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› Withings Scanwatch Hybrid Smartwatch User Manual - Model HWA09-model 4-All-Int (42mm Black)

Withings HWA09-model 4-All-Int

Withings Scanwatch Hybrid Smartwatch User Manual

Model: HWA09-model 4-All-Int (42mm Black)

1. INTRODUCTION

The Withings Scanwatch is a hybrid smartwatch designed to monitor vital health parameters and assist in improving overall physical fitness. It integrates medical-grade features such as an electrocardiogram (ECG) for detecting atrial fibrillation, an oximeter for measuring blood oxygen saturation (SpO2), and offers an extended battery life of up to 30 days.

This manual provides detailed instructions for setting up, operating, and maintaining your Scanwatch, ensuring you can fully utilize its health and activity tracking capabilities.



Image 1: The Withings Scanwatch, a hybrid smartwatch with a classic watch face and a digital display showing heart rate.

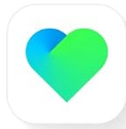


Image 2: The Withings Scanwatch worn on a user's wrist, highlighting its design and integration.

2. SETUP AND INITIAL PAIRING

To begin using your Withings Scanwatch, you must first pair it with the Withings Health Mate application on your smartphone. The Health Mate app is available for free on both iOS and Android devices.

1. **Charge the Device:** Before initial use, ensure your Scanwatch is fully charged using the provided charging cable.
2. **Download Health Mate App:** Download and install the "Health Mate" app from your smartphone's app store (Apple App Store for iOS or Google Play Store for Android).
3. **Create an Account:** Open the Health Mate app and follow the on-screen instructions to create a new user account or log in to an existing one.
4. **Pair Your Scanwatch:** In the Health Mate app, navigate to the "Devices" section and select "Install a device." Choose "Scanwatch" from the list and follow the pairing instructions. Ensure Bluetooth is enabled on your smartphone.
5. **Complete Setup:** The app will guide you through the remaining setup steps, including personal profile



Track it all

ScanWatch automatically syncs to the free Health Mate app so you can view trends, gain insights & find extra motivation.



Works with:

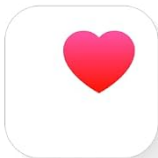


Image 3: Screenshot of the Withings Health Mate app interface, showing various health metrics and app store download links.

3. OPERATING YOUR SCANWATCH

The Scanwatch offers a range of features accessible directly from the watch or through the Health Mate app.

3.1. Health Monitoring Features

- **Electrocardiogram (ECG):** Detect atrial fibrillation or normal heart rhythm and monitor low and high heart rates in just 30 seconds. To take an ECG, follow the instructions on the watch display and place your finger on the bezel.
- **Wrist Oximeter (SpO2):** Access your medical-grade oxygen saturation level (SpO2) in 30 seconds. Ensure the watch is snug on your wrist and remain still during the measurement.
- **Continuous Heart Rate Tracking:** Scanwatch continuously tracks your heart rate during sports sessions and regularly throughout the day and night. Notifications can be sent for episodes of high or low resting heart rate.
- **Respiratory Disturbance Detection:** Detects respiratory disturbances during the night and identifies signs of

sleep apnea.

- **Sleep Tracking:** Obtain a sleep score based on your sleep cycles (light and deep phases), sleep duration, and nocturnal awakenings.



Image 4: Visual representation of Scanwatch's health tracking capabilities, including SpO2, ECG, and sleep data displayed in the Health Mate app.

3.2. Activity Tracking Features

- **Continuous Activity Tracking:** Discover measurements from your workouts, including estimated cardio fitness index via VO2 max, connected GPS (via smartphone), elevation, and water resistance up to 50 meters.
- **Workout Modes:** Choose from over 30 sports and launch training mode directly from your wrist.

Advanced fitness & health plus extras that make life easier



Image 5: The digital display of the Scanwatch showing calories burned and options for various activities like running and breathing exercises, controlled by the crown.

3.3. Data Synchronization

The Scanwatch automatically synchronizes data with the free Health Mate app via Bluetooth. It is compatible with Alexa, Apple Health, Google Fit, Strava, and over 100 other sports and health applications.

4. MAINTENANCE AND CARE

- **Battery Life:** The Scanwatch features a rechargeable battery with an exceptional autonomy of up to 30 days, depending on usage. Charge the watch using the provided magnetic charging cable when the battery level is low.
- **Water Resistance:** The watch is water-resistant up to 50 meters (5 ATM). It is suitable for swimming and showering but not for diving or high-speed water sports. Avoid pressing buttons underwater.
- **Cleaning:** Clean the watch and strap regularly with a soft, dry cloth. If necessary, use a slightly damp cloth. Avoid harsh chemicals or abrasive materials.
- **Strap Replacement:** The Scanwatch supports interchangeable straps (FKM, leather, silicone, metal, and PET). Refer to the strap replacement guide for instructions on how to change them.

Brag your battery life

With a battery that lasts **up to 30 days** before needing to be recharged, ScanWatch goes the extra mile so you can too.



Image 6: A graphic illustrating the Scanwatch's battery life of up to 30 days compared to other smartwatches.

5. TROUBLESHOOTING

If you encounter issues with your Scanwatch, consider the following common solutions:

- **Pairing Issues:** Ensure Bluetooth is enabled on your smartphone and the watch is within range. Restart both your watch and smartphone, then attempt pairing again.
- **Data Synchronization Problems:** Verify that the Health Mate app is open and running in the background. Check your internet connection. If issues persist, try force-closing and reopening the app.
- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist, but not too tight. Clean the sensors on the back of the watch. For ECG and SpO2 measurements, remain still and follow on-screen instructions precisely.
- **Battery Draining Quickly:** Reduce the frequency of continuous heart rate monitoring or turn off notifications if not essential. Ensure the watch is fully charged.
- **Watch Not Responding:** Try performing a soft reset by pressing and holding the crown for approximately 10-15 seconds until the watch restarts.

For further assistance, refer to the official Withings support website or contact customer service.

6. TECHNICAL SPECIFICATIONS

Feature	Detail
Brand	Withings
Model Number	HWA09-model 4-All-Int
Color	Black
Screen Size	42 Millimeters
Operating System	Proprietary Operating System
Connectivity	Bluetooth, GPS via smartphone
Special Features	Activity Tracker, ECG, SpO2, Heart Rate Monitor, Sleep Tracker
Compatible Devices	Google Fit, Apple Health, Strava (via Health Mate app)
Battery Type	Lithium-polymer
Battery Capacity	140 Milliampere-hour (mAh)
Water Resistance	Up to 50 meters (5 ATM)
Memory Storage Capacity	128 MB

7. WARRANTY AND SUPPORT

The Withings Scanwatch comes with a manufacturer's warranty of 2 years. For warranty claims, technical support, or further inquiries, please visit the official Withings support website or contact their customer service department.

Keep your proof of purchase for warranty validation.

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