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Withings HWA10-model-8

Withings ScanWatch Nova Hybrid Smartwatch Instruction Manual

INTRODUCTION

The Withings ScanWatch Nova is a sophisticated hybrid smartwatch designed to seamlessly blend classic diver watch aesthetics with advanced health monitoring technology. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device to ensure you get the most out of its comprehensive features.

The ScanWatch Nova offers state-of-the-art medical technology for heart health, temperature monitoring, sleep analysis, respiratory health, and cycle tracking, all within a durable and elegant timepiece.

SETUP

1. Charging Your ScanWatch Nova

Before initial use, fully charge your ScanWatch Nova. The watch features a 30-day battery life on a single charge. Use the provided docking station and USB-C compatible charger.

- Connect the USB-C cable to the charging dock and a power source.
- Place your ScanWatch Nova onto the charging dock, ensuring the pins align.
- The watch display will indicate charging status.

2. Installing the Withings App

The Withings app is essential for setting up your watch, viewing detailed health data, and managing settings. It is compatible with both Apple iOS and Android devices.

- Download the 'Withings' app from the Apple App Store or Google Play Store.
- Open the app and follow the on-screen instructions to create an account or log in.

3. Pairing Your Watch with Your Smartphone

Once the app is installed and your watch is charged, proceed with pairing:

- Ensure Bluetooth is enabled on your smartphone.
- Open the Withings app and select 'Devices' or 'Add a device'.

- Choose 'ScanWatch Nova' from the list of available devices.
- Follow the prompts in the app and on your watch to complete the pairing process. This may involve confirming a code displayed on both devices.

OPERATING YOUR SCANWATCH NOVA

The ScanWatch Nova offers a range of features accessible directly from the watch or through the Withings app.

Navigation

Interact with your watch using the rotating bezel and the digital crown/button on the side. Swipe and tap on the digital display to navigate menus and select options.

Key Features

- **Heart Rate Tracking:** Monitor your heart rate continuously throughout the day and during workouts. Receive notifications if your heart rate is too high or too low, and track overnight heart rate variability for long-term health insights.
- **Temperature Monitoring:** Track day and night body temperature variations, which may indicate the onset of illness.
- **Blood Oxygen (SpO2) Measurement:** Assess your respiratory system by measuring blood oxygen levels on demand or overnight.
- **Electrocardiogram (ECG):** Perform a medical-grade ECG in 30 seconds to detect potential cardiac anomalies. Results are available via the Withings Scan Monitor.
- **Advanced Activity Tracking:** The watch recognizes over 40 activities, tracks heart rate zones during workouts, calculates Fitness Level via VO2 max, and uses connected GPS for accurate route mapping.
- **Sleep Tracking:** Wake up to a Sleep Quality Score and gain insights into your sleep metrics, including light sleep, deep sleep, duration, disturbances, and regularity.
- **Menstrual Cycle Guide:** For women, log cycle phases, period duration, symptoms, flow, and moods to create a personalized routine.
- **Smart Notifications:** Receive notifications for calls, text messages, and app alerts directly on your wrist.

ScanWatch Nova

Clinical precision* meets luxury design

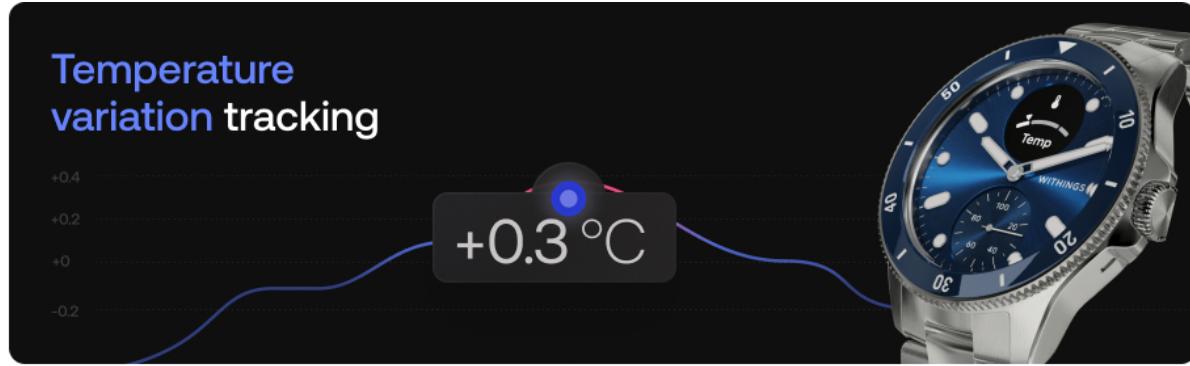


Image: Withings ScanWatch Nova on a wrist, displaying various health metrics including average heart rate, temperature, oxygen saturation, activity tracking, sleep tracking, and cycle tracking. The watch combines clinical precision with a luxury design.



Image: A close-up of the Withings ScanWatch Nova on a wrist, showing the watch display indicating a medical-grade electrocardiogram (ECG) measurement in progress, designed to detect potential cardiac anomalies.

Temperature variation tracking



Leads to more restful sleep



Boosts activity



Image: The Withings ScanWatch Nova displaying temperature tracking, showing a graph of temperature variations over time, indicating how tracking day and night body temperature can help identify the onset of illness.

Assess part of your respiratory system

- ⌚ Overnight SpO2
- ⌚ On-demand SpO2
- ⚡ Breathing disturbances



Image: The Withings ScanWatch Nova displaying blood oxygen levels (SpO2) at 98%, with an accompanying graphic of lungs, illustrating how the watch assesses the respiratory system.

Video: An official product video from Withings Inc. demonstrating the features and functionality of the ScanWatch Nova in English.

Video: A seller-provided review of the Withings ScanWatch Nova, showcasing its design and various health tracking capabilities.

MAINTENANCE

Cleaning Your Watch

To maintain the appearance and functionality of your ScanWatch Nova:

- Wipe the watch case and strap regularly with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the watch.
- Ensure the watch is dry before charging.

Water Resistance

The ScanWatch Nova is water-resistant up to 50 meters. This means it is suitable for swimming and showering, but not for high-speed water sports or diving. Avoid pressing buttons underwater.

Strap Adjustment

The watch comes with a fkm wristband and may include tools for adjusting metal straps. Refer to the included product guide for specific instructions on adjusting or changing your watch strap.

TROUBLESHOOTING

Connectivity Issues

- **Watch not pairing:** Ensure Bluetooth is on, the watch is charged, and it's within range of your phone. Try restarting both devices.
- **Data not syncing:** Check your internet connection and ensure the Withings app is open or running in the background.

Charging Problems

- **Watch not charging:** Verify the charging cable and dock are properly connected and free from debris. Try a different USB power source.

Health Data Accuracy

- **Inaccurate readings:** Ensure the watch is worn snugly on your wrist, about one finger-width above the wrist bone. Clean the sensors regularly. For medical-grade measurements like ECG, follow the app's instructions carefully.

SPECIFICATIONS

Feature	Detail
Product Dimensions	11.22 x 4.21 x 3.54 inches

Feature	Detail
Item Weight	1.35 pounds
Item Model Number	HWA10-model-8
Batteries	1 Lithium Ion batteries required (included)
Operating System	Android, iOS
Connectivity Technologies	Bluetooth
GPS	GPS Via Smartphone
Special Features	Activity Tracker
Human Interface Input	Buttons
Color	Green
Manufacturer	Withings
Language	English, French, German, Italian, Spanish
Date First Available	February 29, 2024
Screen Size	0.4 Inches
Memory Storage Capacity	1 MB
Battery Capacity	180 mAh

WHAT'S IN THE BOX

- Withings ScanWatch Nova
- FKM Wristband
- Charging Cable
- Charger
- Quick Start Guide
- Product Guide

WARRANTY AND SUPPORT

Your Withings ScanWatch Nova comes with a manufacturer's warranty. For detailed information regarding warranty coverage, terms, and conditions, please refer to the 'Product Guide' included in your package or visit the official Withings support website.

For technical assistance, troubleshooting, or any other inquiries, please contact Withings Customer Support through their official channels. Keep your purchase receipt and product serial number handy for faster service.

