

ScanWatch

Hybrid Smartwatch - ECG, Heart Rate Sensor and Oximeter

Installation and Operating Instructions



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Important Notice

By using your ScanWatch, 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 ScanWatch,
- Upgrade the firmware.

For more details, refer to [“Specifications” on page 99](#).

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 ScanWatch,
- Retrieve data from your ScanWatch,
- Interact with your ScanWatch,
- Interact with people.

For more details, refer to [“Specifications” on page 99](#).

OS version

You need iOS 12 (or higher) or Android 8 (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 ScanWatch.

Health Mate app version

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

Description

Overview

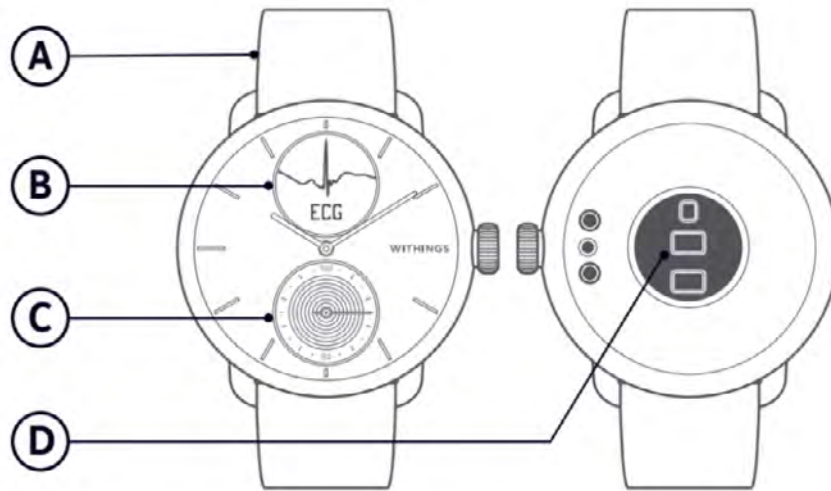
Discover ScanWatch, the newest hybrid smartwatch from Withings. Nested in a high-end watch, state-of-the-art medical technology has been carefully selected to create the most health-oriented watch ever offered to the public.

Developed with cardiologists, and clinically validated, this is the world's first hybrid smartwatch that can alert a user to a possible case of atrial fibrillation or breathing disturbances. ScanWatch also offers in-depth activity and sleep tracking, water resistance to 50m, and an exceptional battery life of up to 30 days before it needs to be charged.

Box contents

- ScanWatch
- Transport pouch
- Charging cable

Product description



(A) Wristband

(B) Display

(C) Activity Dial

(D) Heart rate and SpO2
sensor

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:

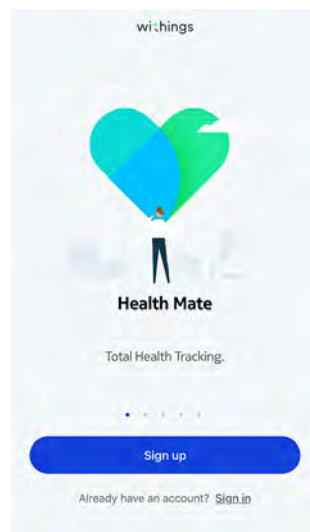
1. Type go.withings.com in your device's web browser.
2. Tap **Download** on the App Store or on the Play Store.
3. Tap **Get**.

The installation process starts.

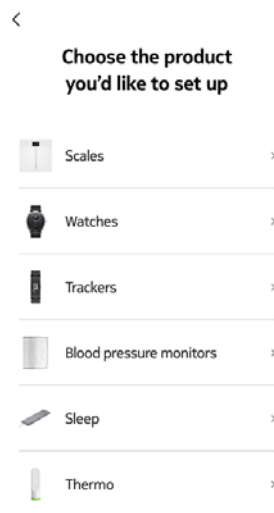
Installing my watch

To install ScanWatch, perform the following steps:

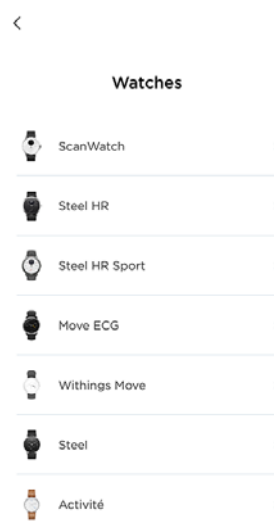
1. Open the Health Mate app.
2. Tap **Sign up**.



3. Tap **Watches**.



4. Tap **ScanWatch**.



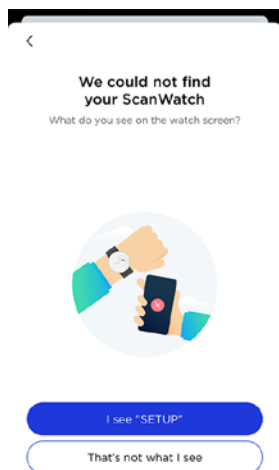
5. Tap **Install**.



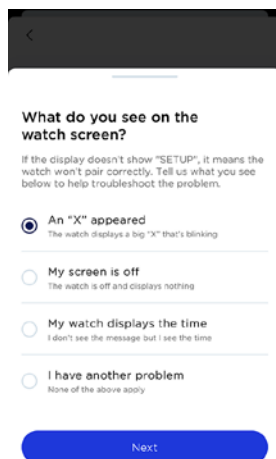
6. Press the side button of your ScanWatch. **Setup** should be displayed on the screen. Tap **Next**.



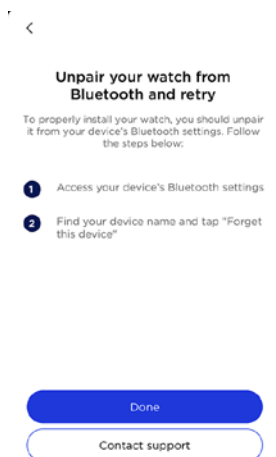
7. If your ScanWatch is not detected by the app, look at the screen. If the screen displays Setup, tap **I see SETUP** in the Health Mate app. The detection process will start again. If the screen displays something different, tap **That's not what I see**.



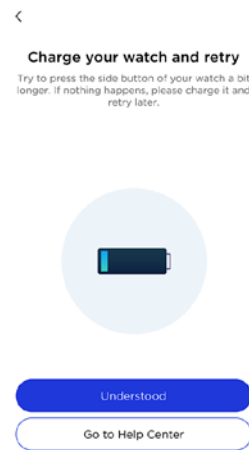
8. Select what you see on the screen of your ScanWatch and please follow the steps indicated on the screen of the Health Mate app.



9. If you select **An "X" appeared**, you will be asked to unpair your watch from your device's Bluetooth settings.



10. If you select **My screen is off**, you will be asked to charge the battery and retry.

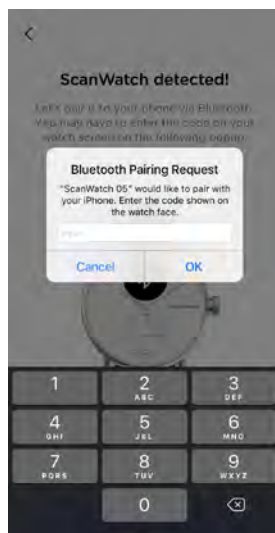


If you still encounter issues, please tap **Go to Help Center**.

11. If you selected **My watch display time**, you will be asked to perform a factory reset. To do so, please follow the steps indicated on the screen of the Health Mate app.
12. If you selected **I have another problem**, you will be redirected to the Help Center.
13. If your watch still cannot be found via Bluetooth, tap **Try again**. Make sure that your ScanWatch is placed close enough to your mobile device.
14. Remove your watch from the Bluetooth settings of phone. Please follow the steps indicated on the screen of the Health Mate app..
15. ScanWatch is now detected. Tap **Next** to pair it with your Health Mate app.



16. Enter the code displayed on the screen of your watch. Tap **Pair**.



17. Please wait during the update of the watch.

18. If you're new to Health Mate, enter your email address, password, and then confirm your password. Tap **Next**.

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

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

21. Look at the hands of your ScanWatch to see if they are properly positioned. Minutes and hour hands should be positioned at noon, while the activity dial one should be positioned to 100%. Tap **Yes** or **No**.



22. If you chose **No**, set the hour hand to twelve by twisting the dial.



23. Set the minute hand to twelve by twisting the dial.

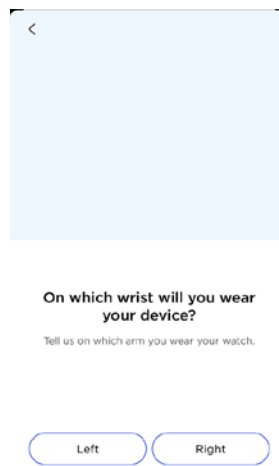


24. Set the activity dial to 100% by twisting the dial.

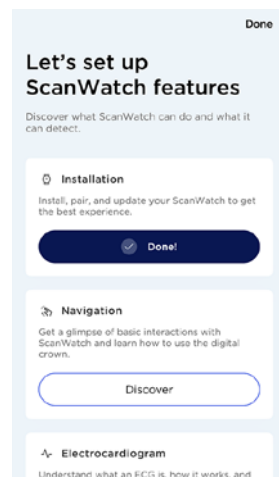


25. ScanWatch displays now the correct time.

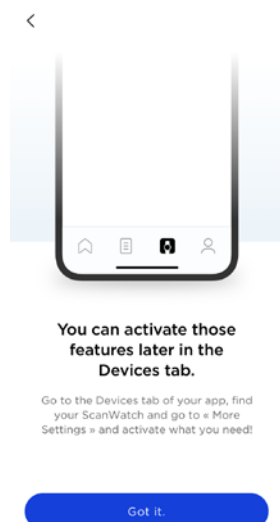
26. Select on which arm you would like to wear your ScanWatch.



27. Scroll to discover the different features of ScanWatch. Get started with the tutorials now or later, as you wish. If you want to go back to them later, tap **Done**.



28. Note that these features can be activated later by going to the **Devices** tab of the Health Mate app.

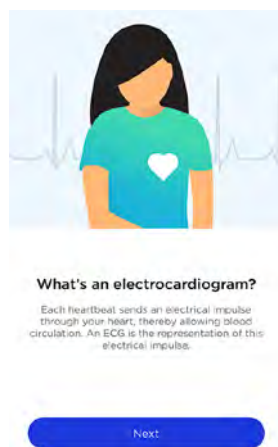


29. The tutorials are available at all times in the Devices tab of the Health Mate app.

30. Follow the **Navigation** tutorial to know how to use the side button of the watch.

31. Follow the **Electrocardiogram** tutorial to learn how to record an ECG. Tap **Activate**.

32. Tap **Next**.



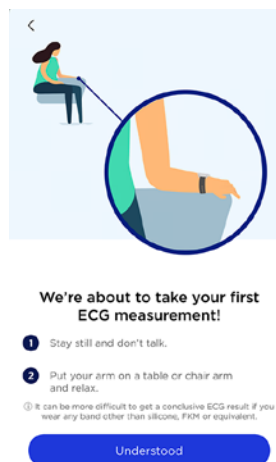
33. Tap **Next**.

34. Please read carefully the information provided. Tap **Next**.

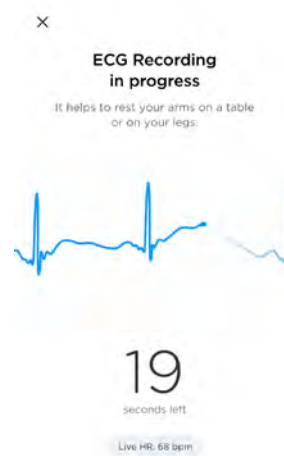
35. Review the document and tap **Accept & Activate**.



36. Tap **Understood**

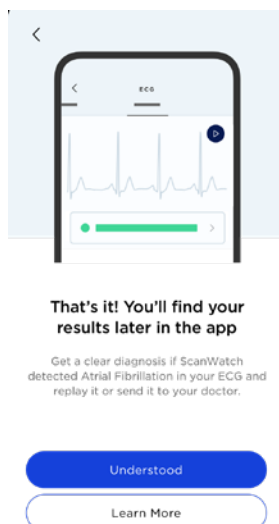


37. Follow the indications on the video to take your first ECG recording. Navigate through the different screens by pressing and rotating the side button of the watch. After pressing briefly the button to start the ECG recording, position your fingers on the metallic ring (as shown in the video).

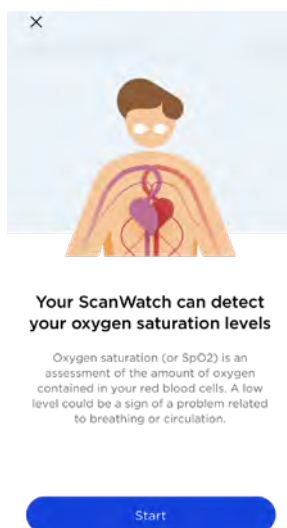


38.If an error occurred, tap **Try again**.

39.Tap **Understood** at the end of the recording.



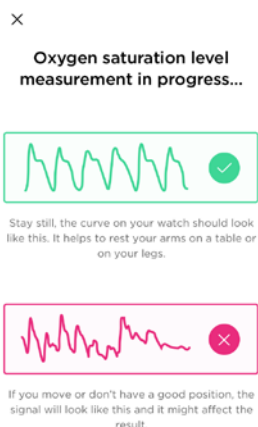
40. Tap **Activate** to discover the oxygen saturation feature (SpO2). Tap **Start**.



41. Tap **Understood**.

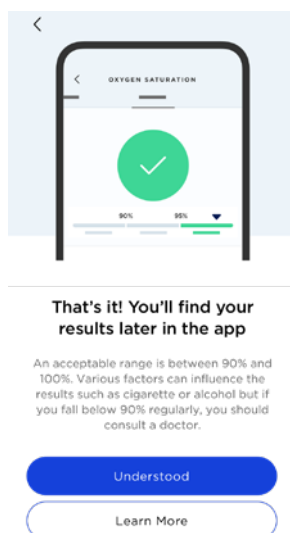
42.Review the document and tap **Accept & Activate**.

43. Follow the indications on the video to take your first SpO2 measurement. Navigate through the different screens by pressing and rotating the side button of the watch. After pressing briefly the button to start the SpO2 recording, position your fingers on the metallic ring (as shown in the video).

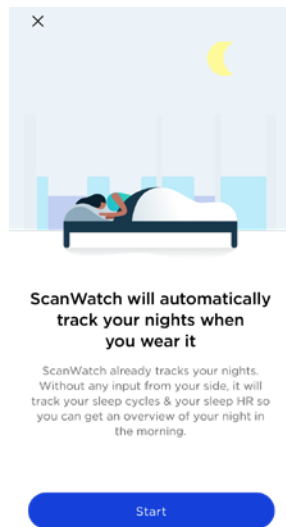


44. If an error occurred, tap **Try again**.

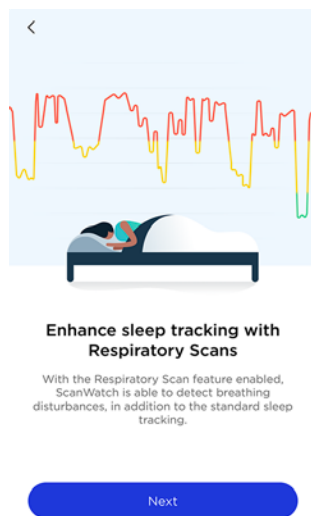
45. Tap **Understood** at the end of the measurement.



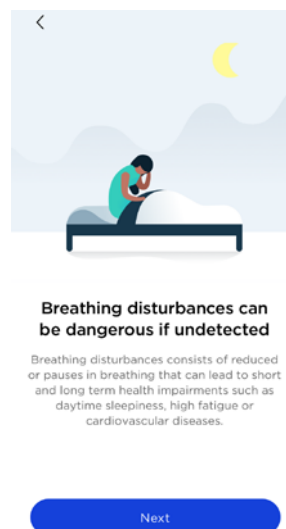
46. Tap **Activate** to launch the Respiratory Scan tutorial. Tap **Start**.



47. Tap **Next**.

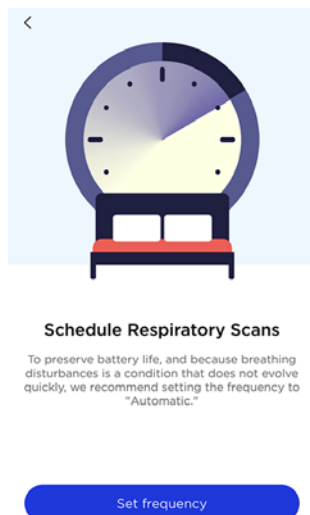


48. Tap **Next**.

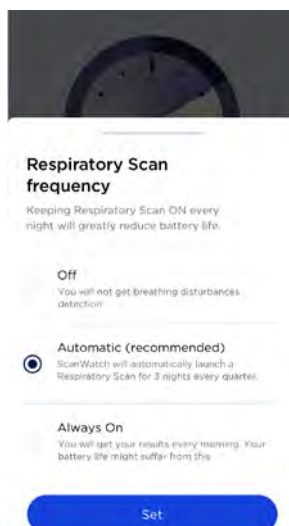


49. Review the document and tap **Accept & Activate**.

50. Tap **Set frequency**.



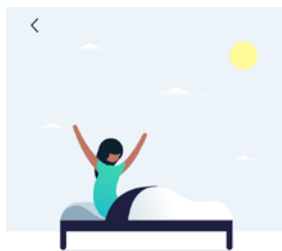
51. Select your Respiratory scan frequency. It is recommended to set **Automatic** as **Always On** will reduce the battery life of your watch. Tap **Confirm**.



52. Tap **Next**.



53. Tap **Understood**.

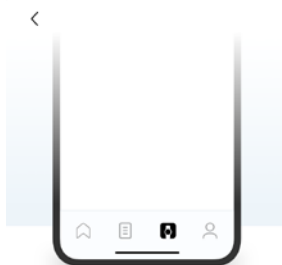


Done! Wear your ScanWatch to get Sleep Apnea data in the morning.

We'll track everything automatically, and sync it to Health Mate once you get out of bed in the morning.

Understood

54. Tap **Got it**.

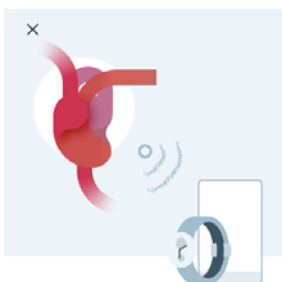


You can activate Respiratory Scans later in the Devices tab.

Go to the Devices tab of your app, find your ScanWatch and go to « More Settings » and activate what you need!

Got it.

55. Tap **Activate** to launch the tutorial and then tap **Start** to discover the Atrial Fibrillation (AFib) or irregular heartbeat detection feature.



ScanWatch can monitor Signs of Atrial Fibrillation

Your device looks for irregular patterns in your heart rhythm in the background every 10min.

Start

56. Tap **Next**.

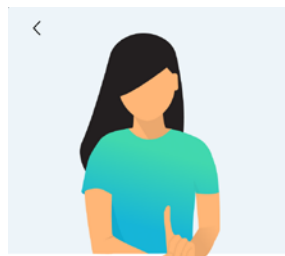


**Irregular Heart Beats Episodes
are often suggestive of Atrial
Fibrillation**

Atrial Fibrillation occurs when the heart starts moving chaotically instead of pumping regularly. It can lead to serious complications if left untreated.

Next

57. Tap **Next**.

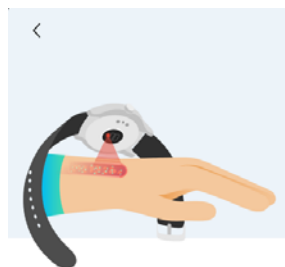


**ScanWatch cannot detect
heart attacks & strokes.**

If you are feeling unwell or believe you're having a heart attack, call your doctor or emergency services.

Next

58. Tap **Next**.



**Get checked automatically,
every 10mn**

Once the feature is activated, an Irregular Heart Beat scan is launched every 10mn without any input from your side.

Next

59. Tap **Next**.

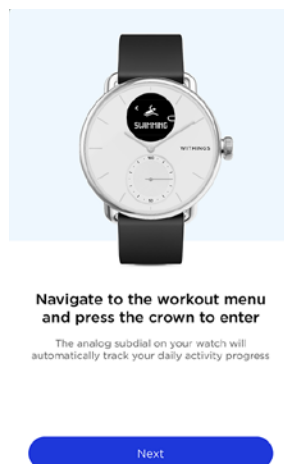


60. Tap **Accept & Activate**.



Note: By activating this feature, ScanWatch will be able to notify you when AFib and high/low heart rate episodes will be detected.

61. Tap **Discover** to launch the GPS workout tutorial. Tap **Next**.



62. Get to know how to use the crown to launch the GPS workout. Tap **Next**.



Navigate to the workout menu
and press the crown to enter

The analog subdial on your watch will
automatically track your daily activity progress

Next

63. Tap **Next**.

64. Tap **Next**.

65. Allow location access for Health Mate app on your device. Tap **Done**.

66. If you do not enable location, note that you won't be able to track your workouts and use the GPS tracking feature.

67. Tap **Discover** to launch the Notifications tutorial.

68. Tap **Enable**. If you tap **Skip** know that you can still enable notifications later on, in the **Devices** tab.



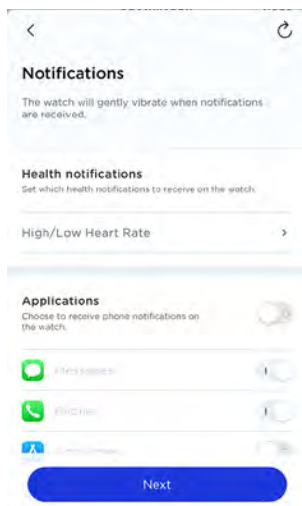
Stay Connected

You can set your watch to vibrate for incoming
calls, texts, and events.
Just hit enable!

Skip

Enable

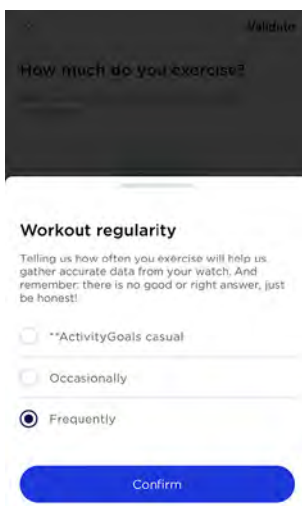
69. Enable Health notifications and Applications.



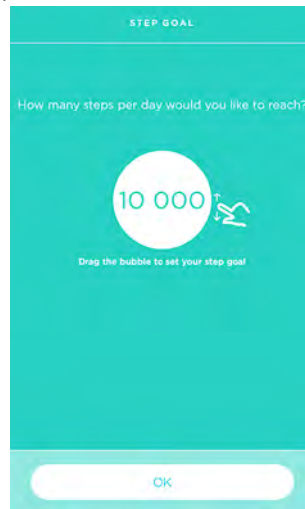
70. Tap **Discover** to launch the Activity Goals tutorial. Tap **Next**.



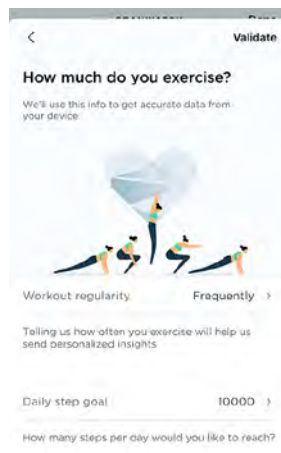
71. Select your Workout regularity and tap **Confirm**.



72. Select your Step goal and tap **OK**.



73. Tap **Validate**.



74. ScanWatch is now ready. You are redirected to the **Devices** tab of the Health Mate app.

Setting the time

ScanWatch 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 ScanWatch, 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 ScanWatch with your device will be enough to update to the correct time. Refer to [“Calibrating the hands” on page 89](#) for more information.

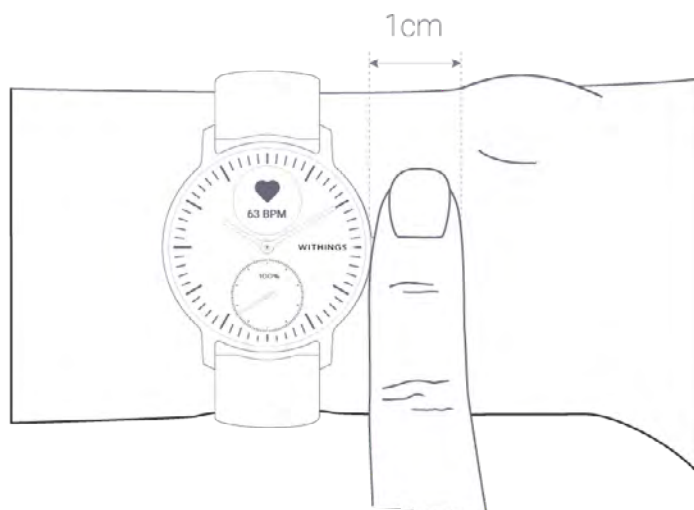
Using the side button of my watch

ScanWatch has a side button to control the different screens of your watch:

- Press the button to wake up your watch and turn the button to scroll through the different screens.
- Press the button to select a screen.
- Press and hold the button to stop a workout, the timer and the stopwatch.

Wearing my watch

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

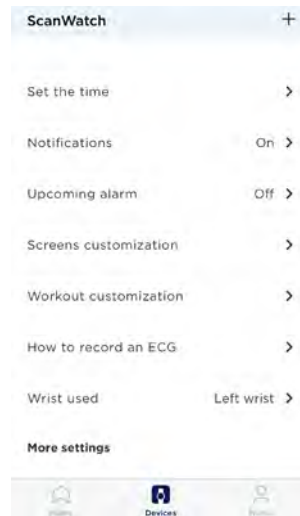


Customizing the settings of my watch

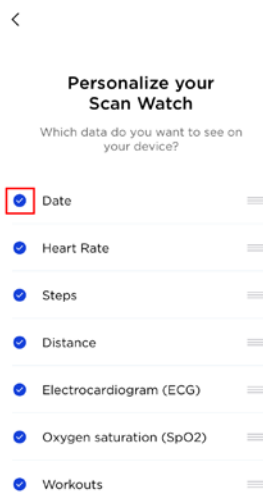
Changing the screens order

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

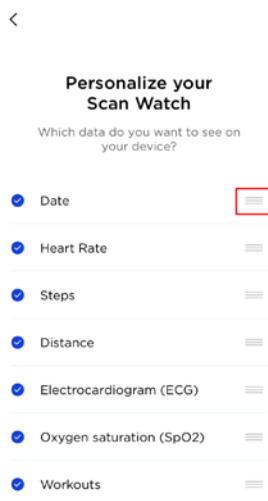
1. Open the Health Mate app.
2. Go to **Devices**.
3. Scroll to your ScanWatch.
4. Tap **Screens customization**.



5. Select the screens you want to display:
 - Tap the blue circles on the left to hide a screen.
 - Tap the empty circles on the left to display a screen.



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

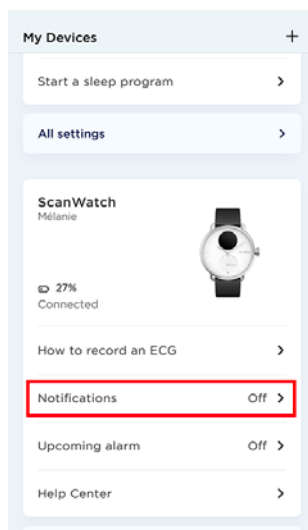


7. Tap the **Back** button to confirm.

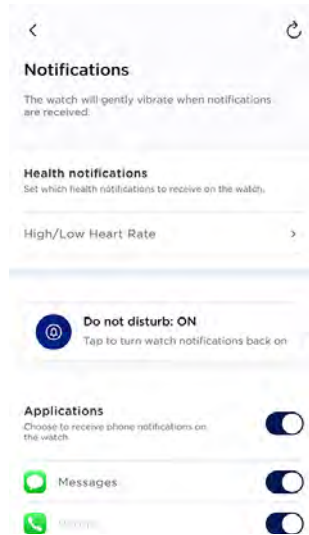
Enabling notifications

If you want to get notified on your ScanWatch when you have an incoming call, a text message, or when you receive an email and a calendar event, you can enable the **Notifications** option.

1. Open the Health Mate app.
2. Go to **Devices** > **ScanWatch**.
3. Tap **Notifications**.



4. Tap **Enable notifications** and **Applications**, then select the notifications you want to enable.



5. Tap the back button in the top left corner to confirm.

Third-party apps

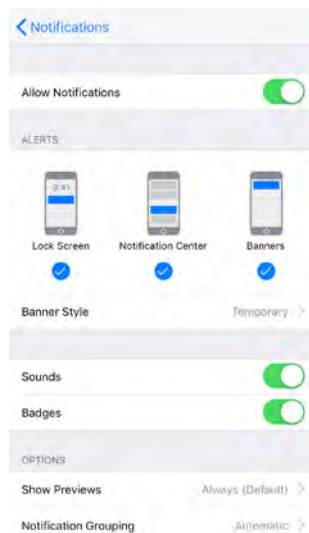
You can activate third-party apps notifications on your ScanWatch. To do so, go the **Devices > ScanWatch > Notifications**. Select **Enable Notifications** and **Applications**. Then, select the apps from which you want to receive notifications on your ScanWatch.

Make sure that the Health Mate app is open in background on your phone and that notifications are enabled on your phone settings.

Note for iOS users:

- You need to have the Health Mate app open in background and receive one notification before being able to receive all notifications from some third-party apps on your ScanWatch.
- Make sure that notifications are activated on your phone: **Allow Notifications** and **Show in History** (iOS 11 or older versions) or **Notification Center** (starting

iOS 12) should be enabled to receive notifications on your watch.

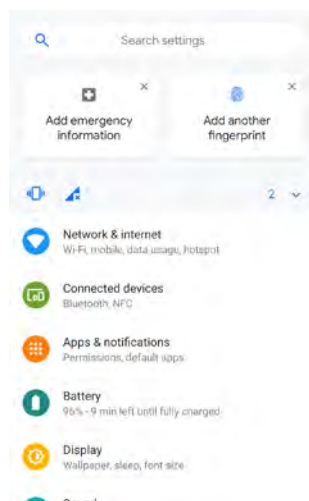


- **iOS 13 only** - If you are not receiving notifications from a specific app, please go to **Settings > Notifications** and select the app. There is a **Show Previews** field below the “Options” section. If the parameter is set to **Never**, you won’t be able to receive notifications from the app in the watch. If **When unlocked** is selected, the notifications will be received even if the phone has a black screen.
- Check the list of third-party apps available in the Health Mate app, and activate the app from which you want to receive notifications.

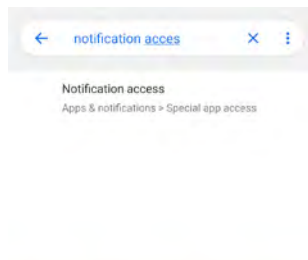
Note for Android users:

Make sure that the Health Mate app is activated in the Notification access screen on your phone. To do so, perform the following steps:

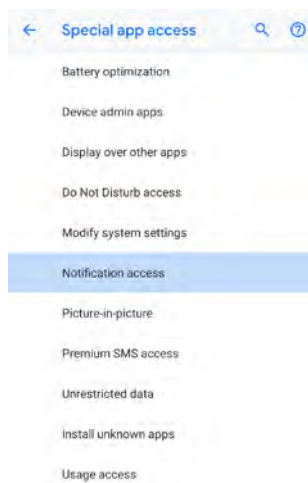
1. Go to **Parameters**.



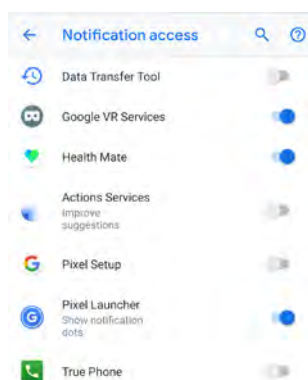
2. Tap **Notification access** in the search bar and select it.



3. Under 'Special app access', tap **Notification access** again.



4. Enable **Notification access** for Health Mate.



Make sure that “Do not disturb” and/or “silent” mode are not activated on your phone. If they are activated, you may not be able to receive notifications.

Important note - Do not disturb mode:

You can choose to activate/deactivate notifications directly on your ScanWatch. To do so, press the side button and scroll to the **Settings** menu. Press the button to select the **Settings** menu and scroll to the **Do not disturb** screen. Press the button so that **OFF** is displayed on the screen. The notifications have been activated.

If you deactivated the notifications screen on your ScanWatch, you won't receive notifications anymore on your watch. However, all third-party apps will still be activated in the Health Mate app.

If you want to reactivate notifications, press the button again so that **ON** is displayed on the screen.

Note that high/low heart rate and irregular heartbeat notifications won't be deactivated if the Do not disturb mode is on.

Activating the Do not disturb mode

You can choose to deactivate notifications directly on your ScanWatch. To do so, press the side button and scroll to the **Settings** menu. Press the button to select the **Settings** menu and scroll to the **Do not disturb** screen. Press the button so that **OFF** is displayed on the screen. The notifications have been deactivated.

If you deactivated the notifications screen on your ScanWatch, you won't receive notifications anymore on your watch. However, all third-party apps will still be activated in the Health Mate app.

If you want to reactivate notifications, press the button again so that **ON** is displayed on the screen.

Note that high/low heart rate and irregular heartbeat notifications won't be deactivated if the Do not disturb mode is on.

Activating the Shortcut

The Shortcut is a time-saving feature that creates a shortcut to the measure of your choice. You can launch a workout, or record your ECG in one easy step.

The Shortcut can be activated or deactivated in your Health Mate app. To do so, go to the **Devices** tab and tap **All settings**. Tap **Long-press shortcut** and then enable the long-press shortcut. Now pick the feature you want to launch with the long-press.

Once activated, simply press and hold the side button of the watch to start the selected measurement at any time.

Activating the Quicklook

The Quicklook feature allows you to light up the screen of your ScanWatch without pressing the crown. To do so, simply raise your wrist and turn it towards you.

The Quicklook feature can be activated or deactivated in the **Settings** menu of your ScanWatch. To do so, press the side button and scroll to the **Settings** menu. Press the button to select the **Settings** menu and scroll to the Quicklook.

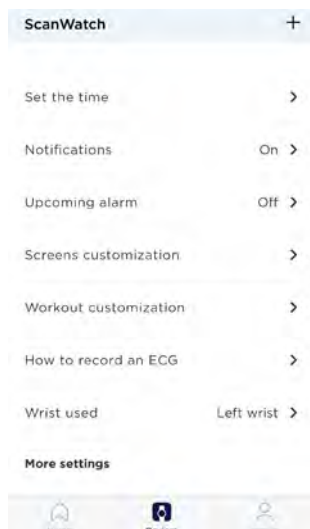
The Quicklook feature can also be activated or deactivated in the **Health Mate app**. To do so, go on with the following steps: Open your Health Mate app and tab **Devices**. Tap **All settings**. Enable Quicklook in Display Options.

Note: If the watch detects that you're asleep, the Quicklook is automatically deactivated. It will reactivate shortly after you wake up.

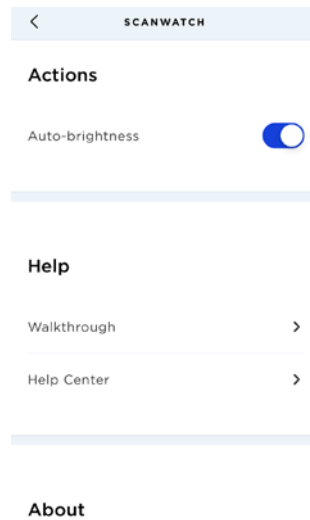
Setting the display brightness

You have the possibility to set manually or automatically the display brightness of your ScanWatch. To do so, perform the following steps:

1. Open the Health Mate app.
2. Go to **Devices**.
3. Scroll to your ScanWatch.
4. Select **More Settings**.



5. Select **Auto-brightness**.



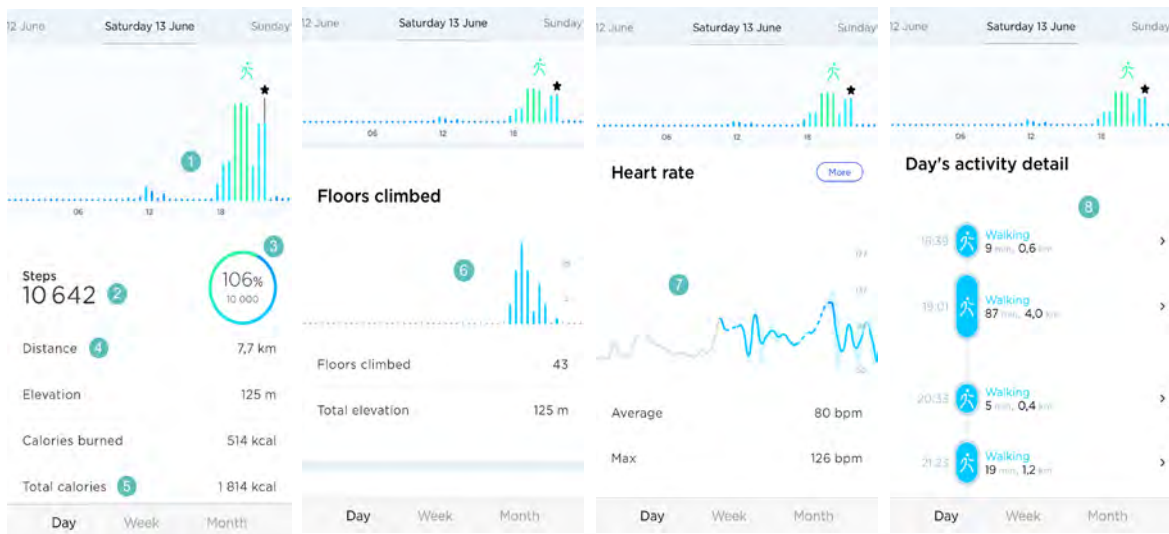
The display brightness of your ScanWatch will vary automatically depending on the outside light.

6. If you don't want to select the Auto-brightness mode, move the slider to set manually the display brightness of your ScanWatch.

Tracking my activity

Your ScanWatch 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 ScanWatch, it will do the rest.

The integrated accelerometer allows your ScanWatch 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).



(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) Visual representation of the number of floors climbed: each bar corresponds to a 30-minute period
(7) Heart rate graph
(8) Day's activity detail

*Note that active calories are the calories burned from exercise (such as walking) and total calories are the sum of the active calories and your BMR (Basal Metabolic Rate - an estimate of the amount of calories needed at rest so that the body can function).

Activity detection

Your ScanWatch is able to detect the following activities:

- Walking
- Indoor Walking

- Running
- Indoor Running
- Hiking
- Cycling
- Indoor Cycling
- Swimming
- Fitness
- Surfing
- Kitesurfing
- Windsurfing
- Tennis
- Ping Pong
- Squash
- Badminton
- Weights
- Elliptical
- Pilates
- Basketball
- Soccer
- Football
- Rugby
- Volleyball
- Golf
- Yoga
- Dancing
- Boxing
- Skiing
- Snowboarding
- Rowing
- Zumba
- Baseball
- Handball
- Hockey
- Ice Hockey
- Climbing
- Ice Skating
- Equestrian

You can choose to display 5 of these activities for quick access when you start a workout on your watch. Refer to [“Frequently asked questions about Workout mode” on page 78](#) for more information.

Important:

Your ScanWatch can **automatically** detect the following activities:

- Walking
- Running
- Tennis

- Table Tennis
- Squash
- Badminton
- Weights
- Basketball
- Soccer
- Volleyball
- Dance
- Boxing

Tracking my elevation

Stairs climbed are tracked via an altimeter. The altimeter measures changes in atmospheric pressure (which changes as you gain or lose elevation) to track your elevation. In order for ScanWatch to measure elevation, you must both walk forward and up. Climbing a ladder or using an elevator, for instance, will not result in elevation being tracked, while walking up a hill, will.



Note:

- 3 meters is equivalent to 1 floor.
- Since atmospheric pressure is used to measure elevation, when using stationary equipment such as a treadmill or a stair-climbing machine, elevation will not be measured as there is no change in atmospheric pressure.

Important information concerning elevation issues:

- The altimeter sensor is a hole next to the side button of the watch. Inserting an object into the sensor can damage it.
- If there is water into the hole, the altimeter can be disrupted.
- The altimeter only activates if steps are detected. An interruption of these steps can cause a slight difference of floors climbed.

Checking my progress

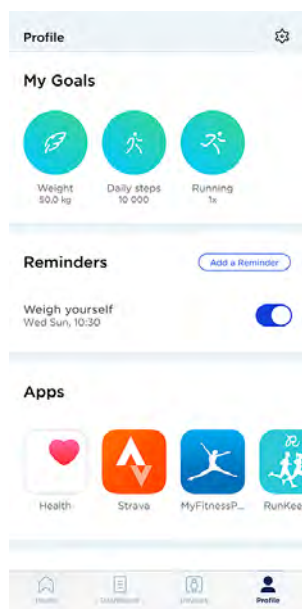
In order to check your progress in terms of number of steps, all you have to do is have a look at the activity hand. Depending on its position, you can tell what percentage of your daily step goal you have achieved. Once you reach the 100% mark, your watch vibrates and the cycle starts all over again,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



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



5. Tap **OK**.

6. Sync your ScanWatch by opening the Health Mate app and refreshing your **Home** screen by sliding your finger from top to bottom.

Tracking my swimming sessions

All you have to do is wear your ScanWatch while swimming. It will automatically detect that you're swimming and track your swim without any action required on your part.

A few requisites:

- You have to swim continuously for longer than 10 minutes.
- Only swimming activity is tracked. Other exercises performed in the pool, such as water aerobics, are not tracked.
- You have to be regular in your movements. For example, your swimming can be impacted if the pool is too crowded, which could, in turn, impact your results.

To accommodate most users, our algorithm works best with breaststroke and crawl. Also, swim detection has been calibrated in 25 meters and 50 meter-wide pools. As such, your swim data may not be accurate if you swim in a smaller pool.

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. Calories are computed based on the duration of your swimming session, on your personal data, and on the intensity of movement.

Using the stopwatch and timer

ScanWatch features a stopwatch and a timer: they can both be activated in the **Clock** menu of your ScanWatch.

To do so, press the side button and scroll to the **Clock** menu. Select the **Clock** menu and scroll to the stopwatch or timer. Then press and hold the button to stop the measurement.

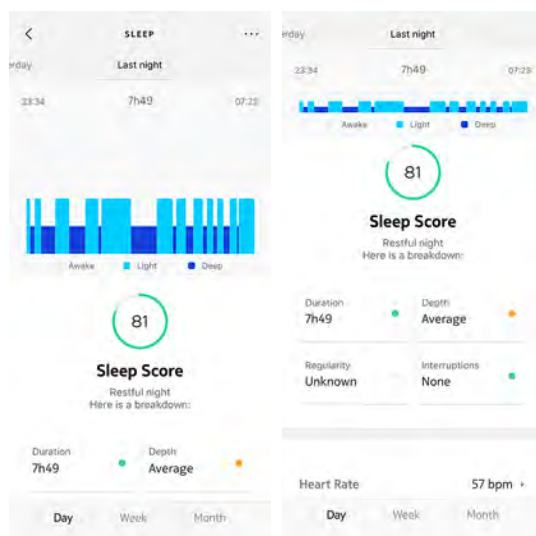
Tracking my sleep

Your ScanWatch 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 ScanWatch to sleep.

Retrieving my sleep data

You can retrieve the sleep data collected by your ScanWatch in your **Home** screen or in the **Dashboard** view of 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.

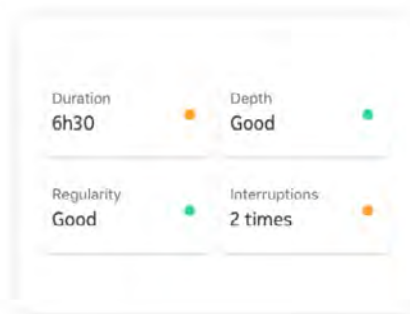
Important note: We have chosen to disable the detection of naps to focus on an improved tracking of your nights. As the sleep function requires at least three hours of sleep in order to track data, sleep periods of less than three hours are not currently tracked.

What is the Sleep score?

The Sleep score is a very simple and intuitive way to understand how well you slept. It measures every night's sleep and provides a score out of 100 points based on 4 key inputs:

- **Duration** (total time spent sleeping)
- **Depth** (part of night spent in restorative phases, deep sleep)
- **Regularity** (consistency between your bed- and rise-times)
- **Interruptions** (time spent awake)

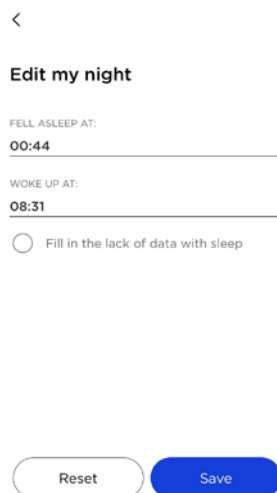
Sleep duration and depth are the most important factors for raising sleep score. The key factors in the sleep score are sleep regularity and sleep hygiene. An improvement in these hygiene measures will improve the overall sleep experience.



Editing my sleep data

You have the possibility to edit the sleep data tracked by your ScanWatch in the Health Mate app. To do so, perform the following steps:

1. Open the Health Mate app.
2. Select a sleep item.
3. Tap on the **three dots** at the top right of the screen.
4. Select **Edit my night**.
5. Tap on **Fell asleep at** and/or **Woke up at** to update your sleep data.



6. Tap **Save** to confirm.

What is the Respiratory Scan?

The Respiratory Scan will measure your heart rate, respiratory rate and oxygen saturation level throughout the night to provide complete maps of your sleep.

During sleep, it is possible to experience trouble breathing and you may not remember it in the morning. Oxygen saturation level drops can be a sign of these breathing disturbances. When the brain senses that oxygen levels are getting too low, it triggers a safety alarm signal, waking you up to take a breath. After falling back to sleep, this can occur repeatedly during the night, which doesn't allow the body to recover properly.

ScanWatch embeds sensors to scan your night. It uses its PPG (photoplethysmography) sensor to measure your heart rate and heart rhythm, your breathing rate and respiratory effort, and your oxygen saturation (SpO2) continuously. It also uses an accelerometer to monitor your actigraphy (rest and activity cycles). Consequently, ScanWatch can detect **breathing disturbances** episodes during your sleep.

When activating the Respiratory Scan, you will be able to choose between three types of experience:

- **Off:** No Respiratory Scan will be launched.
- **Automatic:** Based on the results of the first night, ScanWatch will repeat the recording when necessary. It will notify you the day before and ask if you want to reschedule later. This frequency is recommended by doctors to get the best results from this feature. Note that the battery should be above 10% to launch the series of measurements.
- **Always on:** A Respiratory Scan will be completed every night, and you will get the results every morning. Your battery life might suffer from this mode.



Understanding the Automatic measurement frequency

Based on your first Respiratory Scan result, the feature will implement a batch of scans. The batch consists in one to three Respiratory Scans in a row. The first scan of the batch is by default scheduled for the next sleep. You can postpone it if you want to.

Each scan of the batch will occur on a specific time according to the results of the previous scan:

- **Low breathing disturbance:** the batch ends
- **Medium breathing disturbance:** the batch continues for the next sleep
- **High breathing disturbance:** the batch continues for the two next sleeps

The next batch will occur according to the most severe scan result of the previous batch:

- **Low breathing disturbance:** the next batch will occur in three months
- **Medium breathing disturbance:** the next batch will occur in three months
- **High breathing disturbance:** the next batch will occur in one month

Note: if the Respiratory Scan cannot be performed or completed, another one will be automatically scheduled for the next week. You will be reminded of the process with a notification.

Understanding my results

ScanWatch provides three categories to grade the severity of breathing disturbances:

- 0 to 30 - Few : A few breathing disturbances were detected on the last tracked night.
- 30 to 60 - Moderate : A moderate amount of breathing disturbances were detected on the last tracked night.
- 60 to 100 - High : A high volume of breathing disturbances were detected on the last tracked night.

Medical advice should be sought if you experience moderate or severe breathing disturbances, or if you experience symptoms and have concerns.

Sharing my results

You can find each night scan record and history in the Health Mate app and you can easily share it as a PDF with a doctor or a healthcare professional. This can help you assist with early diagnosis and prevention in case of breathing disturbance detection.

Notes:

- The Respiratory Scan functionality will impact the battery life of the watch.
- When the Respiratory Scan is activated, a moon icon appears under the time on the screen of the watch.

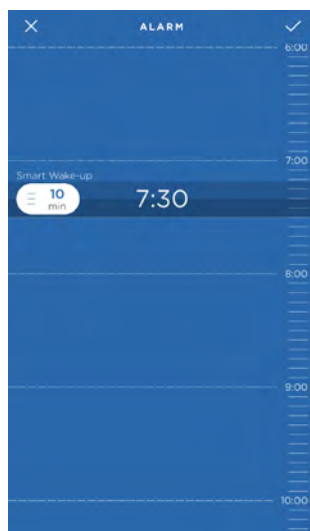
- ScanWatch is not intended to diagnose apneic episodes or assist with a diagnosis. Please seek medical advice if you need a personal sleep apnea diagnosis.

Setting an alarm

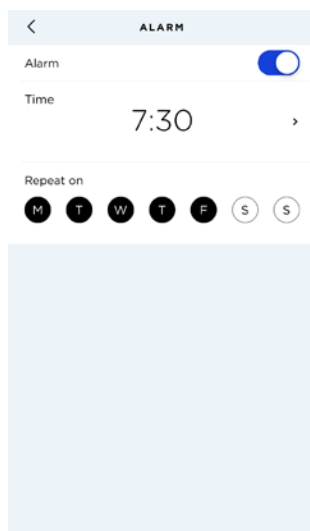
Enabling the alarm

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 **ScanWatch > Upcoming alarm**.
4. Place ScanWatch 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 the check icon.
8. Tap **Repeat on** if you want to select on which days the alarm should be triggered.

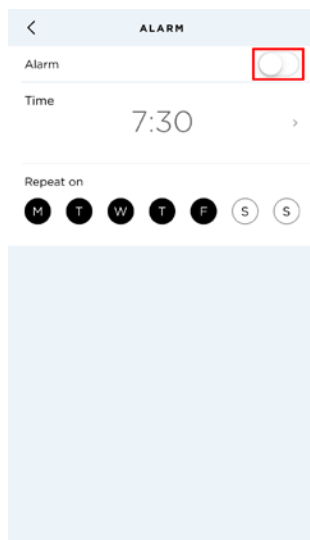


9. Tap the back button to confirm.

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

Disabling the alarm

1. Open the Health Mate app.
2. Go to **Devices**.
3. Tap **ScanWatch > Upcoming alarm**.
4. Place ScanWatch 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.

Snooze feature

When your ScanWatch vibrates, simply long-press the button to postpone the alarm for 10 minutes.

Stopping the alarm

You can stop the alarm by pressing the button of your ScanWatch. It will stop right away instead of vibrating 12 times before stopping on its own.

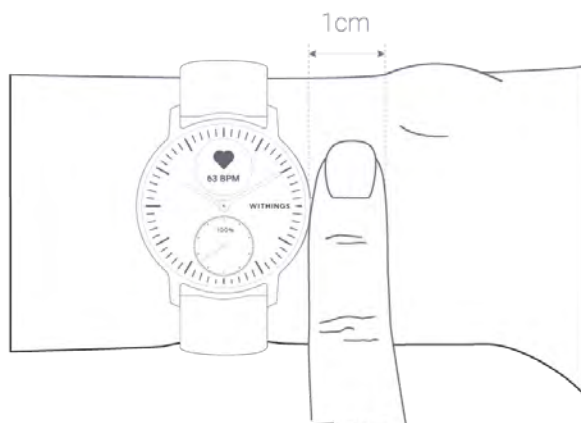
Tracking my heart rate

Your ScanWatch can help you track your heart rate. By default, it takes a heart rate measurement every ten minutes, allowing you to see how your heart rate fluctuates during the day. Note that your heart rate data is regularly sent to the Health Mate app.

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

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

Note that you can position your ScanWatch on the lower part of your wrist. However, we cannot guarantee the accuracy of the heart rate data, because the product is not aimed to be positioned on the lower part of your wrist.



Launching the continuous heart rate mode

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

1. Press the side button of your ScanWatch.
2. Scroll to the **Workout** screen and press the button to select it.
3. Scroll to select the activity of your choice (the continuous heart rate mode is activated at the same time).
4. Press and hold the button when you want to pause or to stop your workout session and the continuous heart rate mode.

To view your continuous heart rate measurement graph, open the Health Mate app and tap directly on the activity for which you activated the continuous mode.

Note: The continuous heart rate mode will be activated automatically after 2 minutes of running. It will stop automatically when the running session is over.

Frequently asked questions about heart rate measurement

What is the proactive heart scanning feature?

Since AFib symptoms are irregular or may not even be known to users, ScanWatch offers a new early-warning detection capability. Through its embedded PPG sensor, the device has the ability to continuously monitor heart rate, which allows it to alert users to a potential issue even if they don't feel palpitations. When ScanWatch detects an irregular heartbeat through its heart rate sensor, it will prompt the user, via the watch display, to take an ECG reading.

When does ScanWatch measure your heart rate?

When you use the Workout Mode, ScanWatch measures your heart rate continuously during the workout. In addition, ScanWatch measures your heart rate throughout the day when you're motionless, and periodically when you're walking. Since ScanWatch takes these background readings based on your activity, the time between these measurements will vary.

How does ScanWatch measure your heart rate?

The optical heart sensor in ScanWatch uses what is known as photoplethysmography (PPG). This technology is based on a very simple fact: Blood is red because it reflects red light and absorbs green light. ScanWatch uses green LED paired with light-sensitive photodiodes to detect the amount of blood flowing through your wrist at any given moment. When your heart beats, the blood flow in your wrist — and the green light absorption — is greater. Between beats, it's less. By flashing its LED lights thousands of times per minute, ScanWatch can calculate the number of times the heart beats each minute — your heart rate. The optical heart sensor supports a range of 30–210 beats per minute. In addition, the optical heart sensor is designed to compensate for low signal levels by increasing both LED brightness and sampling rate.

ScanWatch uses green LED lights to measure your heart rate during workouts.

ScanWatch also measures your heart rate when manually recording an electrocardiogram (ECG). It has built-in electrodes in the bezel (the upper ring) and the back, which can measure the electrical signals across your heart when used with the ECG recording. When you place your finger on the bezel, it creates a closed circuit between your heart and both arms, capturing the electrical impulses across your chest.

To use the electrical heart sensor to measure your heart rate, select the ECG mode on the watch and place your finger on the bezel.

Important:

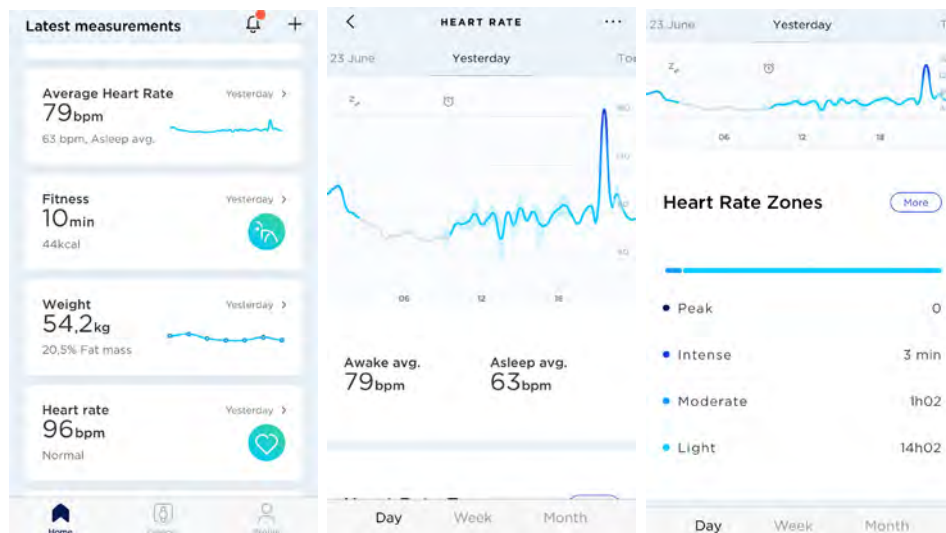
- ScanWatch cannot detect heart attacks. If you ever experience chest pain, pressure, tightness, or what you think is a heart attack, call emergency services immediately.
- ScanWatch does not constantly look for AFib. This means ScanWatch cannot detect all instances of AFib, and people with AFib may not get a notification.
- If you're not feeling well, you should talk to your doctor even if you don't get a notification. Symptoms such as a rapid, pounding, or fluttering heartbeat, dizziness, or fainting, can indicate a serious condition.
- Do not change your medication without talking to your doctor.
- In some instances, the notification may indicate the presence of an irregular heart rhythm other than AFib.

Viewing my heart rate data

You can see your latest heart rate measurement directly from your ScanWatch. To do so, simply press the side button of the watch and rotate it to go through the different screens until the Heart rate screen is displayed. Note that going to the heart rate screen will trigger a new heart rate measurement.

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

If you wear your ScanWatch every day, you will receive an average heart rate item in your Home screen. This heart rate item shows your heart rate average and your different heart rate zones during the day.



If you notice that your heart rate graph line is dotted and not solid, please make sure that you wear your ScanWatch properly (the dotted lines on the chart indicate gaps in heart rate measurement). Refer to [“Tracking my heart rate” on page 52](#) for more information.

Note: If you launched the continuous heart rate mode, open the Health Mate app and tap directly on the activity for which you activated this mode to view your continuous heart rate graph.

Tracking my electrocardiogram (ECG)

Frequently asked questions about electrocardiogram (ECG)

How does ScanWatch provide an electrocardiogram?

ScanWatch includes three electrodes to ensure measurement accuracy. Two electrodes are discreetly integrated inside the main body of the watch, and the third electrode is in the stainless steel upper ring (the bezel) of the watch. Users simply need to touch both sides of the bezel to start recording ECG anytime and anywhere.

Is it a medically-approved measurement?

We led several clinical studies to compare ScanWatch measurements with the gold standard and assess its medical accuracy. ScanWatch has received CE medical certification in Europe and is expected to receive FDA approval in the United States pending the results of these clinical studies.

What is the benefit of having an ECG on the wrist?

AFib is believed to be responsible for about 30% of strokes, and 90% of these events could be avoided if AFib is detected at an early stage. AFib is often underdiagnosed because explicit atrial fibrillation episodes don't necessarily occur during doctor's visits. When a user feels symptoms such as palpitations, he can place his hand on his watch, and in 30 seconds, ScanWatch will record an electrocardiogram by detecting the electrical signals of the heart.

How can I see the results?

When users experience symptoms, or if they are alerted to an abnormal heart rate, they can easily take an ECG, in just 30 seconds. During the measurement, users can see the live electrocardiogram displayed on the watch screen or in the accompanying Health Mate app. Once the reading is complete, the results can be viewed both directly on the watch screen and in the app. A history of all recordings, their associated classifications, and any noted comments or symptoms are stored in the app. All data collected can easily be shared with a doctor or healthcare professional.

How can I share my results or act on them?

Data collected by ScanWatch and visualized in Health Mate can easily be shared with a doctor or healthcare professional, which can help assist with an early diagnosis. Early diagnosis could help to prevent more serious complications.

Can ScanWatch record my QT interval?

ScanWatch is soon-to-be FDA cleared and regulated to detect and display only the following: beats per minute, normal sinus rhythms and atrial fibrillation. When you record an electrocardiogram, QRS, PR, QT and QTc durations appear on the ECG pdf report that you can share.

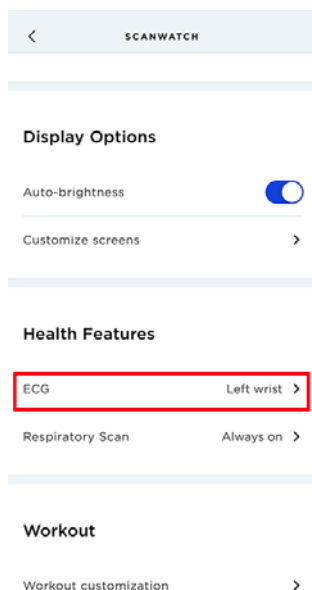
Can ScanWatch detect arrhythmias other than AFib?

ScanWatch, which is soon to be cleared by the FDA, has algorithms that can provide the following ECG results: normal, atrial fibrillation, low heart rate or high heart rate. As a medical device, ScanWatch will not be cleared to detect or communicate any other results, rhythms, or arrhythmias. However, the watch records a single-lead ECG. Therefore, any arrhythmia that appears on this type of ECG is likely to appear on the ECG recorded by your watch. You may present this recording to a specialist for diagnosis.

Recording my electrocardiogram (ECG)

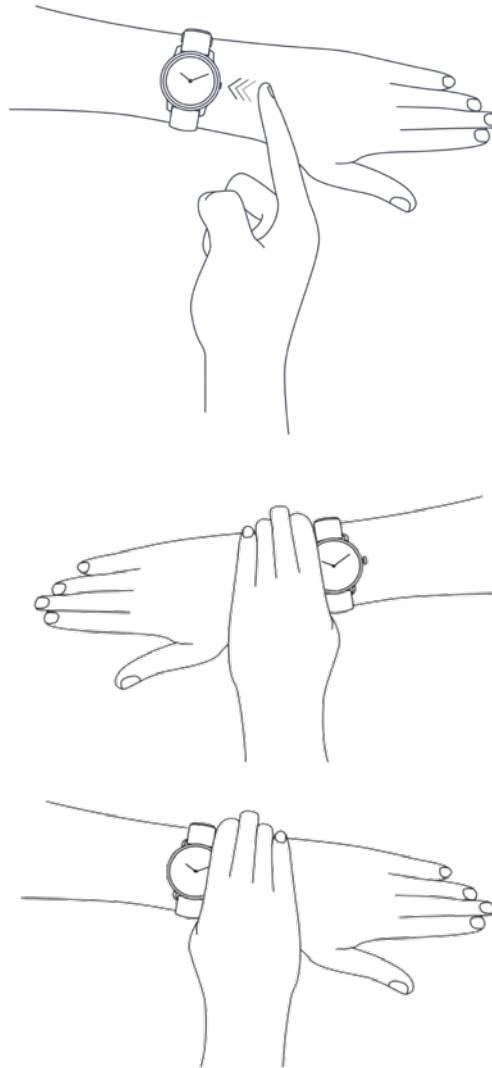
To record your ECG, perform the following steps:

1. Make sure ScanWatch is snug on the wrist you selected in the Health Mate app. To do so, go to **Devices** > **ScanWatch** > **More settings** > **ECG**.



2. Press the side button of the watch and scroll to the **ECG** mode. Press the button to select the **ECG** mode.

3. Place your fingers on the bezel (top ring) for 30 seconds. Stay still, don't move or talk, and relax.

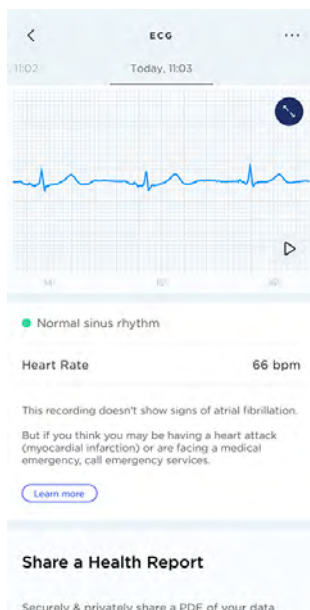


The ECG recording starts after a first vibration. Please remain still during the measurement process. It is better to be seated or to place your arm on your leg, and try not to contract your arm and hand muscles. ScanWatch vibrates twice when the ECG recording is completed.

Important: When recording your ECG, the watch will give you 3 attempts to take a measurement. If the ECG recording fails on the third attempt, the watch will vibrate twice. If you wish to attempt a new ECG recording, you will have to short press the side button on the watch to start again.

4. Tap **Done**.

Note: You have the possibility to share your ECG with your doctor. To do so, tap Share this measurement as a PDF. Refer to “[Sharing my ECG recordings with my doctor](#)” on page 62 for more information.



After each measurement, ScanWatch will give you the following metrics: a **heart rate**, a **lead D1 ECG tracing**, a **rhythm prediction between 3 classes** (normal sinus rhythm, atrial fibrillation, inconclusive).

Notes:

- You can see your ECG signal in real time in the Health Mate app.
- If you don't have your phone with you, you can still record an ECG on the go via a simple gesture on the watch. Your results will appear on the watch's display and in the **Home** screen of the Health Mate app the next time you open it.
- ECG recordings are now available on [Health Mate Web](#).

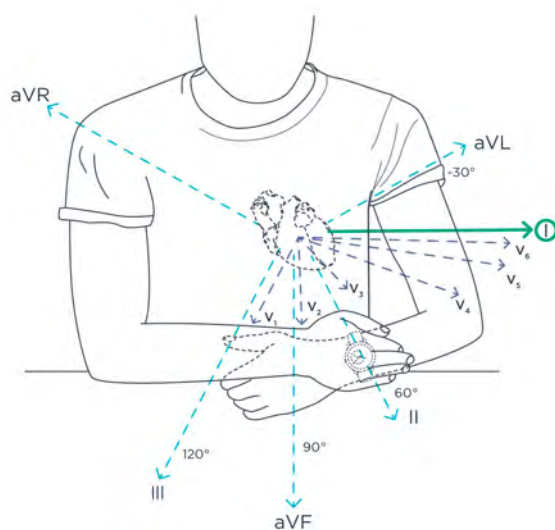
Understanding my ECG recordings

What is an ECG?

ECG, or electrocardiogram, is the graphical representation of the electrical activity of the heart. It can detect certain cardiovascular pathologies.

With each heartbeat, an electrical wave travels through your heart. This wave causes your heart to contract and pump blood.

The gold standard ECG records 12 lead (or ways) of the heart. Withings ECG devices sense the electrical activity of the heart at a distance through the left and right arm. This configuration is known as lead D1.

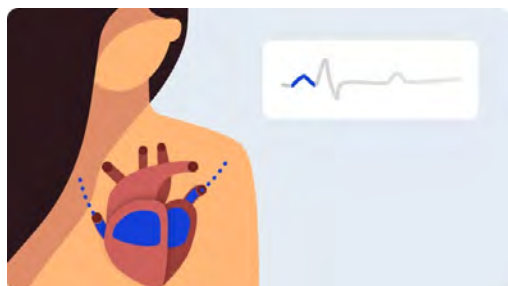


What practitioners look for in the ECG graph?

A normal heartbeat on the ECG graph will show the time the electric wave takes to move through your heart. There are 3 distinct patterns:

First wave: The “P wave”

The graph shows a first electric wave as electricity moves into the right and left upper chambers of your heart.



Next wave: the “QRS Complex”

This second pattern shows electricity moving through the right and left bottom ventricles.



Final wave: the “T wave”

The final wave represents electrical recovery or returns to a resting state for the ventricles.



By measuring time intervals on an ECG, practitioners can find out if this electricity travel is too slow, normal, too fast, or even irregular. Such indicators can point to an oversized or overworked heart.

Which conditions can detect Withings ECG devices?

ECGs can detect a range of conditions, from angina pectoris to severe heart attacks. Withings ECG devices focus on detecting atrial fibrillation. If you believe you are having a heart attack, contact emergency services.

Results you may see

Normal Sinus Rhythm



A sinus rhythm means your heart is beating in a uniform pattern.

Atrial Fibrillation



Atrial fibrillation occurs when the two upper chambers of the heart move chaotically instead of pumping regularly. The P wave on the ECG disappears and is replaced by a jumpy baseline. The QRS complex occurs at “irregularly irregular” intervals.

Inconclusive

An inconclusive result means the recording can't be classified. This can happen for many reasons:

- **Heart rate is low:** The heart rate obtained cannot be classified as a recording. To obtain full analysis, the heart rate must be above 50 bpm during the recording.
- **Heart rate is high:** The recording does not appear to show any signs of atrial fibrillation, but a complete diagnosis is not possible for a heart rate above 100 bpm. To obtain full analysis, the heart rate must be below 100 bpm during the

recording.

- **Signal is too noisy:** There is too much interference for the recording to be classified. Place your arm on a table or on your thigh, relax, don't talk, and don't move during the recording. Refer to the best practices section to know the right gestures to be adopted and those to be avoided.
- **Signs of other arrhythmia:** This sensor is capable of detecting atrial fibrillation, but is not able to diagnose other types of arrhythmias. This recording cannot be classified as normal rhythm or atrial fibrillation.



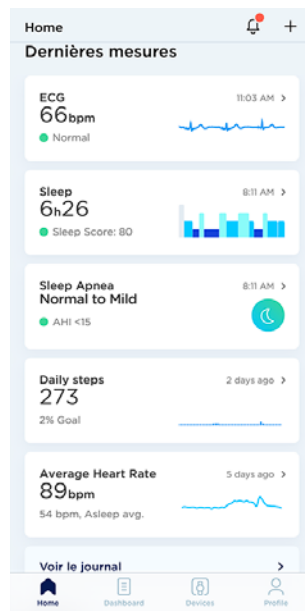
If you receive an undefined result due to a poor recording, you might try to re-record your ECG. Refer to [“Recording my electrocardiogram \(ECG\)” on page 57](#) for more information.

Important: If you think you may be having a heart attack (myocardial infarction) or are facing a medical emergency, call the emergency services.

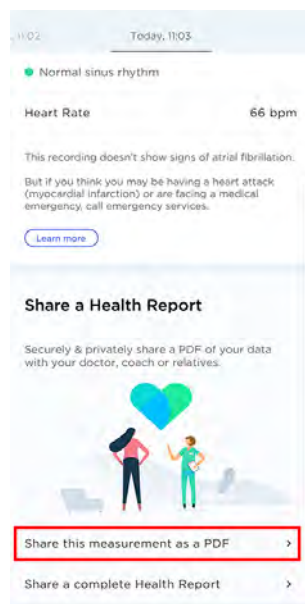
Sharing my ECG recordings with my doctor

After recording your ECG, you can choose to send your ECG results to your doctor. To do so, perform the following steps:

1. Open the Health Mate app.
2. Select an ECG recording on the **Home** screen.



3. Tap **Share this measurement as a PDF**.



4. Tap the icon at the top right of the screen.



5. Select how you want to send your invitation.

Several options are available, such as message and email. You can also choose to print your ECG results.

Frequently asked questions about Atrial Fibrillation (AFib)

What is Atrial Fibrillation (AFib)?

An arrhythmia is an anomaly of this electrical activity. In particular, atrial fibrillation is caused by a disorganized firing of electrical impulses in the right atrium near the sinoatrial node, the natural pacemaker of the heart, where it is located.

Atrial fibrillation is the most common cardiac arrhythmia and is one of the leading causes of stroke, heart failure, and cardiovascular morbidity in the world. It may be symptomatic (palpitations) or —more often—asymptomatic. In this case, it can remain “silent” which is why earlier detection of the disease could enable better care and help to avoid complications.

Silent, undetected AFib is common, with severe consequences such as stroke and death. Prompt recording of an ECG is an effective and cost-effective method to document chronic forms of AFib. The specificity of atrial fibrillation is that it can be assessed from any lead of an ECG.

How is Atrial Fibrillation (AFib) diagnosed today?

The gold standard for the diagnosis of AFib is the electrocardiogram. Recent recommendations encourage early detection of AFib via an ECG. Several studies report an interest in systematically screening at-risk populations by performing an ECG.

Until recently, the diagnosis of AFib required an ECG recorded in the doctor’s office. Therefore the “diagnostic window” for AFib detection was restricted to the duration of the medical consultation.

How is Atrial Fibrillation (AFib) detected?

A cardiologist looks at 3 items to diagnose AFib with an ECG :

- Absence of the P wave in front of the QRS complexes
- The rhythm of the QRS complexes (irregular and generally rapid heart rate, with generally narrow QRS complexes)
- The baseline shows a tremor (due to untimely activation of the atria). Our machine learning algorithm classifies ECG signals by analyzing both the QRS rhythm and the shape of the heart waves

What is the prevalence of Atrial Fibrillation (AFib)?

Atrial fibrillation is affecting nearly 3% of the adult population in Europe, and responsible for almost a third of the strokes in developed countries. 2.7M of the US population has AFib, among them, 9% of people are over 65 years old.

The prevalence is growing rapidly from 60 years old. It is affecting 0.12 - 0.16% of the population under 50, 3.7-4.2% of the 60-70-year-old, and 10 to 17% of people over 80 years old.

1 in 4 middle-aged adults in Europe & in the US will be diagnosed with AFib in their lifetime. AFib-related US health spending exceeds \$6 billion a year, or 1% of the country's health expenditures.

What are the main risk factors?

Advanced age, high blood pressure, obesity, diabetes.

What are the possible treatments?

- Blood-thinning medication to prevent blood clots from forming and reduce stroke risk
- Medications to control the heart's rhythm and rate
- Minimally invasive management—AFib ablation

How precise is ScanWatch's ability to detect AFib compared to ECG in a hospital?

The capacity to detect AFib on ScanWatch was developed by cardiologists. AFib detection in ScanWatch was compared to the gold-standard ECG used in hospitals, and early results show a 98% success in identifying AFib episodes when compared to a hospital ECG.

Important information regarding ECG recordings

- ScanWatch cannot check for signs of a heart attack. If you believe you are experiencing a medical emergency, please call emergency services.
- Do not take recordings when ScanWatch is close to strong electromagnetic fields (e.g. electromagnetic anti-theft systems, metal detectors).
- Do not take recordings during a medical procedure (e.g. magnetic resonance imaging, diathermy, lithotripsy, cautery, and extremal defibrillation procedures).
- Do not take recordings when ScanWatch is outside the operating temperature range (0° - 35°C) and humidity range of 20% to 95% relative humidity.
- Do not use ScanWatch to diagnose heart-related conditions.
- Do not use ScanWatch with a cardiac pacemaker, ICDs, or other implanted electronic devices.
- Do not take a recording during physical activity.
- Do not change your medication without talking to your doctor.
- ScanWatch is not intended for use by individuals aged under 18 (21 in the US).
- You should talk to your doctor if your heart rate is under 50 bpm or over 120 bpm at rest and if this is an unexpected result.
- Interpretations made by the ECG software are potential findings, not a complete diagnosis of cardiac conditions.
- The user is not intended to interpret or take clinical action based on ScanWatch output with the consultation of a qualified healthcare professional.
- The waveform generated by ScanWatch is meant to supplement rhythm classification for the purposes of discriminating AFib from normal sinus rhythm and not intended to replace traditional methods of diagnosis or treatment.

- Withings does not guarantee that you are not experiencing arrhythmia or other health conditions when ScanWatch labels an ECG as “Normal Sinus Rhythm”.
- You should notify your physician if you detect possible changes in your health.

Tracking my heart arrhythmia

What are the signs of Atrial Fibrillation (AFib)?

Your ScanWatch can detect signs of Atrial Fibrillation (AFib).

What is AFib?

Atrial fibrillation is an arrhythmia, an anomaly of the electrical activity of your heart. It is the most common cardiac arrhythmia and is one of the leading causes of stroke, heart failure, and cardiovascular morbidity in the world. Refer to [“Frequently asked questions about Atrial Fibrillation \(AFib\)”](#) on page 64 for more information.

How are signs of AFib detected?

ScanWatch can detect signs of AFib when recording an ECG, but it can also check for signs of AFib throughout the day and night.

ScanWatch uses a sensor called PPG (photoplethysmography) that emits green light and measures its reflections on the blood vessels in the wrist. When the blood flows, the reflection of light changes.



An exclusive algorithm analyzes the signal. If your heart rate is atypical (low or high), or if an irregular rhythm is detected, you will receive a notification.

When is AFib detected?

ScanWatch regularly scans your heart, during the day and the night. This feature can be activated or deactivated. You can also activate or deactivate the notifications, still read the information, and find your irregular heartbeat episodes in the Health Mate app.

What should you do when signs of AFib are detected?

We recommend you to record an ECG when you receive such a notification. If the result is confirmed, you should contact your doctor.

Recording an ECG could help confirm this alert, but as AFib is known to be an intermittent condition, results could differ. Refer to [“Recording my electrocardiogram \(ECG\)” on page 57](#) for more information.

Tracking my SpO₂ (oxygen saturation)

What is SpO₂?

SpO₂ stands for peripheral capillary oxygen saturation, an estimate of the amount of oxygen in the blood. More specifically, it is the percentage of oxygenated hemoglobin (hemoglobin containing oxygen) compared to the total amount of hemoglobin in the blood (oxygenated and non-oxygenated hemoglobin).

It is often considered to be the fifth vital sign, along with pulse, respiratory rate, blood pressure, and body temperature.

Hemoglobin is a protein that carries oxygen in the blood to your organs. It is found inside red blood cells and gives them their red color. Once oxygen is in our organs, it acts as the fuel that allows our cells to work.

How is it measured?

SpO₂ can be measured by pulse oximetry, an indirect, non-invasive method—meaning it does not involve the introduction of instruments into the body. It works by emitting and then absorbing a light wave reflecting the blood vessels, or capillaries, in the wrist.

- Oxygen-rich blood absorbs infrared light better than oxygen-poor blood.
- Oxygen-poor blood absorbs red light better than oxygen-rich blood. This is why venous blood is darker than arterial blood.

ScanWatch uses a multi-wavelength sensor called PPG (photoplethysmography) sensor that emits and measures red and infrared reflections on the blood vessels in the wrist. The algorithm then compares the reflection at each wavelength to compute the SpO₂ value.



What is a normal SpO2 level?

A SpO2 value is represented by a percentage. If your ScanWatch says 98%, this means that each red blood cell is made up of 98% oxygenated and 2% non-oxygenated hemoglobin.

Good blood oxygenation is necessary to supply the energy your muscles need in order to function, which increases during a sports activity. If your SpO2 value is regularly below 90%, this could be a sign of poor blood oxygenation, also called hypoxemia.

SpO2 values generally vary **between 90 and 100%**:

- **95% to 100%**: Normal.
- **90% to 94%**: Below Average. This measurement detects that your blood oxygen level is below average but still normal. The results can vary based on a number of factors, including but not limited to your health profile (whether you are a smoker, if you have asthma, if you are very athletic or not, if you have tattoos, if you have known conditions such as hypotension, anemia, etc.), your environment (altitude, temperature), the way the measurement is done (standing/sitting position, wristband tightening, etc.). We suggest you check for best practices and train to improve your gesture.
- **Below 90%**: Low. The value can be a possible sign of **hypoxemia**. The results can vary based on a number of factors including your health profile, your environment, and the way the measurement is done. We suggest you check for best practices and repeat the measurement. In case results in this zone are associated with symptoms, contact your doctor or a health professional who will help you make a diagnosis and take preventive actions. Symptoms include being short of breath after exertion, coughing, fast or slow heart rate, rapid breathing, sweating.

Each SpO2 measurement can easily be found in the Health Mate app and can be easily shared as a PDF.

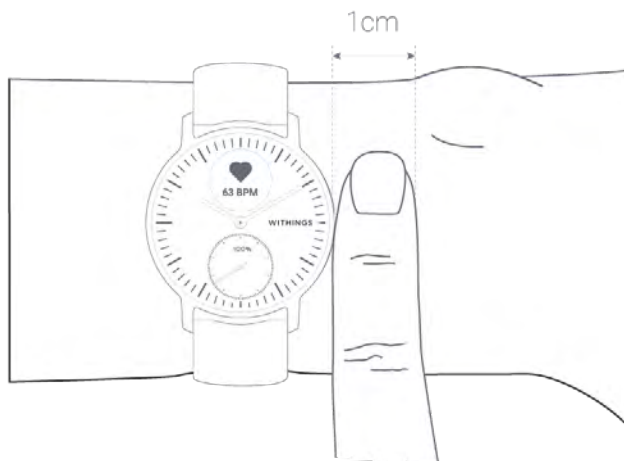
How can I perform an accurate SpO2 measurement?

The result of a one-time measurement with ScanWatch depends on the measurement conditions. Performing multiple measurements allows you to better monitor SpO2 by creating a trend.

To make sure that the measured value is as close as possible to the real physical value, or if the measurement is qualified as “inconclusive”, make sure that your watch is correctly positioned and tightened, and that your gesture follows these best practices.

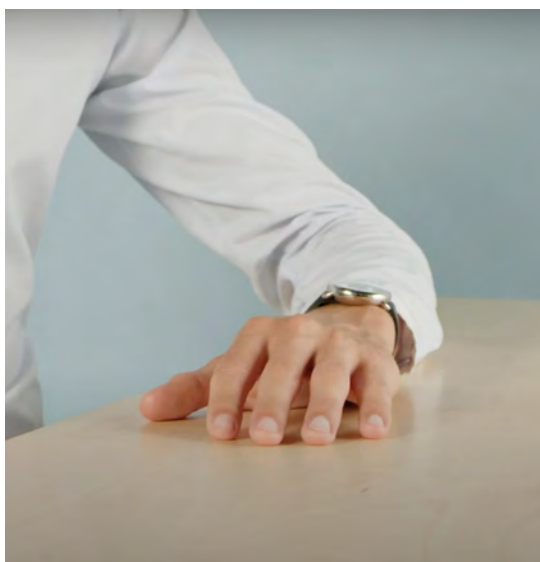
Watch positioning

1. Place your watch on your non-dominant wrist, 1 cm from the wrist bone.
2. Make sure that your ScanWatch is not loose on your wrist. Tighten the band until it is snug but comfortable. When the watch moves, your skin should move along with it.
3. Wearing the watch closer to the elbow can help you to obtain a better fit.



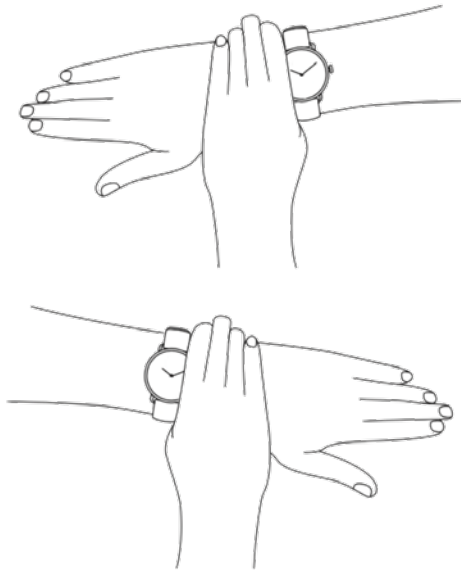
How to perform an accurate SpO2 measurement

1. Make sure to wear the watch at least 3 to 4 minutes before the measurement.
2. Make sure you have been resting for at least 10 minutes after your last workout session.
3. Rest your arm on a table, with the hand relaxed and in an open position.



4. Press the side button of the watch and scroll to the **SpO2** mode. Press the button to select the **SpO2** mode.

5. Push lightly on the top of the watch with your other hand to improve the contact between the skin and the watch, making sure that the bottom of the watch remains flush with the skin.



6. Do not move or speak for the 30 seconds necessary to take the measurement.
7. Low pulsatile signal often occurs when your hands and/or arms are cold. In this case, rubbing the skin that will be in contact with or around the sensor may help.

Note: For best results, we recommend using the fluoroelastomer wristband provided with ScanWatch.

Important information about SpO₂ measurements

Factors that may degrade the performance of reflectance pulse oximetry and heart rhythm analysis via photoplethysmography include:

- Bright sunlight
- Presence of strong electromagnetic fields
- Failure to apply the device correctly (loose wristband application, not on top of the wrist)
- Tattoos on the wrist in the region of the optical sensor
- Excessive motion of the arm, wrist, or fingers
- Low perfusion caused by ambient temperature below the recommended operation range, or by certain conditions such as Raynaud's syndrome
- Significant levels of dysfunctional hemoglobin (carboxyhemoglobin, methemoglobin)
- Venous pulsations
- Intravascular dyes such as cardio green or methyl blue
- Blood-flow restrictions due to arterial catheters, blood pressure cuffs, or infusion lines
- Hypotension, serious vasoconstriction, serious anemia, or hypothermia

- Cardiac arrest or shock

Important note

- The measurement of SpO2 in the 70-100% range has been clinically validated on healthy adult volunteers, at rest, against a laboratory co-oximeter.
- ScanWatch is intended for use in adults (18 years in Europe and 21 years in the US) and with no restrictions on weight. The oximeter is calibrated in the factory before the sale.
- SpO2 is calculated over a 30-second window (the value is updated every second).
- You may have more difficulties to obtain a conclusive SpO2 measurement if you wear a metallic or leather wristband. For best results, we recommend using the fluoroelastomer wristband provided with ScanWatch.

Frequently asked questions about breathing disturbances

What are breathing disturbances?

Breathing disturbances are referring to interruptions in your sleep patterns. These disturbances, which impairing the restorativeness of sleep, may also be associated with conditions such as sleep apnea.

What is the goal of this feature?

ScanWatch detects breathing disturbances and provides insights to indicate potential signs of sleep apnea. By embedding this new feature, ScanWatch gives access to new preventive health information. And thanks to its self-assessment contents, articles on breathing disorders, and actionable lifestyle tips, Withings empowers users who experience breathing disturbances, to reduce them, or be informed on how they can impact your health.

How does ScanWatch detect breathing disturbances?

ScanWatch is able to detect the presence of breathing disturbances episodes that impact health through a motion sensor, an SpO2 sensor, an HR sensor, which emits and absorbs a light wave passing through blood vessels. With the Respiratory Scan feature, the watch can measure oxygen saturation levels all night long to identify when levels are inadequate due to breathing disturbances such as sleep apnea.

Apart from sleep apnea detection, what is SpO2 for?

Oxygen saturation (SpO2) is a measurement of how much oxygen your blood is carrying as a percentage of the maximum it could carry. For a healthy individual, normal SpO2 should be between 90% and 100%.

Normally, if a person has a SpO2 below 90, they run the risk of developing hypoxemia. Symptoms may include shortness of breath, especially during brief exercise or even while you are at rest.

The oximeter is non-invasive and painless and is often recommended by doctors because it can be an indicator of certain diseases such as COPD (chronic obstructive pulmonary disease), asthma, pneumonia, lung cancer, heart attack or heart failure.

What is the difference between monitoring breathing disturbances through SpO2 and the technology used in Withings Sleep for sleep apnea? Which technology is more accurate?

These two products use two different techniques:

- Withings Sleep uses respiratory and cardiac rhythm: It provides sleep analysis close to polysomnography, the medical gold standard for sleep monitoring.
- ScanWatch uses a SpO2 sensor: This sensor is a non-invasive method of measuring oxygen saturation in the blood, along with advanced machine learning, to make breathing disturbances detection possible.

Fitness Level (VO2 max)

VO2 max is a key indicator of fitness. VO2 max is defined as the maximum amount of oxygen an individual consumes over one minute during intense physical effort. The more oxygen consumed, the harder muscles can work, and therefore the higher the VO2 max level. A higher VO2 max level indicates a more fit individual.

Medically, VO2 max can be measured by spiroergometry, where the person exercising wears a mask designed to capture maximum oxygen absorption capacity (VO2 max). The mask is worn in front of the mouth and face when running or biking on an ergometer or treadmill.

The higher the VO2 max level is, the more oxygen can be converted in the working muscles to provide energy, the higher is the corresponding endurance capacity.

ScanWatch provides a VO2 max estimate based on data including heart rate, age, gender, weight, and pace from a connected GPS running session.

What is the Fitness Level score?

Our Fitness Level assessment is calculated on the basis of several factors. The most important ones include heart rate, age, sex, and weight, and they are combined with the GPS data tracked by the ScanWatch during your running sessions. The fitness level is then estimated by comparing your heart rate and your running pace.

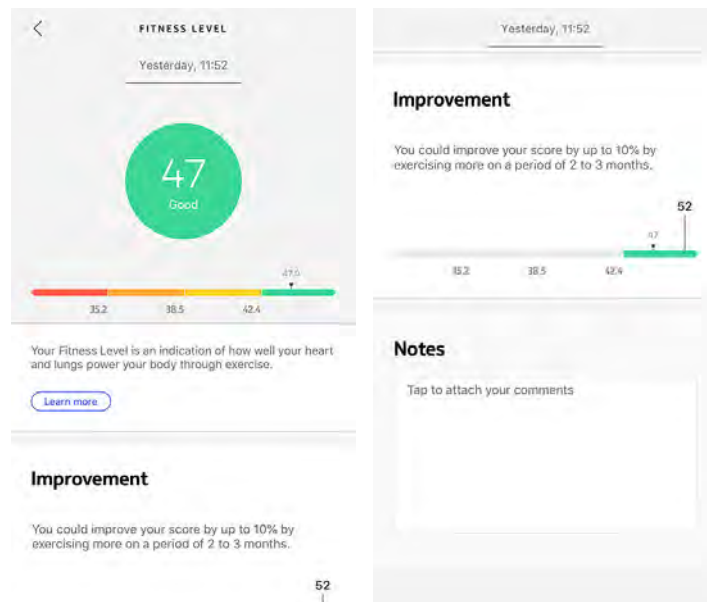
The higher your fitness level, the more fit you are. People with a higher VO2 max usually have a lower heart rate during running sessions. People who are new to the workout game have a higher heart rate at the same pace and therefore a lower VO2 max.

To see an accurate estimate, you need to go on runs that are at least 10 minutes long. It is also recommended that you run on flat terrain because running downhill or uphill can put too much or too little effort compared to a flat run, which can throw off the estimate.

Continuity is key: wear your ScanWatch with the GPS feature enabled every time you go on a run. This not only delivers the most accurate measurement but also tracks your cardio fitness development over time.

Note: Always consult with your doctor or trusted health professional before beginning a new fitness routine.

How do you rate Fitness Level?



We rate Fitness Level with a score between 17 and 60. After a running session, open the Health Mate app to see your Fitness Level in the **Home** screen.

Excellent, good, fair, or poor: We provide color-coded feedback that helps you to understand your score easily. You will also find more information on what goes into a Fitness Level assessment, as well as advice on how you can improve your score.

How can I improve my Fitness Level?

There are a few things you can do to improve your score, but before you attempt it, know that these changes can take time.

Improving Fitness Level with more exercise: Interval training is the best way to improve your workouts over time. Including high-intensity intervals can get your heart rate going and can have a more positive effect on your overall fitness.

Lowering your body fat percentage can also have a positive effect on your fitness level. You can also use the Health Mate coaching programs to guide you through it.

As ever, please consult with your doctor before trying starting a new diet or exercise routine.

Activating the Workout mode

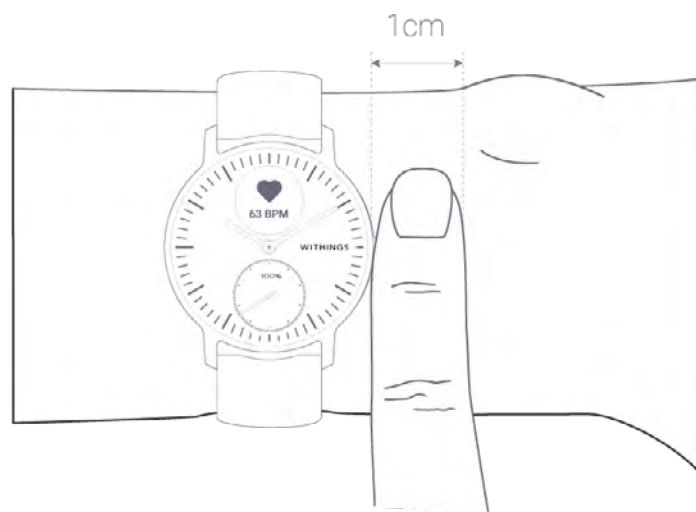
To activate continuous heart rate monitoring, you need to start a workout session. To do so, go to the **Workout** menu of your ScanWatch. Then scroll the side button of the watch to navigate through the activities and select the activity of your choice. Your workout session starts.

On the digital display, you can scroll to see a timer that keeps track of workout duration, your pace, the distance covered, and your real-time heart rate. To stop or to pause the workout mode, press and hold the side button of the watch until it vibrates.

When you run, there is no need to manually activate workout mode. ScanWatch will automatically detect the activity and trigger a continuous heart rate monitoring session.

All heart rate data is automatically synchronized to the Health Mate app. An item will appear in the app for each workout, where you can view details about your session, including a heart rate graph, maximum heart rate, and time spent in each heart rate zone.

A quick tip for getting accurate heart rate data during your workouts: If you find that the watch is moving around on your skin, tighten it one notch so it's more secure.



Frequently asked questions about Workout mode

How does the Workout mode work?

From yoga, volleyball, and rowing to boxing, skiing, and ice hockey, ScanWatch tracks up to 30 activities. You can select your workout directly on the watch by going to the Workout screen. Scroll the side button of the watch to navigate through the activities, and then press the button when you find your activity and are ready to start your workout.

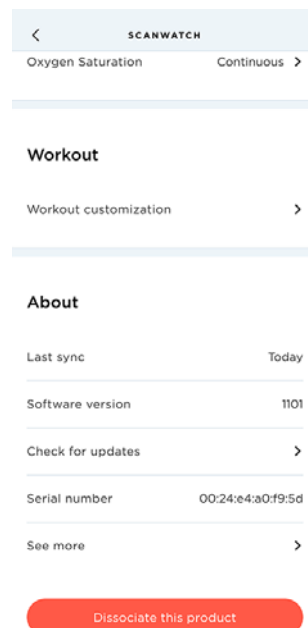
Important: It is also possible to pause your workout during a session. To do so, give the side button a long press until the “pause mode” is displayed.

When stopping your workout, a short summary will be available on your ScanWatch:

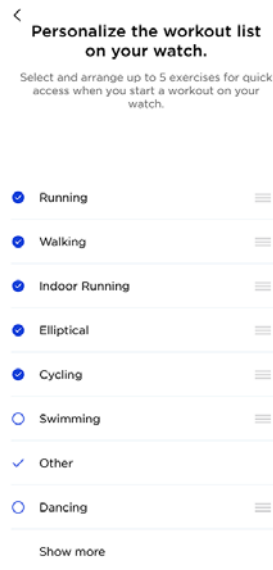
- Duration if GPS tracking is not activated,
- Duration, distance, and pace if GPS tracking is activated.

The workouts that appear on the screen can be chosen from a long list of activities in your Health Mate app settings. To change them, perform the following steps:

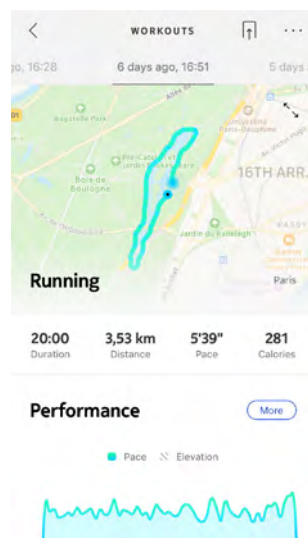
1. Open the Health Mate app.
2. Go to **Devices** > **ScanWatch**.
3. Tap **More settings** > **Workout customization**.



4. Select and arrange up to 5 exercises for quick access when you start a workout on your watch.



In the Workout mode, ScanWatch tracks your continuous heart rate, as well as the workout duration. After the workout, you will see a workout overview in the Health Mate app showing the workout intensity and the time spent in heart rate zones, as well as your burned calories.



Will the watch still recognize workouts automatically?

ScanWatch will track walking, running, and swimming 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, ScanWatch will learn its movements and recognize it in the future.

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

Activating the GPS tracking

To activate the GPS tracking, you need to launch a distance-based outdoor activity workout session. To do so, perform the following steps:

1. Go to the **Workout** menu of your ScanWatch.
2. Scroll the side button of the watch to navigate through the activities and select the activity of your choice. Your workout session starts.
3. Press and hold the side button until it vibrates to pause or to stop your workout session.

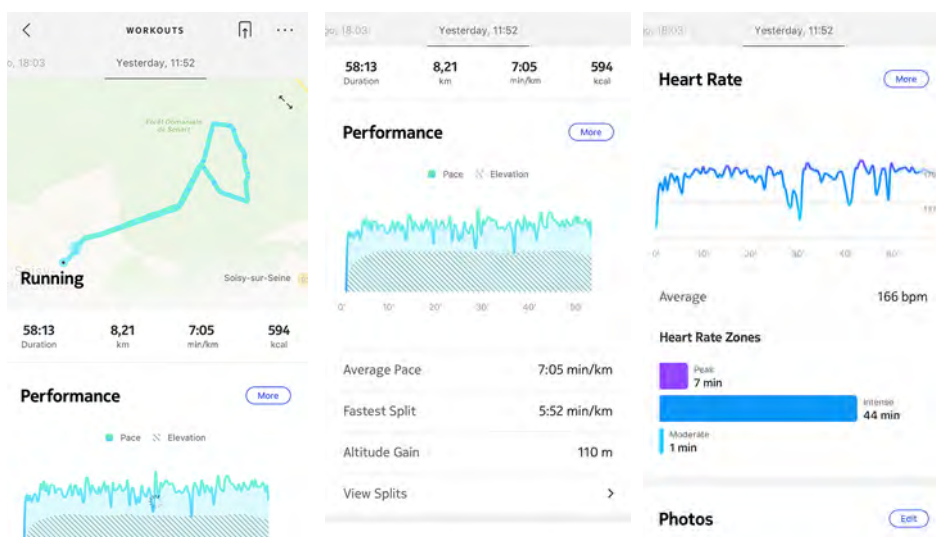
ScanWatch offers GPS tracking for all distance-based outdoor activities such as walking, running, biking, and canoeing.

Notes:

- ScanWatch needs to be connected via Bluetooth. GPS tracking requires you to enable your location settings of your smartphone.
- GPS tracking will only be possible if the “energy saving” mode is deactivated on your smartphone.

How does GPS tracking work?

GPS tracking 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, heart rate, and pace are displayed in real-time during the workout on your watch screen and on your phone.



Frequently asked questions about GPS tracking

Do I need to enable GPS tracking to measure distance with ScanWatch?

GPS data make the distance, speed, and average speed measurements more precise but is not necessary.

Why do I need to have my location services always on?

We ask you to enable your location settings to offer you detailed activity data such as route and pace for automatically tracked workouts such as running - even when Health Mate is not launched.

ScanWatch and the Health Mate app access your location data when a distance-based outdoor workout is tracked. GPS tracking does not impact your smartphone's battery life.

Note: The "Allow Location" notification message will be permanently visible in the Health Mate app if you don't authorize Health Mate to access your location.

For which activities are connected GPS available?

ScanWatch offers GPS tracking for all distance-based outdoor activities such as walking, running, biking, and canoeing.

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 ScanWatch automatically syncs your data with the app. Make sure your ScanWatch 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 ScanWatch has a limited memory. Make sure you open the app regularly so that you do not lose any of your data.

Performing a factory reset

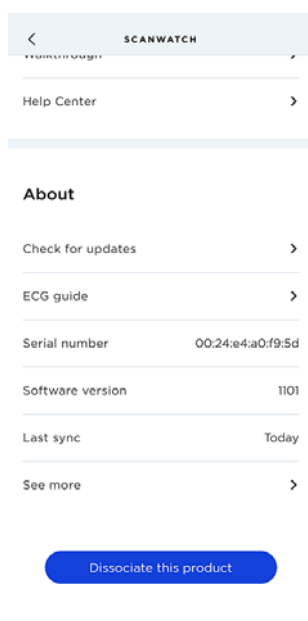
Factory resetting your ScanWatch allows you to delete all of the data stored on it.

Important note:

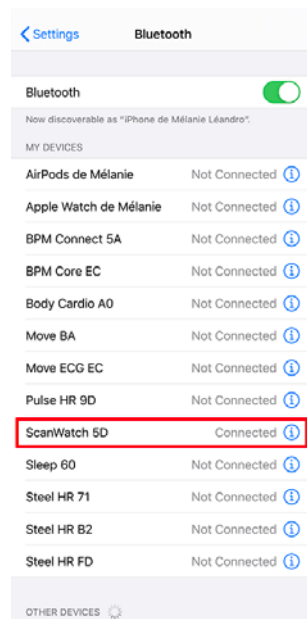
- Factory resetting your ScanWatch, will not remove any of the data that was synced from the Health Mate app.
- All data that wasn't synced before resetting your ScanWatch will be lost permanently.

To dissociate your ScanWatch, perform the following steps:

1. Open the Health Mate app and select **Devices** (the small watch icon on the bottom right-hand side of the app). Select the ScanWatch from the device list, scroll down and then select **Dissociate this product**.



2. Go to the **Settings** of your mobile device, select **Bluetooth** and locate **ScanWatch XX** in the list of devices. Select the small icon to the right and select the option to Forget the device.



3. Press and hold the button on the side of the watch for 5 seconds. Depending on how your watch was configured, ECG, SpO2, or Workout mode will start after pressing the button for about one second, but continue pressing until a menu appears on the watch's display.
4. When on this menu, press the watch button until the screen shows **Factory Reset**.
5. While the watch shows **Factory Reset**, press and hold the watch button for one second and you will see Reset in 5 clicks.
6. Press the button 5 times and the watch will be reset to factory settings. While this occurs, the word **Reset** will appear on the watch's display.
7. The watch will now restart and show **Hello!** on its display. Please note that if the watch does not show **Hello!**, this means that the factory reset was not successful and so it must be performed again.
8. You can now reconfigure the watch. Refer to [“Setting up my watch” on page 8](#) if you want to install your ScanWatch, again.

Cleaning and maintenance

Cleaning my watch

1. Use a lint-free cloth moistened with warm water to clean the glass and casing of your ScanWatch.
2. Run the fluoroelastomer wristband under warm water and rub it with hypoallergenic soap to clean it.
3. Dry the fluoroelastomer wristband with a soft cloth.

Notes:

- If the side button of your ScanWatch appears to be stuck, we advise you to rinse the casing of your watch with clear, warm water and dry it using a lint-free cloth.
- If the altimeter opening of ScanWatch becomes dirty or clogged with debris and sweat, it can prevent the watch from accurately measuring elevation. If this occurs, please clean the case of ScanWatch with warm, soapy water and then allow it to dry. The watch should also be cleaned anytime that you work out with it on.

Cleaning my wristband

Leather wristbands

- Wipe down the band with a lint-free cloth. You can lightly dampen the cloth with water.
- Leather wristbands are not water-resistant.
- Leather wristbands should not be worn during workouts.
- Light-colored leather wristbands: avoid direct contact with dark-colored clothing as color transfer may occur.
- Sunlight, humidity, cosmetic products, and abrasive chemicals (such as cleaning agents or insect repellent) can damage your wristband

Silicone wristbands

- Rinse the band with warm water and rub it with mild soap.
- Wipe down the band with a lint-free cloth before you put your band back on.
- Light-colored silicone wristband: avoid direct contact with dark-colored clothing as color transfer may occur.

Milanese and metal wristbands

- Wipe down the band with a lint-free cloth. You can lightly dampen the cloth with water.
- Milanese and metal wristbands are not water-resistant: soaking them might cause damages.
- Milanese and metal wristbands should not be worn during workouts.

- Humidity, cosmetic products, and abrasive chemicals (such as cleaning agents or insect repellent) can damage your wristband.

Woven wristbands

- Wipe down the band with a lint-free cloth. You can lightly dampen the cloth with water.
- Woven wristbands are not water-resistant.
- Woven wristbands should not be worn during workouts.
- Light-colored Woven wristbands: avoid direct contact with dark-colored clothing as color transfer may occur.
- Sunlight, humidity, cosmetic products and abrasive chemicals (such as cleaning agents or insect repellent) can damage your wristband.

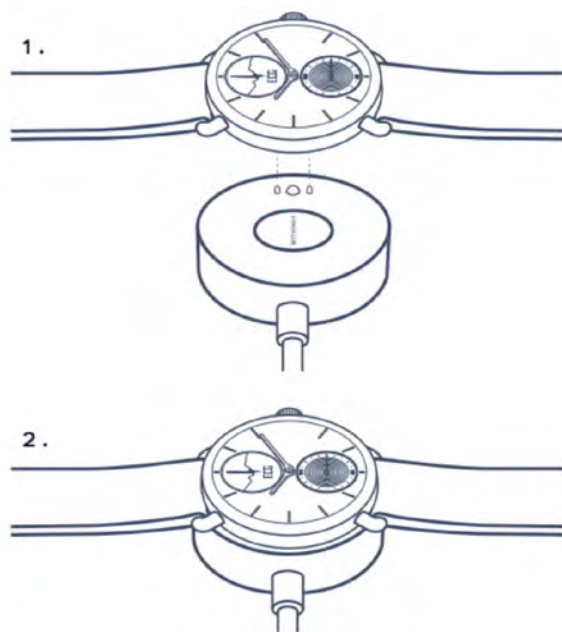
Important notes:

- The wristband's color tends to fade over time.
- Your wristband should be cleaned regularly.
- Moisturizers, soaps, and sweat residues can cause skin irritations.
- In case of skin irritation, we advise you to get in touch with a dermatologist before you put your ScanWatch back on.

Charging the battery

Your ScanWatch can operate for up to 30 days on a single charge, depending on your use of the heart rate mode. To charge your ScanWatch, perform the following steps:

1. Connect the USB end of the charging cable to a power source.
2. Position the other end of the charging cable on the back of your ScanWatch in such a way that the magnets align.
You can check the percentage of the battery on the display of the watch while it's charging.



Note:

- ScanWatch charger is the same for the 38mm and 42mm models.
- The Steel HR charger cannot be used for ScanWatch.
- Charging time is about 3 hours.

Changing the wristband

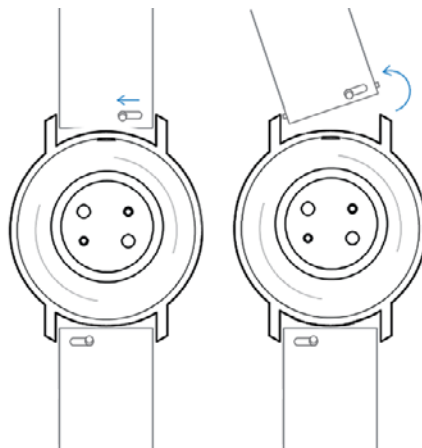
You can easily change the wristband of your ScanWatch thanks to the quick release spring bars with which it is attached. The **38-mm model** requires wristbands that are **18-mm wide**, while the **42-mm model** requires wristbands that are **20-mm wide**.

Notes:

- The **38-mm model** fits wrists **from 146 mm (5.7") up to 211 mm (8.3")**.
- The **42-mm model** fits wrists **from 163 mm (6.4") up to 239 mm (9.4")**.

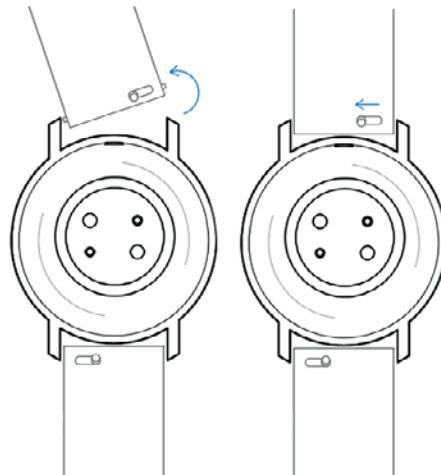
To change the wristband, perform the following steps:

1. Turn your ScanWatch 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.

- Put the wristband in place while pulling the knob to the left side.



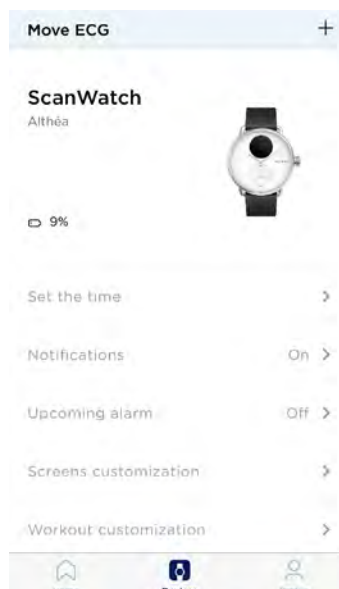
- Release the knob.
The wristband is now properly attached to your ScanWatch.
- Repeat the previous steps for the other side.

Calibrating the hands

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

- Open the Health Mate app.
- Go to **Devices > ScanWatch**.
- Tap **Set the time**.

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



4. An automatic initialization of the watch hands occurs.

Cancel

**Automatic initialization of
watch hands**

Please wait a few seconds...



5. Tap **Yes** if the hands are well initialized.

Are the hands well initialized?

Minute and hour hands should be positioned at
noon and the motion hand should be positioned
to 0%



No

Yes

Your watch displays the right time.

6. Tap **No** if the hands are not well initialized.



7. Tap **Next**.



8. Set the minute hand to noon by moving the dial and tap **Next**.



9. Set the hour hand to noon by moving the dial and tap **Next**.



10. Set the motion hand to 0% by moving the dial and tap **Done**.



11. Tap **Done**.



12. Tap **Done**.

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

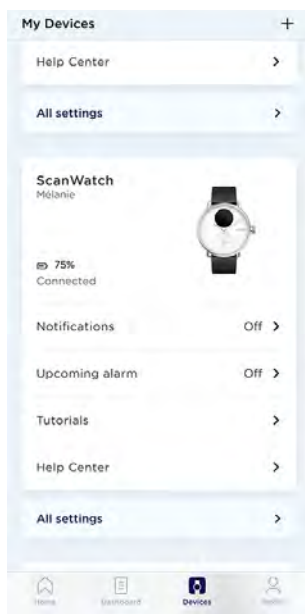
Updating the firmware version

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 the **Home** screen.

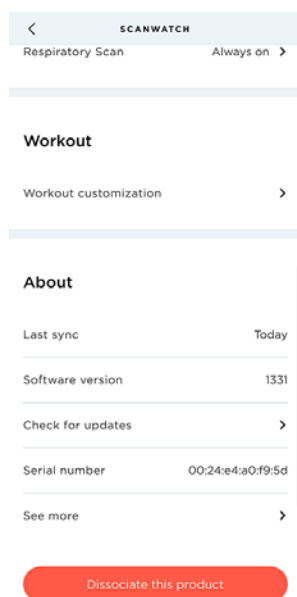
Make sure you sync your ScanWatch before updating the firmware version. Failing to do so will result in a loss of data.

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** > **ScanWatch**.
2. Tap **All settings**.



3. Tap **Check for updates**.



4. Put your ScanWatch 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. Wait until the update is complete.

6. Tap **Done**.



Note: You can check which firmware version your ScanWatch uses in **Devices > ScanWatch > All settings**.

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

Legal notice

By using your ScanWatch 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 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

- Your ScanWatch is designed to work in ambient temperatures between 5°C and 40°C (41°F and 104°F) and humidity range of 20% to 90% relative humidity.
- Your ScanWatch may be stored in a clean, dry location between -25°C and 70°C (-13°F and 158°F) when not in use.
- Do not use ScanWatch if it is damaged. The use of a damaged device could cause patient injury or equipment failure.
- Do not take recordings during a medical procedure (e.g., magnetic resonance imaging, diathermy, lithotripsy, cautery, and external defibrillation procedures).
- Do not use ScanWatch to diagnose heart-related conditions.
- Do not use ScanWatch with a cardiac pacemaker, ICDs, or other implanted electronic devices.
- Do not use ScanWatch to take a recording during physical activity.
- Avoid any extreme temperature changes (for instance sauna or steam room).
- Avoid any kind of shock, be it physical, thermal, or otherwise. They may damage the internal and external components of your watch.
- Ensure that dust, sand, or other debris does not come into contact with the watch button as it may cause the button to stick or become difficult to press or rotate. If this occurs, rinse the watch in warm water for approximately 20 seconds and rotate the button forward and backward. Be sure not to press the button while underwater. Then, allow the watch to fully dry using a lint-free cloth.
- Avoid any exposure to cosmetics and substances like perfume or oil. They may damage the overall appearance and quality of the watch.
- Keep the case of your ScanWatch away from any sharp or hard objects to prevent any scratches.

Water resistance

Your ScanWatch 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.

We recommend you to read the information below before wearing your ScanWatch.

- Do not press or rotate the side button of your watch when it is underwater (for instance during water activity). The side button is not intended to be rotated underwater.
- Avoid long exposure to saltwater. 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).
- The aging of the materials may affect the waterproofness of the watch. Water resistance cannot be permanently guaranteed.

Service and maintenance

- Do not attempt to repair or modify your ScanWatch 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.

Specifications

ScanWatch

- Case: Medical grade stainless steel
- Included wristband: Fluoroelastomer
- Wristband clasp: Stainless steel
- Font glass: Sapphire glass
- Colors and sizes: 38 and 42mm - Black and white
- Wristband sizing: 38mm Models (18mm wide bands, 20cm circumference) - 42mm Models (20mm wide bands, 23cm circumference)
- Minimum supported wrist sizes: 14cm
- Watch diameter: 38.4mm (38mm Model) - 42mm (42mm Model)
- Digital display: 13.8mm (38mm and 42mm Models)
- Watch thickness: 13.2mm (38mm Model) - 13.7mm (42mm Model)
- Weight: 58g (38mm Model) - 83g (42mm Model)
- Water resistant up to 50 m (5 ATM)

Metrics and features

- Proactive Atrial Fibrillation detection
- On-demand Electrocardiogram (ECG)
- Medical grade Oximeter
- Heart rate tracking
- Breathing disturbances detection
- Sleep tracking
- Alarm & Smart Wake-up
- 24/7 activity tracking
- Workout mode
- GPS tracking
- Fitness Level
- Smart notifications
- Stopwatch & timer
- Altimeter

Note that the list of metrics and features may vary depending on your location.

Power

- Built-in rechargeable battery
- Up to 30 days in normal use
- Up to 5 days in workout mode

Sensors

- High precision MEMS 3-axis accelerometer

Certifications

- Medical CE marking (under review to be FDA cleared)

Connectivity

- Bluetooth Low Energy (Bluetooth Smart Ready). Must enable Bluetooth connection with location settings to enjoy GPS tracking functionality

Compatible devices

- iPhone 5s and higher
- iPod Touch 6th Gen and higher
- iPad 5th Gen and higher
- iPad Mini (5th Gen and higher)
- BLE (Bluetooth low Energy) compatible Android device

The ScanWatch cannot be set up from a computer.

Compatible OS

- iOS 12 and higher
- Android 8 and higher

Document release overview

Release date	Versions	Modifications
August 2020	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 - ScanWatch

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

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.

Information to users in Canada

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

Materials

List of materials potentially in contact with the skin during usage:
Fluoroelastomer, silicone, leather, sapphire glass and stainless-steel.

Regulatory statements

FCC ID: XNAHWA09

Electrocardiogram (ECG) recording, atrial fibrillation (AFib) detection & SpO₂ measurement.

WARNINGS

A functional tester cannot be used to assess the accuracy of pulse oximeter devices.

Misapplication of the ScanWatch with excessive pressure and for a prolonged period can cause pressure injury.

Avoid using the ScanWatch on a wrist with poor skin integrity.

DO NOT sterilize using irradiation, steam or ethylene oxide. Refer to cleaning and disinfection instructions.

Use of cleaning agents other than specified may damage the device.

DO NOT use the ScanWatch if it is damaged. Use of a damaged device could cause patient injury or equipment failure.

DO NOT take recordings when ScanWatch is in close vicinity to strong electromagnetic fields (e.g., electromagnetic anti-theft systems, metal detectors).

DO NOT take recordings during a medical procedure (e.g., magnetic resonance imaging, diathermy, lithotripsy, cautery and external defibrillation procedures).

DO NOT take recordings when ScanWatch is outside of the operational temperature range (5°C - 40°C).

indicated in the ScanWatch user manual and humidity range of 20% to 90% relative humidity.

DO NOT use to diagnose heart-related conditions.

DO NOT use with a cardiac pacemaker, ICDs, or other implanted electronic devices.

DO NOT take a recording during physical activity.

No modification of this equipment is allowed.

DO NOT modify this equipment without authorization of the manufacturer.

NOTES

The measurement of SpO₂ in the 70-100% range has been clinically validated on healthy adult volunteers, at rest, against a laboratory co-oximeter.

The device conforms to IP22 requirements.

This device has no alarm system in case of low saturation.

The Scan Monitor is intended for use in adults (18 years or older) and with no restrictions on weight.

The oximeter is calibrated in the factory before sale. There is no need to calibrate it during its lifecycle.

SpO2 is calculated over a 30-second window (the value is updated every second).

The screen of the watch will display the percentage of charge when it is plugged.

Use a power cord that matches the voltage of the power outlet, which has been approved and complies with the safety standard of your particular country.

The Power cord of the charger may cause strangulation effect due to excessive length, keep it away from children and pets.

If this equipment is modified, appropriate inspection and testing must be conducted to ensure continued safe use of the equipment.

When in need of assistance on using, maintaining or to report unexpected event please contact manufacturer for further information. No service or repair should be performed on the Scan Monitor hardware other than the maintenance listed in the *Regulatory Leaflet*. Inspect sensors for warping, surface damage or corrosion and check for any other form of damage. Any serious incident that has occurred in relation to the device should be reported to the manufacturer and the competent authority of the Member State in which the user and/or patient is established;

For healthcare professionals - to verify operation of the pulse oximeter: The ScanWatch utilizes a reflective oximeter sensor on the bottom surface of the watch. The ScanWatch pulse oximeter operation can be verified by a responsible organization (biomedical engineering department, etc.) using a model AECG100 Test System (WhaleTeq, Taipei City, Taiwan). As clinical accuracy cannot be verified with a simulator, some differences in ScanWatch readings versus set-point may be observed.

CAUTION

Withings does not guarantee that you are not experiencing an arrhythmia or other health condition when the Scan Monitor labels an ECG as Sinus Rhythm. You should notify your physician if you detect possible changes in your health.

For more information, please refer to the *Regulatory Leaflet* provided in the box (intended for the US region).

A copy of the EU Declaration of Conformity is available online at <https://www.withings.com/fr/en/compliance>.