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› WITHINGS Scanwatch Nova User Manual

Withings HWA10-model-7

WITHINGS Scanwatch Nova User Manual

Model: HWA10-model-7 | Brand: Withings

INTRODUCTION

The Withings Scanwatch Nova is a sophisticated hybrid smartwatch designed for comprehensive health monitoring and elegant daily wear. It combines the timeless aesthetics of a traditional diver watch with advanced health technology, offering features such as heart health tracking, temperature monitoring, blood oxygen measurement, sleep analysis, and activity tracking. This manual provides essential information for setting up, operating, and maintaining your Scanwatch Nova.





Image: Front view of the Withings Scanwatch Nova, highlighting its classic watch design with integrated digital health features.

WHAT'S IN THE BOX

Your Withings Scanwatch Nova package includes the following items:

- Scanwatch Nova (Blue NOVA model)
- FKM Wristband (pre-installed or alternative)
- Charging Cable
- Charger
- Quick Start Guide
- Product Guide
- Tools for band adjustment (as seen in unboxing videos)

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Video: An unboxing and initial setup overview of the Scanwatch Nova, demonstrating the contents of the box and basic interactions.
(Source: Scanwatch Nova English, Creator: Withings Inc)

SETUP

1. Initial Charging

Before first use, fully charge your Scanwatch Nova. Connect the charging cable to the charger and then attach the charger to the back of your watch. A charging indicator will appear on the watch display.

2. Download the Withings App

The Scanwatch Nova requires the Withings Health Mate app for full functionality and setup. Download the app from the Apple App Store (for iOS devices) or Google Play Store (for Android devices).

3. Pairing Your Watch

1. Open the Withings Health Mate app on your smartphone.
2. Follow the on-screen instructions to add a new device. Select "Scanwatch Nova".
3. The app will guide you through the pairing process, which typically involves confirming a code displayed on your watch and phone.
4. Once paired, the app will prompt you to set the time and configure initial settings, such as wrist preference.

4. Band Adjustment

If your watch comes with a metal link band, use the provided tools to adjust the band to fit your wrist comfortably. The package includes a band adjustment guide to help determine the correct number of links to remove or add. For the FKM wristband, simply use the buckle to secure it.

Clinical precision meets luxury design.

- ♥ Average heart rate
- 🌡️ Temperature
- 🫁 Oxygen saturation
- 🏃 Activity tracking
- 🛌 Sleep tracking
- 🌙 Cycle tracking



Image: The Scanwatch Nova worn on a wrist, demonstrating its fit and appearance.

OPERATING INSTRUCTIONS

Navigating the Watch

The Scanwatch Nova features a digital crown (button) on the side for navigation and interaction with the watch's display. Rotate the crown to scroll through menus and press it to select options or confirm actions.

- **Steps:** View your daily step count.
- **Workout:** Initiate and track various workout sessions.
- **SpO2:** Measure your blood oxygen saturation on demand.
- **ECG:** Perform an electrocardiogram reading.
- **Clock:** Access alarm, timer, and stopwatch functions.
- **Settings:** Adjust watch preferences and view device information.

Health Measurements

Most health measurements are initiated directly from the watch or automatically tracked in the background. Detailed results and historical data are available in the Withings Health Mate app.

- **ECG:** To take an ECG, navigate to the ECG option on your watch and follow the on-screen instructions, typically involving placing your fingers on the bezel. Stay still during the measurement.
- **SpO2:** To measure SpO2, select the SpO2 option and remain still.
- **Temperature:** Body temperature variations are tracked continuously.
- **Sleep Tracking:** Wear the watch to bed for automatic sleep analysis.

FEATURES

The Withings Scanwatch Nova is equipped with a suite of advanced features to help you monitor and improve your health:

- **Proactive Heart Health Tracking:**

24/7 heart rate monitoring with notifications for high or low heart rates. It also tracks overnight heart rate variability to provide insights into your long-term heart health. The watch can detect potential cardiac anomalies via its ECG function.

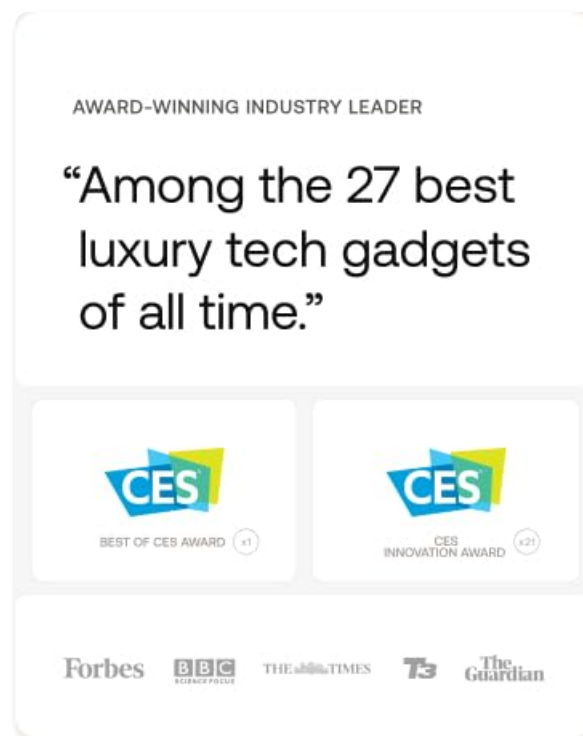


Image: Scanwatch Nova showing heart rate and ECG data, indicating its heart health monitoring capabilities.

- **24/7 Temperature Tracking:**

Utilizing TempTech24/7 module, the watch tracks baseline body temperature and fluctuations, which may indicate the onset of illness. It can also help optimize workouts by identifying temperature variation zones.



Scales

- ⚖️ Advanced body composition plus Vascular Age, basal metabolic rate & more
- 🔄 Automatic sync to the Withings app via Wi-Fi & Bluetooth
- 🔋 Long battery life
- 🏃 Tailored modes: Eyes-Closed, Athlete & more
- 👤 Multi-user friendly
- 📱

Image: Scanwatch Nova showing temperature tracking, useful for detecting health changes.

- **Advanced Respiratory Insights:**

Measure your blood oxygen level (SpO2) on-demand and track it overnight for breathing disturbances, providing crucial respiratory health data.



Watches

- 📶 Oxygen saturation level
- 👤 Heart rate tracking
- 🌙 Advanced sleep tracking
- 🕒 24/7 activity tracking
- 📱 Digital screen
- 🔋 30-day rechargeable battery
- 📱 FSA/HSA eligible

Image: Scanwatch Nova displaying SpO2 levels, indicating its ability to assess respiratory health.

- **Sleep Tracker:**

Comprehensive sleep tracking includes duration, time spent in light and deep sleep, interruptions, regularity, and a Sleep Quality Score assessment to help you understand and improve your sleep patterns.

- **Advanced Activity Tracking:**

The watch auto-recognizes over 40 activities, assesses fitness performance with heart rate zones, and estimates your Fitness Level via VO2 max. It also features a Connected GPS tracker for accurate outdoor activity mapping.

Image: Visual representation of activity tracking, sleep monitoring, and the watch's sensor array.

- **30-Day Battery Life:**
Enjoy extended use without frequent charging, thanks to its phenomenal 30-day battery life.
- **Water Resistance:**
The Scanwatch Nova is water-resistant up to 50 meters, making it suitable for swimming and showering.
- **Smart Notifications:**
Receive notifications from your smartphone directly on your watch, keeping you connected without needing to check your phone constantly.

MAINTENANCE

Cleaning

Regularly clean your Scanwatch Nova to ensure optimal performance and hygiene. Use a soft, lint-free cloth to wipe the watch face, case, and strap. For stubborn dirt, a slightly damp cloth can be used. Avoid using harsh chemicals or abrasive materials.

Battery Care

To maximize battery lifespan, avoid fully discharging the watch frequently. Charge it when the battery level is low, and store it in a cool, dry place if not in use for an extended period.

Water Resistance

While the watch is water-resistant up to 50m, it is not recommended for high-velocity water sports or diving. Always ensure the crown is fully pushed in before exposing the watch to water.

TROUBLESHOOTING

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

- **Watch not syncing:** Ensure Bluetooth is enabled on your smartphone and the watch is within range. Restart both the watch and the Health Mate app.
- **Inaccurate readings:** Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensors on the back of the watch.
- **Battery draining quickly:** Check for excessive background app usage or frequent notifications. Reduce screen brightness if applicable.
- **Watch not turning on:** Connect the watch to its charger and ensure it is receiving power.

For more detailed troubleshooting or persistent issues, please refer to the comprehensive support section within the Withings Health Mate app or visit the official Withings support website.

SPECIFICATIONS

Attribute	Detail
Brand	Withings
Model Number	HWA10-model-7
Product Dimensions	11.22 x 4.21 x 3.54 inches

Attribute	Detail
Item Weight	1.41 pounds
Battery Type	1 Lithium Ion battery (included)
Battery Life	30 days
Operating System Compatibility	Android, iOS
Connectivity Technology	Bluetooth
GPS	Via Smartphone
Water Resistance	50 meters
Screen Size	0.4 Inches
Memory Storage Capacity	1 MB
Color	Blue
Manufacturer	Withings
Country of Origin	China
Date First Available	March 31, 2024

WARRANTY AND SUPPORT

The Withings Scanwatch Nova typically comes with a manufacturer's warranty covering defects in materials and workmanship. For specific warranty terms and conditions, please refer to the documentation included with your product or visit the official Withings website.

For technical support, product registration, or to access frequently asked questions, please use the Withings Health Mate app or visit the Withings support portal online. Keeping your app updated ensures you have access to the latest features and support resources.

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