

Withings Steel

Activity Tracker - Sleep Analyzer

Installation and Operating Instructions



Table of Contents

Minimum Requirements	4
Internet Access.....	4
Smartphone or Device.....	4
OS Version.....	4
Withings Health Mate App Version	4
Description	5
Overview	5
Box Contents.....	6
Setting Up the Withings Steel	7
Installing the Withings Health Mate App	7
Installing my Withings Steel.....	7
Setting the Time.....	17
Tracking my activity	18
Overview	18
Checking my progress.....	18
Changing my activity goal.....	19
Tracking my swimming sessions.....	20
Tracking my sleep	21
Overview	21
Retrieving my sleep data.....	21
Setting an Alarm.....	22
Getting more active	25
Competing with my friends.....	25
Competing with myself	26
Syncing your Data	28
Dissociating your Withings Steel	29
Cleaning and Maintenance	31
Cleaning your Withings Steel	31
Replacing the Battery.....	31

Replacing the Wristband.....	31
Calibrating the Hands	32
Updating the Firmware Version.....	34
User Guide Copyright.....	36
Legal Notice.....	36
Personal Data.....	36
Safety Instructions	37
Use and Storage.....	37
Water Resistance.....	37
Leather Wristband	37
Service and Maintenance.....	38
Specifications	39
Document Release Overview	40
Warranty.....	41
Regulatory Statements.....	42

Minimum Requirements

Internet Access

Access to the Internet is required to:

- Download the Withings Health Mate app,
- Set up your Withings Steel,
- Upgrade the firmware of your Withings Steel.

For more details, refer to [“Specifications” on page 39](#).

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

For more details, refer to [“Specifications” on page 39](#).

OS Version

You need iOS 8 (or higher) or Android 5 (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 and use your Withings Steel.

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 is the first truly wearable activity tracker. It can track your activity and your sleep, while still managing to look like a beautiful watch. It is also water-resistant up to 5ATM and allows you to track your swimming sessions.

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.

Contrary to most activity trackers, the Withings Steel does not require that you charge it thanks to its replaceable cell battery. It has an estimated battery life of up to 8 months, meaning that you won't have to worry about charging it every other day.

The Withings Steel also allows you through the Withings Health Mate app to set an alarm that vibrates to wake you up smoothly, without waking up your sleeping partner. You can easily check your alarm time by double-tapping your Withings Steel: the hands move on their own to the time that was set for your alarm and then go back to the current time. Note that you need to stabilize your Withings Steel for 5 seconds before double-tapping the glass.

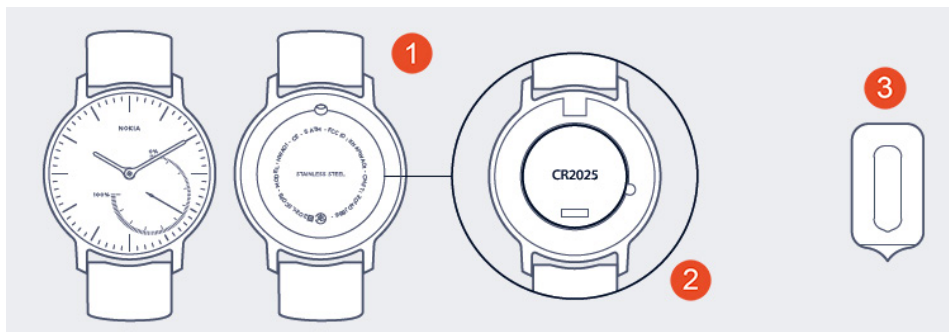
Because your Withings Steel is set up using your iOS or Android device, you never have to worry about setting the time, not even when you change time zones or for daylight savings. All you have to do is open the Withings Health Mate app so that it can automatically retrieve the correct time when it syncs with your phone.

Last but not least, the data coming from your Withings Steel is fully integrated in the Withings Health Mate app, allowing you to follow your progress and your history from a single location.

Your Withings Steel also offers motivation in several forms. You can compete with your friends through the leaderboard available in the Withings Health Mate app. You can also compete with yourself thanks to virtual badges that you get when you achieve certain distances or a certain number of steps.

Box Contents

Withings Steel



(1) Withings Steel (2) CR2025 battery (already inserted)

(3) Tool to reset the watch

Setting Up the Withings Steel

Installing the Withings Health Mate App

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

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

Installing my Withings Steel

I'm new to Withings

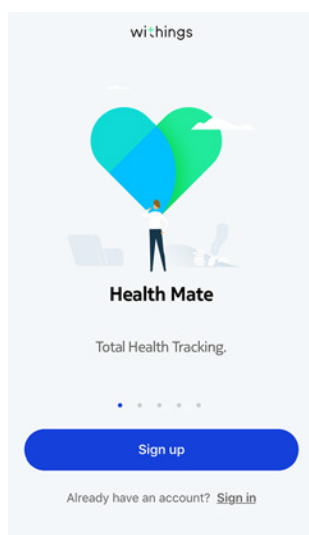
If you don't already have a Withings account, you have to create one in order to set up and use your Withings Steel.

If you already have an account, refer to "[I already have a Withings account](#)" on [page 12](#).

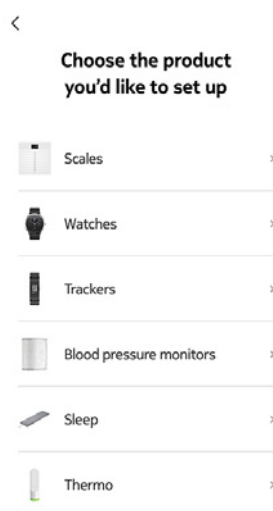
To install your Withings Steel, perform the following steps

1. Open the Withings Health Mate app.

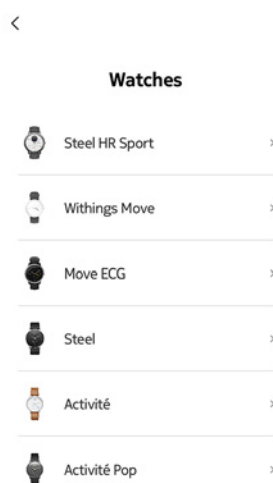
2. Tap **Sign up**.



3. Tap **Watches**.



4. Tap **Steel**.



5. Tap **Install**.



Steel

A new generation watch combining time & activity tracking.



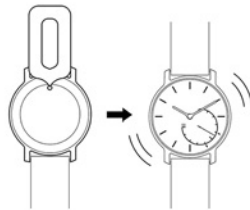
Learn more

Install

6. Push the reset button located at the back of your Withings Steel using the tool it came with.

Cancel

Click to wake up your Steel



Next

Your Withings Steel vibrates once. If it doesn't vibrate, try changing the angle of the tool when you push the reset button.

- Put your Withings Steel close enough to your mobile device. Tap **Next**. You may need to press the reset button again if your device cannot detect your Withings Steel on its own.

Cancel

Connected to your Steel

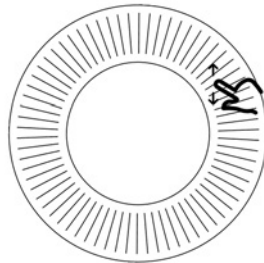


Next

- Enter your email address, password and then confirm your password. Tap **Next**.
- Enter your first name, surname and birthday. Tap **Next**.
- Select your gender and enter your height and weight. Tap **Create**.
- 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

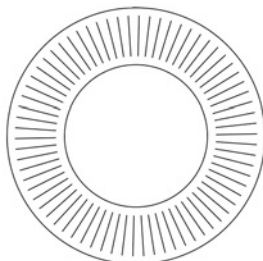


Next

12. 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

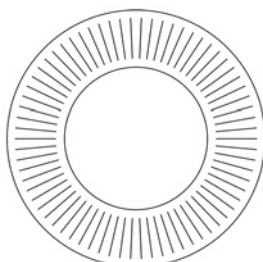


Next

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



Align the motion hand to zero



Next

14. Tap **Done**.

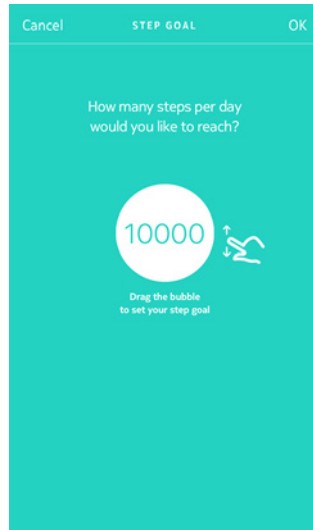
You're all set!

Enjoy your new Steel!



Done

15. 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.



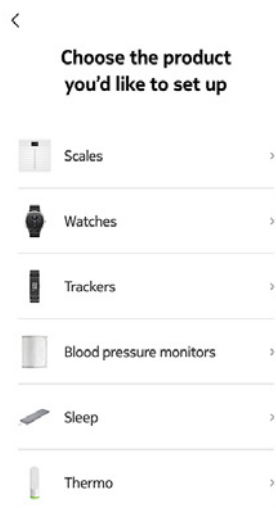
16. Tap **OK**.

I already have a Withings account

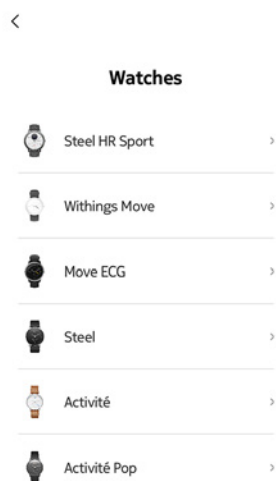
If you already have a Withings account, you can get started on the installation process. To do so, perform the following steps:

1. Open the Withings Health Mate app.
2. Tap **Devices**.
3. Tap **+**

4. Tap **Watches**.



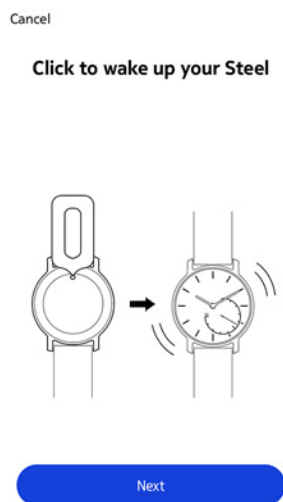
5. Tap **Steel**.



6. Tap **Install**.



7. Push the reset button located at the back of your Withings Steel using the tool it came with.



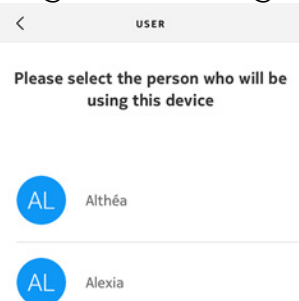
Your Withings Steel vibrates once. If it doesn't vibrate, try changing the angle of the tool when you push the reset button.

8. Put your Withings Steel close enough to your mobile device. Tap **Next**.

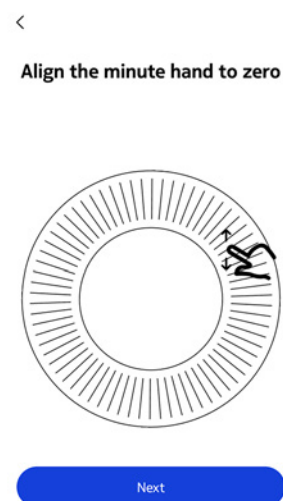
You may need to press the reset button again if your device cannot detect your Withings Steel on its own.



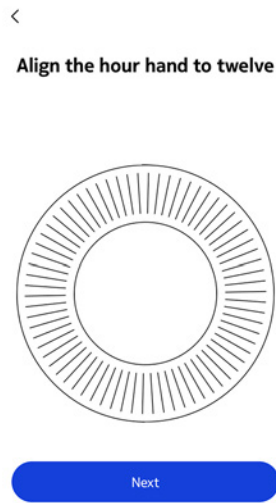
9. Select the user who will be using the Withings Steel.



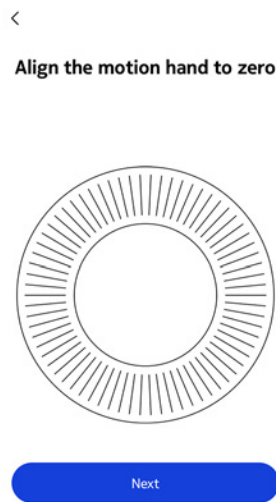
10. When prompted to, slide your finger on the wheel displayed in the app until the minute hand reaches the 0 mark. Tap **Next**.



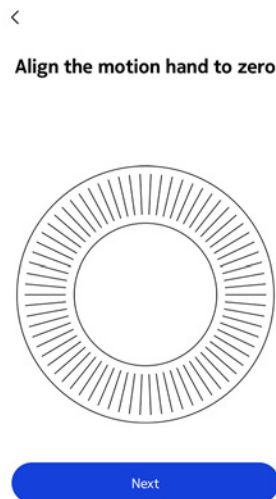
11. Slide your finger on the wheel displayed in the app until the hour hand reaches the 0 mark. Tap **Next**.



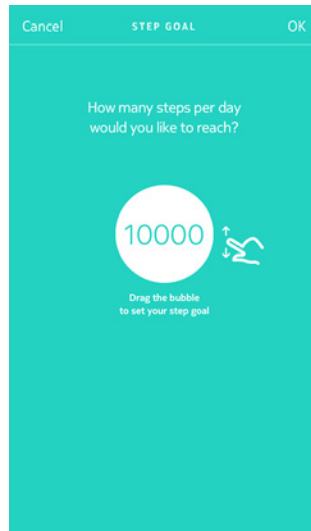
12. Slide your finger on the wheel displayed in the app until the activity hand reaches the 0 mark. Tap **Next**.



13. Tap **Done**.



14. 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.



15. Tap **OK**.

Setting the Time

The Withings Steel is set up using your iOS and Android 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 Steel, 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 with your device will be enough to update to the correct time.

Tracking my activity

Overview

Your Withings Steel 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, 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

The integrated accelerometer allows your Withings Steel 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

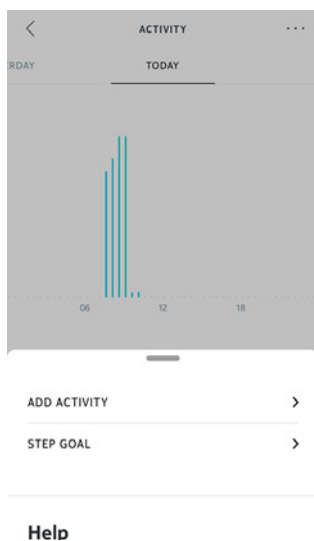
In order to check your progress in terms of number of steps, all you have to do is have a look at the activity hand. Depending on its position, you can tell what percentage of your daily step goal you have achieved. Once you reach the 100% mark, your watch vibrates and the cycle starts all over again,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

To get even more details, simply log in to the 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

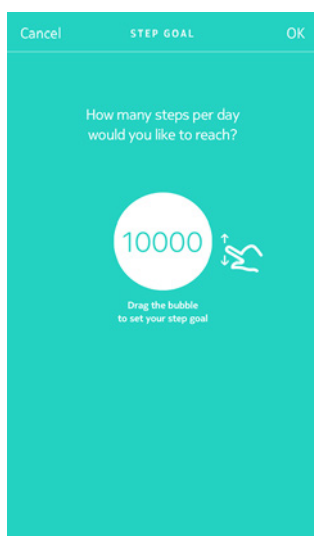
This feature allows you to set a custom daily step goal. To change your daily step goal, perform the following steps:

1. Open the Withings Health Mate app.
2. Go to your **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 also change your step goal by selecting a step widget in your Timeline and tapping on the three dots at the top of the screen.

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



7. Tap **OK**.

8. Sync your Withings Steel 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 allows you to track your swimming sessions. All you have to do is wear your Withings Steel 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.

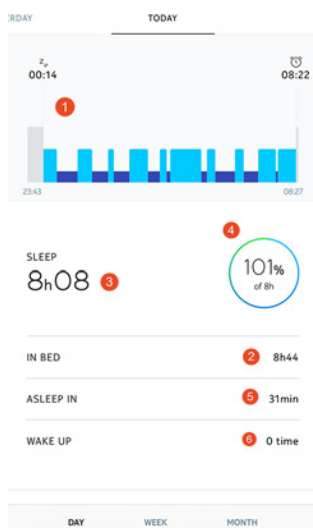
Tracking my sleep

Overview

Your Withings Steel lets you track your sleep without requiring any action on your part. All you have to do is wear your Withings Steel 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 to sleep.

Retrieving my sleep data

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



(1) Breakdown of your night:

- Time spent awake (grey)
- 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) Time it took you to fall asleep

(6) Number of wake-ups

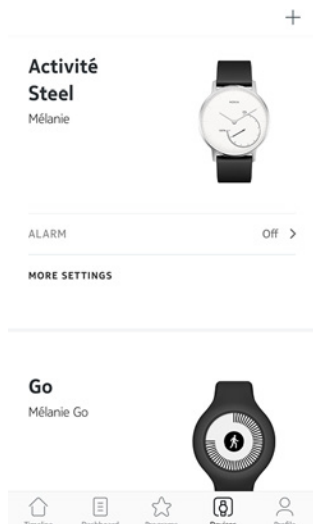
The Withings Health Mate app keeps your entire history, allowing you to easily track how your sleep data evolves over time.

Setting an Alarm

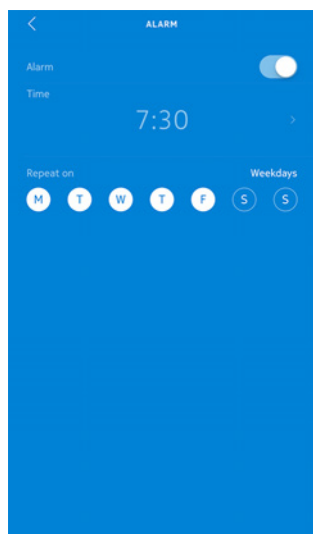
Enabling the Alarm

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

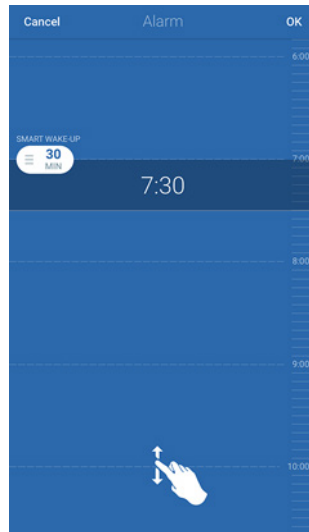
1. Open the Withings Health Mate app.
2. Go to **Devices**.
3. Select **Alarm**.



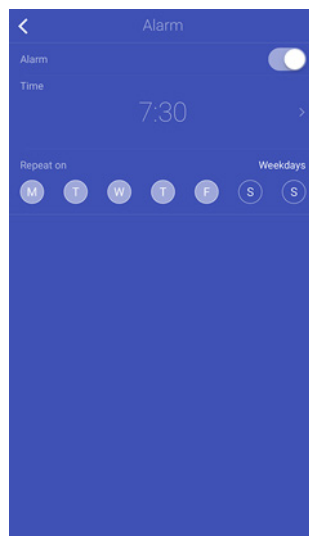
4. Put your Withings Steel close enough to your mobile device.
5. Tap the **Alarm** toggle to enable the alarm.



6. Tap and slide the wake up time up or down to select the alarm time.



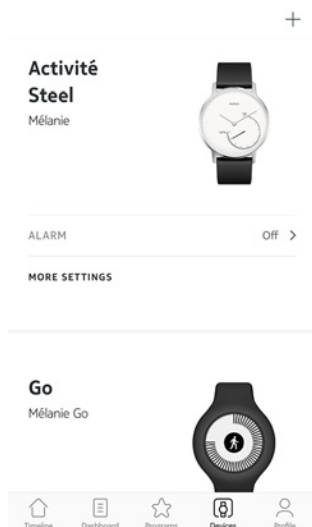
7. If necessary, select a smart wake-up time when setting an alarm. Your watch will then find the best moment to wake you up during that time period to make for a smoother wake-up experience.
8. Tap **OK**.
9. Tap **Repeat on** if you want to select on which days the alarm should be triggered.



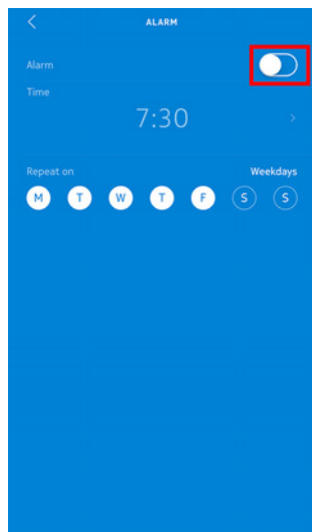
10. Tap the back button to confirm.

Disabling the Alarm

1. In the Withings Health Mate app, go to **Devices**.
2. Tap **Alarm**.



3. Put your Withings Steel 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.
Your alarm is disabled.

Checking the Alarm

You can easily check the alarm by tapping the glass of your Withings Steel at least three times. Note that you need to stabilize your Withings Steel for five seconds before tapping the glass, or the hands will not move.

Stopping the Alarm

At this point, it is not possible to stop the alarm once it has started. Your Withings Steel will vibrate 8 times before stopping on its own.

Getting more active

Competing with my friends

Overview

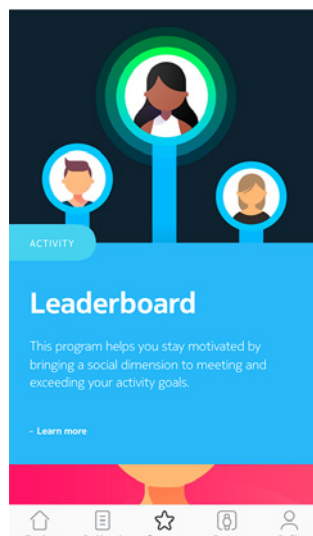
Your Withings Steel and the Withings Health Mate app help you stay motivated by bringing a social dimension to the equation. You can add your friends and family to your leaderboard and compete with them to be the one who walks the most every week. It doesn't matter if they have a Withings product or 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

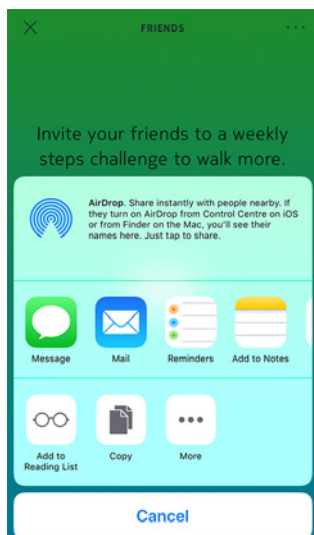
You can invite people to join your leaderboard. To do so, perform the following steps:

1. In the Withings Health Mate app, go to **Wellness Programs**.
2. Select **Leaderbord**.



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

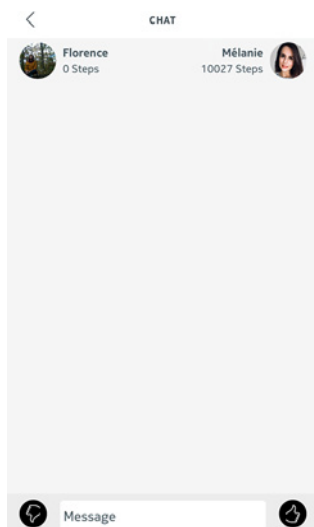
Several options are available, such as message, email or social media websites.



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 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 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.

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 Withings Health Mate app. When you do, your Withings Steel automatically syncs your data with the app. Make sure your Withings Steel 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 can only store your data for 7 days. Make sure you open the app regularly so that you do not lose any of your data.

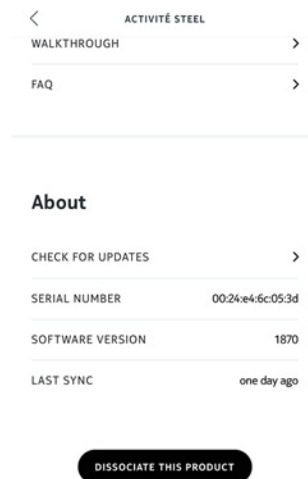
Dissociating your Withings Steel

Dissociating your Withings Steel 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.

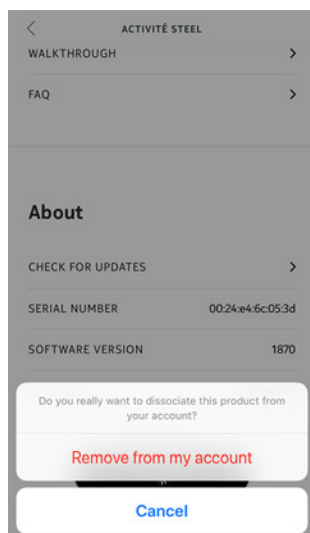
Dissociating your Withings Steel will not remove any of your data from the Withings Health Mate app.

To dissociate your Withings Steel, perform the following steps:

1. Press the reset button located at the back five times with the tool provided with the Withings Steel to perform a factory reset.
Allow for the Withings Steel to vibrate each time you press the reset button. When the factory reset is complete, the Withings Steel vibrates twice.
2. Go to the Bluetooth settings of your mobile device and “forget” your Withings Steel (for iOS users only).
3. Go to **Devices** in the Withings Health Mate app.
4. Tap your **Withings Steel**.
5. Tap **Dissociate this product**.



6. Tap **Remove from my account**.



Cleaning and Maintenance

Cleaning your Withings Steel

Withings Steel

- Use a lint-free cloth moistened with water to clean the glass and casing of your Withings Steel .
- Run the silicone band under water and rub it with hypoallergenic soap to clean it.
- 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 reset button. The Withings Steel will run for approximately 8 months on a standard watch battery.

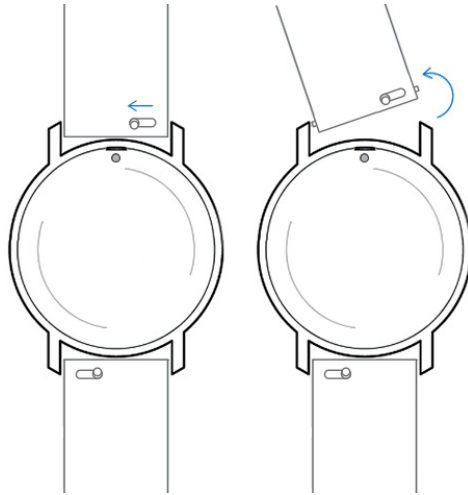
Go to a watchmaker if you want to install the new CR2025 battery. If the time does not seem correct after replacing the battery, you may need to recalibrate the hands of your Withings Steel.

Replacing the Wristband

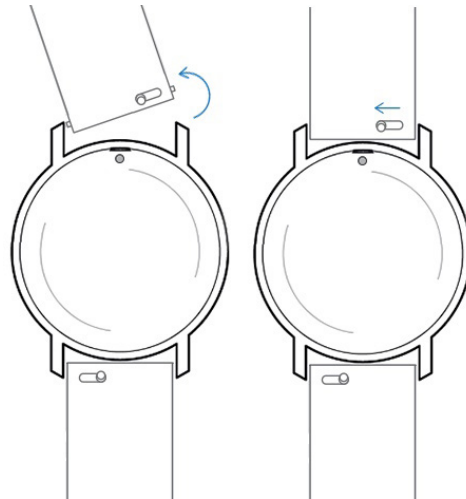
You need to replace the wristband of your Withings Steel for your workout sessions or before going under water to avoid any damage to the leather. You can also replace it if you have wristbands in other colors. You can easily replace your wristband thanks to the quick release spring bars with which the wristband is attached. To do so, perform the following steps:

1. Turn your Withings Steel 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.
7. Repeat the previous steps for the other side.

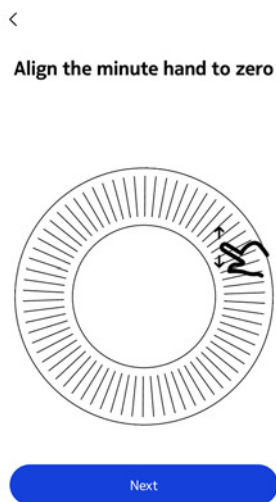
Calibrating the Hands

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

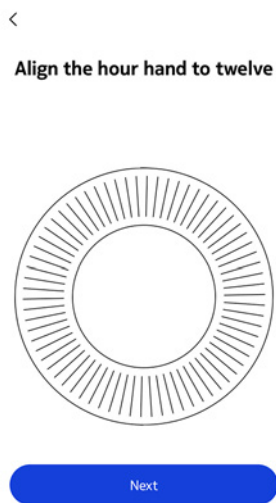
1. In the Withings Health Mate app, go to **Devices**.
2. Tap your **Withings Steel**.
3. Tap **Set the time**.

Put your Withings Steel close enough to your mobile device. You may need to press the reset button located at the back using the tool provided with your Withings Steel if your device cannot detect it on its own. If it doesn't vibrate, try changing the angle of the tool when you push the reset button.

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



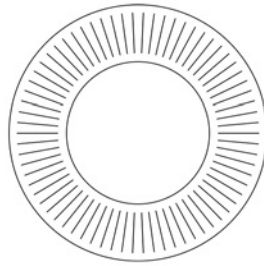
5. Slide your finger on the wheel displayed in the app until the hour hand reaches the 0 mark. Tap **Next**.



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

<

Align the motion hand to zero



Next

- Tap **Done**.

You're all set!

Enjoy your new Steel!



Done

Your Withings Steel 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**.

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

- In the Withings Health Mate app, go to **Devices**.
- Tap your **Withings Steel**.

3. Tap **Check for updates**.



4. Put your Withings Steel close enough to your mobile device.

If your Withings Steel is not up to date, the Withings 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 Steel uses in **Devices** > **Withings Steel**

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Legal Notice

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

This product is 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 Withings Health Mate app with an additional passcode and/or Touch ID. You can do so from the app by going to **Settings** in the app and activating **Touch ID and Passcode** (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 Withings 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 Steel away from any sharp or hard objects to prevent any scratches.
- Keep your Withings Steel and its accessories out of reach from children, as it contains small parts and may present a choking hazard.

Water Resistance

- Your Withings Steel 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 move the watch back cover 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).
- Opening the watch back case may damage the water resistance of the watch. This operation should always be done by a professional watchmaker to ensure the watch waterproof qualities.
- The aging of the materials may affect the water resistance of the watch. Water resistance cannot be permanently guaranteed.

Leather Wristband

- Avoid any contact with water or humidity to prevent any discoloration or deformation.
- Avoid long exposure to sunlight to prevent any discoloration.
- Avoid any contact with greasy substances and cosmetic products.
- Contact our customer service in case of any problem with the leather wristband.

Service and Maintenance

- Do not attempt to repair or modify your Withings Steel yourself. Service and maintenance not described in this User Guide should be performed by professional technicians.
- Exposure to high or low temperatures, or any over use of the double tap feature may shorten battery life.

Specifications

Withings Steel

- Two different colors: Black and White (Limited editions: Full Black, Rose Gold)
- Watch diameter: 36.3 mm diameter (1.4 in)
- Weight: 37 g (1.30 oz)
- Wristbands: Fits wrists up to 200 mm. (7.9 in.)
- Water resistant up to 50 m (165 ft)

Metrics and Features

- Steps
- Distance
- Calories
- Running
- Swimming
- Sleep
- Silent alarm

Battery

- Battery life of 8 months
- CR2025 cell battery

Sensors

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

Connectivity

- Bluetooth / Bluetooth Low Energy (Bluetooth Smart Ready)

Compatible Devices

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

Compatible OS

- iOS 8.0 and higher
- Android 5 and higher

Document Release Overview

Release date		Modifications
January 2015	v1.0	First release
October 2015	v2.0	Update of: “Service and Maintenance” on page 37 “Competing with my friends” on page 25 “Competing with my friends” on page 25 “Competing with my friends” on page 25 “Syncing your Data” on page 28 “Replacing the Battery” on page 31 “Updating the Firmware Version” on page 34
November 2016	v3.0	Update of the guide structure
November 2017	v4.0	Withings graphic chart

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

Withings Technologies (France) SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux (“Withings”) warrants the Withings branded hardware product (“Withings Steel”) 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 Steel will be uninterrupted or error-free. Withings is not responsible for damage arising from failure to follow instructions relating to the Withings Steel’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: XNAHWA02

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>