

Withings HWA10-model-9

Withings ScanWatch Nova User Manual

Model: HWA10-model-9

1. INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, maintenance, and troubleshooting of your Withings ScanWatch Nova. Designed with advanced health tracking capabilities, this hybrid smartwatch combines classic watch aesthetics with state-of-the-art medical technology to monitor your health proactively.

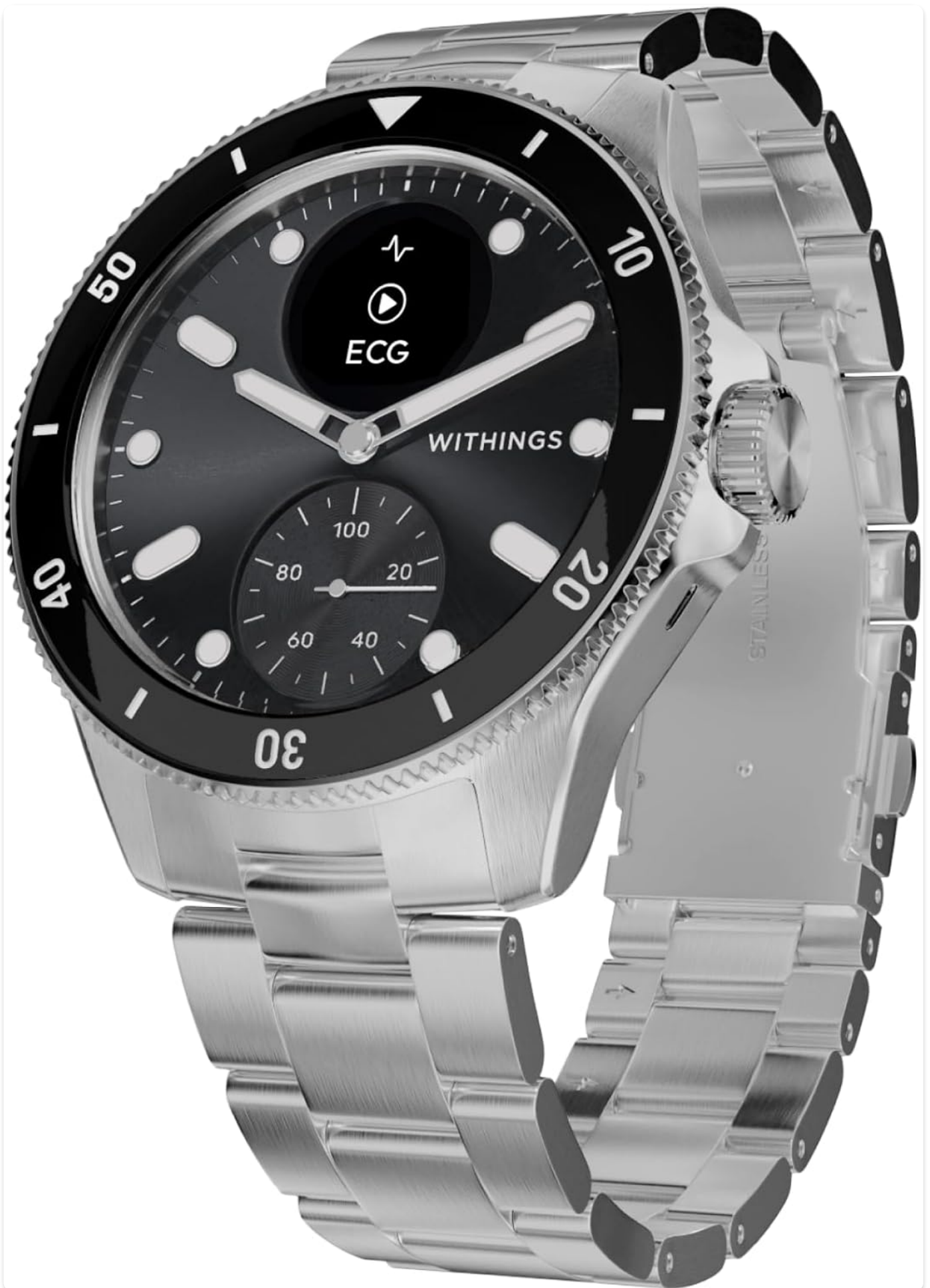


Figure 1.1: The Withings ScanWatch Nova, a hybrid smartwatch with a black dial and stainless steel strap.

2. WHAT'S IN THE BOX

Upon unboxing your ScanWatch Nova, please verify that all components are present:

- Withings ScanWatch Nova (Black NOVA)
- FKM Wristband (pre-installed or included separately)
- Charging Cable
- Charger
- Quick Start Guide
- Product Guide (this manual)

3. SETUP AND FIRST USE

3.1 Charging Your Device

Before initial use, fully charge your ScanWatch Nova. Connect the charging cable to the charger and then to a power source. Attach the magnetic end of the charging cable to the back of your watch. A full charge typically takes approximately 2 hours. The watch features a 30-day battery life on a single charge.

3.2 Installing the Withings App

The Withings ScanWatch Nova requires the Withings Health Mate app for full functionality and data synchronization. The app is compatible with both Apple iOS and Android devices.

1. Download the "Withings Health Mate" app from the Apple App Store or Google Play Store.
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Select "Install a device" and choose "ScanWatch Nova" from the list.
4. Follow the pairing instructions within the app to connect your watch via Bluetooth. Ensure Bluetooth is enabled on your smartphone.

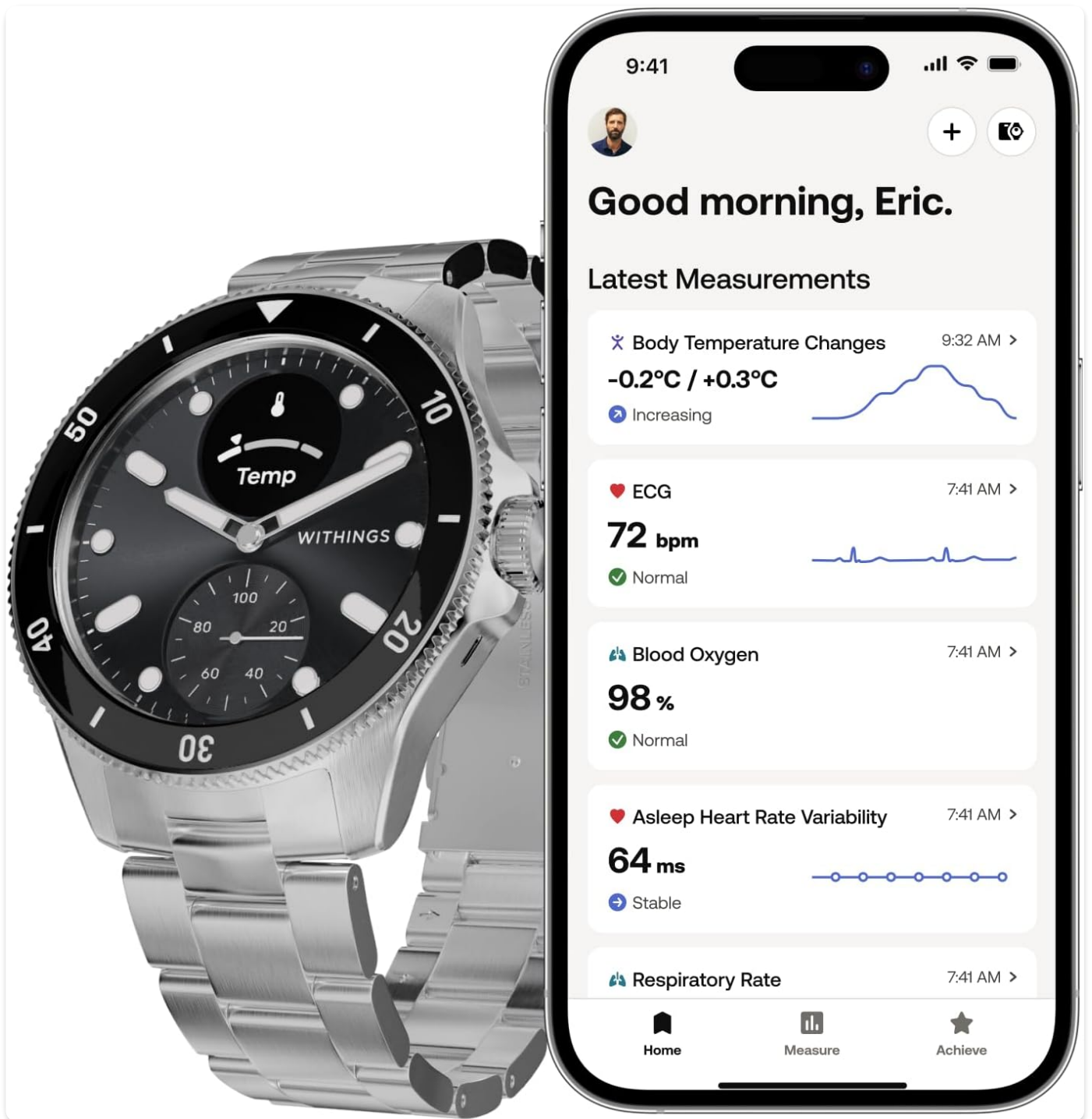


Figure 3.1: The Withings ScanWatch Nova paired with the Health Mate app on a smartphone, showing health data.

4. OPERATING YOUR SCANWATCH NOVA

The ScanWatch Nova is operated primarily through its crown button and the connected Health Mate app. The watch features a small digital display for quick access to health metrics and notifications.

4.1 Navigating the Watch Display

Press the crown button to cycle through various display modes on the watch's digital screen. These modes include:

- **Time and Date:** Standard watch display.
- **Steps:** Daily step count.
- **Distance:** Daily distance covered.
- **Heart Rate (HR):** Current heart rate.

- **ECG:** Initiate an Electrocardiogram measurement.
- **SpO2:** Measure blood oxygen saturation.
- **Temperature:** Display current body temperature.
- **Sleep Score:** Overnight sleep quality assessment.
- **Notifications:** View incoming calls, messages, and app alerts.

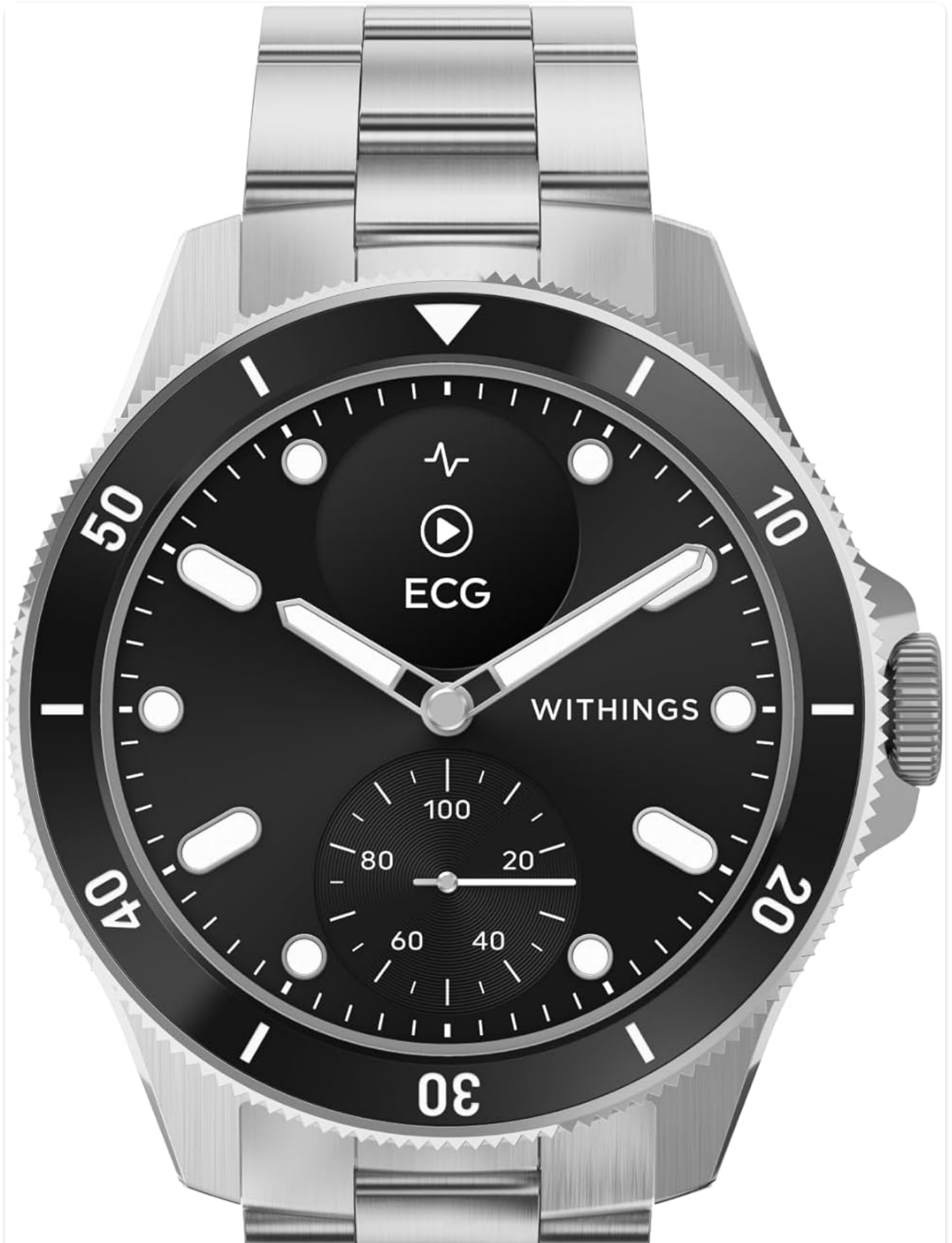




Figure 4.1: The ScanWatch Nova displaying the ECG measurement option.

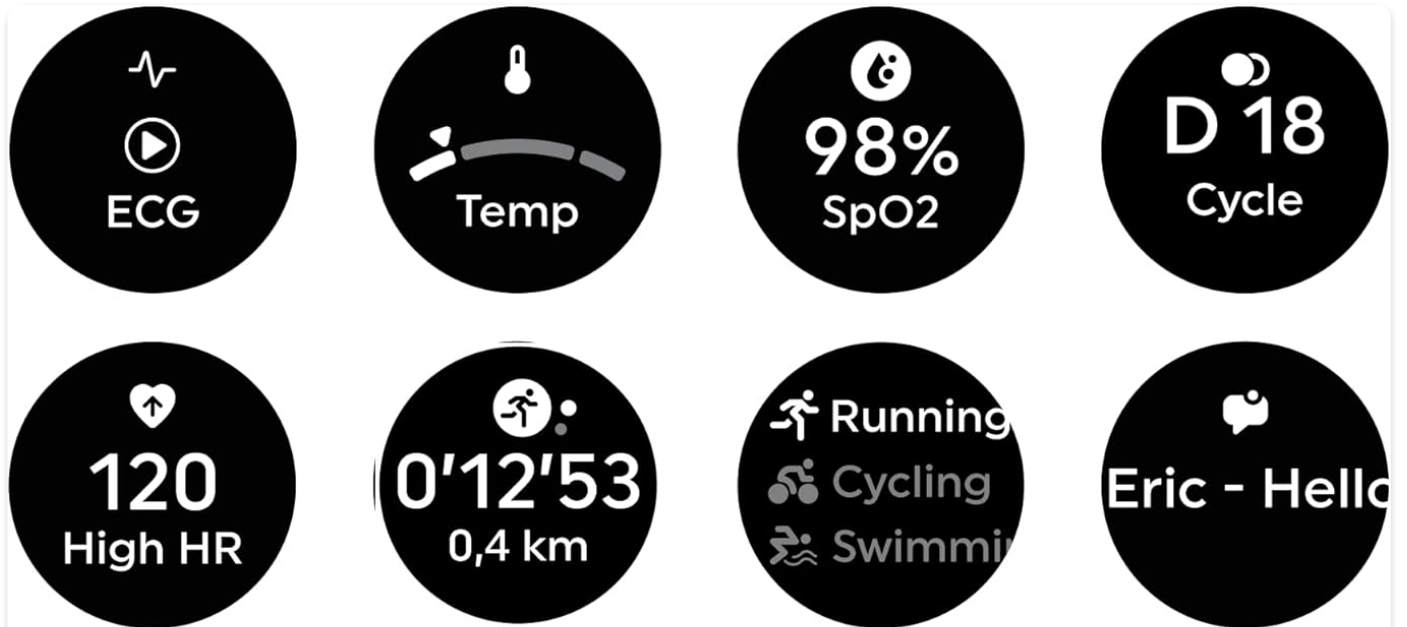


Figure 4.2: Overview of the various health metrics and notifications available on the ScanWatch Nova.

4.2 Health Monitoring Features

The ScanWatch Nova offers comprehensive health tracking:

- **Proactive Heart Health Tracking:** 24/7 heart rate monitoring with notifications for high or low heart rates. Tracks overnight heart rate variability for long-term health insights.
- **24/7 Temperature Tracking:** Utilizes TempTech24/7 module to establish baseline body temperature and detect fluctuations, potentially indicating illness.
- **Advanced Respiratory Insights:** On-demand blood oxygen level (SpO2) measurement and overnight tracking for breathing disturbances.
- **Sleep Tracker:** Monitors sleep duration, light and deep sleep cycles, interruptions, regularity, and provides a Sleep Quality Score.
- **Advanced Activity Tracking:** Automatically recognizes over 40 activities. Assesses fitness performance through heart rate zones and estimates VO2 max for Fitness Level determination. Includes Connected GPS tracking via your smartphone.



Figure 4.3: Heart rate monitoring feature of the ScanWatch Nova.



Figure 4.4: Blood oxygen saturation (SpO2) measurement on the ScanWatch Nova.



Figure 4.5: Sleep Score display on the ScanWatch Nova.

5. MAINTENANCE AND CARE

Proper maintenance ensures the longevity and accuracy of your ScanWatch Nova.

5.1 Cleaning Your Watch

- Wipe the watch case and strap regularly with a soft, damp cloth.
- For the metal strap, a soft brush can be used to clean between links.
- Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the watch's finish and sensors.
- Ensure the watch is dry before charging.

5.2 Water Resistance

The ScanWatch Nova is designed with water resistance suitable for swimming and showering. However, it is not recommended for diving or high-pressure water activities. Avoid pressing buttons underwater.

5.3 Battery Care

- Charge the watch using only the provided charging cable and charger.
- Avoid exposing the watch to extreme temperatures (hot or cold) for prolonged periods, as this can affect battery life.
- While the battery is designed for long life, it is not user-replaceable. For battery service, contact Withings support.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your ScanWatch Nova.

Problem	Possible Cause	Solution
Watch not turning on or responding.	Low battery; software glitch.	Charge the watch for at least 30 minutes. If unresponsive, perform a soft reset by pressing and holding the crown button for 20 seconds.
Cannot pair with smartphone.	Bluetooth off; app issue; watch not in pairing mode.	Ensure Bluetooth is enabled on your phone. Restart both the watch and the phone. Reinstall the Health Mate app if necessary. Follow in-app pairing instructions carefully.
Inaccurate health readings (HR, SpO2, Sleep).	Improper fit; dirty sensors; movement during measurement.	Ensure the watch is snug but comfortable on your wrist. Clean the optical sensors on the back of the watch. Remain still during measurements.
Notifications not appearing.	App permissions; phone settings; watch settings.	Check notification settings in the Health Mate app and your phone's system settings. Ensure the app has permission to send notifications. Verify the watch is connected to your phone.
Battery drains quickly.	Frequent measurements; excessive notifications; background app usage.	Reduce the frequency of on-demand measurements. Adjust notification settings in the Health Mate app. Ensure the app is not running excessively in the background.

7. TECHNICAL SPECIFICATIONS

Feature	Detail
Model Number	HWA10-model-9
Product Dimensions	11.22 x 4.21 x 3.54 inches
Item Weight	1.39 pounds
Battery Type	1 Lithium Ion battery (included)
Operating System Compatibility	Android, iOS
Connectivity	Bluetooth
GPS	Via Smartphone (Connected GPS)

Feature	Detail
Special Features	Activity Tracker, Heart Rate Monitoring, SpO2, Temperature Monitoring, Sleep Tracking, ECG
Display Size	0.4 Inches (standing screen)
Memory Storage Capacity	1 MB
Manufacturer	Withings

8. WARRANTY AND SUPPORT

8.1 Product Warranty

The Withings ScanWatch Nova typically comes with a manufacturer's warranty covering defects in materials and workmanship. Please refer to the specific warranty card included with your product or visit the official Withings website for detailed warranty terms and conditions applicable to your region.

8.2 Customer Support

For technical assistance, troubleshooting beyond this manual, or warranty claims, please contact Withings Customer Support:


- **Online Support:** Visit the official Withings support website for FAQs, articles, and contact forms.
www.withings.com/us/en/support
- **Phone Support:** Check the Withings website for regional phone numbers and operating hours.




When contacting support, please have your product model number (HWA10-model-9) and purchase date readily available.



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Related Documents

	<p>Withings ScanWatch 2: Advanced AI Health Monitoring Smartwatch</p> <p>Discover the Withings ScanWatch 2, featuring advanced AI health monitoring, 35-day battery life, comprehensive sleep tracking, and real-time health alerts. Learn about its features, availability, and the Withings ecosystem.</p>
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	<p>Withings ScanWatch NOVA Product Guide and User Manual</p> <p>The official product guide for the Withings ScanWatch NOVA smartwatch, detailing its ECG, heart rate monitoring, AFib detection, setup, usage, and troubleshooting. Learn how to maximize your heart health insights.</p>
	<p>Withings ScanWatch 2 User Manual: ECG and Health Monitoring Guide</p> <p>Comprehensive guide to the Withings ScanWatch 2, detailing its ECG monitoring capabilities, setup, usage, troubleshooting, and technical specifications for proactive health tracking.</p>
	<p>Withings Sleep Analyzer: Installation and User Guide</p> <p>Discover how to set up and use the Withings Sleep Analyzer, a smart home sleep sensor. Track sleep quality, snoring, heart rate, and detect sleep apnea with detailed insights via the Health Mate app.</p>