

Wireless Blood Pressure Monitor

Blood Pressure - Heart rate Measurement
Installation and Operating Instructions (Android users)



Table of Contents

Minimum Requirements	4
Smartphone or Device	4
OS version	4
Wireless Blood Pressure Monitor Description.....	5
Overview	5
Box Contents	5
Product Description	6
Setting up my Wireless Blood Pressure Monitor	7
Installing the Withings Health Mate® app	7
Installing my Wireless Blood Pressure Monitor	7
Using my Wireless Blood Pressure Monitor	14
Positioning myself before and during the measurement	14
Taking a measurement	15
Understanding the results	17
Viewing the history of my measurements	19
Managing my data	20
Sharing my data with someone	20
Sharing my data with Google Fit	21
Dissociating my Wireless Blood Pressure Monitor	24
Cleaning and Maintenance.....	26
Cleaning my Wireless Blood Pressure Monitor	26
Changing the Batteries	26
User Guide Copyright.....	28
Legal Notice.....	28
Medical Device	28
Personal Data	28
Safety Instructions.....	28
Use and Storage	28

Safety	29
Service and Maintenance	29
Specifications.....	30
Document Release Overview	31
Warranty.....	32
Regulatory Statements	33

Important Notice



By using your Wireless Blood Pressure Monitor you expressly agree to the Withings Services Terms and Conditions available on our [website](#).

Minimum Requirements

Smartphone or Device

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

- Download the Withings Health Mate® app
- Set up your Wireless Blood Pressure Monitor
- Access your data

For device compatibility information, refer to "[Specifications](#)" on page 30.

OS version

You need iOS 7 (or higher) or Android 4.0 (or higher) to install and run the Withings Health Mate® app.

Wireless Blood Pressure Monitor Description

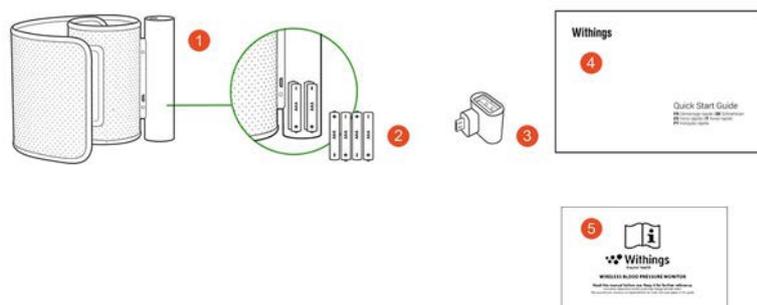
Overview

The Wireless Blood Pressure Monitor is a medical device that allows you to accurately track and monitor your blood pressure and heart rate measurements.

Thanks to the cuff oscillo metric method, you simply have to wrap the cuff of the Wireless Blood Pressure Monitor around your arm and press the button to get a measurement. Your blood pressure and heart rate measurements are then sent to the Withings Health Mate® app automatically.

The Withings Health Mate® app allows you to easily view the history of your measurements. You can also share data with your family and doctor.

Box Contents



(1) Wireless Blood Pressure Monitor

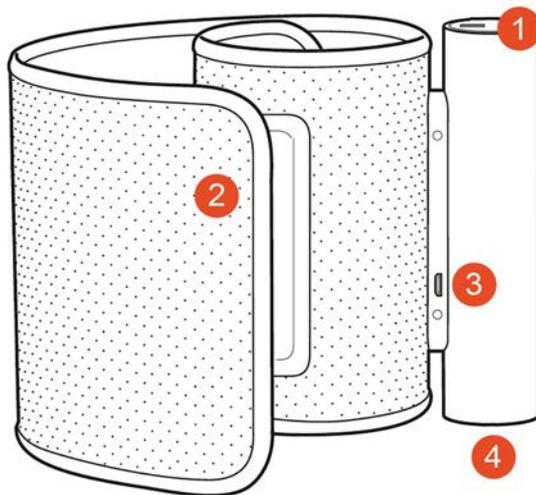
(2) AAA alkaline cells (already inserted)

(3) USB adapter

(4) Quick Start Guide

(5) Regulatory Leaflet

Product Description



(1) Button

(2) Cuff

(3) USB port

(4) Battery cover

Setting up my Wireless Blood Pressure Monitor

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.

When a new version of the Withings Health Mate® app is available, you will automatically be prompted to update it.

Installing my Wireless Blood Pressure Monitor

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 Wireless Blood Pressure Monitor.

If you already have an account, refer to "[I already have a Withings® account](#)" on page 11

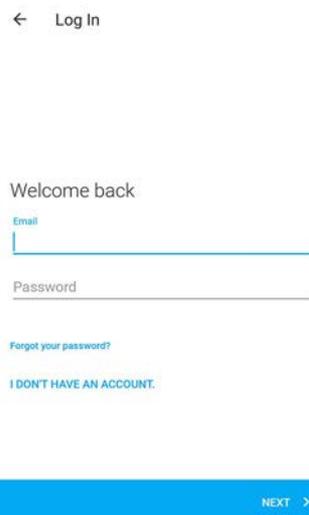
To install your Wireless Blood Pressure Monitor, perform the following steps:

1. Open the Withings Health Mate® app.

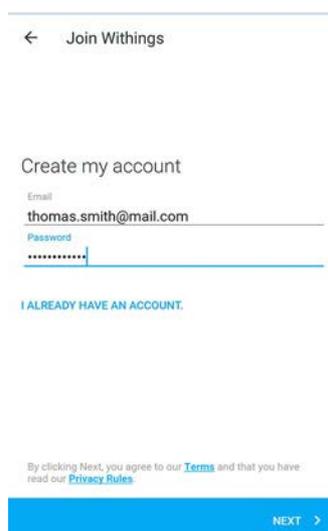
2. Tap **Log in**.



3. Tap **I don't have an account**.



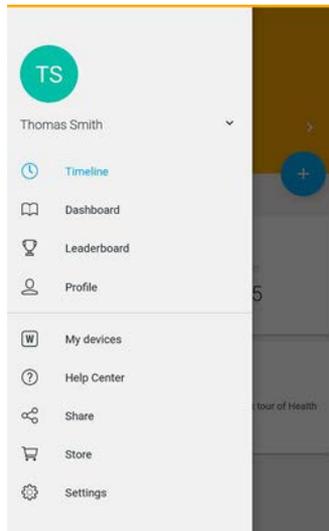
4. Enter your email and password. Tap **Next**.



5. Enter your first name, surname and birthday.

6. Select your gender and enter your height and weight. Tap **Create**.

7. Go to **My devices**.



8. Tap **+** to install your Wireless Blood Pressure Monitor.

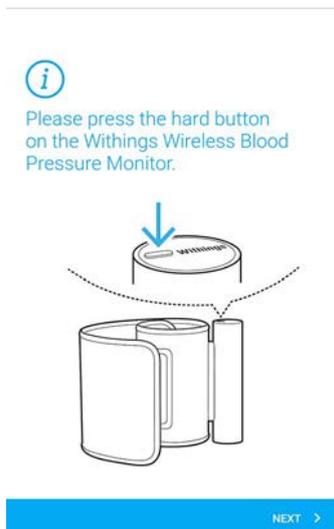
9. Tap **Blood Pressure Monitor**.



10. Tap **Install**.

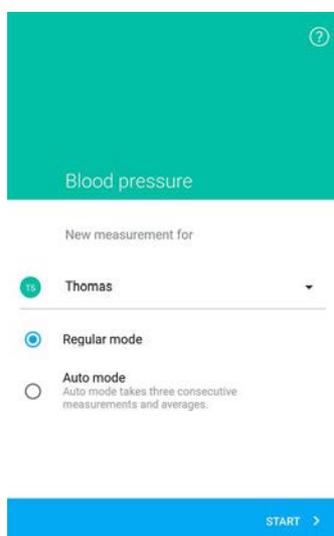


11. Press the button of the Wireless Blood Pressure Monitor and tap **Next** in the app.

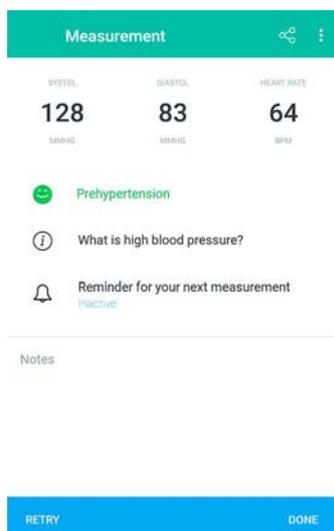


The LED of the Wireless Blood Pressure Monitor lights up blue and starts blinking.

12. Tap **Start**.



13. Tap **Done** at the end of the measurement.



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. Log in to your account, if you already have one, or create one.
3. Tap **My devices**.
4. Tap **+**.



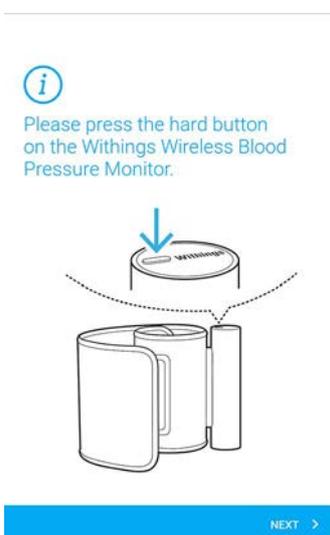
5. Tap **Blood Pressure Monitor**.



6. Tap **Install**.

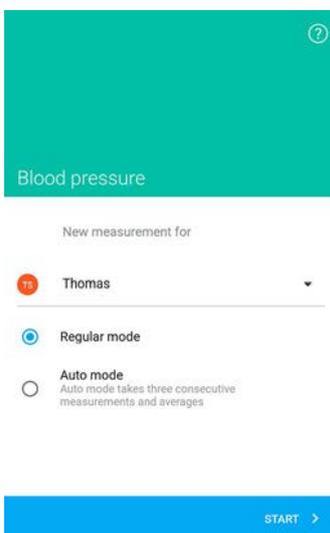


7. Press the button of the Wireless Blood Pressure Monitor and tap **Next** in the app.

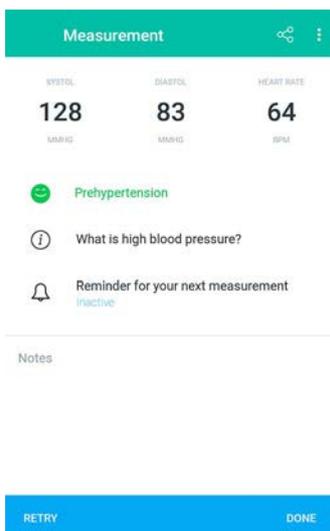


The LED of the Wireless Blood Pressure Monitor lights up blue and starts blinking.

8. Tap **Start**.



9. Tap **Done** at the end of the measurement.

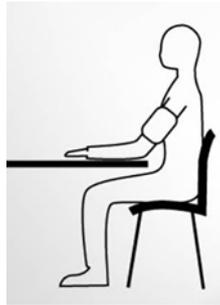


Using my Wireless Blood Pressure Monitor

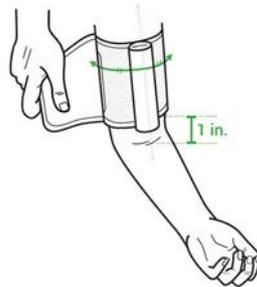
Positioning myself before and during the measurement

Make sure you follow these guidelines when taking a measurement. Failing to do so may lead to inaccurate results or cause the measurements to fail.

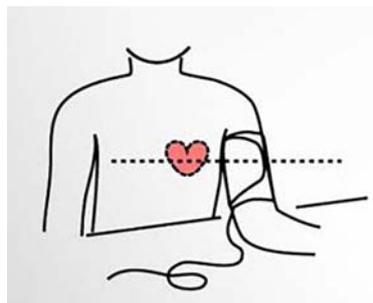
1. Sit down in a comfortable position.



2. Make sure you rest for five minutes before taking a measurement.
3. Wrap the cuff of the Wireless Blood Pressure Monitor around your arm, about 1 inch (2 centimeters) above your elbow.
4. Make sure the aluminium tube is at bicep level.



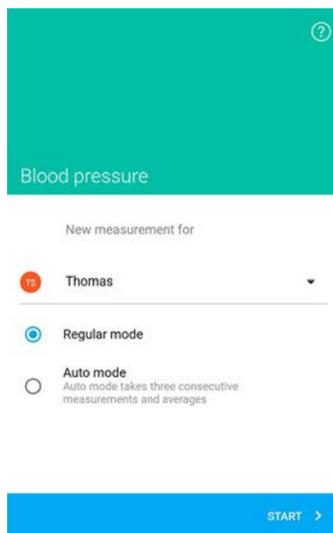
5. Place your arm on a table, slightly flexed and level with your heart.



Taking a measurement

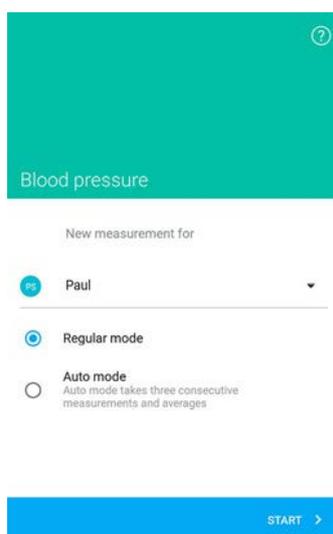
To take a measurement, perform the following steps:

1. Position the Wireless Blood Pressure Monitor.
For more information on how to position the Wireless Blood Pressure Monitor, refer to "[Positioning myself before and during the measurement](#)" on page 14.
2. Turn on the screen of your phone.
3. Press the button of the Wireless Blood Pressure Monitor.
The Withings Health Mate® app launches.
4. Tap the user name below **New measurement for** if you want to take an anonymous measurement or take a measurement linked to another user profile.



At this point, you have the possibility to take an automatic measurement. This option allows you to take three consecutive measurements, and to obtain the average of the three measurements.

5. If you want to take an automatic measurement, tap **Auto mode**.

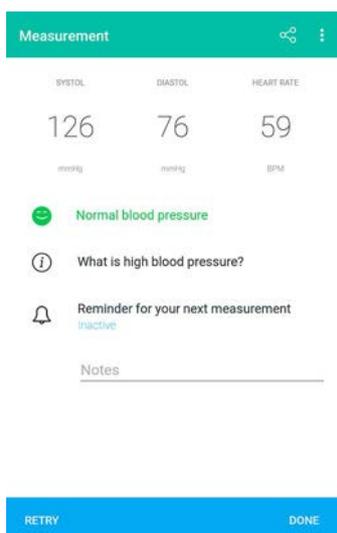


6. Tap **Start**.
7. Tap > to see the tutorial or tap **Skip**.



Make sure you stay as still as possible and avoid talking during the measurement. Any movement may impact your results.

8. Tap **Done** at the end of the measurement.



Understanding the results

US and Canada

Compare your results to the table below to understand them better.

Blood Pressure Category	Systolic (mmHg)		Diastolic (mmHg)	
Normal	Less than 120	AND	Less than 80	Green
Prehypertension	120-139	OR	80-89	Green
High Blood Pressure (Hypertension) Stage 1	140-159	OR	90-99	Yellow
High Blood Pressure (Hypertension) Stage 2	160 or higher	OR	100 or higher	Yellow
Hypertensive Crisis (Emergency care needed)	Higher than 180	OR	Higher than 110	Red

This classification is taken from the 2013 guidelines of the American Heart Association.

This classification is based on the values of seated blood pressure measured in a doctor's office or hospital by a healthcare professional.

International guidelines suggest that the following blood pressure readings obtained by self-measurement (measurement taken at home) indicate high blood pressure:

- Systolic blood pressure ≥ 135 mmHg
- Diastolic blood pressure ≥ 85 mmHg

The color code of this classification is from the article "CoCo trial: Color-coded blood pressure Control, a randomized controlled study".

European Union

Compare your results to the table below to understand them better.

Class	Systolic blood pressure (mmHg)		Diastolic blood pressure (mmHg)	
Optimal	< 120	AND	< 80	Green
Normal	120-129	AND/OR	80-84	Light Green
High normal	130-139	AND/OR	85-89	Yellow-Green
Grade 1 hypertension	140-159	AND/OR	90-99	Yellow
Grade 2 hypertension	160-179	AND/OR	100-109	Orange
Grade 3 hypertension	≥ 180	AND/OR	≥ 110	Red
Isolated systolic hypertension	≥ 140	AND	< 90	Dark Red

This classification is taken from the 2013 guidelines of the American Heart Association.

This classification is based on the values of seated blood pressure measured in the office or hospital by a healthcare professional.

International guidelines suggest that the following blood pressure readings obtained by self-measurement (measurement taken at home) indicate high blood pressure:

- Systolic blood pressure ≥ 135 mmHg
- Diastolic blood pressure ≥ 85 mmHg

The color code of this classification is from the article "CoCo trial: Color-coded blood pressure Control, a randomized controlled study".

Viewing the history of my measurements

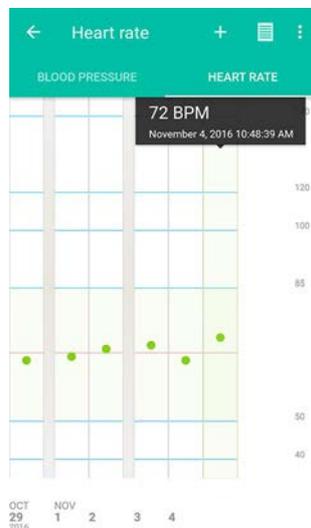
As soon as you take your blood pressure and your heart rate, your measurements are sent to the Withings Health Mate® app.

To see detailed graphs about your measurements, 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 blood pressure or heart rate measurement item in your Timeline.

Once you're viewing the blood pressure graph, you can alternate between the tabs to view your heart rate graph.

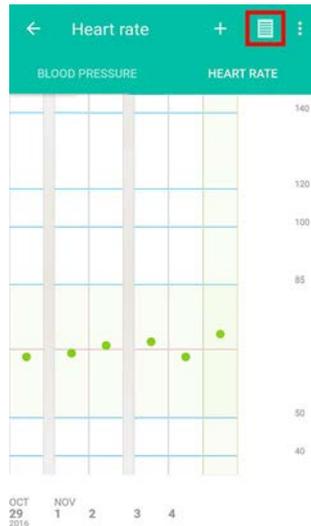


Managing my data

Sharing my data with someone

You have the possibility to send your blood pressure and heart rate measurements to your doctor with the Withings Health Mate® app. To do so, perform the following steps:

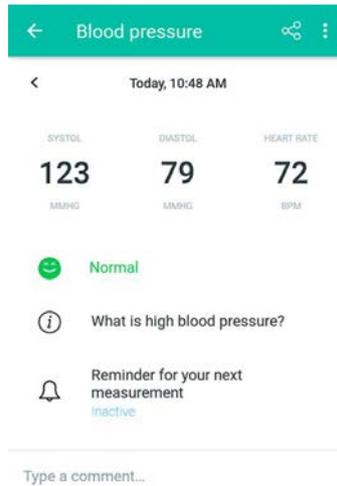
1. Open the Withings Health Mate® app.
2. Select the Blood Pressure widget.
3. Tap the list view button to see all measurements.



4. Select the measurement you want to send.



5. Tap the **Share** icon next to the three dots.



6. Select the way you want to share your data and tap **Always** or **Just once**.

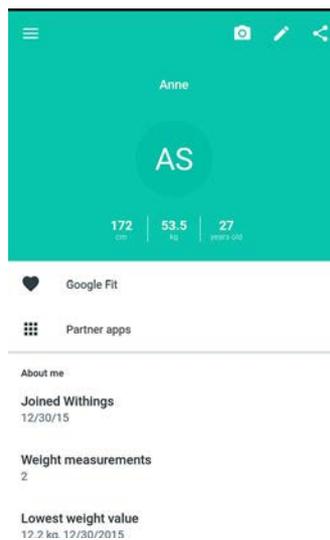
7. If you choose to send your data by email, enter your doctor's email address and tap the Send button.

Sharing my data with Google Fit

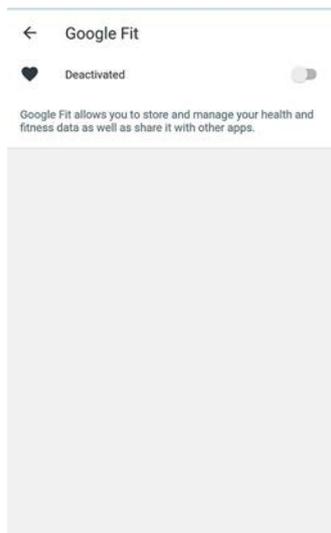
The Withings Health Mate® app can share the heart rate measurements with Google Fit.

To link your accounts, perform the following steps:

1. Open the Withings Health Mate™ app.
2. Tap **Profile**.
3. Tap **Google Fit**.



4. Tap the toggle to activate the Google Fit integration.



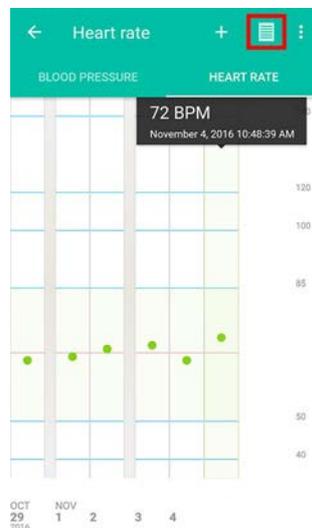
5. Select the Google account you want to link your Withings Account to.

6. Tap **OK** twice.

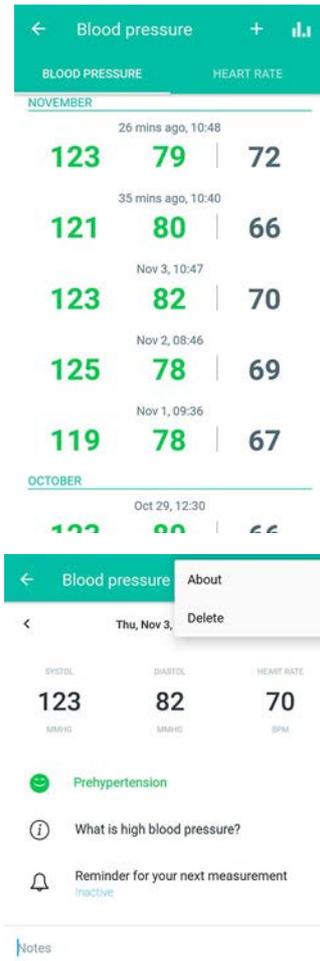
Deleting data

You have the possibility to delete your heart rate and blood pressure measurements from the Withings Health Mate® app. To do so, perform the following steps:

1. Open the Withings Health Mate® app.
2. Tap the graph for which you want to delete measurements.
3. Select the list view.



4. Tap the value you want to delete.



5. Tap **Delete**.

Dissociating my Wireless Blood Pressure Monitor

If you want to stop using your Wireless Blood Pressure Monitor, you have to dissociate it from your account first.



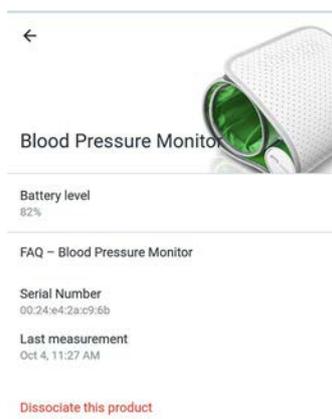
Dissociating your Wireless Blood Pressure Monitor will not remove any of the data that was synced from the Withings Health Mate® app.

To dissociate your Wireless Blood Pressure Monitor, perform the following steps:

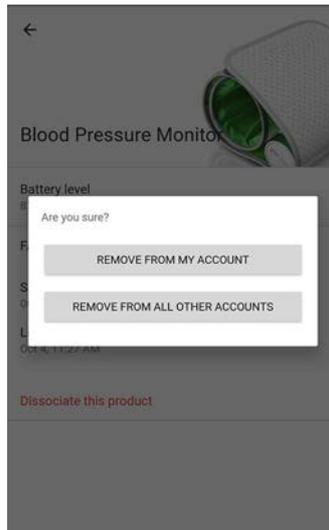
1. Open the Withings Health Mate® app.
2. Go to **My devices**.
3. Tap **Wireless Blood Pressure Monitor**.



4. Tap **Dissociate this product**.



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



Cleaning and Maintenance

Cleaning my Wireless Blood Pressure Monitor

You can clean your Wireless Blood Pressure Monitor using a cloth dampened with water. Do not put the Wireless Blood Pressure Monitor's cuff in a washing machine or submerge it in water as it contains electronic components



Do not, under any circumstance, use any solvent to clean your Wireless Blood Pressure Monitor.

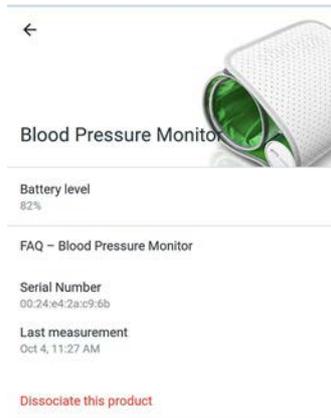
Changing the Batteries

To check the battery level of your Wireless Blood Pressure Monitor, perform the following steps:

1. Open the Withings Health Mate® app.
2. Go to **My devices**.
3. Tap **Wireless Blood Pressure Monitor**.



4. Check the battery level displayed at the top.



If the battery level is below 20%, we advise that you change the batteries. Your Wireless Blood Pressure Monitor uses four 1.5 AAA alkaline batteries (LR3). To change the batteries of your Wireless Blood Pressure Monitor, perform the following steps:

1. Make sure the Wireless Blood Pressure Monitor is turned off.
If the LED is on, press the button for 3 seconds.
2. Turn the slot of the twist cover counterclockwise using a coin to remove the battery cover.
3. Replace the batteries.
Make sure the batteries are correctly inserted by following the polarity markings.
4. Put the cover back in place.

User Guide Copyright

This User guide is protected by Intellectual Property laws and copyright. Any reproduction, modification, representation, and/or publication without Withings® prior approval is strictly prohibited. You may print this User Guide for your personal use exclusively. For any questions, please contact Withings® at: <http://contact.withings.com>.

Legal Notice



By using your Wireless Blood Pressure Monitor you expressly agree to the Withings Services Terms and Conditions available on our [website](#).

Medical Device

- The Wireless Blood Pressure Monitor is a medical device and has been validated by competent authorities.
- The Withings Health Mate® app is not a medical device. Any advice or insight given by the app cannot replace medical attention.

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.

Safety Instructions

Use and Storage

- Use the product at temperatures between 10°C and 40°C (50°F and 104°F).
- Product may be stored in a clean, dry location between -25°C and 55°C (-13°F and 131°F) when not in use.
- Remove the batteries if you do not plan to use your Wireless Blood Pressure Monitor for an extended period of time.
- The Wireless Blood Pressure Monitor is only meant to track your blood pressure and heart rate measurements, exclusively by wrapping it around your arm. Any other use is prohibited.

Safety

- Make sure you consult a doctor should the symptoms be persistent or worrying in any way.
- Do not allow your Wireless Blood Pressure Monitor to come in contact with liquids. If it gets wet, make sure you let it dry before trying to use it.
- Do not leave your Wireless Blood Pressure Monitor exposed to dust or sunlight for too long as it might damage the product.
- Keep your Wireless Blood Pressure Monitor and its accessories out of reach from children, as it contains small parts and may present a choking hazard.

Service and Maintenance

- Do not attempt to repair or modify your Wireless Blood Pressure Monitor on your own.
- If you have any issue, feel free to contact our Customer Service at:
<http://contact.withings.com>.

Specifications

Wireless Blood Pressure Monitor

- Length: 150 mm (5.9 in.)
- Width: 140 mm (5.5 in.)
- Weight: 600 g (1.322 lbs) without batteries
- Cuff circumference: fits arm circumferences 22 to 42 cm (9 to 17 in)

Connectivity

- Wi-Fi 2.4 GHz 802.11 b/g/n
- Bluetooth Smart Ready

Technology

- Cuff oscillo metric method
- Measurement range: 0 to 285 mmHg
- Accuracy: ± 3 mmHg or 2% of reading
- Inflation: automatic inflation
- Controlled release

Metrics

- Heart rate measurement range: from 40 to 180 beats per minute
- Accuracy: 5% of reading

Battery life

- One year with four AAA (LR03) batteries

Compatible devices

- iPhone (4 and above)
- iPod Touch (4th generation or higher)
- iPad (2nd generation or higher)

Compatible OS

- Android 4.0 or higher
- iOS 7.0 or higher

App

- Withings Health Mate® App

Document Release Overview

Release date		Modifications
April 2017	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 - Wireless Blood Pressure Monitor

Withings® warrants the Withings® branded hardware product (“Wireless Blood Pressure Monitor”) 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 Wireless Blood Pressure Monitor will be uninterrupted or error-free. Withings® is not responsible for damage arising from failure to follow instructions relating to the Wireless Blood Pressure Monitor’s use.

Regulatory Statements

Federal Communications Commission (FCC) Statement

FCC ID: XNAWPM02

This device complies with Part 15 of the FCC Rules. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operated in conjunction with any other antenna or transmitter.

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 1999/5/CE.

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