the order of the screens of your Withings Body Cardio, for example if you want to display the Weather screen first. To do so, perform the following steps:

1. Open the Withings Health Mate® app.
2. Go to **My devices**.
3. Tap **BodyCardio**.

4. Tap **Screens customization**.

5. Tap the user profile for which you want to change the screen order.

6. Select the screens you want to display:

   - Tap the blue circles on the left to hide a screen.
   - Tap the empty circles on the left to display a screen.
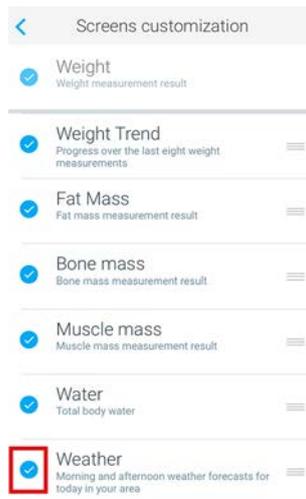
7. Tap and hold the icon on the right to drag a screen up or down.
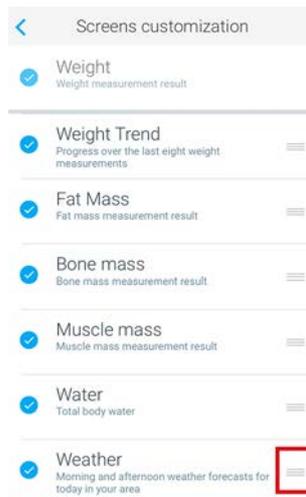
8. Tap the back button to confirm.
9. Weigh yourself once to synchronize your Withings Body Cardio with your app and finalize the change.
   The change will take effect upon your next weigh-in.

Changing the location of your scale

The location of your scale is used to provide you with the correct weather forecast if you have activated the Weather screen. It is based on your IP address but it is not always accurate. If the preset location of your scale happens to be incorrect, you are free to change it anytime you want. To do so, perform the following steps:

1. Open the Withings Health Mate® app.
2. Go to **My devices**.
3. Tap **BodyCardio**.

4. Tap **Location of your scale**.
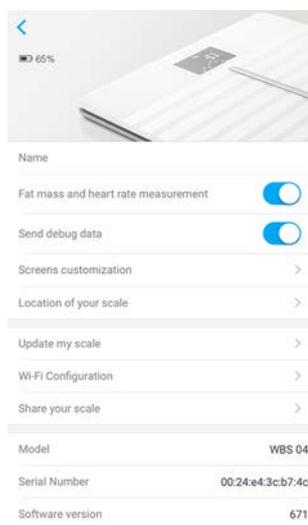
5. Enter the correct location of your scale and tap **OK**.

Disabling body composition and heart rate measurements

You can disable body composition (fat mass, muscle mass, bone mass and water mass) and heart rate measurement if you choose to. This is recommended for pregnant women and mandatory for anyone wearing a pacemaker.
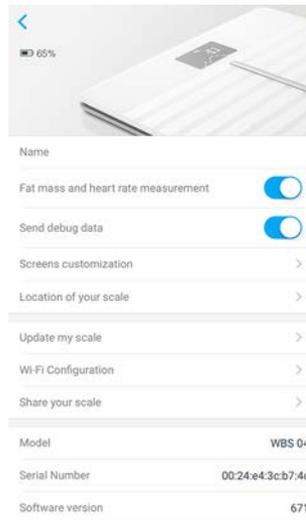
To disable these measurements, perform the following steps:

1. Open the Withings Health Mate® app.
2. Go to **My devices**.
3. Tap **BodyCardio**.

4. Tap **Fat mass and heart rate measurement**.

5. Tap the back button to confirm.

Using the Athlete mode

Athletes generally have a different body type which requires a specific fat mass calculation algorithm. If you work out more than 8 hours a week and have a resting heart rate below 60 bpm, you may need to use the Athlete mode. To do so, perform the following steps:

1. Open the Withings Health Mate® app.
2. Go to **Profile**.
3. Tap **User details**.

4. Tap **Advanced settings**.
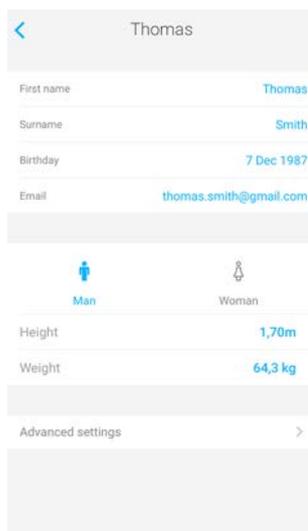
5. Tap **Athlete**.

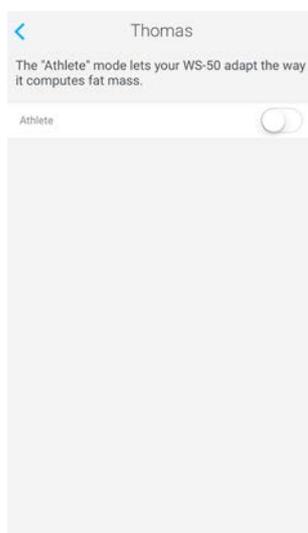

6. Tap the back button to confirm.

Tracking your weight and body composition

Overview

The Withings Body Cardio allows you to track your weight and lets you see how your weight trend changes over time. Beside your weight, it also allows you to check your body composition (fat mass, muscle mass, bone mass and water mass) which gives you a better idea of your level of fitness.

Make sure you follow the following recommendations to get accurate and representative weight measurements:

- Make sure you always weigh yourself around the same time to improve the consistency of your measurements.
- Wait five seconds before weighing yourself if you have just moved your scale.

Weighing yourself

Thanks to the Position Control ™ technology, getting an accurate weight measurement has never been easier. If your weight is not properly distributed on your Withings Body Cardio, arrows are displayed on the scale to indicate in which direction you should lean to stabilize your weight.

If several users have a similar weight, the following screen can be displayed:
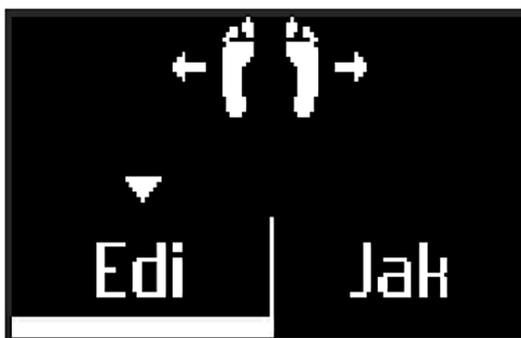
Simply lean left or right to select the correct name. Your measurements will then be affected to the correct user. Make sure you return to your initial position before the heart rate measurement starts.

If you want to get information regarding your body composition as well, make sure that:

- Body composition measurements are enabled. Refer to "Disabling body composition and heart rate measurements" on page 31 for more information.
- All the body composition screens are enabled. Refer to "Changing the screen order" on page 28 for more information.
- You step on the scale barefoot.
- You stay as still as possible during the measurement.
- You are recognized by your Withings Body Cardio, with your name appearing on the screen display.

Retrieving your weight data

As soon as you weigh yourself, your weight is displayed on the display of your scale. If you've activated the Weight Trend screen, you'll also see a graph showing your eight last measurements as well as the difference between the latest measurement and the previous one. Refer to "Changing the screen order" on page 28 for more information.

To see detailed graphs about your weight and body composition, and see your full history, you have to check your data on the Withings Health Mate® app.

You can access your graphs:

- By tapping the Weight widget at the top of your Timeline.
- By tapping any weight measurement item in your Timeline.

Once you're viewing the weight graph, you can alternate between the tabs to view your weight graph, your body composition graphs and your BMI graph.

If you need any help interpreting your body composition results, please go to support.withings.com/bodycardio/ranges where you'll find normality ranges for each metric.

Changing your weight goal

To change your weight goal, perform the following steps:

1. Open the Withings Health Mate® app.
2. Tap the right part of the Weight widget.

3. Tap and slide up or down to select your target weight.

4. Tap **Next**.

5. Tap and slide up or down to select the pace at which you want to achieve your weight goal.

6. Tap **OK**.

Retrieving unknown measurements

If your Withings Body Cardio doesn't recognize you when you weigh in, your weight measurements will be listed as unknown measurements. To assign them to a user, perform the following steps:

1. Open the Withings Health Mate® app.
2. Locate **Unknown measures** on the left menu.
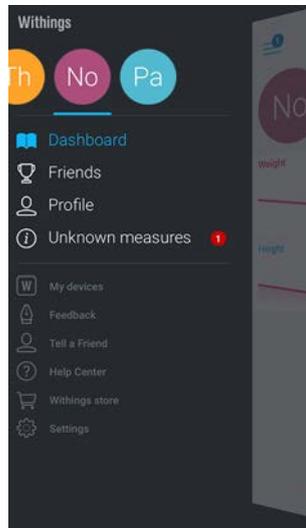
3. Tap the measurement.
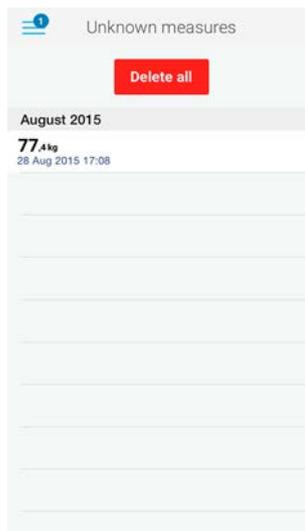
4. Tap the user you want to assign it to.
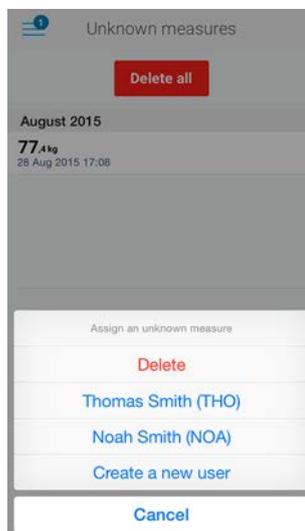
Your measurements are now assigned to the correct user. Your Withings Body Cardio will also be able to automatically assign your measurements the next time you weigh in.

Setting reminders

The Withings Health Mate® app allows you to set reminders to make sure you weigh yourself regularly. To do so, perform the following steps:

1. Open the Withings Health Mate® app.
2. Tap **Reminders**.
3. Tap **Discover now**.

4. Select the type of reminder you want to set.

5. Select the time and recurrence of the reminder.
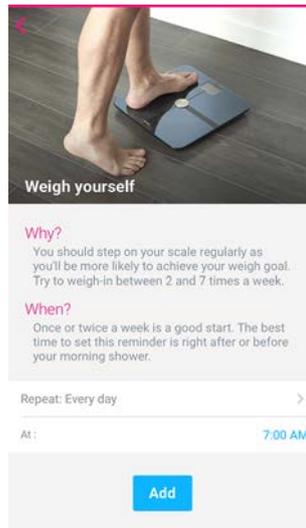
6. Tap **Add**.

Tracking your heart rate

Overview

⚠️ **This product is not a medical device and should not be used to diagnose, treat, cure, or prevent any medical conditions.**

The Withings Body Cardio allows you to track your heart rate and lets you see how it changes over time.
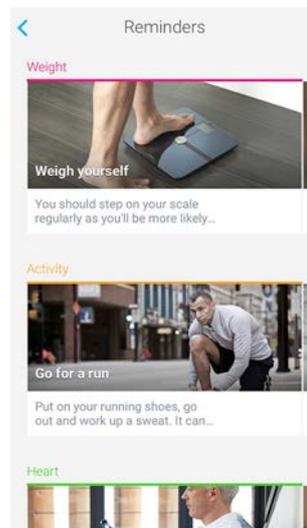
If you want to get heart rate measurements, make sure that:

- Heart rate measurements are enabled. Refer to "Disabling body composition and heart rate measurements" on page 31 for more information.
- The Heart Rate screen is enabled. Refer to "Changing the screen order" on page 28 for more information.
- You step on the scale barefoot.
- You stay as still as possible during the measurement.

Retrieving your heart rate measurements

As soon as your heart rate is measured, it is displayed on the display of your scale.

To see detailed graphs about your heart rate and see your full history, you have to check your data on the Withings Health Mate® app.
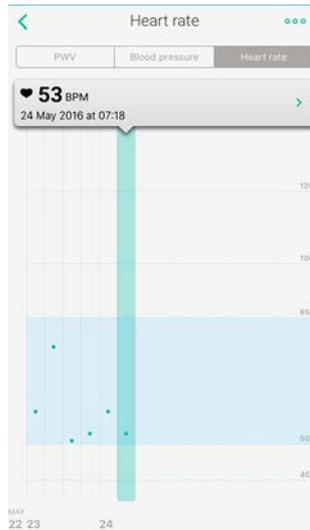
You can access your graphs by tapping any heart rate measurement item in your Timeline.

Tracking your Pulse Wave Velocity

Overview

⚠️ **This product is not a medical device and should not be used to diagnose, treat, cure, or prevent any medical conditions.**

With every heartbeat, your heart induces a wave along the aorta and arterial tree, which leads to changes in blood volume within your vessels, making them expand and contract accordingly. Your Pulse Wave Velocity indicates the propagation speed of this wave along the arteries. It is a key indicator of your cardiovascular health.

The Withings Body Cardio allows you to track your Pulse Wave Velocity and lets you see how it changes over time.

If you want to get Pulse Wave Velocity measurements, make sure that:

- Heart rate measurements are enabled. Refer to "Disabling body composition and heart rate measurements" on page 31 for more information.
- The Heart Rate screen is enabled. Refer to "Changing the screen order" on page 28 for more information.
- You step on the scale barefoot.
- You stay as still as possible during the measurement.
- Your feet are centered on the scale, and in contact with all the stripes on the surface of the scale. Ideally, your heels should be on the second stripe from the bottom.
- You take the measurement before drinking coffee or having a cigarette. Ideally, you should wait at least three hours after drinking or eating anything to take the measurement.

Retrieving your Pulse Wave Velocity measurements

Your Pulse Wave Velocity measurements are only displayed in the app. They are never displayed on the screen of your scale.

To see detailed graphs about your Pulse Wave Velocity and see your full history, you have to check your data on the Withings Health Mate® app.
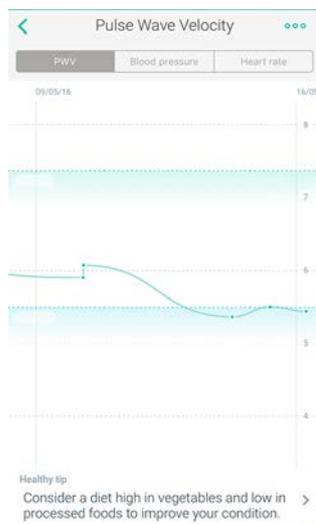
You can access your graphs by tapping any Pulse Wave Velocity measurement item in your Timeline. Go to support.withings.com/bodycardio/pwv for more information on normal ranges for this measurement.

Note that after installing your Withings Body Cardio, you will need five valid measurements before you can access the Pulse Wave Velocity graph. These measurements are required to calibrate Pulse Wave Velocity measurement on your scale. You will receive a Timeline item every time you get a valid measurement, and a final one once you can access the graph.
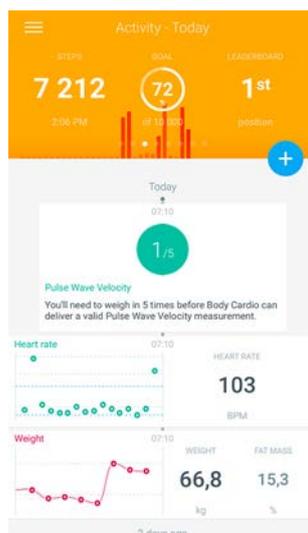
Checking the weather

Overview

You can check the local weather forecast for the day directly on your Withings Body Cardio if the following conditions are met:

*   Your Withings Body Cardio is set up in Wi-Fi. Refer to "Changing the configuration of your Withings Body Cardio" on page 21 for more information on how to switch to a Wi-Fi configuration.
*   The Weather screen is enabled. Refer to "Changing the screen order" on page 28 for more information.

Retrieving weather information

All you have to do to retrieve weather information on your Withings Body Cardio is to step on the scale and wait for the Weather screen to be displayed.

The Weather screen provides you with information about the average weather and temperature for the morning (between 6:00 AM and 12:00 PM) and for the afternoon (between 12:00 PM and 9:00 PM).

If you weigh yourself in the morning, the data of the day is displayed. If you weigh after 7:00 PM, the data of the next day is displayed.

Linking Your Account to Partner Apps

Linking your account to MyFitnessPal

Overview

When you monitor your weight, it can also be useful to monitor your calorie intake with apps such as MyFitnessPal to help you reach your weight goal.

Once you link both accounts, your Withings® account will be able to retrieve your daily calorie intake from MyFitnessPal. You can then check the MyFitnessPal widget from your Dashboard to see your calorie balance.

MyFitnessPal can also retrieve information from your Withings® account: your weight and your calorie outtake.

Your calorie outtake is based on any activity data coming from a Withings® activity tracker or the in-app tracking feature of the Withings Health Mate® app. Note that tracking your activity can be a great way to help you achieve your weight goal.
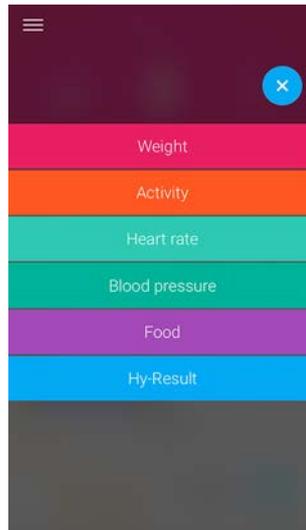
Connecting to MyFitnessPal

To connect your Withings® account to your MyFitnessPal account, perform the following steps:
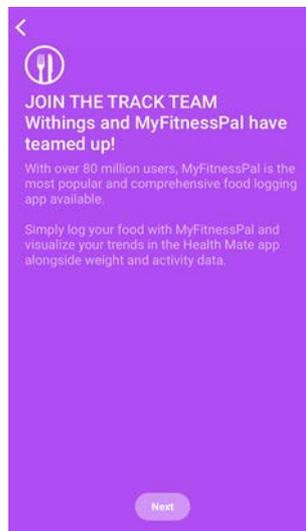
1. Open the Withings Health Mate® app.

2. Tap **+**.

3. Tap **Food**.

4. Tap **Next**.

5. Tap **I accept**.

6. Tap **Back to the app**.

Withings Body Cardio
v1.0 | June 2016
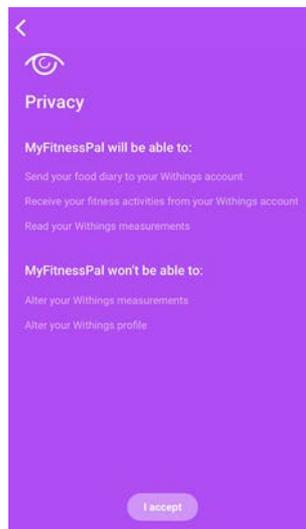
7. Tap **Continue**.
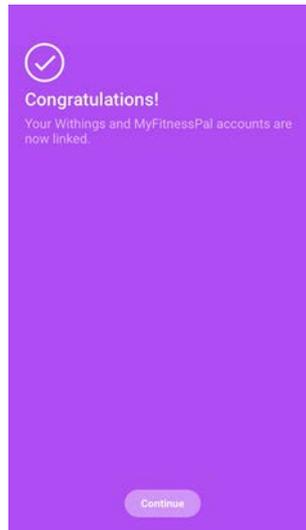
You can unlink your MyFitnessPal account and your Withings® account anytime you want from your Profile.

Linking your account to Nike+

Overview

If you have a Nike+ account, you can start the day by seeing your NikeFuel of the previous day displayed on your Withings Body Cardio and in the Withings Health Mate® app thanks to the Nike+ integration.

Only your NikeFuels can be shared with your Withings account. You'll have to stick to the Nike+ app to see the rest of your Nike+ data.

Note that it can take up to 48 hours after the association for your data to be shared with your Withings® account. You also need to have at least 5 days worth of Nike+ data before it can be shared with your Withings® account.

Connecting to Nike+

To connect your Withings® account to your Nike+ account, perform the following steps:

1. Open the Withings Health Mate® app.
2. Tap **Profile**.

3. Tap **Nike+**.

4. Tap **Connect**.

5. Tap **Link with Nike+ FuelBand**.
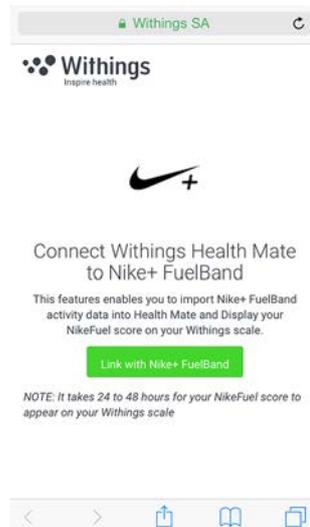
6. Log in to your Nike+ account.
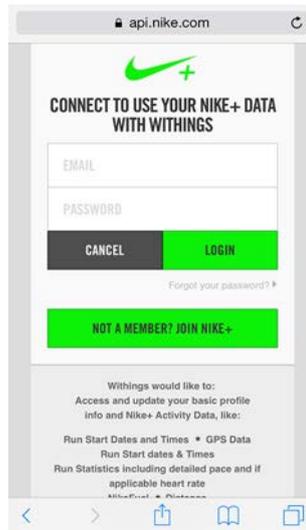
Note that it can take up to 48 hours after the association for your data to be shared with your Withings® account.

You can unlink your Nike+ account and your Withings® account anytime you want from your Profile.

Syncing Your Data

Data from your Withings Body Cardio is automatically synced, without any action required on your part. Your weight data is synced with the Withings Health Mate® app within a few minutes after you weigh in. Your heart rate and pulse wave velocity data is also synced at this time.

Note that if you sync your data in Bluetooth, it is necessary that a paired device is within range of the scale. The Withings Health Mate® app also needs to be running on your device.

Dissociating Your Withings Body Cardio

> ℹ️ **All data that wasn't synced before dissociating your Withings Body Cardio will be lost permanently.**

Dissociating your Withings Body Cardio allows you to remove it from your account.

> ℹ️ **Dissociating your Withings Body Cardio will not remove any of the data that was synced from the Withings Health Mate® app.**

To dissociate your Withings Body Cardio, perform the following steps:

1. Open the Withings Health Mate® app.
2. Go to **My devices**.
3. Tap **Body Cardio**.

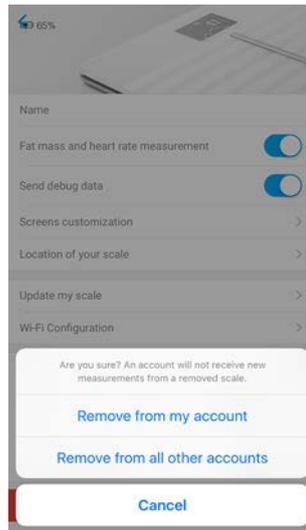4. Tap **Dissociate this product**.

Withings®
Inspire health

5. Tap **Remove from my account**.

6. Perform a factory reset of your Withings Body Cardio. Refer to "Performing a Factory Reset of Your Withings Body Cardio" on page 52 for more information.

Performing a Factory Reset of Your Withings Body Cardio

> **ⓘ** **All data that wasn't synced before factory resetting your Withings Body Cardio will be lost permanently.**

Factory resetting your Withings Body Cardio allows you to delete the data stored on it. Factory resetting completes the dissociation process.

> **ⓘ** **Factory resetting your Withings Body Cardio will not remove any of the data from the Withings Health Mate® app.**

1. Go to the Bluetooth settings of your device and "forget" your Withings Body Cardio. from the list of Bluetooth devices.
2. Press the button on the side of the scale for 15 seconds until the display turns off.
3. When "Hello" appears on the display of your scale, press and hold the button on the side of the scale until the factory reset gauge fills.
   The scale's screen will display the word "Factory", confirming the reset.

At this time, you can start the installation process for the Withings Body Cardio.
Refer to for more information.

Cleaning and Maintenance

Cleaning your Withings Body Cardio

You can clean your Withings Body Cardio using a cloth dampened with water. If water is not enough to clean it, you can also use crystal vinegar.

ⓘ **The use of any detergents or cleaners may cause irreversible damage to the coating that protects the electrodes used to measure your body composition.**

Charging the battery

You can check the battery level of your Withings Body Cardio by going to **My devices > Body Cardio** from the Withings Health Mate® app. If the battery level reaches 5% or less, we advise that you charge the battery. To do so, connect your Withings Body Cardio to a power source using the USB cable provided with the scale.

Charging the battery can take up to five hours. You can press the button on the side of the scale while it's charging to check the battery level.

Note that you shouldn't use your Withings Body Cardio while it is charging.

Updating your Withings Body Cardio

We regularly offer updates so that you can benefit from the latest features we add to our products. When new internal software is available, it is automatically installed without any prompt from the Withings Health Mate® app if your scale is installed in Wi-Fi.

However, you can check if updates are available and force their installation whenever you want. To do so, perform the following steps:

1. In the Withings Health Mate® app, go to **My devices**.

2. Tap **Body Cardio**.

3. Tap **Update my scale**.
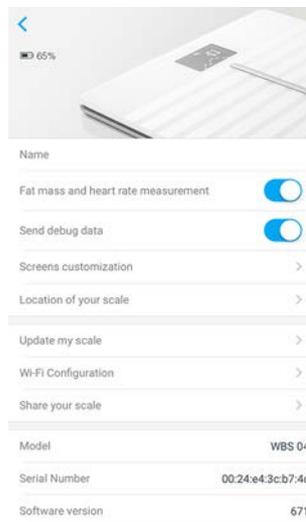
4. Press the button on the side of the scale for three seconds.

5. Tap the Withings Body Cardio you want to update.

6. Tap **Upgrade**.
7. Tap **Close** when the upgrade is complete.

Note: You can check which software version your Withings Body Cardio uses in **My devices > Body Cardio**.

Technology Description

Weight

Your weight is measured thanks to four weight sensors placed below the surface of your Withings Body Cardio.

Body Composition

Your body composition (fat mass and water percentage, muscle mass, and bone mass) is measured by bioelectrical impedance analysis thanks to electrodes placed bel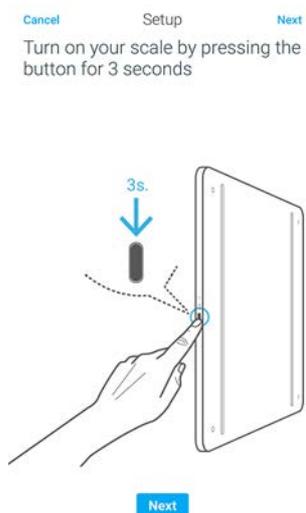ow the surface of your Withings Body Cardio. These electrodes send a small current that goes through your body, and then analyse the way your body reacts to measure these metrics.

Heart Rate

Your Withings Body Cardio uses patent-pending heart rate measurement technology to measure your heart rate while you weigh in.

Pulse Wave Velocity

Your Withings Body Cardio uses patent-pending pulse wave velocity measurement technology to measure your pulse wave velocity while you weigh in.

Specifications

Withings Body Cardio

- Length: 327 mm (12.8")
- Width: 327 mm (12.8")
- Depth: 18 mm (0.7")
- Weight: 2.6 kg (5.7lbs')
- Weight range: 5 kg - 180 kg (9 lbs - 396 lbs)
- Weight units: kg, lb, stlb
- Precision: 100 g (0.2 lbs)

Display

- 6.1 cm x 4.1 cm (2.4" x 1.6")
- 128 x 64 pixels
- Backlighting

Connectivity

- Wi-Fi 802.11 b/g/n (2,4 GHz only)
- Bluetooth / Bluetooth Low Energy (Bluetooth Smart Ready)

Sensors

- 4 weight sensors
- Position Control™ technology

Metrics

- Weight
- Fat mass (%) - standard and athlete mode
- Muscle mass (kg)
- Bone mass (kg)
- Water mass (%)
- Heart rate
- Pulse wave velocity

Batteries

- Li-ion battery
- Average battery life of 1 year

Features

- Automatic user recognition
- Weather forecast

Compatible Devices

- iPhone 4s (or higher)
- iPod Touch 4th Gen (or higher)
- iPad 2nd Gen (or higher)
- Android device running Android 2.3.3 (or higher)

Compatible OS

- iOS 8.0 (or higher)
- Android 2.3.3 (or higher)

User Guide Copyright

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Legal Notice

This product is not a medical device and should not be used to diagnose or treat any medical condition.

This product should not be used by people wearing a pacemaker or any other internal medical device

Personal Data

- Make sure you have read our privacy policy, which you can find on our website.
- Make sure your Withings® account password is secure enough to restrict access to your account. It should be at least eight-character long, have mixed case, and use a combination of alphanumeric and special characters.
- We recommend that you protect access to the Withings Health Mate® app with an additional passcode and/or Touch ID. You can do so from the app by going to **Settings** in the app and activating **Touch ID and Passcode**.
- We recommend that you export your data on a regular basis to local storage on your home computer. You can do so from the Withings Health Mate® web interface by clicking **Measurement table**, selecting the tab corresponding to the data you want to export and clicking **Download**.

Safety Instructions

Use and Storage

- Use the product at temperatures between 5°C and 35°C (41°F and 95°F) with a relative humidity between 30% and 80%.
- Product may be stored in a clean location between -10°C and 50°C (14°F and 122°F) when it is not in use, with a relative humidity between 10% and 90%.
- This product is not a toy. Do not allow children to play with it.
- This device is designed for indoor use only.
- Do not allow the device to come in contact with liquids.
- Do not use any detergents or cleaners to clean the scale. They may cause irreversible

damage to the coating that protects the electrodes used to measure your body composition.
- Do not use your Withings Body Cardio in a place that is too humid as it can affect the battery.

Service and Maintenance

- Do not attempt to repair or modify your Withings Body Cardio yourself. Service and maintenance not described in this User Guide should be performed by professional technicians.
- If you have any issues, feel free to contact customer service at: http://contact.withings.com.

Document Release Overview

Release date		Modifications
June 2016	v1.0	First release

ⓘ **The screenshots in this manual are used for explanatory purposes. Your actual screens may differ from the screenshots in this manual.**

Warranty

Withings® One (1) Year Limited Warranty - Withings Body Cardio

Withings® warrants the Withings® branded hardware product ("Withings Body Cardio") against defects in materials and workmanship when used normally in accordance with Withings®' published guidelines for a period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser ("Warranty Period"). Withings®' published guidelines include but are not limited to information contained in technical specifications, safety instructions, or quick start guide. Withings does not warrant that the operation of the Withings Body Cardio will be uninterrupted or error-free. Withings® is not responsible for damage arising from failure to follow instructions relating to the Withings Body Cardio's use.

The warranty does not extend to:

*   Any damage to the device resulting from abnormal or abusive use, negligence or lack of care, or accidental damage (such as dents).
*   Indirect damages of any kind.

Regulatory Statements

FCC ID: XNAWBS05

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

This device complies with the R&TTE Directive. A copy of the EU Declaration of Conformity is available online at http://www.withings.com/compliance