

Withings WBS08

WITHINGS Body Scan - Smart Scale User Manual

Brand: Withings | Model: WBS08

1. PRODUCT OVERVIEW

The Withings Body Scan is an advanced smart scale designed to provide comprehensive body composition analysis, vascular age assessment, and heart rate monitoring. It goes beyond basic weight measurement to offer detailed insights into your health and fitness.

Key Features:

- The ultimate body analyzer for precise fitness improvement.
- Segmental body composition analysis to identify muscle imbalance or excess fat.
- Consistent and precise weight measurements (50 g / 0.1 lb) with trend tracking on the scale's color screen or app.
- Vascular Age estimation for a clearer picture of heart health.
- Heart rate evaluation at every weigh-in.
- Electrodermal Activity Assessment to visualize the impact of stress and emotions.
- Rechargeable battery for extended use.
- Seamless Wi-Fi sync for data transfer.
- Automatic user recognition for multiple profiles.



Image: The Withings Body Scan smart scale, showcasing its main unit with a retractable handle for advanced measurements, alongside a smartphone displaying the companion app's detailed body composition analysis.

Official Product Video:

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Video: An official product video titled "Withings Body Segment" demonstrating the key features and benefits of the Withings Body Scan smart scale, including body composition analysis, heart health assessment, and user recognition.

2. WHAT'S IN THE BOX

- Withings Body Scan Smart Scale
- USB-C Charging Cable

- Product Guide

3. SETUP GUIDE

Initial Setup:

1. **Charge the Device:** Before first use, fully charge your Withings Body Scan using the provided USB-C charging cable. Connect the cable to the scale and a compatible USB power adapter (not included).
2. **Download the App:** Download the official Withings Health Mate app from your smartphone's app store (iOS or 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 the Scale:** In the Health Mate app, navigate to the device setup section and select "Body Scan" to begin the pairing process. Follow the app's prompts to connect your scale via Bluetooth and Wi-Fi. Ensure your Wi-Fi network is active and within range.
5. **Initial Weigh-in:** Once paired, step onto the scale barefoot. The scale will guide you through your first measurement, including body composition and heart health readings.

4. OPERATING INSTRUCTIONS

Taking a Measurement:

1. Place the scale on a hard, flat surface. Avoid carpets or uneven flooring.
2. Step onto the scale barefoot, ensuring your feet are positioned correctly on the electrodes.
3. For segmental body composition analysis, grasp the retractable handle firmly with both hands, keeping your arms straight and close to your body.
4. Remain still during the measurement process. The scale's display will show your weight and other metrics as they are measured.
5. Your data will automatically sync to the Health Mate app via Wi-Fi.

効率的に 筋力をUP

部位ごとの筋肉量と体
脂肪を可視化

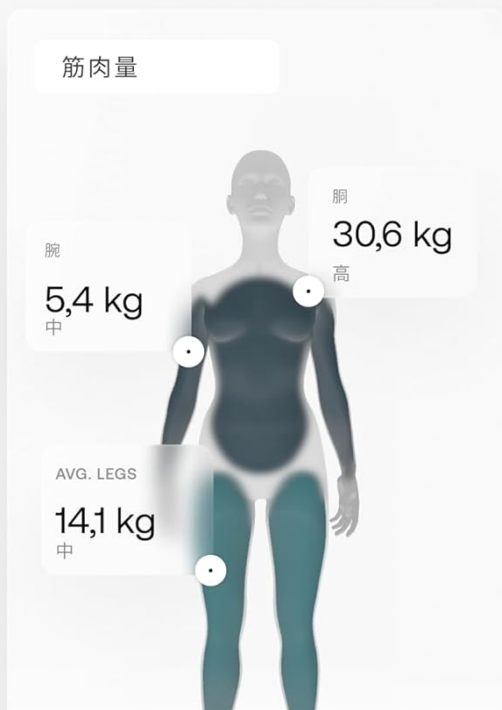


Image: A user demonstrating the correct posture for segmental body composition analysis on the Withings Body Scan scale, holding the retractable handle.

目標達成を サポート



本日
67 kg

目標体重
63 kg

Image: The Withings Body Scan scale showing a weight reading and trend graph on its display, illustrating how users can track their progress.

心臓の健康もサポート

CLINICALLY VALIDATED

血管の状態を知る

血管年齢

● 34-36歳 正常

心拍数を評価

心拍

● 64bpm 正常

64 bpm

Normal

Image: A visual representation of the Withings Health Mate app interface, highlighting the display of vascular age and heart rate measurements for comprehensive health monitoring.

ストレスや感情が カラダに与える影響を可視化

足裏に刺激を受けた際の皮膚の反応を測定

▼ 皮膚電気反応評価



Image: The Withings Body Scan's display showing an Electrodermal Activity (EDA) reading, indicating the scale's capability to assess stress and emotional impact on the body.



ペットも大事な家族 抱っこで正確に体重測定 独立アカウントで健康管理

Image: A Shiba Inu dog standing on a Withings scale, demonstrating the scale's ability to accurately weigh pets by holding them while stepping on the scale, with independent accounts for health management.



Image: A collage highlighting various features of the Withings Body Scan, including specialized modes for athletes, pregnant users, and babies, Wi-Fi connectivity, a 1-year rechargeable battery life, a clear color display, and a high app rating.

Automatic User Recognition:

The Body Scan scale is designed to automatically recognize individual users based on their weight and previous measurements. For new users or if recognition fails, the scale may prompt you to select your profile via the Health Mate app.

5. MAINTENANCE

Cleaning:

Wipe the scale's surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water. Ensure the scale is dry before storage or next use.

Battery:

The Withings Body Scan features a rechargeable battery. When the battery level is low, a notification will appear on the scale's display and in the Health Mate app. Recharge the scale using the provided USB-C cable.

6. TROUBLESHOOTING

- **Inaccurate Readings:** Ensure the scale is on a hard, flat surface. Make sure your feet are clean and dry, and positioned correctly on the electrodes. For segmental analysis, ensure you are holding the handle correctly and standing still.
- **Connectivity Issues (Wi-Fi/Bluetooth):** Check that your Wi-Fi router is on and within range. Restart your scale and your smartphone. Ensure Bluetooth is enabled on your phone. If issues persist, try re-pairing the scale through the Health Mate app.
- **Scale Not Turning On:** The battery may be depleted. Connect the scale to the USB-C charging cable and allow it to charge for at least 30 minutes before attempting to turn it on again.
- **User Recognition Failure:** If the scale doesn't recognize you, select your profile manually via the scale's display or the Health Mate app. Ensure your profile details (e.g., height) are accurate in the app.

7. SPECIFICATIONS




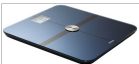

Feature	Detail
Brand	Withings
Model Number	WBS08
Color	Black
Recommended Uses	Humans, Health & Fitness
Special Feature	Smart
Display Type	LED or LCD
Weight Limit	200 Kilograms
Form Factor	Mini
Material	Metal, Tempered Glass
Readout Accuracy	+/- 0.1 kilograms
Item Weight	3.8 Kilograms
Weigh Scale Type	Floor Scale
Room Type	Bathroom
Measurement Type	kilograms

8. WARRANTY AND SUPPORT

Specific warranty details are not provided in this manual. For comprehensive warranty information, product support, and frequently asked questions, please visit the official Withings support website or contact their customer service directly.

You can find more information and support resources on the [Withings Store on Amazon](#).

Related Documents - WBS08

<div><div>WITHINGS</div><div>Reviewer's guide</div><div>Body Comp HEALTHY</div></div> <div></div>	<p>Withings Body Comp Smart Scale: Advanced Body Composition and Health Insights</p> <p>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.</p>
<div><div>WITHINGS</div><div>Reviewer's guide</div><div>Body Scan</div></div> <div></div>	<p>Withings Body Scan: Comprehensive Product Guide and User Manual</p> <p>Explore the Withings Body Scan smart scale with this detailed product guide. Learn about its advanced health tracking features, usage instructions, safety guidelines, and troubleshooting tips for optimal health monitoring.</p>
<div><div>WITHINGS</div><div>Reviewer's guide</div><div>Body Smart</div></div> <div></div>	<p>Withings Body Smart: Advanced Body Composition Wi-Fi Scale Reviewer's Guide</p> <p>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.</p>
<div><div>Smart Body Analyzer</div><div>Weight & Fat Mass - Heart Rate - Air Quality - Daily Report Installation and Operating Instructions</div></div> <div></div> <div><div>withings</div><div>EN 1</div></div>	<p>Withings Smart Body Analyzer: Installation and Operating Instructions</p> <p>Comprehensive guide to installing and operating the Withings Smart Body Analyzer, detailing features like weight, fat mass, heart rate, and air quality tracking, along with setup, maintenance, and troubleshooting.</p>
<div><div>WITHINGS</div><div>Reviewer's guide</div><div>Body Comp</div></div> <div></div>	<p>Withings Body Comp Product Guide</p> <p>Discover the Withings Body Comp smart scale with this official product guide. Learn about its advanced features for tracking weight, body composition, pulse rate, vascular age, and nerve health. This guide provides essential setup, usage, safety, and troubleshooting information for users worldwide.</p>

Smart Body Analyzer

Weight & Fat Mass - Heart Rate - Air Quality Weight Tracking - Daily Report
Installation and Operating Instructions (PDF) (access) (download)



Withings
Smart Body Analyzer

[Withings Smart Body Analyzer: Installation and Operating Guide](#)

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.