

## Withings WBS06-Black-All-Inter

# Withings Body Digital Wi-Fi Smart Scale

## USER MANUAL

### 1. INTRODUCTION

The Withings Body Digital Wi-Fi Smart Scale is designed to provide accurate weight and Body Mass Index (BMI) measurements, helping you monitor your health and fitness progress. This smart scale offers seamless data synchronization to the Health Mate app via Wi-Fi or Bluetooth, supports multiple users, and includes specialized modes for pregnancy tracking and baby weighing. This manual provides detailed instructions for setup, operation, maintenance, and troubleshooting to ensure optimal performance of your device.

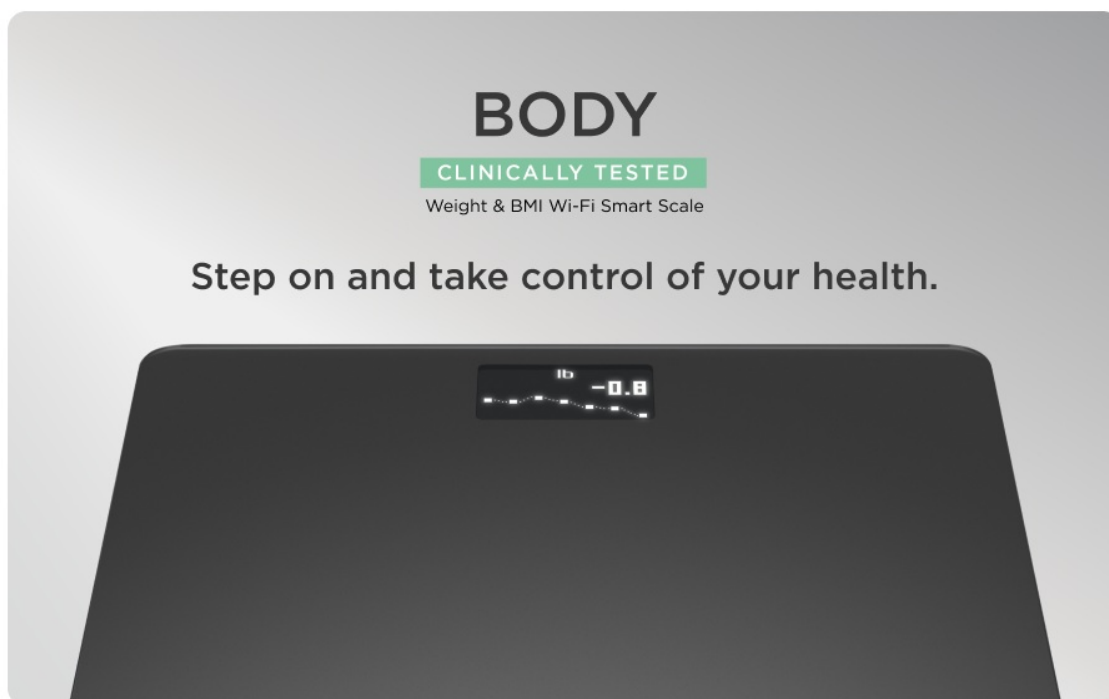


Image: Withings Body Smart Scale, highlighting its clinically tested status for weight and BMI measurements.

### 2. GETTING STARTED

## 2.1. What's in the Box

- Withings Body Smart Scale (Black)
- Alkaline cells (AAA batteries) - already installed
- Quick Installation Guide
- Carpet feet (for use on soft surfaces)

## 2.2. Battery Installation

The Withings Body scale comes with batteries pre-installed. If you need to replace them, locate the battery compartment on the underside of the scale. Insert four standard AAA batteries, ensuring correct polarity. The scale is designed for long-lasting battery life, operating for up to 18 months on a single set of batteries.

## 2.3. Initial Setup & App Connection

To begin using your Withings Body scale, you must first connect it to the Health Mate app. This app is compatible with iPhone (4S or higher), iPod Touch (5th generation or higher), iPad (3rd generation or higher, as well as any iPad Mini), and Bluetooth Low Energy compatible Android devices (OS 5.0 or higher).

1. Download the **Health Mate app** from the Apple App Store or Google Play Store.
2. Open the app and follow the on-screen instructions to create a new account or log in to an existing one.
3. Select 'Install a device' and choose 'Scales', then 'Body'.
4. Follow the app's prompts to pair your scale via Bluetooth and configure its Wi-Fi connection. Ensure your Wi-Fi network is 802.11 b/g/n compatible with WEP/WPA/WPA2-personal networks.
5. Once connected, the scale will automatically synchronize data to the app after each weigh-in.

# Step up your smart scale

2/3 of Withings scales are still in use 4 years after their purchase.

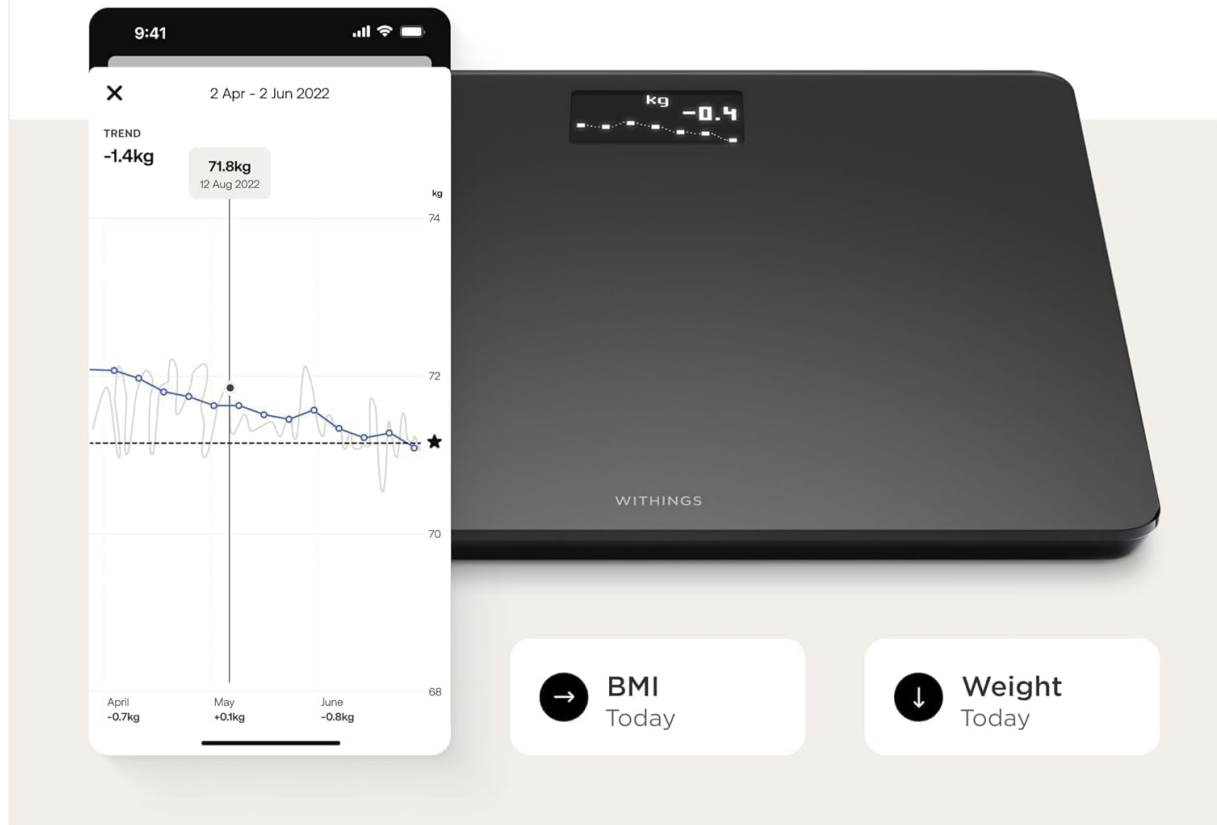


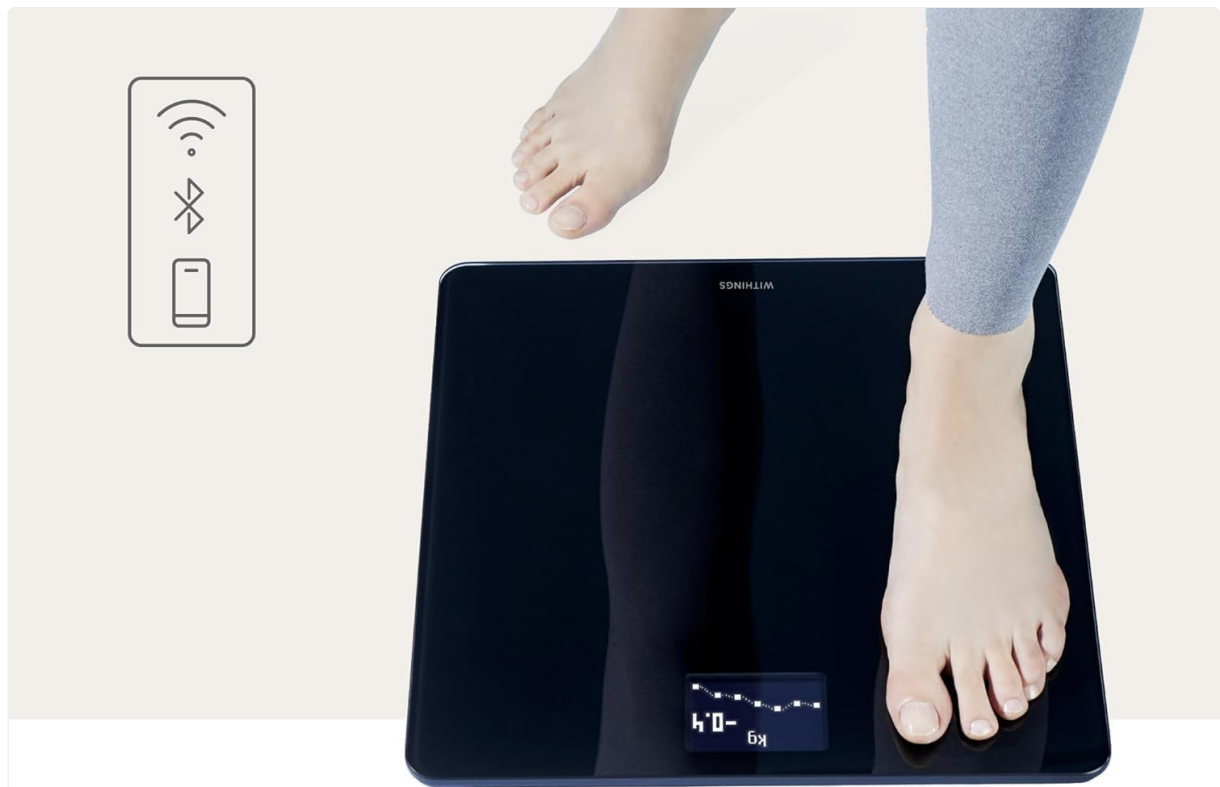
Image: The Withings Body scale showing a weight trend on its display, alongside a smartphone running the Health Mate app with detailed weight and BMI data.

## 3. OPERATING INSTRUCTIONS

### 3.1. Taking a Measurement

For accurate readings, place the scale on a hard, flat surface. If using on carpet, attach the included carpet feet.

1. Step onto the scale barefoot. The scale will automatically turn on.
2. The patented **Position Control Technology** will guide you to center yourself on the scale using on-screen arrows, ensuring the most precise measurement.
3. Stand still until your weight is displayed and stabilized. The scale will then show your BMI and a trend graph of your last 8 measurements.
4. Your data will automatically sync to the Health Mate app via Wi-Fi or Bluetooth.



## Wi-Fi advantage

Unlike many smart scales, weigh-in data is sent to the app automatically—no need to have your phone with you. No Wi-Fi? Bluetooth is also available.

Image: A person's feet positioned on the Withings Body Smart Scale, illustrating proper stance for measurement. Icons for Wi-Fi and Bluetooth connectivity are shown.

### 3.2. Multi-User Recognition

The Withings Body scale can automatically recognize up to 8 different users. Each user can weigh themselves and access their personal weight histories within the Health Mate app. Ensure each user creates a profile in the app and performs an initial weigh-in for the scale to learn their profile.

### 3.3. Pregnancy Tracker & Baby Mode

The scale offers specialized modes to support family health monitoring:

- **Pregnancy Tracker:** Monitor healthy weight gain range and access obstetrician-reviewed advice within the Health Mate app.
- **Baby Mode:** Track the weight of the youngest family members by holding the baby while weighing yourself, then subtracting your own weight in the app.

### 3.4. Understanding Display Readings

The scale's display provides instant feedback:

- **Instant Weight:** Your current weight is displayed prominently.
- **Weight Trends:** A small graph shows your weight trend over your last 8 measurements, helping you visualize progress.

- **BMI:** Your Body Mass Index is calculated and displayed, indicating if you are within a healthy range.

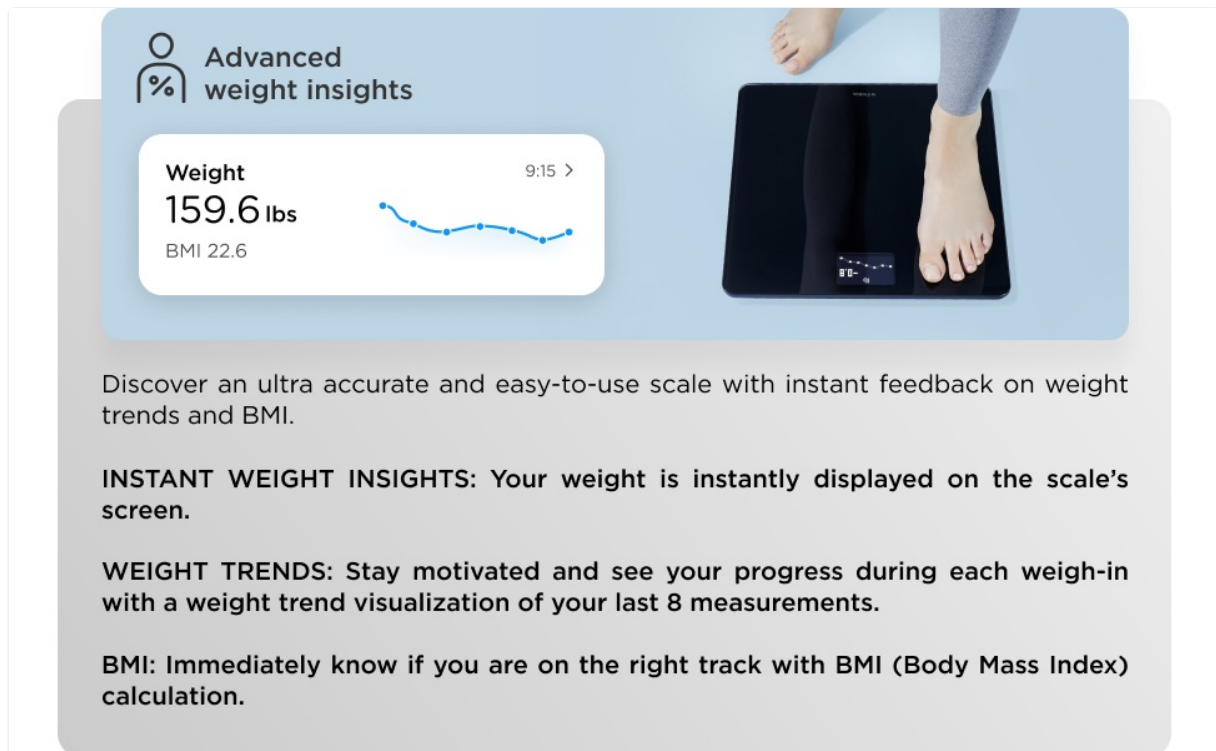


Image: The Withings Body scale's display showing current weight and BMI, along with a visual representation of weight trends over time.

## 4. ADVANCED FEATURES

---

### 4.1. Wi-Fi & Bluetooth Synchronization

The Withings Body scale offers robust connectivity options:

- **Automatic Data Sync:** Data from every weigh-in appears automatically in the Health Mate app via Wi-Fi or Bluetooth. This means you do not need your phone nearby during measurements for data to be recorded. The scale can store up to 16 readings if it cannot sync wirelessly immediately.
- **Highly Compatible:** The Health Mate app syncs with Apple Watch and over 100 top health and fitness apps, including Apple Health, Fitbit, and Google Fit.

### 4.2. Position Control Technology

This exclusive patented technology guides you into the correct stance on the scale, ensuring each weigh-in is precise up to 0.1 kg / 0.2 lbs. The scale also adjusts its measurements based on Wi-Fi location to compensate for gravity, further enhancing accuracy.



Image: Visual representation of the Withings Body scale's exceptional reliability due to Position Control Technology and its ease of use with automatic Wi-Fi synchronization.

### 4.3. Health Mate App Features

The free Withings Health Mate app is central to your experience, providing important trends and insights:

- **Comprehensive Health Tracking:** View your weight history, BMI, and other health metrics.
- **Multi-User Support:** Manage profiles for up to 8 users.
- **Nutrition Tracking:** Integrate with MyFitnessPal to put your caloric intake into perspective.
- **Daily Weather & Activity:** The scale can display daily weather forecasts and activity levels on its screen.



Image: A collage showing the Health Mate app interface on a smartphone, alongside icons representing multi-user support, pregnancy & baby mode, athlete mode, daily weather & activity display, and up to 18 months battery life.

## 5. CARE & MAINTENANCE

### 5.1. Cleaning

To clean your Withings Body scale, use a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water. Keep the surface dry to prevent slipping.

### 5.2. Battery Replacement

When the battery indicator appears on the scale's display or in the Health Mate app, it's time to replace the batteries. Open the battery compartment on the underside of the scale and replace the four AAA batteries with new ones, observing correct polarity. Ensure the scale is properly reconnected to the app after battery replacement.

## 6. TROUBLESHOOTING

## 6.1. Common Issues & Solutions

- **Scale not turning on:**

- Check if batteries are correctly installed and have sufficient charge. Replace if necessary.

- **Scale not connecting to app/Wi-Fi:**

- Ensure Bluetooth is enabled on your smartphone during initial setup.
- Verify your Wi-Fi network credentials in the Health Mate app.
- Move the scale closer to your Wi-Fi router.
- Restart your Wi-Fi router and the scale (by removing and reinserting batteries).
- If issues persist after battery change, re-pair the scale with the app.

- **Inaccurate readings:**

- Ensure the scale is on a hard, flat surface. Use carpet feet if on carpet.
- Stand still and centered on the scale during measurement, following the Position Control Technology guidance.
- Ensure your feet are clean and dry.

- **Multi-user recognition issues:**

- Ensure each user has a distinct profile in the Health Mate app and has performed an initial weigh-in.
- If the scale cannot identify a user, it may display a question mark or prompt you to assign the measurement in the app.

## 7. SPECIFICATIONS

---

### 7.1. Technical Specifications

Feature	Detail
Model Number	WBS06-Black-All-Inter
Product Dimensions	12.87 x 12.87 x 0.91 inches; 4.41 Pounds
Power Source	4 x AAA batteries (included)
Battery Life	Up to 18 months
Connectivity	Wi-Fi 802.11 b/g/n (WEP/WPA/WPA2-personal), Bluetooth Low Energy
Display Type	OLED
Measurement Units	kg, lb, st lb
Weight Accuracy	0.1 kg / 0.2 lbs
Max Users	8 users
Manufacturer	Withings Inc

# Generous footprint

People with bigger feet appreciate Body because it can easily accommodate them.

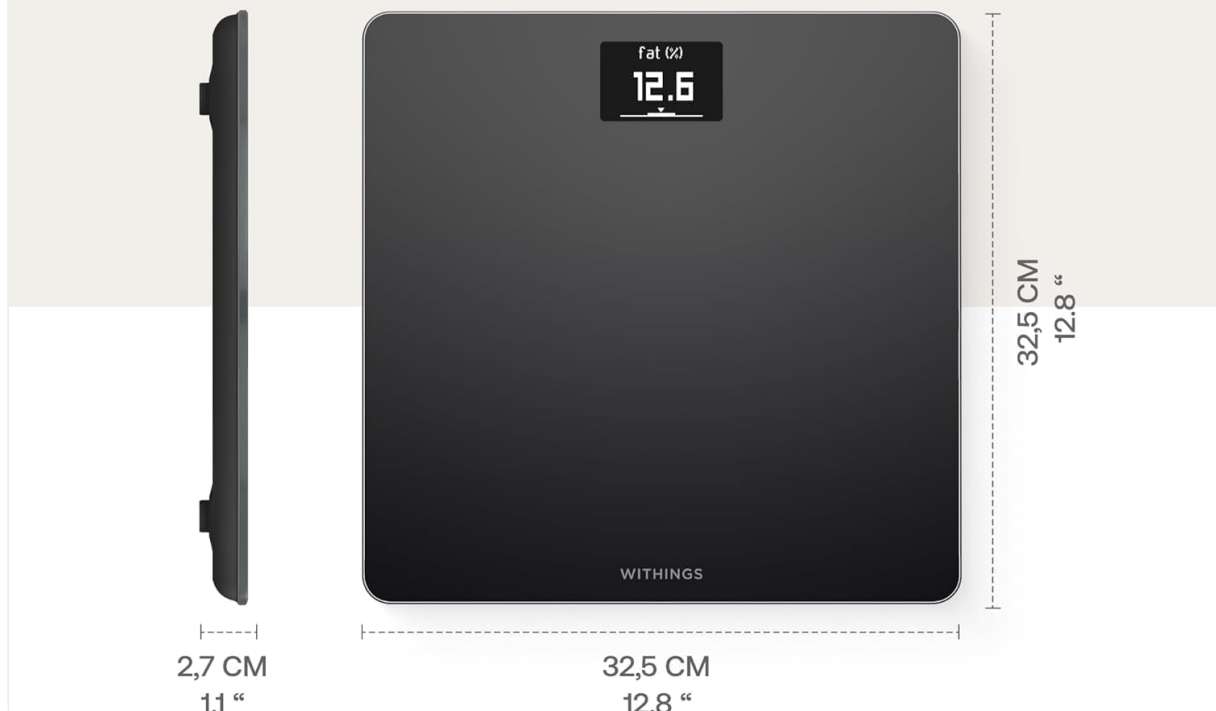


Image: Side and top view of the Withings Body Smart Scale, illustrating its compact dimensions of 32.5 cm (12.8 inches) by 32.5 cm (12.8 inches) and a thickness of 2.7 cm (1.1 inches).

## 8. WARRANTY & SUPPORT

### 8.1. Warranty Information

Withings products are manufactured to the highest quality standards. For specific warranty terms and conditions, please refer to the warranty information provided with your purchase or visit the official Withings website.






### 8.2. Customer Support & Resources

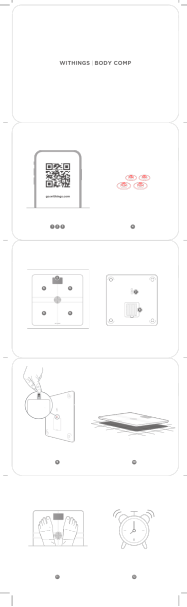
For further assistance, technical support, or to access additional resources, please use the following:

- **Official User Manual (PDF):** [Download PDF](#)
- **Withings Brand Store:** [Visit Withings Store on Amazon](#)
- **Health Mate App:** Access FAQs and support directly within the app.



Related Documents - WBS06-Black-All-Inter

<div><div>WITHINGS</div><div>Reviewer's guide</div><div>Body Smart</div></div> <div></div>	<div><a href="#">Withings Body Smart: Advanced Body Composition Wi-Fi Scale Reviewer's Guide</a></div> <div>A comprehensive reviewer's guide to the Withings Body Smart scale, detailing its advanced body composition measurements, heart rate tracking, precision technology, and user-friendly app integration for a holistic health journey.</div>
<div><div>WITHINGS</div><div>Reviewer's guide</div><div>Body Comp   <span>HEALTHY</span></div></div> <div></div>	<div><a href="#">Withings Body Comp Smart Scale: Advanced Body Composition and Health Insights</a></div> <div>Discover the Withings Body Comp Wi-Fi Scale, offering comprehensive body composition analysis, cardiovascular health metrics like Pulse Wave Velocity and Vascular Age, and Electrodermal Activity score. Managed via the Withings Health+ app, it provides personalized insights and habit-building tools for a healthier lifestyle.</div>
<div><div>Withings Body</div><div>Balance Wi-Fi IMC</div><div>Intelligent composition of your body</div></div> <div></div> <div>WITHINGS</div>	<div><a href="#">Withings Body Wi-Fi IMC : Guide d'installation et d'utilisation</a></div> <div>Ce document fournit des instructions complètes pour l'installation, l'utilisation et la personnalisation de la balance connectée Withings Body Wi-Fi IMC. Il détaille les fonctionnalités telles que le suivi du poids, le calcul de l'IMC, la connectivité Wi-Fi et l'intégration avec l'application Health Mate.</div>
<div><div>WITHINGS</div><div>Body Scan</div></div> <div></div>	<div><a href="#">Withings Body Scan Product Guide: Setup, Features, and Safety Information</a></div> <div>Comprehensive product guide for the Withings Body Scan smart scale, detailing setup, features like body composition analysis and ECG, Nerve Health Score, troubleshooting, and safety precautions. Available in multiple languages.</div>
<div><div>Smart Body Analyzer</div><div>Weight &amp; Fat Mass Heart Rate - Air Quality Weight Tracking - Daily Report</div><div>Installation and Operating Instructions (PDF) (user's manual) (user's manual)</div></div> <div></div> <div>WITHINGS</div>	<div><a href="#">Withings Smart Body Analyzer: Installation and Operating Guide</a></div> <div>Comprehensive guide for the Withings Smart Body Analyzer, covering installation, setup, features like weight, fat mass, heart rate, and air quality tracking, plus maintenance and specifications. Integrates with Health Mate app.</div>

	<p><a href="#">Withings Body Comp Smart Scale - Quick Start Guide</a></p> <p>Get started with your Withings Body Comp smart scale. This guide provides setup instructions, key features, and best practices for accurate health tracking.</p>
---	---