Withings Move

EN - 1

Activity Tracker - Sleep Analyzer

Installation and Operating Instructions

Table of Contents

User guide copyright

Legal notice

Safety instructions

Specifications

Document release overview

Warranty

Regulatory statements

Important Notice

By using your Withings Move, 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 Health Mate® app,
- Set up your Withings Move,
- Upgrade the firmware.

For more details, refer to "Specifications" on page 53.

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 Move,
- Retrieve data from your Withings Move,
- Interact with your Withings Move,
- Interact with people.

For more details, refer to ""Specifications" on page 53.

OS version

You need iOS 10 (or higher) or Android 6 (or higher) on your device to install and run the Health Mate® App.

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

Health Mate® app version

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

Description

Overview

Withings Move is a stylish, affordable and customizable activity and sleep tracking analog watch. It can be customized to match each personal style, while providing advanced activity tracking to help people monitor their health and reach goals

Withings Move also 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 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.

Any additional information you might need is available from the Health Mate® app, along with the full history of the data collected by your Withings products.

Box Contents

- Withings Move
- CR2430 Battery (already inserted)

Refer to "Replacing the battery" on page 44 for more information on battery replacement.

Setting up my watch

Installing the Health Mate® app

If the 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 or on the Play Store.
3. Tap **Get**.

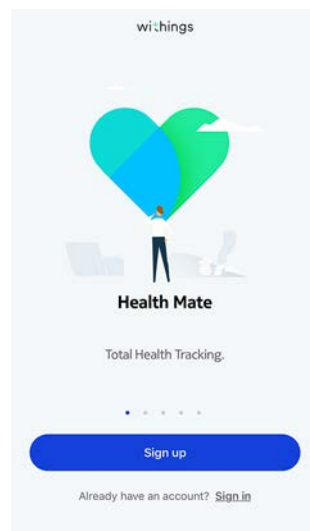   The installation process starts.

Installing my watch

I'm new to Health Mate

If you don't already have a Health Mate account, you have to create one in order to set up and use your Withings Move.
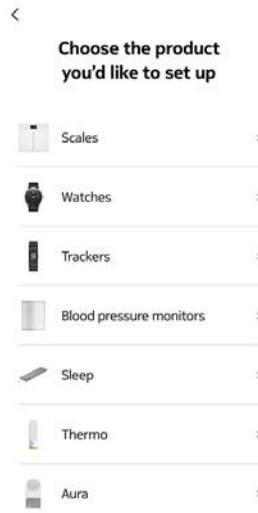
If you already have an account, refer to "I already have a Health Mate account" on page 17.

To install Withings Move, perform the following steps:

1. Open the Health Mate® app.
2. Tap **Sign up**.

3. Tap **Watches**.

Choose the product you'd like to set up

- Scales >
- Watches >
- Trackers >
- Blood pressure monitors >
- Sleep >
- Thermo >
- Aura >

4. Tap **Withings Move**.

Watches

- Steel HR >
- Steel HR Sport >
- Withings Move >
- Steel >
- Activité >
- Activité Pop >

5. Tap **Install**.

Withings Move

A new generation watch combining time & activity tracking.
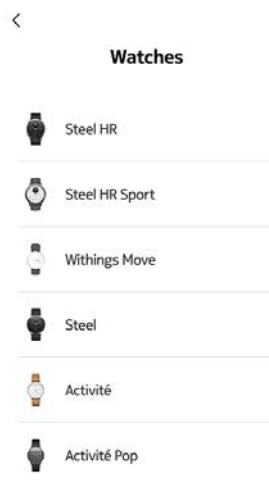
Learn more   Install

6. Press the button on the side of Withings Move and tap **Next**.

Cancel

Get started!

Press the side button once to wake up
your watch.

Next

7. Make sure that your Withings Move is placed close enough to your mobile device.

8. Tap **Next**.

Cancel

Withings Move detected

Next

9. Tap **Pair**.
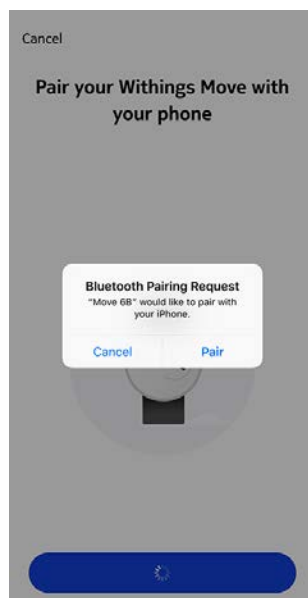

Cancel

Pair your Withings Move with your phone

Pair

10. Tap **Pair** again.

Cancel

Pair your Withings Move with your phone

Bluetooth Pairing Request
"Move 6B" would like to pair with your iPhone.

Cancel   Pair

11. Tap **Next**.

Cancel

**Connected to your
Withings Move**

Next

12. Enter your email address, password, and then confirm your password. Tap **Next**.

13. Enter your first name, surname (last name) and birthday. Tap **Next**.

14. Select your gender and enter your current height and weight. Tap **Create**.

15. Please wait a few seconds during the initialization of the watch hands and the update of your Withings Move.

16. Tap **Done**.

Your Withings Move is ready!

Get moving, stay connected, and live smarter
with your Withings Move.

Done

17. Please wait a few seconds during the automatic time configuration.

18. Tap **Yes** if the hands are well initialized or **No** if they are not correctly positioned.

Are the hands well initialized?

Minutes and hour hands should be positionned at noon and the motion hand should be positionned to 0%

No   Yes

If you select No, you will be prompted to set the hands.

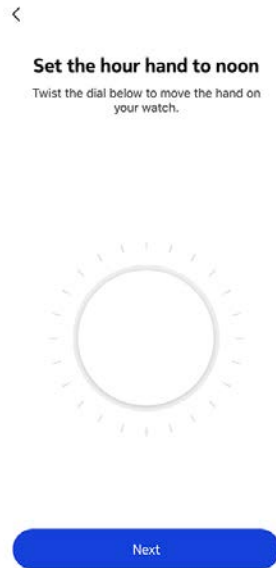19. Slide your finger on the wheel displayed in the app until the minute hand reaches noon. Tap **Next**.

Set the minute hand to noon

Twist the dial below to move the hand on your watch.
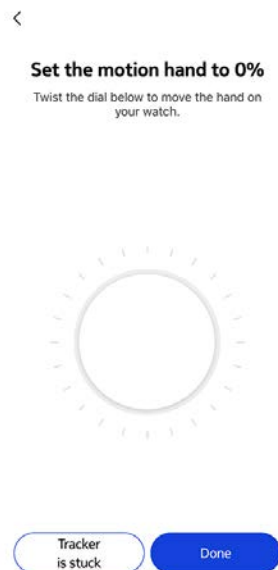
Next

20. Slide your finger on the wheel displayed in the app until the hour hand reaches noon. Tap **Next**.

Set the hour hand to noon

Twist the dial below to move the hand on your watch.

Next

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

Set the motion hand to 0%

Twist the dial below to move the hand on your watch.

Tracker is stuck   Done

22. Tap **Done**.

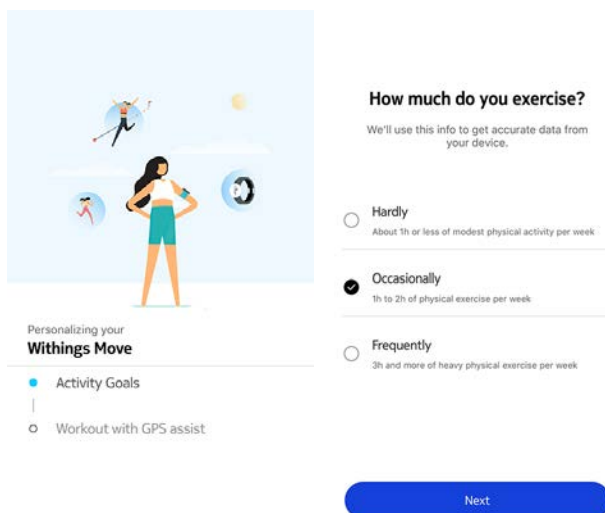You are done!
Your watch now displays the
right time.

Try again   Done

Your Withings Move is now properly calibrated and the hands move to their correct position to display the current time.

23. Tap **Next** twice to set your Activity Goals.

How much do you exercise?

We'll use this info to get accurate data from your device.

○ Hardly
About 1h or less of modest physical activity per week

● Occasionally
1h to 2h of physical exercise per week

○ Frequently
3h and more of heavy physical exercise per week

Personalizing your
Withings Move

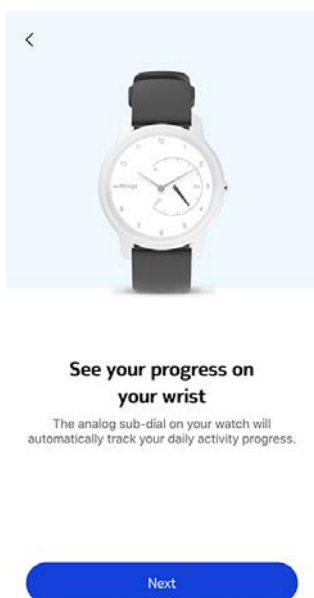● Activity Goals
○ Workout with GPS assist

Next

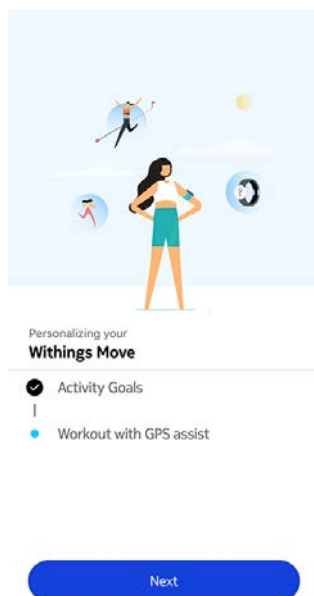24. Tap and slide the daily step goal up or down to select the goal you want.
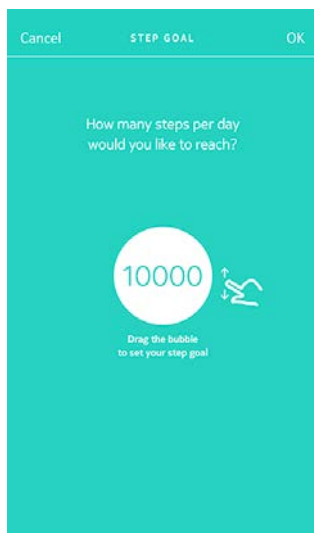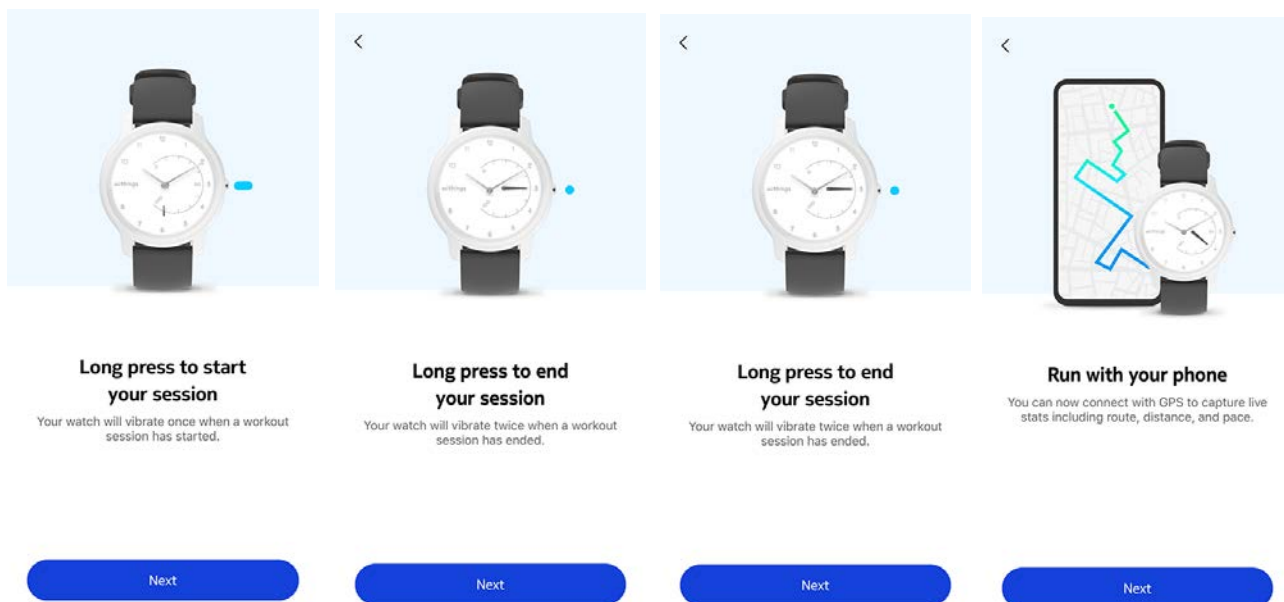

25. Tap **OK**.
26. Tap **Next**.

27. Tap **Next** to discover the Workout with GPS assist feature.

28. Tap **Next** four times to watch the tutorial.

29. Select **Always Allow**.
30. Tap **Go to timeline**.

Withings Move is now activated.
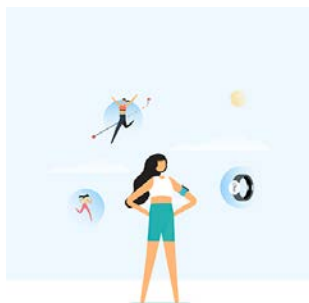
Personalizing your
Withings Move

✓ Activity Goals

✓ Workout with GPS assist

Go to timeline

I already have a Health Mate account

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

1. Open the Health Mate® app.
2. Tap **Devices**.
3. Tap **+**.
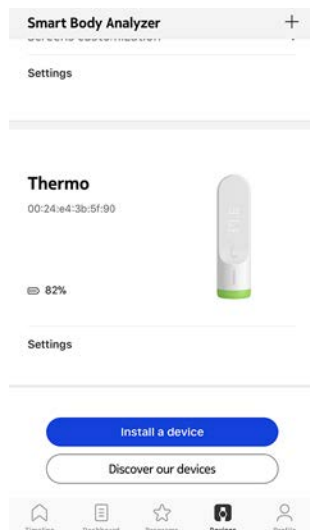
4. Tap **Watches**.
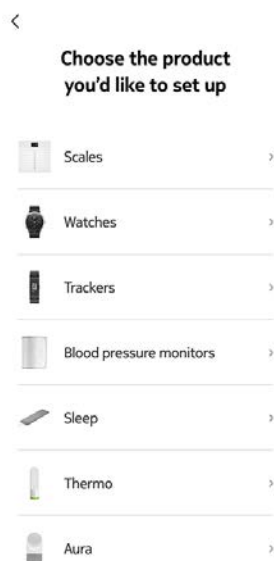
5. Tap **Withings Move**.
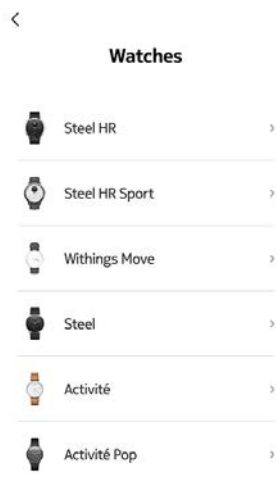
6. Tap **Install**.

7. Press the button on the side of Withings Move and tap **Next**.

Cancel

Get started!

Press the side button once to wake up
your watch.

Next

8. Make sure that your Withings Move is placed close enough to your mobile device.

9. Tap **Next**.

Cancel

Withings Move detected

Next

10. Tap **Pair**.

11. Tap **Pair** again.
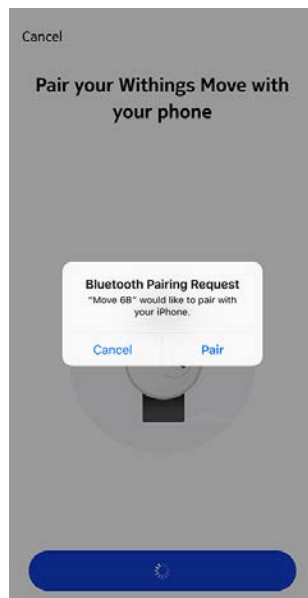
12. Tap **Next**.

**Connected to your
Withings Move**

Next

13. Select the user who will be using the Withings Move.

14. Please wait a few seconds during the initialization of the watch hands and the update of your Withings Move.

15. Tap **Done**.

Your Withings Move is ready!

Get moving, stay connected, and live smarter
with your Withings Move.

Done

16. Please wait a few seconds during the automatic time configuration.

17. Tap **Yes** if the hands are well initialized or **No** if they are not correctly positioned.

Are the hands well initialized?

Minutes and hour hands should be positionned at noon and the motion hand should be positionned to 0%

No   Yes

If you select No, you will be prompted to set the hands.

18. Slide your finger on the wheel displayed in the app until the minute hand reaches noon. Tap **Next**.

Set the minute hand to noon

Twist the dial below to move the hand on your watch.

Next

19. Slide your finger on the wheel displayed in the app until the hour hand reaches noon. Tap **Next**.

<

Set the hour hand to noon

Twist the dial below to move the hand on your watch.

Next

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

‹

Set the motion hand to 0%

Twist the dial below to move the hand on your watch.

Tracker is stuck   Done

21. Tap **Done**.

Your Withings Move is now properly calibrated and the hands move to their correct position to display the current time.

22. Tap **Next** twice to set your Activity Goals.

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

24. Tap **OK**.
25. Tap **Next**.

26. Tap **Next** to discover the Workout with GPS assist feature.

27. Tap **Next** four times to watch the tutorial.

28. Select **Always Allow**.
29. Tap **Go to timeline**.

Withings Move is now activated.

Setting the time

The Withings Move 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 wearing your Withings Move, all you have to do is open the 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 Move with your device will be enough to update to the correct time.

Wearing my watch

The Withings Move should be worn about a centimenter below the wristbone. The wristband should be tight around your wrist in a way that remains comfortable.

Tracking my activity

Overview

Your Withings Move 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 Move, it will do the rest.
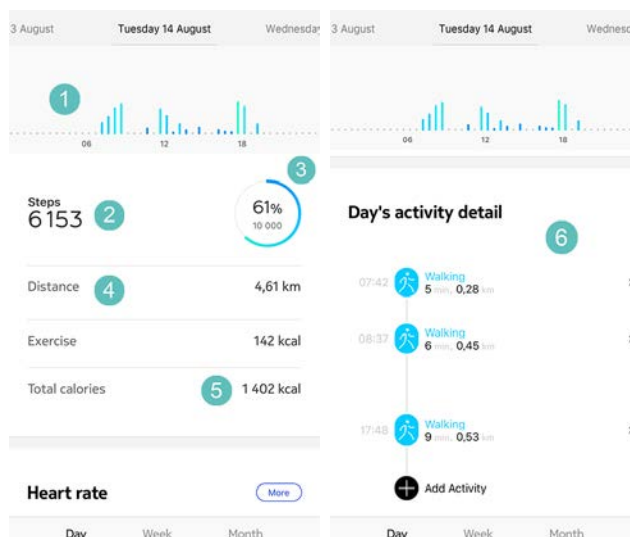
(**1**) Visual representation of the number of steps: each bar corresponds to a 30-minute period

(**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)

(**6**) Day's activity detaill

The integrated accelerometer allows your Withings Move 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 even more details, simply log in to the 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 Health Mate® app.
2. Go to your **Dashboard**.
3. Tap on **Steps**.
4. Tap on the three dots at the top of the screen.
5. Tap **Step goal**.

> Note that you can change your step goal by selecting a step widget in your Timeline and tapping on the three dots at the top of the screen. You can also go to **Profile** > **Goals** > **Daily steps**.

6. Tap and slide the daily step goal up or down to select the goal you want.
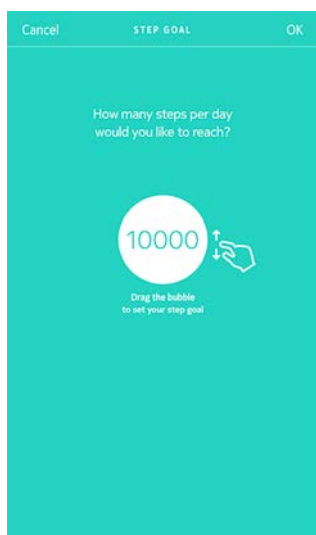
7. Tap **OK**.
8. Sync your Withings Move by opening the Health Mate® app and refreshing your Timeline by sliding your finger from top to bottom.

Tracking my swimming sessions

Your Withings Move allows you to track your swimming sessions. All you have to do is wear your watch 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 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 Move lets you track your sleep without requiring any action on your part. All you have to do is wear your watch 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 Move to sleep.

Retrieving my sleep data

You can retrieve the sleep data collected by your Withings Move in your **Timeline** in the Health Mate® app.
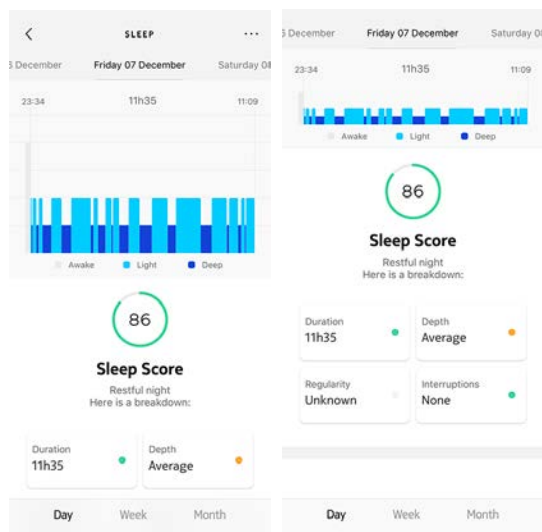
Grey: time spent awake - **Medium blue**: duration of light sleep - **Dark blue**: duration of deep sleep

The 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 Health Mate® app.
2. Go to **Devices**.
3. Go to **Withings Move** > **Alarm**.
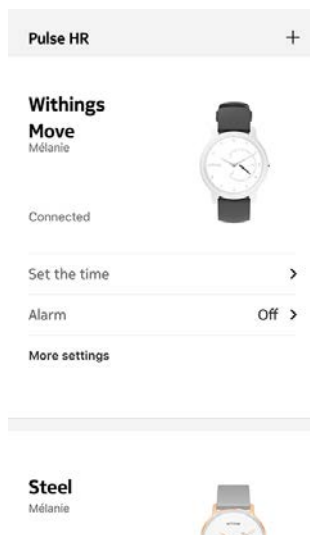
4. Place Withings Move close enough to your mobile device.
5. Tap and slide the wake-up time up or down to select the alarm time.

6. 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.

7. Tap **OK**.

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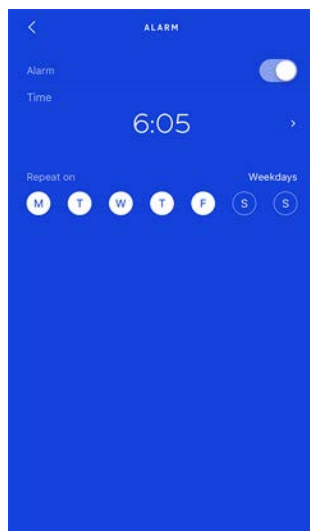
9. Tap the back button to confirm.

Note that you can set up to three alarms on your Withings Move.

Disabling the alarm

1. Open the Health Mate® app.
2. Go to **Devices**.
3. Tap **Withings Move** > **Alarm**.
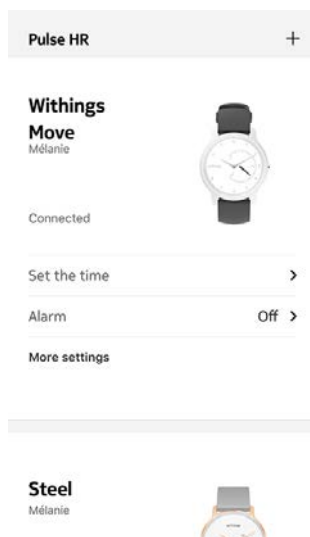
4. Place Withings Move close enough to your mobile device.

5. Tap the **Alarm** toggle to disable the alarm.
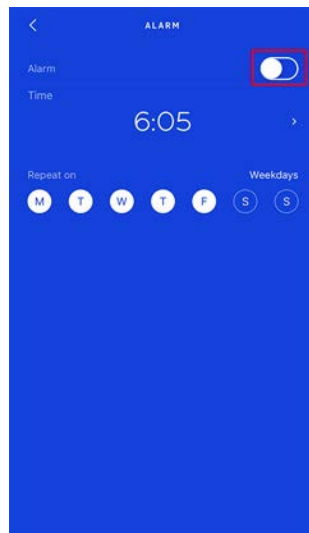
6. Tap the back arrow at the top left of the screen.

   Your alarm is disabled.

Stopping the alarm

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

Multi-sport / Connected GPS

How does the multi-sport feature work?

From yoga, volleyball, and rowing to boxing, skiing and ice hockey, the Withings Move tracks up to 30 activities.

Press the button of your Withings Move for about one second until it vibrates to launch your workout session. The watch will switch to a chronometer: the minute hand of the Withings Move will show the seconds and the hour hand will show the minutes.

You can choose to alternate between the chronometer and the real time by pressing briefly the button two times.

After your workout, you will receive a notification prompting you to open the Health Mate app. The activity detected that appear in the Health Mate® app can be edited from a long list of activities in your Health Mate® app settings.

You will see a workout overview in the Health Mate® app showing the workout duration, the workout intensity, the distance, the pace, as well as your burned calories.
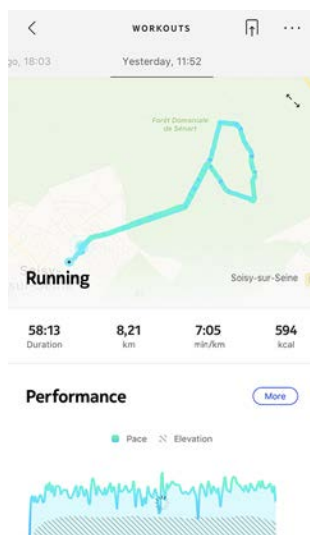
Will the watch still recognize workouts automatically?

The Withings Move tracks walking, running, swimming and cycling automatically. To receive more workout details like pace and route covered, we recommend manually starting the workout mode.

Once you have selected a workout a few times, the Withings Move will learn its movements and recognize it in the future.

If you forgot to launch a workout before your session, the Withings Move detects your movements and add an unknown workout to the Health Mate® app. You can then change the type of workout in the app manually.

How does connected GPS work?

Connected GPS means that when running with your smartphone, you will be able to track the route you have covered on a map in the Health Mate® app. Also, additional workout metrics such as duration, distance and pace are displayed in real time during the workout on your phone.
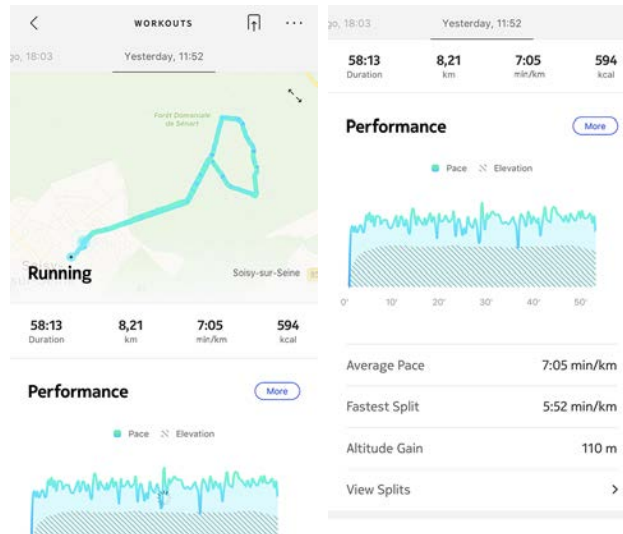
To use connected GPS, you need to launch a distance-based outdoor activity workout session. To do so, perform the following steps:

1. Press the button of your Withings Move for about a second until it vibrates. The watch will switch to a chronometer: the minute hand of the Withings Move will show the seconds and the hour hand will show the minutes. You can choose to alternate between the chronometer and the real time by pressing briefly the button two times.

1. Press the button until it vibrates when you want to stop your workout session.

Note that your Withings Move needs to be connected via Bluetooth. Connected GPS requires you to enable your location settings of your smartphone.

Withings Move offers Connected GPS for all distance-based outdoor activities such as walking, running, cycling, and canoeing.

Getting more active

Competing with my friends

Overview

Your Withings Move and the 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 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 Health Mate® app, go to **Wellness Programs**.
2. Select **Leaderbord**.

3. Tap **Join**.
4. Tap **Invite**.
5. Select how you want to send your invitation.

Several options are available, such as message, email or social media websites.
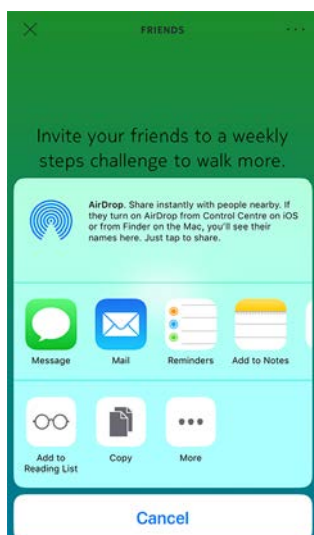
Interacting with someone in my leaderboard

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

- **Thumb up** to encourage them,
- **Thumb down** to show off,
- **Message** to chat with them.
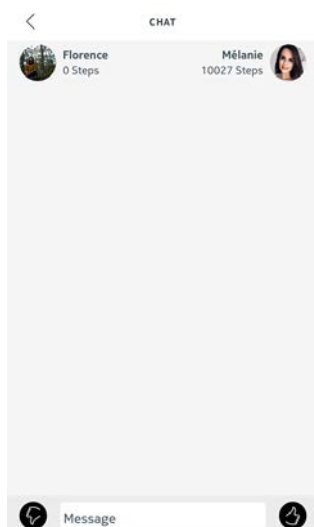
Adding a social component to your activity tracking is a great way to stay motivated and push your limits.

Competing with myself

Badges

The 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 Move for a few days, the 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.

Note that 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 Health Mate® app. When you do, your Withings Move automatically syncs your data with the app. Make sure your Withings Move 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 Move has a limited memory. Make sure you open the app regularly so that you do not lose any of your data.**

Dissociating your watch

Dissociating your Withings Move 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 Move will not remove any of your data from the Health Mate® app.**

To dissociate your Withings Move, perform the following steps:

1. Press and hold the button of your Withings Move for 10 seconds. Workout mode will start after pressing the button for about one second, but continue pressing it until the watch vibrates 2 times.

2. Release the button. The activity hand goes to the 50% mark.

3. Press the button 5 times so that the activity hand reaches progressively the 0% mark. Please wait until the activity hand reaches each mark of the activity dial before pressing the button again.

4. Your Withings Move has been correctly reset and the hands move to their initial position.

5. Go to the Bluetooth settings of your mobile device and "forget" your Withings Move (for iOS users only).

6. Open the Health Mate® app.

7. Go to **Devices**.

8. Tap **Withings Move**.
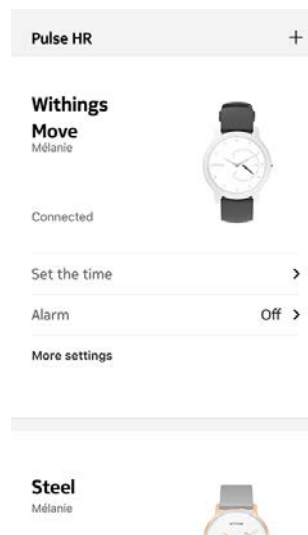
9. Tap **Dissociate this product**.
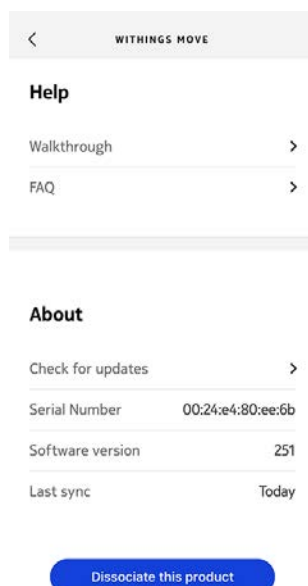
10. Tap **Remove from my account**.
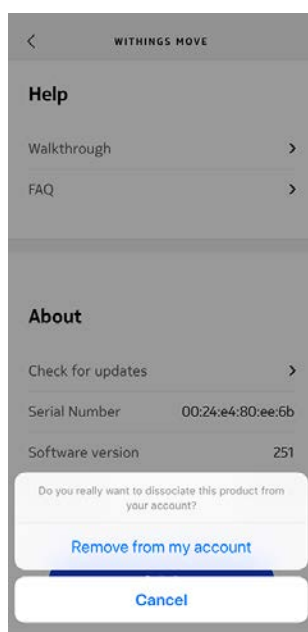
Cleaning and maintenance

Cleaning my watch

1. Use a lint-free cloth moistened with water to clean the glass and casing of your Withings Move.
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.

Replacing the battery

The battery needs to be replaced when the hands stop moving and when the watch no longer vibrates when you press the button. The Withings Move will run for approximately 6 months on a standard watch battery.

We recommend to go to a watchmaker if you want to install a new CR2430 battery. If the time does not seem correct after replacing the battery, you may need to recalibrate the hands of your Withings Move.

Replacing the wristband

You can easily replace the wristband of your Withings Move thanks to the quick release spring bars with which it is attached.

To change the wristband, perform the following steps:

1. Turn your Withings Move 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.
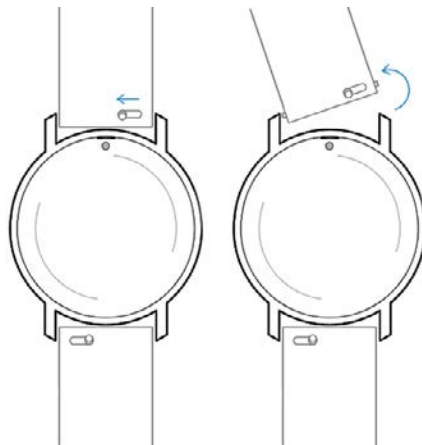
4. Insert one side of the spring bar of the new wristband.

5. Put the wristband in place while pulling the knob to the left side.
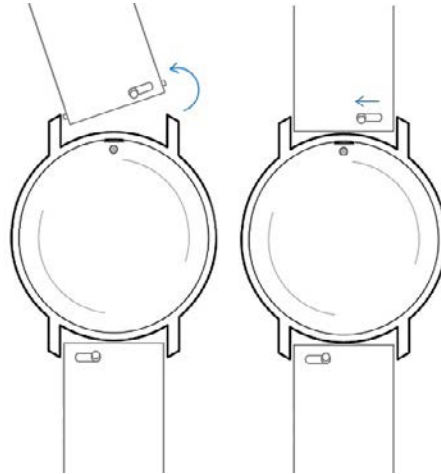
6. Release the knob.

   The wristband is now properly attached to your Withings Move.

7. Repeat the previous steps for the other side.

Calibrating the hands

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

1. Open the Health Mate® app.

2. Go to **Devices** > **Withings Move.**

3. Tap **Set the time**.

   Make sure that your Withings Move is placed close enough to your mobile device.

4. Tap **Yes** if the hands are well initialized or **No** if they are not correctly positioned.

Are the hands well initialized?

Minutes and hour hands should be positionned
at noon and the motion hand should be
positionned to 0%

No   Yes

If you select **No**, you will be prompted to set the hands.

5. Slide your finger on the wheel displayed in the app until the minute hand reaches noon. Tap **Next**.

Set the minute hand to noon

Twist the dial below to move the hand on
your watch.

Next

6. Slide your finger on the wheel displayed in the app until the hour hand reaches noon. Tap **Next**.

Set the hour hand to noon

Twist the dial below to move the hand on your watch.

Next

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

Set the motion hand to 0%

Twist the dial below to move the hand on your watch.

Tracker is stuck   Done
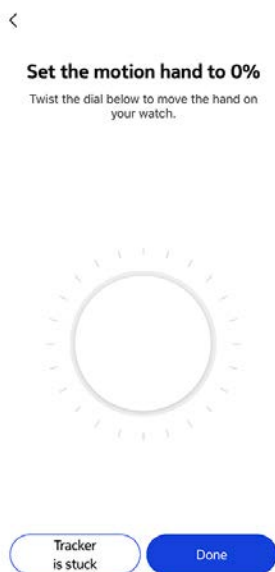
8. Tap **Done**.

You are done!
Your watch now displays the
right time.

Try again   Done

Your Withings Move 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 Health Mate® app usually prompts you to install it through your **Timeline**.

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

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 Health Mate® app, go to **Devices**.

2. Tap your Withings Move.
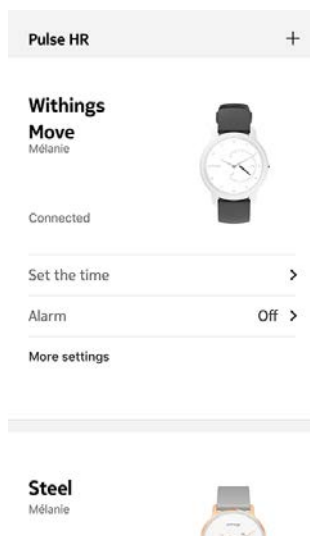
3. Tap **Check for updates**.
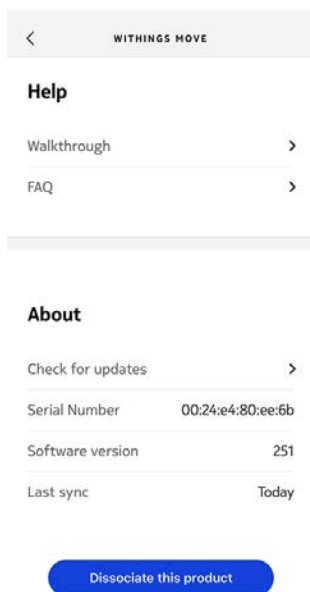
4. Put your Withings Move close enough to your mobile device.

If your watch is not up to date, the Health Mate® app will prompt you to install a new firmware version.

5. Tap **Upgrade**.

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

Note: You can check which firmware version your Withings Move uses in **Devices > Withings Move**.

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 question please contact Withings at : https://support.withings.com/hc/en-us/requests/new..

Legal notice

⚠️ **By using your Withings Move 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 protect access to the 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** (only for iOS).
- We recommend that you export your data on a regular basis to local storage on your home computer. You can do so from the Health Mate® web interface by clicking your **Profile picture** > **Settings** > **User Preference** > **Download my data**.

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 Move away from any sharp or hard objects to prevent any scratches.
- Keep your Withings Move and its accessories out of reach from children, as it contains small parts and may present a choking hazard.

Water resistance

- Your Withings Move 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 Move 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 Move

- Plastic and stainless steel case
- Watch diameter: 38 mm diameter (1.4 in)
- Watch thickness: 12.9 mm (0.4 in)
- Weight: 32 g (1.12 oz)
- Wristbands: Fits wrists up to 200 mm. (7.9 in.)
- Water resistant up to 50 m (165 ft)

Metrics and features

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

Battery

- 1 CR2430 Battery
- Up to 6 months in normal use

Sensors

- High precision MEMS 3-axis accelerometer

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 Move cannot be set up from a computer.

Compatible OS

- iOS 10 and higher
- Android 6 and higher

Document release overview

Release date	Versions	Modifications
January 2019	v1.0	First release
February 2020	V1.0	Battery life update

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 Move

Withings (France) SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux ("Withings") warrants the Withings branded hardware product ("Withings Move") against defects in materials and workmanship when used normally in accordance with Withings's published guidelines for a period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser ("Warranty Period"). Withings's 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 Move will be uninterrupted or error-free. Withings is not responsible for damage arising from failure to follow instructions relating to the use of the Withings Move.

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: XNAHWA06

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 https://www.withings.com/fr/en/compliance.