Withings Steel HR™

Activity - Sleep - Heart Rate

Installation and Operating Instructions

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Table of Contents

By using your Withings Steel HR™ you expressly agree to the Withings Services Terms and Conditions available on our website.

Minimum Requirements

Internet access

Access to the Internet is required to:

*   Download the Withings Health Mate® app,
*   Set up your Withings Steel HR™,
*   Upgrade the firmware.

For more details, refer to "Specifications" on page 46.

Smartphone or device

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

*   Set up your Withings Steel HR™,
*   Retrieve data from your Withings Steel HR™,
*   Interact with your Withings Steel HR™,
*   Interact with people.

For more details, refer to "Specifications" on page 46.

OS version

You need iOS 8 (or higher) or Android 6.0 (or higher) on your device to install and run the Withings Health Mate® App.

For any device, BLE (Bluetooth Low Energy) compatibility is required to install your Withings Steel HR™.

Withings Health Mate® app version

You always need the latest version of the Withings Health Mate® app to have all the latest features available.

Description

Overview

The Withings Steel HR™ does it all and still manages to look cool and stylish while doing it. Not only is it able to track your activity and your sleep, it is also water-resistant up to 5ATM, allowing you to track your swimming sessions. However what sets it apart is that it's able to track your heart rate during your workout sessions, or even continuously if you choose to. Last but not least, it allows you to set a vibration-based alarm that wakes you up effectively without waking up your entire household.

You can easily check your activity by taking a look at the activity hand which goes from 0% up to 100% when you reach your daily step goal. By default, the daily step goal is 10,000 steps. You can, however, change that goal anytime you want through the Withings Health Mate® app. Whenever you go above your daily step goal, the activity hand goes back to the 0% mark and starts moving toward the 100% mark all over again.

An OLED screen also allows you to see additional information directly from your watch: heart rate , calories burned, distance, and alarm time. Any additional information you might need is available from the Withings Health Mate® app, along with the full history of the data collected by your Withings® products.

Box Contents

(1) Withings Steel HR™   (2) Charging cable   (3) Quick start guide

Watch screens description

The OLED display of your Withings Steel HR™ allows you to display a number of screens showing additional information. Following are the screens available:

*   Date and time: Displays the date and time. This screen cannot be disabled.
*   Heart Rate: Displays your latest heart rate measurement.

- Steps: Displays your current number of steps for the day.
- Distance: Displays your current distance for the day.
- Active Calories: Displays the number of calories you've actively burned for the day.
- Alarm: Displays the time of your next alarm.

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 **Android App on Google play**.
3. Tap **INSTALL**.
   The installation process starts.

Installing my Withings Steel HR™

I'm new to Withings®

If you don't already have a Withings® account, you have to create one in order to set up and use your Withings Steel HR™.

If you already have an account, refer to

To install your Withings Steel HR™, perform the following steps:

1. Open the Withings Health Mate® app.

2. Tap **Join Withings**.

3. Tap **I'm setting up my device**.
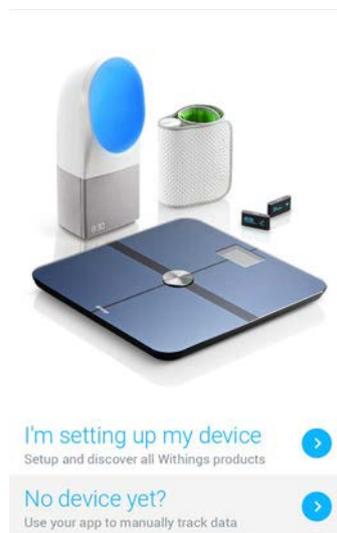
4. Tap **Activité Watches**:

5. Tap **Steel HR**.
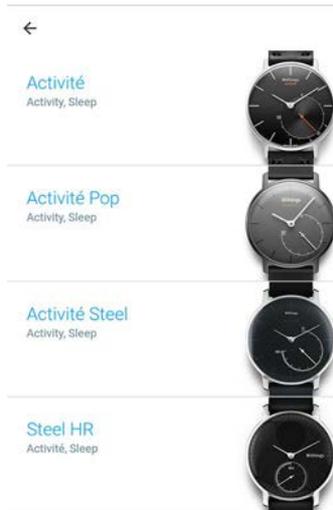
6. Tap **Install**.

7. Press the button on the side of your Withings Steel HR™ and tap **Next**.

Please press the button to wake your watch up.

NEXT >

8. Tap **Next**.

Withings Watch detected

NEXT >

9. Enter your email address, password, and then confirm your password. Tap **Next**.
10. Enter your first name, surname (last name) and birthday. Tap **Next**.
11. Select your gender and enter your current height and weight. Tap **Create**.

12. When prompted to, slide your finger on the wheel displayed in the app until the minute hand reaches the 0 mark. Tap **Next**.
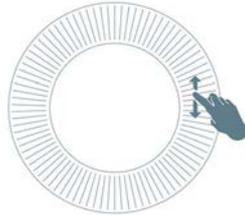
13. Slide your finger on the wheel displayed in the app until the hour hand reaches the 0 mark. Tap **Next**.

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14. Slide your finger on the wheel displayed in the app until the activity hand reaches the 0 mark. Tap **Next**.
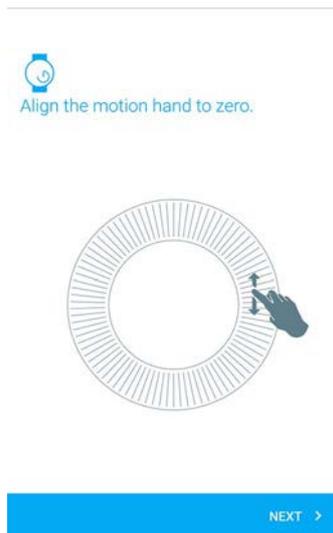
Note that the activity hand only moves in one direction.

15. Tap **OK**.
16. Tap **Next** to watch the tutorials.

17. Tap **Enable notifications** if you want to receive notifications on your watch and tap **Next**.
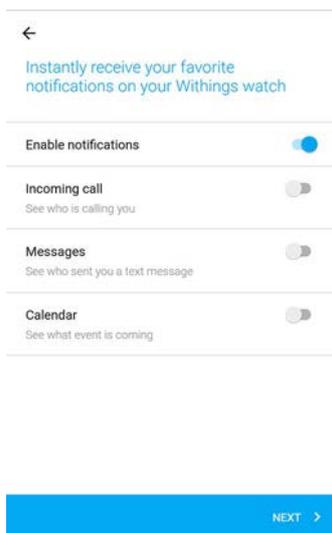
Go to "Enabling notifications" on page 22 for more information on notifications.

18. Tap **Done**.

19. Tap and slide the daily step goal up or down to select the goal you want.

The range for your goal is between 3,000 and 15,000 steps a day.

20. Tap **Save**.

I already have a Withings® account

If you already have a Withings® account, you can get started on the installation process. To do so, perform the following steps:

1. Open the Withings Health Mate® app.

2. Tap **My devices**.
3. Tap **+**.

4. Tap **Activité Watches**:

5. Tap **Steel HR**.

6. Tap **Install**.

Steel HR is the first activity tracker with heart rate monitoring to offer a long-lasting battery life, all housed in a classic watch style

I WANT ONE!   INSTALL >

7. Press the button on the side of your Withings Steel HR™ and tap **Next**.

Please press the button to wake your watch up.

go.withings.com

NEXT >

8. Tap **Next**.

Withings Watch detected

NEXT >

9. Select the user who will be using the Withings Steel HR™.

Please select the person who will be
using this Withings device

PS Paul Smith

TS Thomas Smith

AS Anne Smith

NS Noah Smith

+   Add another user...

10. When prompted to, slide your finger on the wheel displayed in the app until the minute hand reaches the 0 mark. Tap **Next**.

Align the minute hand to zero.
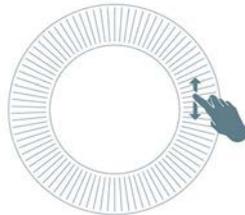
11. Slide your finger on the wheel displayed in the app until the hour hand reaches the 0 mark. Tap **Next**.

Align the hour hand to twelve.

NEXT >

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12. Slide your finger on the wheel displayed in the app until the activity hand reaches the 0 mark. Tap **Next**.


Note that the activity hand only moves in one direction.

13. Tap **OK**.
14. Tap **Next** to watch the tutorials.

15. Tap **Enable notifications** if you want to receive notifications on your watch and tap **Next**.

Go to "Enabling notifications" on page 22 for more information on notifications.

16. Tap **Done**.

17. Tap and slide the daily step goal up or down to select the goal you want.

The range for your goal is between 3,000 and 15,000 steps a day.

18. Tap **Save**.

Setting the Time

The Withings Steel HR™ is set up using your mobile device, which allows it to be automatically set to the current time, based on the time zone you are in. If you ever have to change time zones while wearin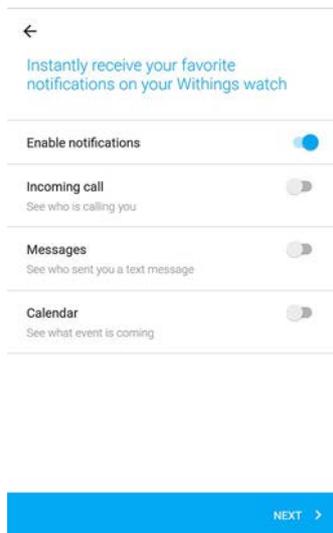g your Withings Steel HR™, all you have to do is open the Withings Health Mate® app to sync your watch with your device and the correct time will be displayed.

Note that you won't have to worry about daylight savings either. In this case as well, syncing your Withings Steel HR™ with your device will be enough to update to the correct time.

Wearing my Withings Steel HR™

The Withings Steel HR™ should be worn about a centimenter below the wristbone.
To ensure that you get accurate heart rate readings, the wristband should be tight around your wrist in a way that remains comfortable.

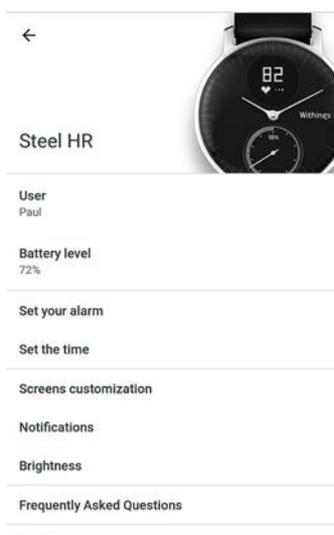# Customizing the settings of my Withings Steel HR™

Changing the screen order

You can change the order of the screens of your Withings Steel HR™, or even remove some of them if you wish. To do so, perform the following steps:

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

4. Tap **Screens customization**.

5. 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.

6. Tap and hold the icon on the right to drag a screen up or down.

7. Tap the checkmark button in the top right corner to confirm

Enabling notifications

If you want to get notified on your Withings Steel HR™ whenever you have an incoming call or when you receive a text message, you can enable the notifications option. Note that you need Android 6.0 or higher to enable this functionnality.

To do so, perform the following steps:

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

3. Tap **Steel HR**.

4. Tap **Notifications**.
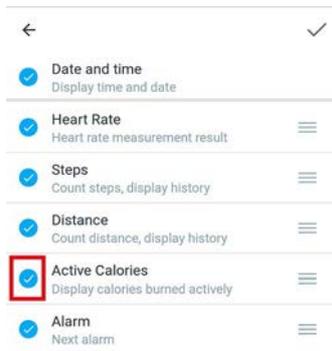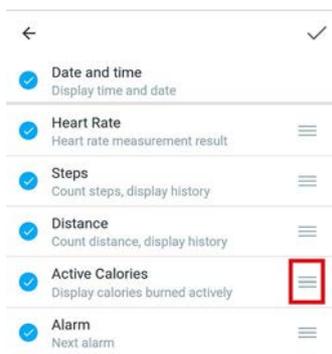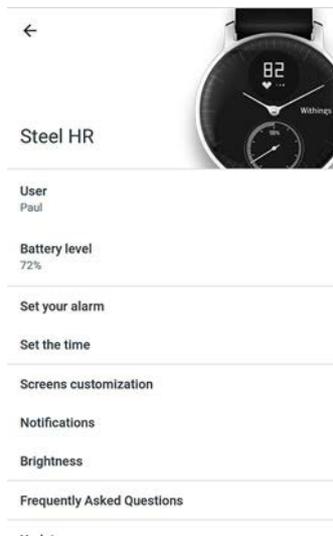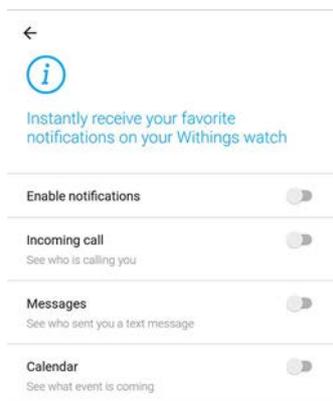

5. Tap **Enable notifications** and select the notifications you want to enable.

6. Tap the checkmark button in the top right corner to confirm

Tracking my activity

Overview

Your Withings Steel HR™ allows you to track your activity: number of steps, run tracking and swim tracking. Whether you are walking, running or swimming, you don't have to do anything to start tracking it. All you have to do is wear your Withings Steel HR™, it will do the rest.

(1) Visual representation of the number of steps: each bar corresponds to a 30-minute period

(2) Number of steps during the day

(3) Percentage of the daily step goal achieved

(4) Estimated distance walked during the day

(5) Estimated calories burned during the day (active calories and total number of calories)

The integrated accelerometer allows your Withings Steel HR™ to automatically count your number of steps and to recognize when you are running.
Your running activity, your distance and your calories are calculated thanks to an algorithm based on your number of steps and your personal data (age, height and weight).

Checking my progress

In order to check your progress in terms of number of steps, all you have to do is have a look at the activity hand. Depending on its position, you can tell what percentage of your daily step goal you have achieved. Once you reach the 100% mark, your watch vibrates and the cycle starts all over again, from 0% to 100%.

To get more information (such as the exact number of steps, the distance, or the calories you have burned), simply press the button located on the right-hand side. The different screens of your Withings Steel HR™ will be displayed one after the other.

To get even more details, simply log in to the Withings Health Mate® app. The app offers many graphs that allow you to easily see your history and your progress from the very first time you use it.

Changing my activity goal

This feature allows you to set a custom daily step goal. To change your daily step goal, perform the following steps:

1. Open the Withings Health Mate® app.
2. Go to your **Timeline**.
3. Tap **Goal**.

If this screen is not displayed, swipe left or right in the top widget (colored part at the top of the screen) until you find it.

4. Tap and slide the daily step goal up or down to select the goal you want.

5. Tap **OK**.
6. Sync your Withings Steel HR™ by opening the Withings Health Mate® app
   and refreshing your Timeline by sliding your finger from top to bottom.

Tracking my swimming sessions

Your Withings Steel HR™ allows you to track your swimming sessions. All you have to do is wear your Withings Steel HR™ while swimming. It will automatically detect that you're swimming and track your swimming sessions without any action required on your part.

Once you're done swimming, the Withings Health Mate® app will let you know how long your session was and how many calories you've burned.

Tracking my sleep

Overview

Your Withings Steel HR™ lets you track your sleep without requiring any action on your part. All you have to do is wear your Withings Steel HR™ when you go to sleep: it will do the rest on its own.

If you do not want to track your sleep, simply don't wear your Withings Steel HR™ to sleep.

Retrieving my sleep data

You can retrieve the sleep data collected by your Withings Steel HR™ in your **Timeline** in the Withings Health Mate® app.

(1) Breakdown of your night:
- Time spent awake (orange)
- Duration of light sleep cycle (light blue)
- Duration of deep sleep cycle (dark blue)

(2) Time spent laying

(3) Total time spent sleeping

(4) Percentage of the sleep goal

(5) Resting heart rate

(6) Time it took you to fall asleep

(7) Number of wake-ups
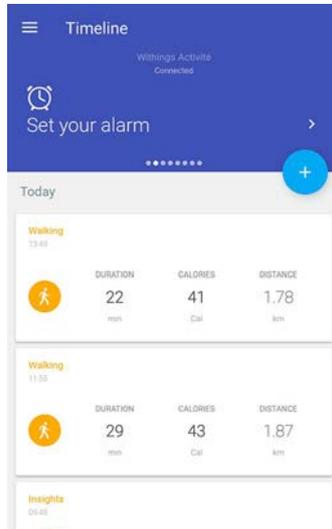
(8) Heart rate graph

The Withings Health Mate® app keeps your entire history, allowing you to easily track how your sleep data evolves over time.

Setting an Alarm

Enabling the Alarm

In order to enable and set an alarm, perform the following steps:

1. Open the Withings Health Mate® app.
2. Go to your **Timeline**.
3. Tap **Set your alarm**.

If this screen is not displayed, swipe left or right in the top widget (colored part at the top of the screen) until you find it.

4. Put your Withings Steel HR™ close enough to your mobile device.
5. Tap the **Alarm** toggle to enable the alarm.
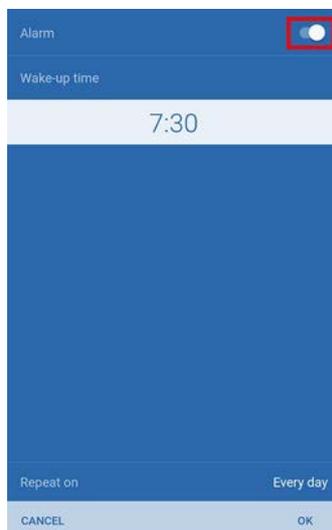
6. Tap and slide the wake up time up or down to select the alarm time.

   You can only select multiples of five minutes.

7. If necessary, select a smart wake-up time when setting an alarm.
   Your watch will then find the best moment to wake you up during that time period to make for a smoother wake-up experience.

8. Tap **OK**.
9. Tap **Repeat on** if you want to select on which days the alarm should be triggered.

10. Tap **OK** to confirm.

Disabling the Alarm

1. In the Withings Health Mate® app, go to your **Timeline**.
2. Tap your alarm time.
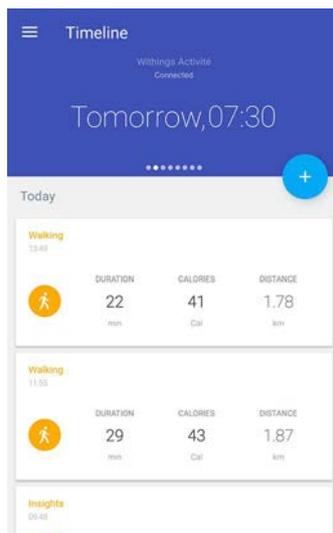
If this screen is not displayed, swipe left or right in the top widget (colored part at the top of the screen) until you find it.

3. Put your Withings Steel HR™ close enough to your mobile device.
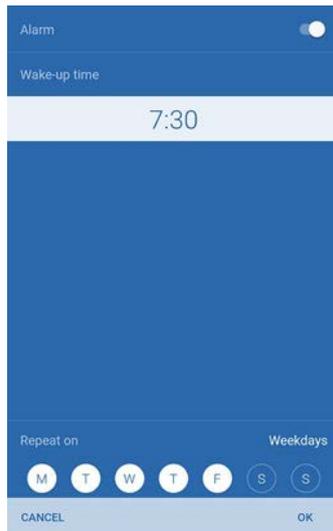
4. Tap the **Alarm** toggle to disable the alarm.
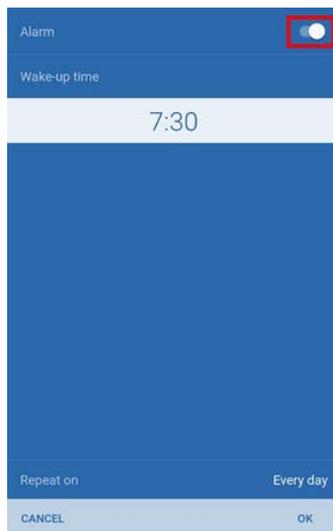
5. Tap the back arrow at the top left of the screen to go back to your **Timeline**. Your alarm is disabled.

Stopping the Alarm

You can stop the alarm by pressing the button of your Withings Steel HR™. It will stop right away instead of vibrating eight times before stopping on its own.

Tracking my heart rate

Overview

Your Withings Steel HR™ can help you track your heart rate. By default, it takes a heart rate measurement every ten minutes, allowing you to see how your heart rate fluctuates during the day.

You also have the option of using the continuous heart rate mode to get your continuous heart rate, which is especially interesting during a workout session.
In this case, a measurement is taken every second. Note that the continuous heart rate mode also enables a timer so that you know exactly how long you've been working out.

Wearing my Withings Steel HR™

To make sure your heart rate can be effectively tracked by your Withings Steel HR™, make sure the wristband of your Withings Steel HR™ is tight enough while still remaining comfortable. It should also be worn about a centimeter (or half an inch) away from your wrist bone.
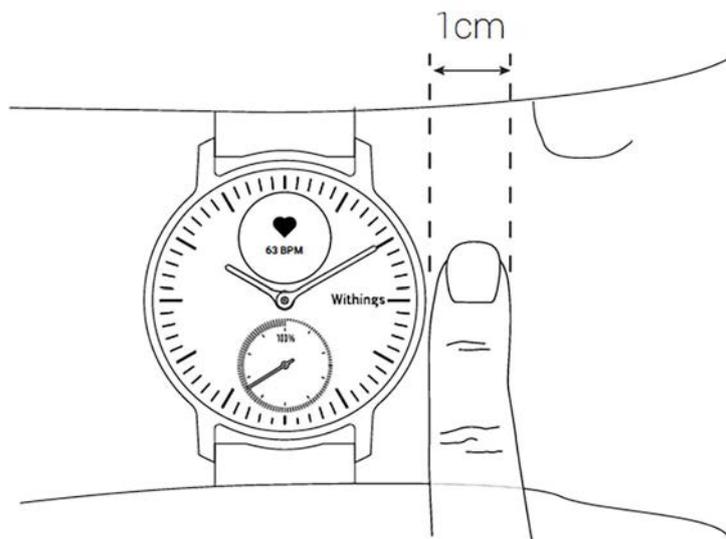
Retrieving my heart rate data

You can see your latest heart rate measurement directly from your Withings Steel HR™.
To do so, simply press and release the button to go through the screens until the heart rate screen is displayed.

Note that going to the heart rate screen will trigger a new heart rate measurement.

If you want to see the full history of your heart rate measurement, you can log in to the Withings Health Mate® app.

Launching the continuous heart rate mode

You can easily launch the continuous heart rate mode before a workout session. To do so, perform the following steps:

1. Press the button of your Withings Steel HR™ for about a second until it vibrates. The continuous heart rate mode is on

2. Press the button until it vibrates again when you want to stop the continuous heart rate mode.

Note that only the heart rate screen appears on the display of your Withings Steel HR™ when the continuous heart rate mode is on.

Competing with my friends

Overview

Your Withings Steel HR™ and the Withings Health Mate® app help you stay motivated by bringing a social dimension to the equation. You can add your friends and family to your leaderboard and compete with them to be the one who walks the most every week. It doesn't matter if they have a Withings® product or not: you can add anyone as long as they have the Withings Health Mate® app on their smartphone, thanks to the in-app tracking that can act as an activity tracker.

This feature is only available to the main user of the account.

Adding someone to my leaderboard

You can invite people to join your leaderboard. To do so, perform the following steps:

1. In the Withings Health Mate® app, go to **Leaderboard**.
2. Tap **+**.
3. Select how you want to send your invitation.
   Several options are available, such as message, email or social media websites.
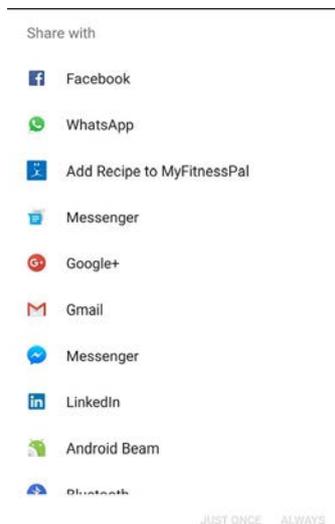
Interacting with someone in my leaderboard

Once you have friends in your leaderboard, you can interact with them by tapping their name and selecting one of the three actions available:

- **Cheer** (thumbs up) to encourage them,
- **Taunt** (thumbs down) to show off,
- **Message** to chat with them.

Adding a social component to your activity tracking is a great way to stay motivated and push your limits.

Competing with myself

Badges

The Withings Health Mate® app offers a system of badges, virtual rewards that you unlock after certain achievements. There are two kinds of badges:

- daily steps badges whenever you reach a certain number of steps on a given day,
- cumulative distance badges when you reach an overall distance.

Badges are a fun way to stay motivated and to be rewarded for your efforts.

Insights

Once you have been using your Withings Steel HR™ for a few days, the Withings Health Mate® app will provide you with Insights. This feature looks at your activity and lets you know when you are more active than usual. Whenever you are less active than usual, the Insights encourage you to keep going so that you can reach your health goal.
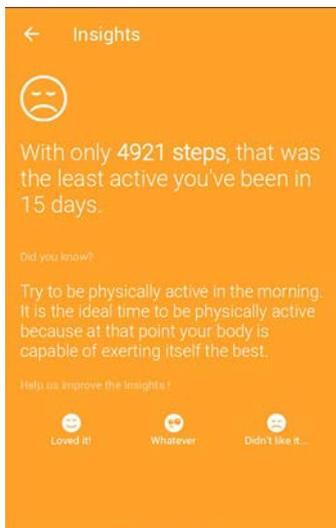
ⓘ **It is not possible to disable the Insights.**

Syncing your Data

Thanks to background synchronization, you should never have to worry about syncing your data, as long as your Bluetooth is always enabled. Background sync is automatically triggered when:

- You have taken more than 1,000 steps since the last sync.
- You have reached your daily step goal.
- More than 6 hours have passed since the last sync took place.
- You change time zones or when daylight savings start.

You can also sync your data manually. All you have to do to sync your data is open the Withings Health Mate® app. When you do, your Withings Steel HR™ automatically syncs your data with the app. Make sure your Withings Steel HR™ is close enough to your mobile device and the Bluetooth is activated on your device or you will not be able to synchronize your data.

> ⚠ **Your Withings Steel HR™ has a limited memory. Make sure you open the app regularly so that you do not lose any of your data.**

Dissociating your Withings Steel HR™

Dissociating your Withings Steel HR™ allows you to remove it from your account. Once it is no longer linked to your account, it can be installed on another account or on the profile of another user of your account.

ⓘ **Dissociating your Withings Steel HR™ will not remove any of your data from the Withings Health Mate® app.**

To dissociate your Withings Steel HR™, perform the following steps:

1. Press the button of your Withings Steel HR™ for 5 to 6 seconds.
2. Press the button three times until "Factory reset" is displayed.
3. Press the button for one second until "Reset in 5 clicks" is displayed.
4. Press the button five times to effectively reset your watch.
5. Open the Withings Health Mate® app.
6. Go to **My devices**.
7. Tap **Steel HR**.

8. Tap **Dissociate this product**.
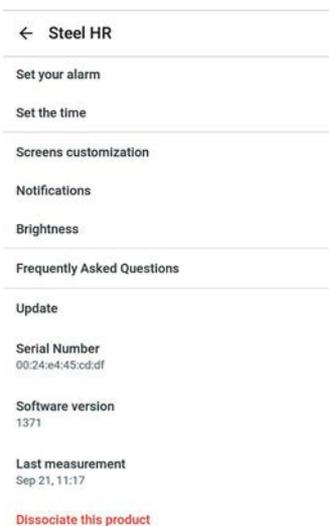
9. Tap **OK**.

Cleaning and Maintenance

Cleaning my Withings Steel HR™

1. Use a lint-free cloth moistened with water to clean the glass and casing of your Withings Steel HR™.
2. Run the silicone band under water and rub it with hypoallergenic soap to clean it.
3. Dry the silicone wristband with a soft cloth.

Charging the battery

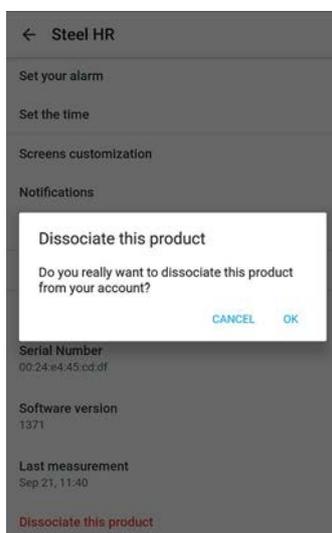Your Withings Steel HR™ can operate for up to 25 days on a single charge, depending on your use of the heart rate mode. Using the continuous heart rate mode all the time instead of just during activities will deplete the battery much faster.

To charge your Withings Steel HR™, perform the following steps:

1. Connect the USB end of the charging cable to a power source .
2. Position the other end of the charging cable on the back of your Withings Steel HR™ in such a way that the magnets align.
3. Leave your Withings Steel HR™ to charge for up to two hours.
   You can check the percentage of the battery on the display of the watch while it's charging.

Note that if you don't charge your Withings Steel HR™ right away, the power reserve mode will allow you to keep using it for 20 additional days. However, you will only be able to read the time and track your activity in this mode. You will need to charge your Withings Steel HR™ to use the heart rate mode.

Replacing the Wristband

You can easily replace the wristband of your Withings Steel HR™ thanks to the quick release spring bars with which it is attached. The 36-mm model requires wristbands that are 18-mm wide, while the 40-mm model requires wristbands that are 20-mm wide.

To change the wristband, perform the following steps:

1. Turn your Withings Steel HR™ over.
2. Locate the knob of each spring bar.

3. Pull the knob of the first spring bar to the left side and remove the wristband.
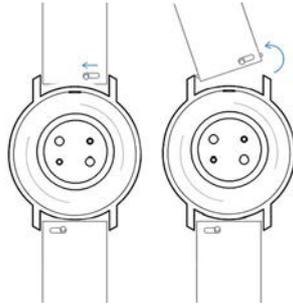
4. Insert one side of the spring bar of the new wristband.
5. Put the wristband in place while pulling the knob to the left side.

6. Release the knob.
   The wristband is now properly attached to your Withings Steel HR™.

7. Repeat the previous steps for the other side.

Calibrating the Hands

If you ever feel that the time displayed on your Withings Steel HR™ is incorrect, you may need to recalibrate the hands. To do so, perform the following steps:

1. In the Withings Health Mate® app, go to **My devices**.
2. Tap your Withings Steel HR™.

3. Tap **Set the time**.
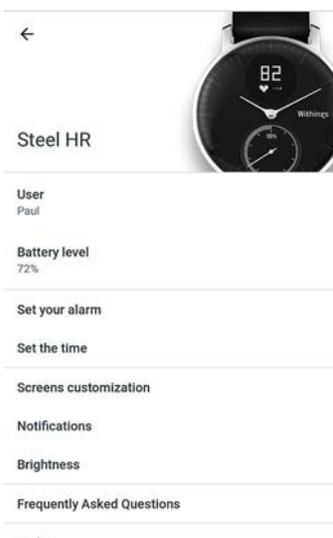
4. When prompted to, slide your finger on the wheel displayed in the app until the minute hand reaches the 0 mark. Tap **Next**.

Align the minute hand to zero.

5. Slide your finger on the wheel displayed in the app until the hour hand reaches the 0 mark. Tap **Next**.

Align the hour hand to twelve.

NEXT >

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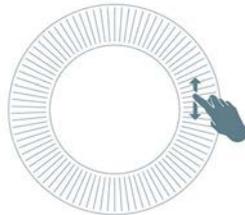
6. Slide your finger on the wheel displayed in the app until the activity hand reaches the 0 mark. Tap **Next**.
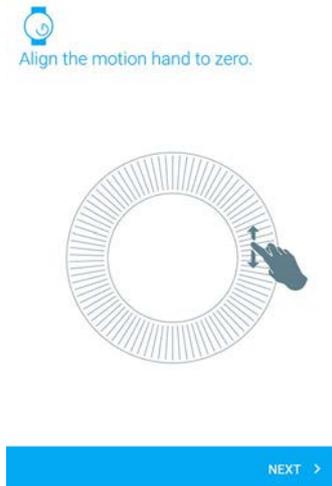
Note that the activity hand only moves in one direction.

7. Tap **Done**.
Your Withings Steel HR™ is now properly calibrated and the hands move to their correct position to display the current time.
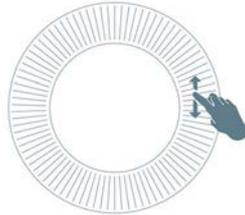
Updating the Firmware Version

We regularly offer new firmware versions so that you can benefit from the latest features we add to our products. When a new firmware version is available, the Withings Health Mate® app usually prompts you to install it through your **Timeline**.

⚠️ **Make sure you sync your Withings Steel HR™ before updating the firmware version. Failing to do so will result in a loss of data.**

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Legal Notice

By using your Withings Steel HR™ you expressly agree to the Withings Services Terms and Conditions available on our website.

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

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 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 -10°C and 45°C (14°F and 113°F).
- Product may be stored in a clean, dry location between -20°C and 85°C (4°F and 185°F) when not in use.
- Avoid any extreme temperature changes.
- Avoid any kind of shocks, be they physical, thermal or otherwise. They may damage internal and external components of your watch.
- Keep the glass case of your Withings Steel HR™ away from any sharp or hard objects to prevent any scratches.
- Keep your Withings Steel HR™ and its accessories out of reach from children, as it contains small parts and may present a choking hazard.

Heart Rate Measurement

- Skin perfusion, or how much blood is flowing through the skin, varies among individuals and according to the environment. In certain circumstances, the Withings Steel HR may not be able to provide an accurate heart rate measurement.
- The technology used by the Withings Steel HR is based on the light absorbed by your skin and blood. Any permanent or temporary changes to your skin, such as tattoos, sweat, or even hair on the wrist may affect the measurements.
- Environmental factors may affect the ability of the Withings Steel HR to take an accurate measurement. For example, water may obstruct or modify the light dispersion, and cold weather may impact skin perfusion.
- The Withings Steel HR™ needs to stay securely in place to provide a heart rate measurement. Activities that cause force to the wrist, such as boxing or volleyball, may not allow the Withings Steel HR to provide an accurate heart rate measurement.

Water Resistance

- Your Withings Steel HR™ can withstand a pressure similar to that of a 50 m (165 ft) depth. You can, therefore, use it when dishwashing, splashing or swimming. However, it can't be used for diving or snorkeling.
- Do not press the button of your watch when it is under water
- Avoid long exposure to salt water. Make sure you rinse your watch with fresh water after spending time swimming in salted water.
- Avoid exposure to any chemical products such as solvents, detergents, perfumes or cosmetics. They may damage the wristband or the casing of the watch.
- Avoid extreme atmospheres (e.g., saunas or steam rooms).

Service and Maintenance

- Do not attempt to repair or modify your Withings Steel HR™ yourself. Service and maintenance not described in this User Guide should be performed by professional technicians.
- Exposure to high or low temperatures may shorten battery life.
- The aging of the materials may affect the water resistance of the watch. Water resistance cannot be permanently guaranteed.

Specifications

Withings Steel HR™ (36 mm)

- Stainless steel case
- Mineral glass
- Watch diameter: 36.3 mm diameter (1.4 in.)
- Watch thickness: 12.5 mm (0.5 in.)
- Weight: 39 g (1.38 oz)
- Wristbands: Fits wrists up to 200 mm. (7.9 in.)
- Water resistant up to 50 m (165 ft)

Withings Steel HR™ (40 mm)

- Stainless steel case
- Mineral glass
- Watch diameter: 39.5 mm (1.6 in) diameter
- Watch thickness: 12.5 mm (0.5 in.)
- Weight: 49 g (1.72 oz)
- Wristbands: Fits wrists up to 230 mm. (9.1 in.)
- Water resistant up to 50 m (165 ft)

Display

- Analog dial displaying hours and minutes
- Subdial displaying your progress toward your daily step goal
- OLED screen displaying additional information

Metrics and Features

- Steps (distance and calories)
- Running (distance and calories)
- Swimming (session duration and calories)
- Heart rate
- Sleep
- Silent alarm
- Timer

Battery

- Up to 4 days in continuous heart rate mode
- Up to 25 days in normal use
- Power reserve mode of an extra 20 days
- Charging time of two hours

Sensors

- Day and night motion sensor
- High precision MEMS 3-axis accelerometer
- Low power consumption

Connectivity

- Bluetooth Low Energy (Bluetooth Smart Ready)

Compatible Devices

- iPhone 4s and higher
- iPod Touch 5th Gen and higher
- iPad 3rd Gen and higher
- BLE (Bluetooth low Energy) compatible Android device

The Withings Steel HR™ cannot be set up from a computer.

Compatible OS

- iOS 8.0 and higher
- Android 6.0 and higher

Document Release Overview

Release date		Modifications
October 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 Steel HR™

Withings® Inc. of 16192 Coastal Highway, Lewes, DE 19958 ("Withings®") warrants the Withings® branded hardware product ("Withings Steel HR™") 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 Steel HR™ will be uninterrupted or error-free. Withings® is not responsible for damage arising from failure to follow instructions relating to the Withings Steel HR™'s use.

The warranty does not extend to:

- Normal wear and tear such as alteration of the color and/or the material of the wristband, deteriorated glass case, or peeling of the watch case plating.
- Any damage to the watch and its parts resulting from abnormal or abusive use, negligence or lack of care, or accidental damage (such as dents).
- Indirect damages of any kind.

Regulatory Statements

FFCC ID: XNAHWA03

This device complies with Part 15 of the FCC Rules and with Industry Canada licence-exempt RSS standard(s).

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.

Changes or modifications made to this equipment not expressly approved by Withings® may void the FCC authorization to operate this equipment.

Radiofrequency radiation exposure Information:

The radiated output power of the device is far below the FCC radio frequency exposure limits. Nevertheless, the device shall be used in such a manner that the potential for human contact during normal operation is minimized.

This device complies with the R&TTE Directive.

A copy of the EU Declaration of Conformity is available online at www.withings.com/compliance