NOKIA

Steel

Activity & Sleep Watch

Available colors:

Download on the App Store

GET IT ON Google Play

Bluetooth SMART READY

Steps and running
Nokia Steel automatically detects and analyzes your everyday moves, whether you're walking or running.

Sleep
Automatic detection and analysis of sleep cycles.

Swimming
Take your Nokia Steel to the swimming pool, and it will automatically analyze your swimming session.

Water-resistance
Water-resistant to 50 meters (5ATM).

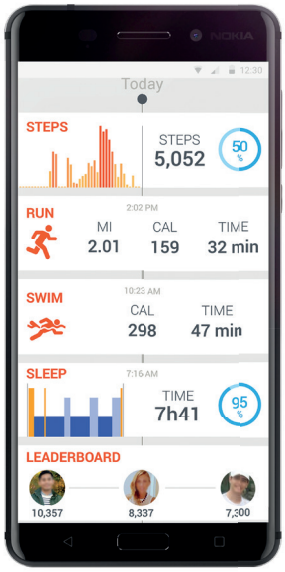
Silent alarm
Nokia Steel wakes you up with light vibrations at the most ideal moment of your sleep cycle.

French design
Created by Parisian designers, experts in watchmaking. Wear your Nokia Steel on any occasion thanks to its elegant design.

Bluetooth sync
Your data are automatically transferred on your Nokia account through Bluetooth Low Energy.

Battery life
Up to 8 months of battery life with a standard CR2025 coin cell (included).

Get more information on our products at
www.health.nokia.com



Sync with Nokia Health Mate

GET IT ON Google Play

Download on the App Store

Specifications

Watch
Stainless steel case
Mineral glass
Dimensions: 36.3mm diameter (1.3”), 11.5mm thickness (0.45”)
Silicone wristband, 18mm width, fits wrists with a circumference up to 195mm (7.7”)

Display
Analog dial with hands for hours and minutes
Subdial displaying progress toward daily activity goal in percentage

Metrics
Walking and running: steps, distance, calories
Swimming: session duration, calories
Sleep: deep and light sleep phases, sleep interruptions
Automatic detection of activities, no need for user’s action

Connectivity
Bluetooth Low Energy (Bluetooth Smart Ready)

Power supply
1 CR2025 coin cell
Up to 8 months of battery life

Storage and memory
Free and unlimited online data storage with the Nokia account
Local storage of data between syncs

Compatibility
iPhone, iPad, or iPod touch with iOS 8 or later, or smartphone/tablet with Android 4.3 or later
Cannot be setup from a computer

Application
Nokia Health Mate app for iOS and Android
Nokia web Dashboard
Alarm setting and activity goal customization via the app

Box content
Nokia Steel watch
CR2025 battery (already installed)
Reset tool
Quick start guide (english, french, german, italian, spanish)

Nokia 360° well-being experience
A unique range of smart products and apps for healthy and balanced choices