

Withings FBA_HWA03 Black 40mm

Withings Steel HR Hybrid Smartwatch Instruction Manual

MODEL: FBA_HWA03 BLACK 40MM

Introduction

The Withings Steel HR is a sophisticated hybrid smartwatch that seamlessly blends classic watch design with advanced health and activity tracking capabilities. Crafted with durable 316L stainless steel, it offers comprehensive monitoring of your heart rate, daily activity, and sleep patterns. This manual provides detailed instructions to help you set up, operate, and maintain your Steel HR smartwatch, ensuring you get the most out of its features.



Figure 1: Withings Steel HR Hybrid Smartwatch

Setup Guide

1. **Charge Your Smartwatch:** Before initial use, fully charge your Steel HR using the provided USB charger. Connect the charger to a USB power source and place the watch on the magnetic charging cradle.
2. **Download the Health Mate App:** The Withings Steel HR requires the free Health Mate app for setup and data synchronization. Download the app from the Apple App Store (for iOS devices) or Google Play Store (for Android

devices).

3. **Create an Account:** Open the Health Mate app and follow the on-screen instructions to create a new Withings account or log in with an existing one.
4. **Pair Your Smartwatch:** Within the Health Mate app, navigate to 'Devices' and select 'Install a device'. Choose 'Watch' and then 'Steel HR'. Follow the app's prompts to pair your smartwatch via Bluetooth. Ensure Bluetooth is enabled on your smartphone.
5. **Initial Synchronization:** Once paired, your Steel HR will perform an initial synchronization with the app, setting the correct time and transferring any pre-recorded data.

Operating Your Withings Steel HR

The Steel HR is designed for intuitive use, with most functions managed automatically or through the single side button and the Health Mate app.

1. Time Display & Digital Screen

- The watch features traditional analog hands for timekeeping.
- A small digital screen at the top of the watch face displays various metrics and notifications.
- Press the side button to cycle through different information on the digital screen, such as date, heart rate, steps, and notifications.

2. Heart Rate Monitoring

- The Steel HR continuously monitors your heart rate throughout the day and night.
- During workouts, it provides continuous heart rate tracking for performance insights.
- View your current heart rate on the digital screen or detailed historical data in the Health Mate app.

3. Daily Activity Tracking

- The smartwatch automatically counts your steps, estimates calories burned, and calculates distance traveled.
- A sub-dial on the watch face shows your progress towards your daily step goal.
- Detailed activity logs are available in the Health Mate app.

4. Automatic Sleep Monitoring

- Wear your Steel HR to bed for automatic sleep tracking.
- It monitors light and deep sleep cycles, interruptions, and sleep regularity.
- Wake up to a personalized Sleep Score in the Health Mate app, providing insights into your sleep quality.

5. Multisport Tracking with Connected GPS

- The Steel HR tracks over 30 different sports activities.
- When connected to your smartphone's GPS, it can map your session and provide data on distance, elevation, and pace.

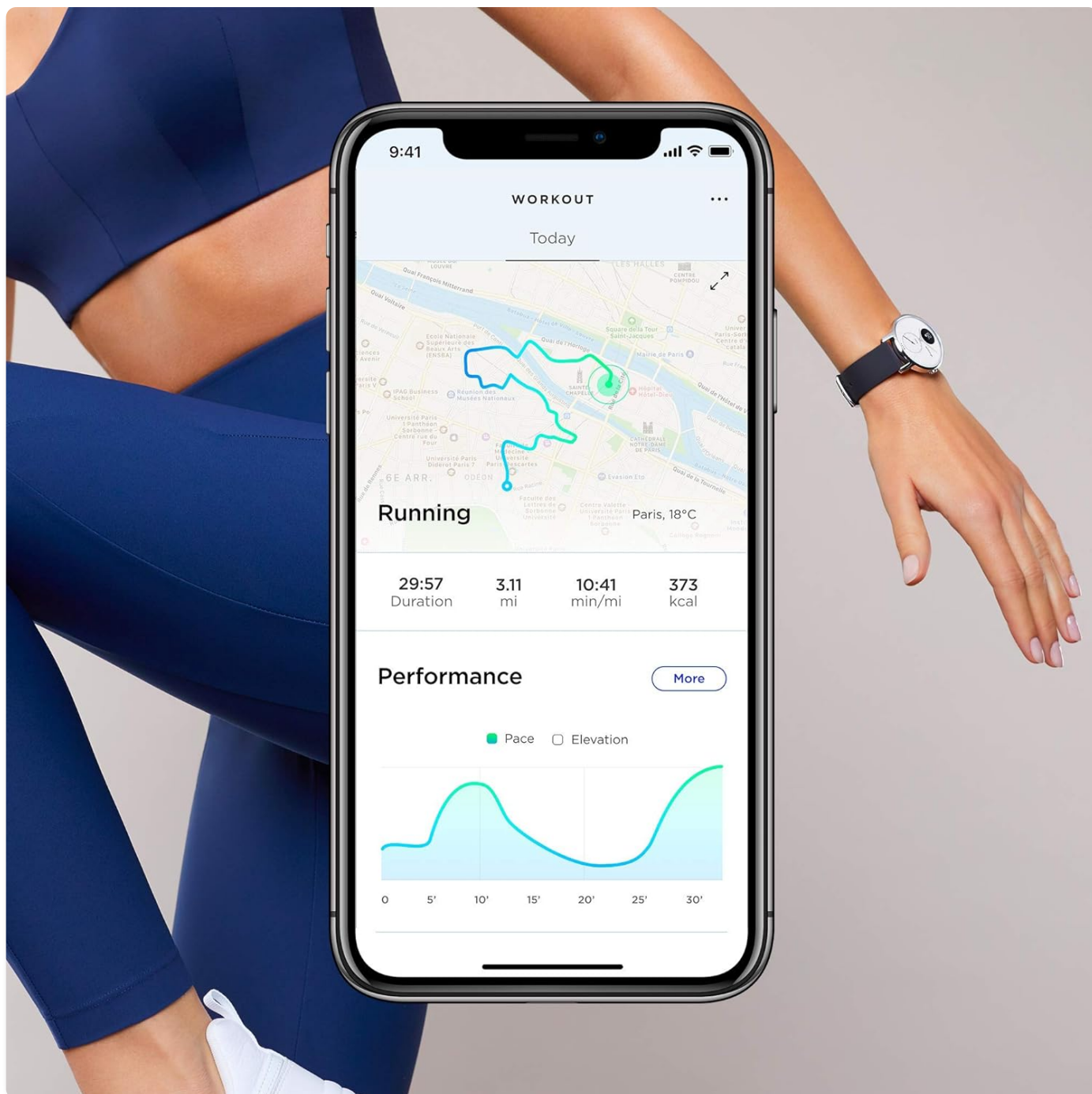


Figure 2: Multisport tracking data displayed in the Health Mate app

6. Smart Notifications

- Receive customizable call, text, event, and app notifications directly on your watch screen.
- Configure notification preferences through the Health Mate app.

7. Water Resistance

- The Steel HR is water-resistant up to 50 meters (5 ATM).
- It is suitable for swimming and showering, making it a life-friendly hybrid smartwatch.

8. Automatic Data Synchronization

- All your health data seamlessly syncs with the free Health Mate app via Bluetooth.
- The Health Mate app can integrate with other popular health and fitness platforms such as Alexa, Apple Health, Google Fit, and Strava.

9. Swappable Wristbands

- Easily change wristbands in seconds to customize your Steel HR's look.
- Compatible bands include silicone, leather, or metal options (sold separately).

Maintenance

- **Cleaning:** Regularly clean your smartwatch and wristband with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Water Exposure:** While water-resistant, it's recommended to dry the watch and your skin after swimming or showering to prevent irritation and maintain the device.
- **Battery Care:** To prolong battery life, avoid extreme temperatures and fully discharge the battery only occasionally. The Steel HR boasts a record battery life of up to 25 days on a single charge.

Troubleshooting

- **Watch Not Syncing:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Check if the Health Mate app is open and running in the background.
 - Restart your smartphone and/or the Steel HR.
 - Ensure the watch battery is not critically low.
- **Inaccurate Readings:**
 - Ensure the watch is worn snugly on your wrist, but not too tight.
 - Clean the heart rate sensor on the back of the watch.
 - For GPS tracking, ensure your phone is with you and has a clear signal.
- **Notifications Not Appearing:**
 - Verify notification settings within the Health Mate app.
 - Check your smartphone's system notification settings for the Health Mate app.
 - Ensure the watch is connected to your phone via Bluetooth.

Specifications

Feature	Detail
Model Name	FBA_HWA03 Black 40mm
Item Weight	1.79 ounces
Item Dimensions (LxWxH)	1.56 x 1.56 x 0.51 inches
Color	Black - 40mm
Material	Leather (default band, swappable)
Screen Size	1.3 Inches (digital display)
Memory Storage Capacity	1 MB
Operating System	Proprietary Withings OS

Connectivity Technology	Bluetooth
Battery Life	Up to 25 days (rechargeable Lithium Metal)
Water Resistance	50M (5 ATM)
Sport Type	Fitness, Running, Swimming, Walking
Included Components	Nokia Steel HR, Silicone Wristband, USB charger, Quick Installation Guide, Free Nokia Account, Free Nokia Health Mate App

Warranty and Support

Warranty: The Amazon Warranty for Nokia digital health Products is valid for ONE (1) YEAR from the date you initially purchased the Product.

Support: For technical assistance or any product-related inquiries, please contact the seller directly.