Withings HWA10-model 6-All-Int

Withings ScanWatch 2 User Manual

Model: HWA10-model 6-All-Int

INTRODUCTION

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

Image: The Withings ScanWatch 2, featuring a rose gold case, blue dial, and blue FKM wristband. The digital display shows a heart rate of 58 beats per minute (BPM).

GETTING STARTED

What's in the Box

- Withings ScanWatch 2
- FKM Wristband
- Charging Cable
- Charger
- Quick Start Guide
- Product Guide

Initial Setup

Before first use, ensure your ScanWatch 2 is fully charged. Download the Withings App on your smartphone (compatible with Android and Apple iOS) to pair your watch and access all health tracking features.

1. **Charge the Watch:** Connect the charging cable to the charger and plug it into a power source. Place your ScanWatch 2 on the charging dock. A full charge provides up to 35 days of battery life.
2. **Download the Withings App:** Search for 'Withings' in your device's app store (Google Play Store for Android or Apple App Store for iOS) and install the application.
3. **Pair Your Watch:** Open the Withings App and follow the on-screen instructions to create an account or log in. The app will guide you through the process of pairing your ScanWatch 2 via Bluetooth.
4. **Complete Profile Setup:** Provide necessary personal information within the app to ensure accurate health data tracking.
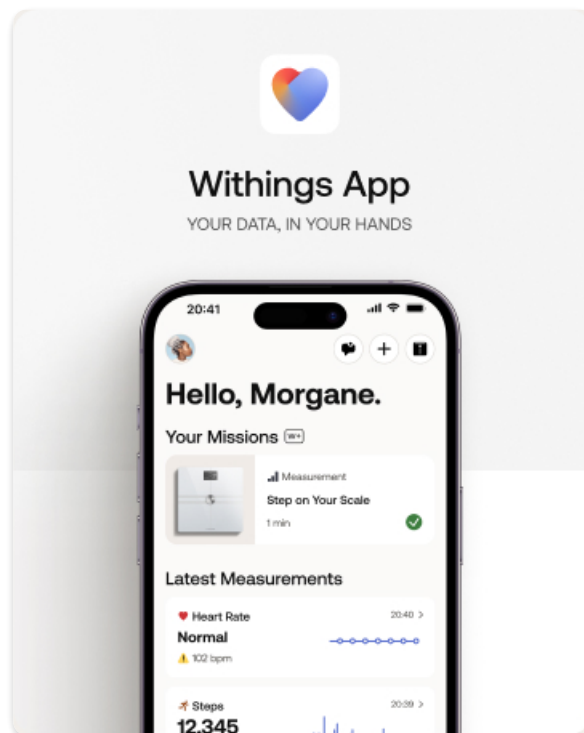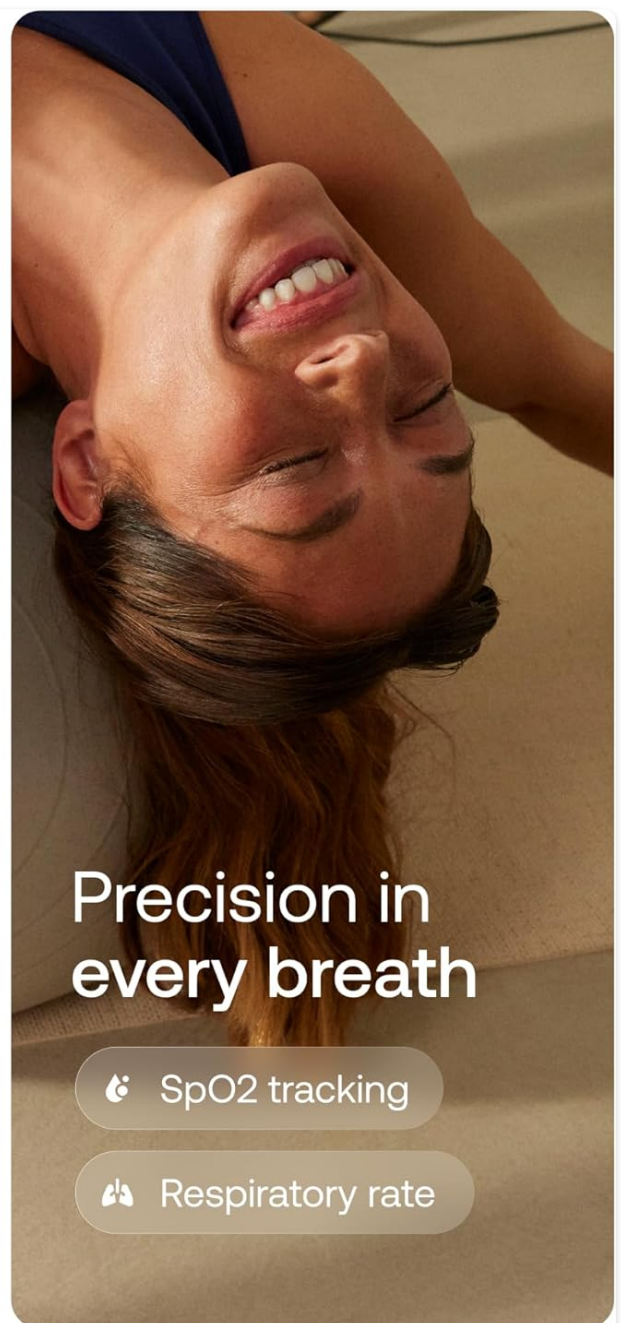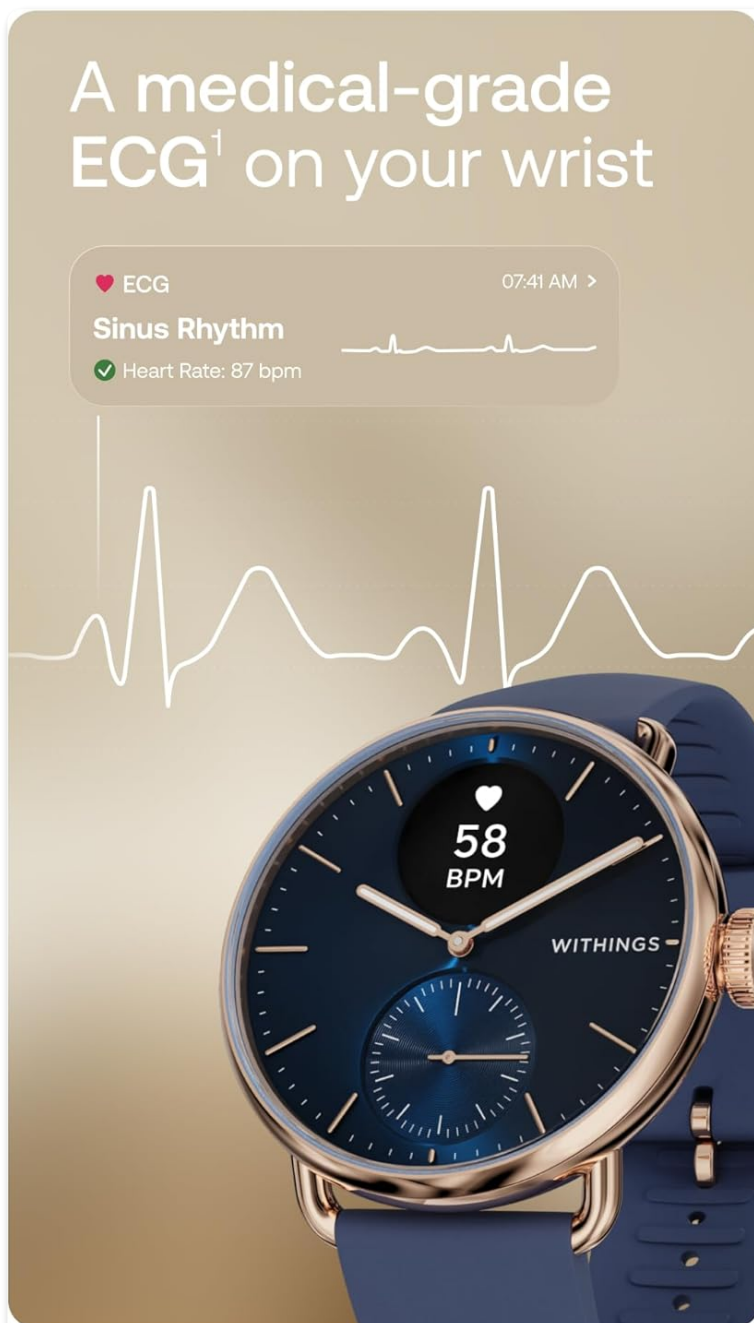

Image: A smartphone displaying the Withings App interface, showing health metrics and user missions.

OPERATING YOUR SCANWATCH 2

Key Features and Functions

- **Timeless Design:** The ScanWatch 2 features a stainless steel case with sapphire glass, offering both durability and a classic aesthetic. It combines analog hands with a digital display for health tracking.
- **Extended Battery Life:** Enjoy up to 35 days of continuous use on a single charge, ensuring uninterrupted daily and nightly health monitoring.
- **Health Monitoring:**
  - **Medical-Grade ECG:** Perform a 30-second electrocardiogram (ECG) to detect signs of Atrial Fibrillation (AFib) via the Withings ECG App.

- **Continuous Heart Rate Tracking:** Monitor your heart rate continuously with notifications for high and low heart rates.

  - **Temperature Fluctuations:** Track elevated temperature fluctuations to provide insights into potential health changes.

  - **Blood Oxygen Levels (SpO2):** Measure your blood oxygen saturation.

  - **Respiratory Rate:** Monitor your breathing patterns.

- **Sleep, Workout & Recovery Insights:**

  - **Sleep Tracking:** Track sleep stages (light, deep, REM), breathing disturbances, and receive a sleep quality score.

  - **Activity Tracking:** Monitor over 40 sports activities, including VO2 max estimation and heart rate zones.

  - **Cycle Tracking:** Predict your cycle through nightly temperature tracking.

  - **Vitality Score:** Receive a personalized Vitality Score for insights into your overall health and recovery.

- **Compatibility & Proprietary OS:** Seamlessly connects to Android and iOS devices via the Withings App. Powered by HealthSense OS with on-device machine learning for precise health metrics.

A medical-grade ECG[1] on your wrist

ECG — 07:41 AM >
Sinus Rhythm
Heart Rate: 87 bpm

58 BPM
WITHINGS

Precision in every breath

SpO2 tracking
Respiratory rate

1 ScanWatch 2 incorporates the medical device software Withings ECG App. Withings ECG App enables the detection of atrial fibrillation through ECG readings. The ECG functionality has been cleared by the FDA. Please read the user instructions carefully. If you have any concerns about your results, consult your doctor. (08/08/2025)

Image: A collage illustrating the ScanWatch 2's key attributes: its classic design, long battery life, and heart health monitoring capabilities, alongside a user wearing the device.

Sleep tracking

🛌 Sleep Quality   07:41 AM >
7h31
✓ Score: 87

Activity Tracking

Sport
🏃 Running

Duration
45min

Distance
3.51miles

Workout

WITHINGS

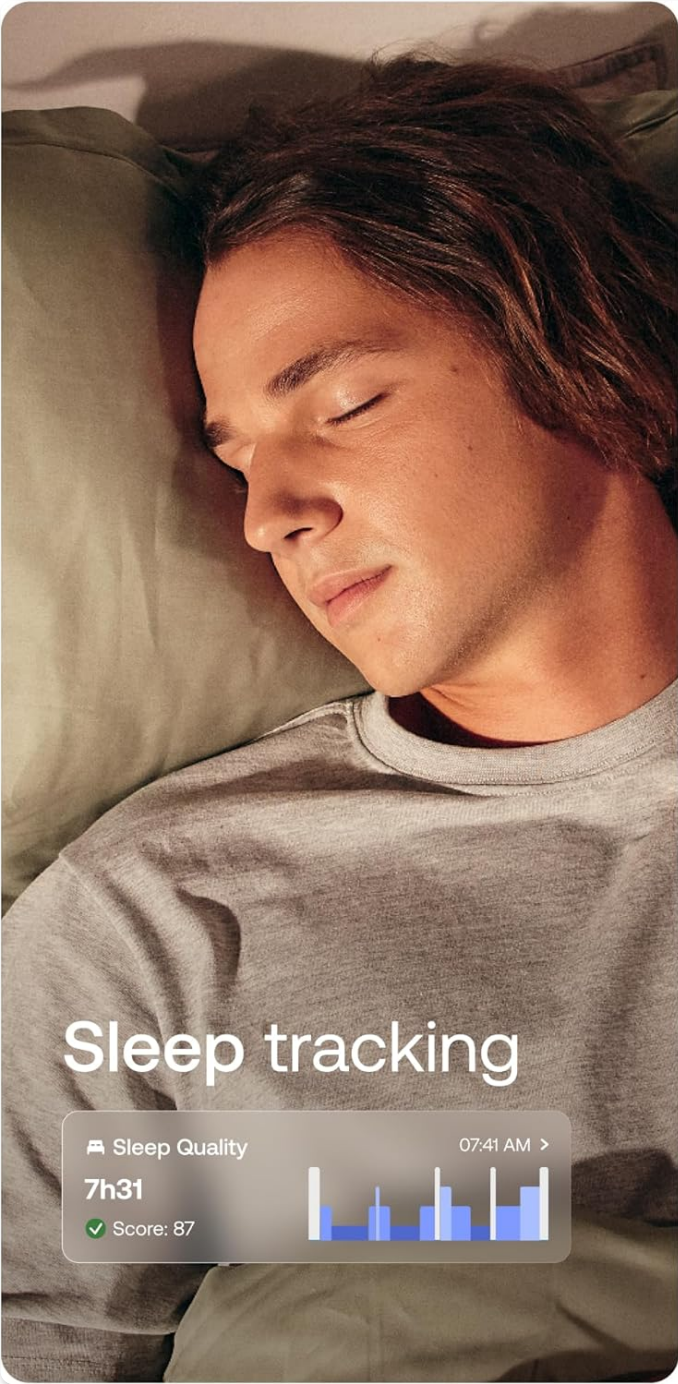This output has been generated by artificial intelligence.

Image: The ScanWatch 2 on a wrist, with an overlay listing its comprehensive health tracking features, including ECG, temperature, and sleep monitoring.

Smarter Temperature. Earlier Signals.[2]

Temp

D 18
Cycle

WITHINGS

↗ +33 °F

+0.4
+0.2
+0
-0.2
-0.4

Your cycle, predicted through the night[3]

Image: A split image showing the ScanWatch 2 displaying an ECG waveform and heart rate, alongside text emphasizing its precision in SpO2 and respiratory rate tracking.
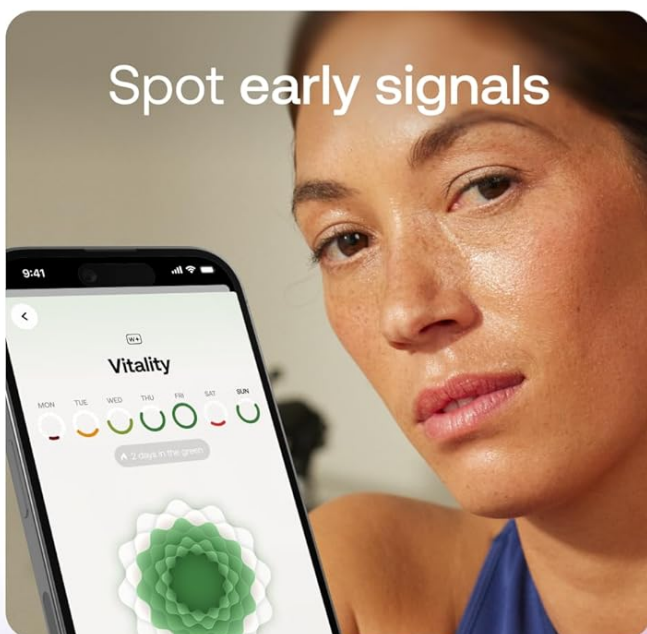
Image: A split image demonstrating the ScanWatch 2's sleep tracking capabilities with a sleep quality graph, and activity tracking showing details of a running workout.

Maintenance

Proper maintenance ensures the longevity and accuracy of your Withings ScanWatch 2.

- **Cleaning:** Regularly clean your watch and wristband with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the watch's finish or sensors.
- **Water Resistance:** The ScanWatch 2 is water-resistant. Refer to the specifications for its exact water resistance rating. Avoid exposing the watch to hot water, steam, or high-velocity water, which can compromise its seals.
- **Charging Contacts:** Keep the charging contacts on the back of the watch and the charging cable clean and free of debris to ensure proper charging.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place.

Troubleshooting

If you encounter issues with your ScanWatch 2, try the following common troubleshooting steps:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charger and leave it for at least 30 minutes.

- **Pairing Issues:**
  - Ensure Bluetooth is enabled on your smartphone.
  - Make sure the watch is within range of your smartphone.
  - Restart both your watch and smartphone.
  - Try unpairing and re-pairing the watch through the Withings App.

- **Inaccurate Readings:**
  - Ensure the watch is worn snugly on your wrist, about one finger-width above the wrist bone.
  - Clean the sensors on the back of the watch.
  - Update the Withings App and watch firmware to the latest versions.

- **Battery Draining Quickly:**
  - Reduce the frequency of certain measurements if possible (e.g., continuous ECGs).
  - Ensure the watch is not constantly searching for a Bluetooth connection.
  - Check for firmware updates, as these often include battery optimizations.

For more detailed troubleshooting or persistent issues, refer to the official Withings support website or contact customer service.

SPECIFICATIONS

Product Dimensions	9.46 x 1.61 x 0.53 inches
Item Weight	1.94 ounces
Model Number	HWA10-model 6-All-Int
Batteries	1 Lithium Ion battery (included)
Visible Screen Diagonal	0.63 Inches / 2 cm
Memory Storage Capacity	1 MB
Operating System	Android (compatible with iOS)
Special Feature	Activity Tracker, Heart Rate Monitoring, Sleep Monitoring, GPS, ECG, Temperature Tracking, SpO2
Battery Capacity	300 Milliamp Hours (approx.)
Connectivity Technology	Bluetooth
GPS	Built-in GPS
Shape	Round
Manufacturer	Withings
Date First Available	April 15, 2024

WARRANTY AND SUPPORT

Withings products are designed for durability and reliability. For specific warranty details, please refer to the warranty card included in your product packaging or visit the official Withings support website.

Protection Plans

Extended protection plans may be available for purchase to cover your device beyond the standard manufacturer's warranty. These plans typically offer additional coverage for accidental damage or extended mechanical and electrical failures.

Customer Support

If you require assistance, have questions, or need to report an issue, please contact Withings Customer Support. Contact information can typically be found on the official Withings website or in the product's Quick Start Guide.
For the most up-to-date information and resources, please visit the Withings Store on Amazon or the official Withings website.

Related Documents - HWA10-model 6-All-Int

	Withings ScanWatch NOVA Product Guide and User Manual 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.
	Withings ScanWatch: Hybrid Smartwatch with ECG, Heart Rate, and SpO2 - Installation and Operating Instructions This guide details the installation and operation of the Withings ScanWatch, a hybrid smartwatch featuring ECG, heart rate, and SpO2 monitoring. Learn about its health tracking capabilities, setup, and features for optimal wellness.
	Withings ScanWatch 2 User Manual: ECG and Health Monitoring Guide Comprehensive guide to the Withings ScanWatch 2, detailing its ECG monitoring capabilities, setup, usage, troubleshooting, and technical specifications for proactive health tracking.
	Withings ScanWatch Quick Installation Guide Get started with your Withings ScanWatch. This guide provides essential information on setup, charging, wearing, and product overview, with multilingual support.
	Withings Steel HR Quick Installation Guide A concise guide to installing and using the Withings Steel HR activity watch, covering setup, wearing, charging, and features. Includes multilingual instructions and product overview.

[Withings ScanWatch Horizon Quick Installation Guide](#)

A quick installation guide for the Withings ScanWatch Horizon, covering box contents, setup, wearing instructions, charging, product overview, and band adjustment. Includes warranty information and compliance details.