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Withings HWA10-model 2-All-Int

Withings ScanWatch 2 Hybrid Smartwatch 38mm White User Manual

Model: HWA10-model 2-All-Int

Introduction

The Withings ScanWatch 2 is a sophisticated hybrid smartwatch designed for comprehensive health monitoring. It combines the timeless elegance of an analog watch with advanced digital health tracking capabilities. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your ScanWatch 2 to ensure optimal performance and accurate health insights.

Setup

1. Unboxing and Initial Charge

Carefully unbox your ScanWatch 2. The package includes the ScanWatch 2 with an FKM (fluoroelastomer) strap and stainless steel buckle, a USB-C compatible docking station, a USB-C to USB-A cable, a quick start guide, and a product guide.



Image: Contents of the ScanWatch 2 box, showing the smartwatch, USB-C to USB-A cable, and docking station.

Before first use, place your ScanWatch 2 on the charging dock and connect it to a power source using the provided USB-C to USB-A cable. A full charge typically takes approximately 2 hours.

2. App Installation and Pairing

1. Download the **Withings App** from the Apple App Store (for iOS devices) or Google Play Store (for Android

devices).

2. Open the app and create an account or log in if you already have one.
3. Follow the on-screen instructions in the app to pair your ScanWatch 2 with your smartphone via Bluetooth. Ensure Bluetooth is enabled on your phone.
4. The app will guide you through the initial setup, including setting time, personalizing your profile, and enabling desired health tracking features.

Operating Instructions

1. Electrocardiogram (ECG)

The ScanWatch 2 can perform a medical-grade 30-second ECG to detect potential cardiovascular issues, including Atrial Fibrillation (AFib). To take an ECG:

1. Ensure the watch is securely on your wrist.
2. Navigate to the ECG function on your watch.
3. Place your opposite hand's fingers on the watch's bezel or crown as instructed by the watch display.
4. Remain still and quiet for 30 seconds. The results will be displayed on the watch and synchronized with the Withings App for detailed analysis.



Image: The ScanWatch 2 displaying an ECG measurement in progress, indicating its medical precision for detecting cardiovascular anomalies.

2. Body Temperature Tracking

The ScanWatch 2 continuously monitors your body temperature, tracking fluctuations throughout the day and night. This data can assist in early detection of certain health conditions. View your temperature trends in the Withings App.



Image: The ScanWatch 2 showing a temperature reading of +0.3°C, illustrating its capability to track body temperature fluctuations.

3. Blood Oxygen (SpO2) Measurement

The watch measures your blood oxygen saturation levels, providing insights into your respiratory system's health. SpO2 measurements can be taken on demand or automatically during sleep.



Image: The ScanWatch 2 displaying an SpO2 reading, indicating its function in evaluating respiratory health by measuring blood oxygen levels.

4. Activity Tracking

The ScanWatch 2 tracks over 40 different activities, including steps, distance, calories burned, and active minutes. It provides VO2 max estimates and monitors heart rate zones during workouts. For outdoor activities, it uses connected GPS via your smartphone to map your routes.

5. Sleep Monitoring

Gain detailed insights into your sleep patterns, including sleep stages (light, deep, REM), sleep duration, and breathing disturbances. The watch provides a vitality score based on your sleep quality, helping you understand and improve your rest.



Image: A composite image highlighting activity tracking, sleep monitoring with a score of 79, and the watch's rear sensors, emphasizing its 30-day battery life.

6. Menstrual Cycle Tracking

For female users, the ScanWatch 2 offers convenient menstrual cycle tracking directly from the watch. Log your cycle data to receive predictions and insights within the Withings App.



Image: A smartphone displaying the Withings app's menstrual health tracking interface, with the ScanWatch 2 showing cycle tracking information, indicating ease of use.

7. Smart Notifications

Receive notifications from your smartphone directly on your watch display. Customize which app notifications you want to see through the Withings App.

Maintenance

1. Cleaning

To maintain the appearance and functionality of your ScanWatch 2, regularly clean the watch case and strap. Use a soft, damp cloth to wipe down the stainless steel case and FKM strap. Avoid harsh chemicals or abrasive materials.

2. Water Resistance

The ScanWatch 2 is water-resistant up to 50 meters (5 ATM). This means it is suitable for swimming and showering.

However, it is not recommended for diving or high-speed water sports. Avoid pressing buttons underwater.

3. Battery Life

The ScanWatch 2 boasts an exceptional battery life of up to 35 days on a single charge. To maximize battery longevity, ensure regular charging and avoid completely draining the battery frequently.

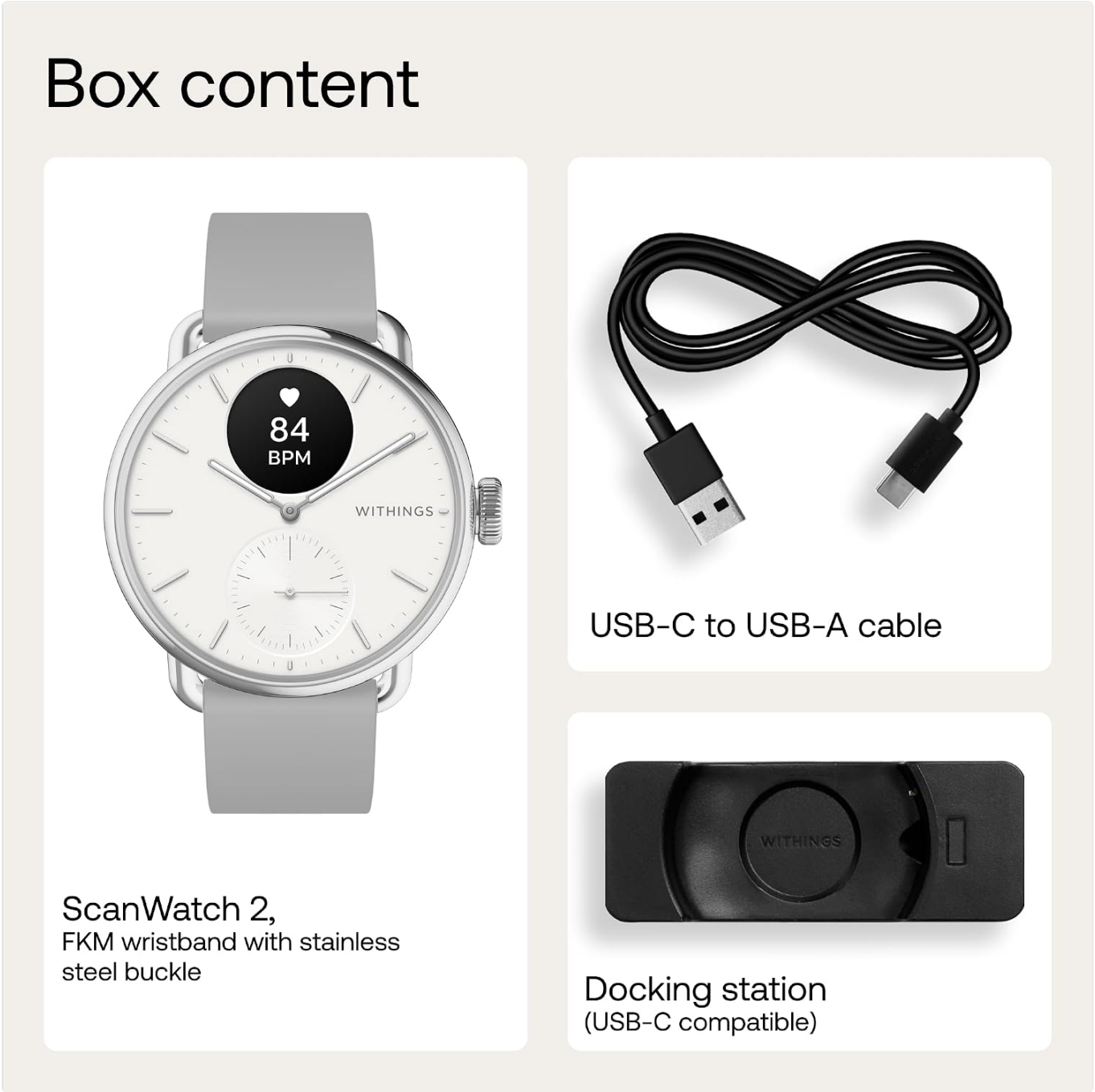


Image: The back of the ScanWatch 2, showcasing its health sensors and emphasizing its impressive 35-day battery autonomy.

Troubleshooting

- **Watch not pairing:** Ensure Bluetooth is enabled on your smartphone and the watch is charged. Try restarting both devices.
- **Inaccurate readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch.
- **Battery draining quickly:** Check for excessive use of power-intensive features. Ensure the watch is fully charged.

- **Display not responding:** Try restarting the watch by pressing and holding the crown for several seconds.

For more detailed troubleshooting, refer to the 'Troubleshooting Guide' available as a PDF document or contact Withings customer support.

Specifications

Feature	Detail
Model Name	ScanWatch 2
Model Number	HWA10-model 2-All-Int
Dimensions	24.02 x 4.1 x 1.34 cm; 190 g
Case Material	Stainless Steel
Strap Material	Fluoroelastomer (FKM)
Display Type	Digital (OLED)
Resolution	240 x 240 pixels
Battery Type	Lithium Ion
Battery Capacity	500 mAh
Average Battery Life	Up to 35 days
Charging Time	Approx. 2 hours
Water Resistance	50 Meters (5 ATM)
Connectivity	Bluetooth, GPS via smartphone
Compatible Devices	Android and Apple iOS smartphones
Special Features	ECG, Heart Rate, Body Temperature, SpO2, Sleep Monitoring, Activity Tracking, Menstrual Cycle Tracking
Internal Storage	1 MB

Warranty

The Withings ScanWatch 2 comes with a two-year manufacturer's limited warranty. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims. For full details, refer to the 'Warranty' document provided with your product or on the official Withings website.

Support

For further assistance, product updates, or to access additional resources, please visit the official Withings support website or use the Withings App. The app provides access to your health data, personalized insights, and direct links to support articles and contact options.

- **Withings Website:** www.withings.com
- **Withings App:** Available on Apple App Store and Google Play Store.

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