

Withings WBS05-WHITE-ALL-JP

Withings Body+ Smart Weight Scale User Manual

Model: WBS05-WHITE-ALL-JP

1. INTRODUCTION

The Withings Body+ Smart Weight Scale is an advanced body composition analyzer designed to help you monitor your health and fitness. It measures not only your weight but also provides detailed insights into your body composition, including body fat, water percentage, muscle mass, and bone mass. Featuring patented Position Control™ technology, it ensures highly accurate measurements. Data is automatically synchronized to your smartphone via Wi-Fi or Bluetooth, allowing you to track trends and achieve your health goals through the dedicated Health Mate app.

This device complies with relevant radio act technology standards. Frequency Range: BT EDR/BT LE: 2402-2480 MHz; WLAN: 2412-2472 MHz.



Image: The Withings Body+ Smart Weight Scale in white, showing its digital display with a weight reading and a small graph. An accompanying smartphone screen displays detailed body composition data.

2. SAFETY INFORMATION

- Do not use this device if you have a pacemaker or other internal medical device.
- Do not use this device if you are pregnant.
- Keep the scale dry. Do not immerse it in water or other liquids.
- The scale surface can be slippery when wet. Step on and off carefully.
- Do not use the scale on an uneven surface. Ensure it is placed on a hard, flat floor for accurate readings.
- This device is not intended to diagnose, treat, cure, or prevent any disease. Consult a healthcare professional for medical advice.

3. PACKAGE CONTENTS

Upon opening your Withings Body+ Smart Weight Scale package, please ensure all the following items are present:

- Withings Body+ Smart Weight Scale
- 4 x AAAA Batteries (included)

- Quick Installation Guide



妊娠モードは、妊娠中の女性に豊かな Health Mateをご体験いただくもので、妊娠中のアドバイスやヒント、簡単な体重追跡を確認できます。

Image: The Withings Body+ Smart Weight Scale, its quick installation guide, and four AAAA batteries, laid out as they would appear in the product packaging.

4. SETUP

4.1. Install Batteries

1. Turn the scale over to access the battery compartment on the underside.
2. Open the battery compartment cover.
3. Insert the 4 AAAA batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

4.2. Download the Health Mate App

The Withings Body+ scale requires the Health Mate app for initial setup and to view your detailed health data. The app is available for both iOS and Android devices.

- Search for "Health Mate" in the Apple App Store or Google Play Store.
- Download and install the app on your smartphone or tablet.



Image: A visual representation of the Withings health ecosystem, showing the Health Mate app download buttons for App Store and Google Play, along with various Withings smart devices like watches, scales, and sleep pads.

4.3. Initial Pairing and Setup

1. Open the Health Mate app on your device.
2. Follow the on-screen instructions to create a Withings account or log in if you already have one.
3. Select "Install a device" and choose "Scales" then "Body+".
4. The app will guide you through connecting your scale via Bluetooth and then configuring its Wi-Fi connection. Ensure your Wi-Fi network is available and you have the password ready.
5. Once connected, the scale will perform a quick update if necessary.

Wi-Fi/Bluetooth対応 体組成計

安心の1年保証



体組成の記録



栄養を記録



Position Control
技術



最大8人のユーザーを個別認識



Wi-Fi
で自動同期



電池式:最長18ヶ月

Image: The Withings Body+ scale positioned next to a smartphone, illustrating the seamless connection and data display within the Health Mate application.

5. OPERATING INSTRUCTIONS

5.1. Taking a Measurement

1. Place the scale on a hard, flat surface (e.g., tile or hardwood floor). Avoid carpets or rugs.
2. Step onto the scale barefoot. Ensure your feet are positioned evenly on the electrodes (the metallic strips).
3. Stand still and wait for the measurement to complete. The display will show your weight first, followed by other body composition metrics.
4. The scale will automatically identify you and send the data to your Health Mate app.

5.2. Understanding the Display

The Body+ scale's display provides various metrics and information. You can customize which metrics are shown via the Health Mate app.



Image: A collage of different display readouts from the Withings Body+ scale, including weight, BMI, weather forecast, fat percentage, muscle mass, and water percentage, demonstrating the customizable information available.

5.3. Multi-User Recognition

The Withings Body+ can manage up to 8 users simultaneously. It automatically recognizes individuals based on their weight. If two users have similar weights, the scale may prompt you to select your profile in the app. Ensure each user has a profile set up in the Health Mate app.

6. FEATURES

6.1. Body Composition Analysis

The Body+ scale provides comprehensive body composition metrics:

- **Weight:** Measured in 200g (7.1 oz) units.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Fat:** Percentage of total body weight that is fat.
- **Body Water:** Percentage of total body weight that is water.
- **Muscle Mass:** The total weight of muscle in your body.
- **Bone Mass:** The total weight of bone in your body.

6.2. Automatic Synchronization (Wi-Fi/Bluetooth)

Your measurements are automatically synced to the Health Mate app via Wi-Fi or Bluetooth. This allows you to view your data history, track trends, and gain insights into your health progress without manual logging.

6.3. Position Control™ Technology

This patented technology guides you to stand correctly on the scale, ensuring the most accurate and consistent measurements by minimizing errors due to improper posture.

6.4. Special Modes

- **Pregnancy Tracker:** Track weight gain during pregnancy with personalized advice and tips through the Health Mate app.

ベビーモード：

赤ちゃんを抱えながら体重を測定して赤ちゃんの体重を知ることができます。



Image: A pregnant woman sitting on the floor, gently touching her belly, representing the pregnancy tracking mode available with the Withings Body+ scale.

- **Baby Mode:** Weigh your baby by stepping on the scale while holding them, then stepping off to get your weight, and the scale calculates the baby's weight.

健康を総合的に管理

Health Mate にて一元管理



スマートウォッチ



スマート体組成計



スマート睡眠パッド



withings

Image: A man holding a baby, illustrating the baby mode feature of the Withings Body+ scale, which allows for easy weighing of infants.



Image: An infographic highlighting the main features of the Withings Body+ scale, including body composition measurement, meal logging, Position Control technology, support for up to 8 users, Wi-Fi/Bluetooth connectivity, and an 18-month battery life.

7. MAINTENANCE

7.1. Cleaning

To clean your Withings Body+ scale:

- Wipe the surface with a soft, damp cloth.
- Do not use abrasive cleaners or chemical solvents.
- Ensure the scale is completely dry before storage or next use.

7.2. Storage

Store the scale in a cool, dry place. Avoid extreme temperatures and direct sunlight.

8. TROUBLESHOOTING

- **Scale not turning on:** Check if the batteries are correctly inserted and have sufficient charge. Replace batteries if necessary.
- **Inaccurate readings:** Ensure the scale is on a hard, flat surface. Stand still and ensure your feet are properly positioned on the electrodes. Recalibrate by stepping on and off the scale quickly.
- **No data sync to app:** Check your Wi-Fi or Bluetooth connection. Ensure the Health Mate app is open or running in the background. Restart the scale by removing and reinserting batteries.
- **Body composition not measured:** Ensure you are stepping on the scale barefoot. Dry feet or thick calluses can sometimes interfere with the electrical signal.
- **Multi-user recognition issues:** Ensure all users have distinct profiles in the Health Mate app. If weights are very similar, the app may prompt for manual selection.

For more detailed troubleshooting, refer to the support section within the Health Mate app or visit the official Withings support website.

9. SPECIFICATIONS

Feature	Detail
Model Number	WBS05-WHITE-ALL-JP
Brand	Withings
Colour	White
Weight Limit	200 Kilograms
Readout Accuracy	200 Grams
Item Weight	2000 Grams
Package Dimensions	37 x 36.7 x 4.2 cm
Display Type	LCD
Connectivity	Wi-Fi, Bluetooth
Batteries	4 AAAA batteries (included)
Special Features	Smart, Body Composition Measurement, Position Control™
Manufacturer	Withings
First Available Date	19 June 2017

10. WARRANTY AND SUPPORT

Withings products are designed for durability and reliability. For specific warranty information, please refer to the warranty card included in your product packaging or visit the official Withings website. Warranty terms may vary by region.

For technical support, product inquiries, or assistance with the Health Mate app, please visit the Withings support page:

[Withings Support Website](#)

You can also find helpful resources and FAQs within the Health Mate application.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question