Withings®

Inspire health



Steel HR QUICK START GUIDE

FR Démarrage rapide **DE** Schnellstart **ES** Inicio rápido **IT** Avvio rapido

THANK YOU FOR CHOOSING
WITHINGS STEEL HR

MERCI D'AVOIR CHOISI WITHINGS STEEL HR | DANKE, DASS SIE WITHINGS STEEL HR GEWÄHLT HABEN
GRACIAS POR ELEGIR WITHINGS STEEL HR | GRAZIE PER AVER SCELTO
WITHINGS STEEL HR

NEED HELP?

BESOIN D'AIDE ? | BRAUCHEN SIE HILFE ?
¿ NECESITA AYUDA ? | TI SERVE AIUTO ?

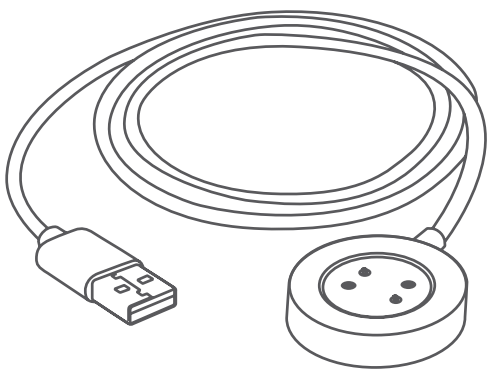
➡ **HTTP://SUPPORT.WITHINGS.COM/_____**

BOX CONTENTS

WITHINGS STEEL HR



CHARGING CABLE



FR Contenu du coffret : Withings Steel HR, câble de recharge. **DE** Lieferumfang: Withings Steel HR, Ladekabel.
ES Contenido : Withings Steel HR, cable de carga. **IT** Contenuto della confezione : Withings Steel HR, cavo di carica.

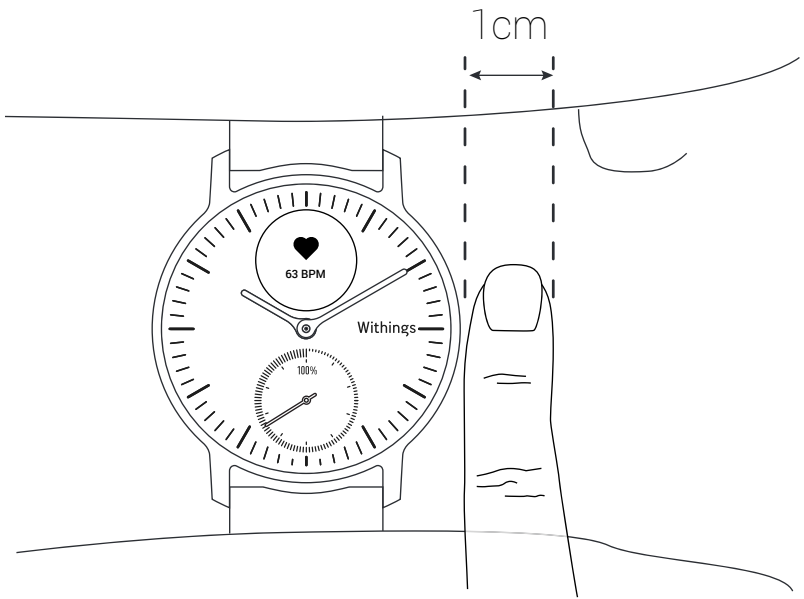
VISIT **GO.WITHINGS.COM**
FROM YOUR SMARTPHONE
OR TABLET TO GET THE APP.
FOLLOW THE INSTRUCTIONS
TO CREATE A WITHINGS
ACCOUNT AND INSTALL
YOUR STEEL HR.



FR Allez sur go.withings.com depuis votre smartphone ou tablette et suivez les instructions.
DE Gehen Sie mit Ihrem Smartphone oder Tablet auf go.withings.com und folgen Sie den Anweisungen.
ES Ve a la página go.withings.com desde su smartphone o tableta y sigue las instrucciones.
IT Vai su go.withings.com dal tuo smartphone o tablet e segui le istruzioni.

HOW TO **WEAR** STEEL HR

THE WRISTBAND SHOULD BE TIGHT BUT COMFORTABLE, AND WORN 1 CM ABOVE THE WRISTBONE



FOR MORE INFORMATION: HTTP://_____

FR Comment porter Steel HR : le bracelet doit être bien ajusté mais confortable, et se trouver 1 cm en-dessous de l'os du poignet.
DE So tragen Sie Steel HR: das sollte Armband fest, aber bequem ca. 1 cm hinter dem Handgelenk getragen werden.
ES Cómo llevar Steel HR : la muñequera debe ajustarse bien, pero de forma cómoda, y colocarse a 1 cm por debajo del hueso de la muñeca.
IT Come indossare Steel HR : il braccialetto deve essere stretto ma confortevole, e indossato 1 cm sotto al polso.

HOW TO **USE** STEEL HR

PRESS ON THE BUTTON TO BROWSE THROUGH THE SCREENS

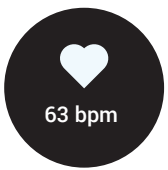
FR Comment utiliser Steel HR : naviguez entre les écrans avec des appuis courts sur le bouton.
DE So benutzen Sie Steel HR: mit mehrmaligem kurzem Drücken der Taste blättern Sie durch die Bildschirme.
ES Cómo utilizar Steel HR : pulsar el botón brevemente permite desplazarse por las pantallas.
IT Come usare Steel HR : premere brevemente sul tasto per scorrere le schermate.



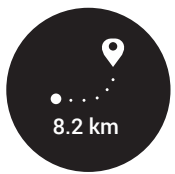
HOME SCREEN
ECRAN D'ACCUEIL | START-BILDSCHIRM
PANTALLA INICIAL | SCHERMO PRINCIPALE



STEPS
PAS | SCHRITTE
PASOS | PASSI

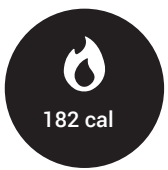


HEART RATE
RYTHME CARDIAQUE | HERZFREQUENZ
FRECUENCIA CARDIACA | FREQUENZA CARDIACA

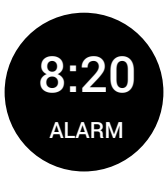


DISTANCE
DISTANCE | ENTFERNUNG
DISTANCIA | DISTANZA

PRESS AND HOLD THE BUTTON TO START AND STOP WORKOUT MODE



CALORIES BURNED
CALORIES BRÛLÉES | KALORIEN
CALORÍAS | CALORIE



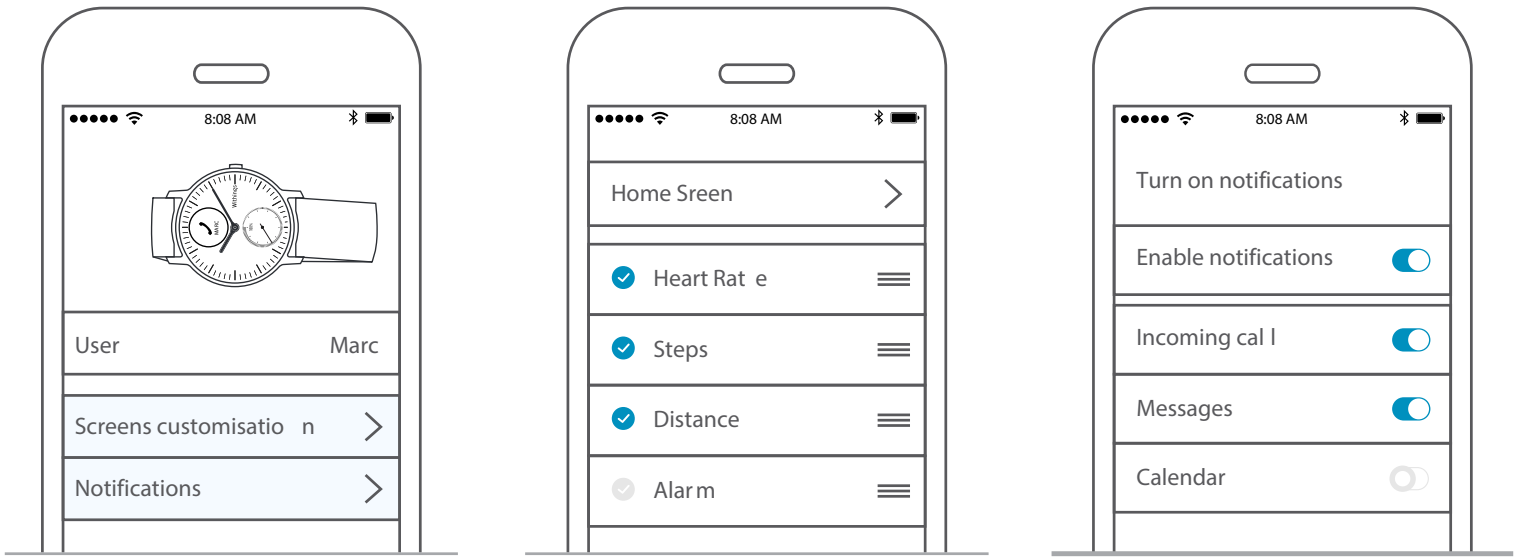
ALARM TIME (VIA HEALTH MATE APP)
HEURE DU RÉVEIL | WECKZEIT
ALARMA | ORA ALLARME



CONTINUOUS HR MONITORING, TIMER
RYTHME CARDIAQUE EN CONTINU, CHRONOMÈTRE
KONTINUIERLICHES HERZFREQUENZ-MONITORING, TIMER
MONITORIZACIÓN CONTINUA DE LA FRECUENCIA CARDIACA, TEMPORIZADOR
MONITORAGGIO CONTINUO FREQUENZA, TIMER

FR Les appuis longs démarrent et arrêtent le mode sport.
DE Durch langes Drücken wird der Sportmodus gestartet und gestoppt.
ES Con pulsaciones prolongadas del botón, se inicia y se detiene el modo de deporte.
IT Premendo a lungo si avvia e interrompe la modalità sport.

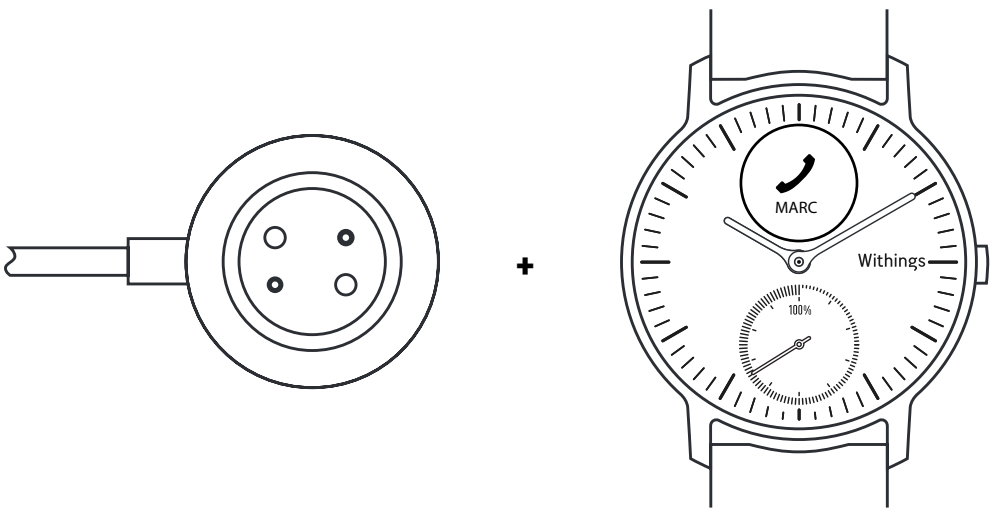
CUSTOMIZE THE SCREENS AND ACTIVATE **PHONE NOTIFICATIONS** (HEALTH MATE APP, “MY DEVICES”)



FR Personnalisez les écrans et activez les notifications (application Health Mate, «Mes appareils»).
DE Ändern Sie die Reihenfolge der Bildschirme und aktivieren Sie die telefonische Benachrichtigung (Health Mate-App, Meine Geräte»).
ES Cambiar el orden de las pantallas y activar las notificaciones del teléfono (aplicación Health Mate, «Mis dispositivos»).
IT Cambia l’ordine delle schermate e attiva le notifiche telefoniche (applicazione Health Mate, «I miei dispositivi»).

EASILY **CHARGE** USING PROVIDED CABLE

BATTERY LIFE: UP TO 25 DAYS + 20 DAYS OF POWER RESERVE MODE (TIME AND ACTIVITY TRACKING ONLY)



FR Recharge aisée avec le câble fourni. Autonomie : jusqu'à 25 jours + 20 jours en mode économie d'énergie (heure et suivi d'activité uniquement).

DE Einfaches Aufladen mit dem enthaltenen Ladekabel . Batterielaufzeit: bis zu 25 Tage + 20 Tage im Stromsparmodus (nur Zeit und Aktivitätsverfolgung).

ES Se carga fácilmente con el cable suministrado. Duración de la batería: hasta 25 días + 20 días en modo de ahorro de energía (solo hora y cuantificación de actividad).

IT Carica facile con il cavo in dotazione. Durata della batteria: fino a 25 giorni + 20 giorni di modalità di riserva di carica (solo registrazione di attività e ora).

US Withings One (1) Year Limited Warranty - Withings Steel HR
Withings Inc. of 16192 Coastal Highway, Lewes, DE 19958 (“Withings”) warrants the Withings-branded hardware product (“Withings Product”) against defects in materials and workmanship when used normally in accordance with Withings’ published guidelines for a period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser («Warranty Period»). Withings’ published guidelines include but are not limited to information contained in technical specifications, safety instructions or quick start guide. Withings does not warrant that the operation of the Withings Product will be uninterrupted or error-free. Withings is not responsible for damage arising from failure to follow instructions relating to the Withings Product’s use.

UK Withings One (1) Year commercial guarantee - Withings Steel HR
Withings SA, 2 rue Maurice Hartmann 92130 Issy les Moulineaux, France (“Withings”) warrants the Withings-branded hardware product (“Withings Product”) against defects in materials and workmanship when used normally in accordance with Withings’ published guidelines for a period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser (“Warranty Period”). Withings’ published guidelines include but are not limited to information contained in technical specifications, safety instructions or quick start guide. Withings does not warrant that the operation of the Withings Product will be uninterrupted or error-free. Withings is not responsible for damage arising from failure to follow instructions relating to the Withings Product’s use.

FR Garantie commerciale de Withings limitée à un (1) an - Withings Steel HR
Withings SA, 2 rue Maurice Hartmann 92130 Issy les Moulineaux, France (« Withings ») garantit le matériel de marque Withings (« Produit Withings ») contre les défauts de matériel et de main d’oeuvre, lorsque celui-ci est utilisé conformément aux recommandations publiées sur le Produit Withings sous réserve qu’ils surviennent dans un délai d’UN (1) AN suivant la date d’achat initiale par l’utilisateur final du Produit Withings neuf auprès d’un professionnel (« Période de garantie »). Les recommandations publiées comprennent notamment les spécifications techniques, les consignes de sécurité ou les manuels d’utilisation du Produit Withings. Withings ne garantit pas que le fonctionnement du Produit Withings sera ininterrompu ou sans erreur. Withings n’est pas responsable des dommages survenant en raison du non-respect des instructions d’utilisation du Produit Withings.

DE Withings auf ein (1) Jahr begrenzte kommerzielle Garantie - Withings Steel HR
Withings SA, 2 rue Maurice Hartmann 92130 Issy les Moulineaux, France („Withings“) gewährleistet für einen Zeitraum von EINEM (1) JAHR ab dem Datum des Ersterwerbs durch den Endnutzer („Garantiefrist“), dass das Material der Marke Withings («Withings-Produkte») frei von Material- und Verarbeitungsfehlern ist, vorbehaltlich, dass das Gerät als Neuware und von einem professionellen Händler erworben wurde, wenn es unter normalen Bedingungen gemäß den von Withings veröffentlichen Anleitungen verwendet wird. Die von Withings veröffentlichten Anleitungen umfassen unter anderem die Informationen, die in den technischen Informationen, den Sicherheitsanweisungen und der Kurzanleitung enthalten sind. Withings garantiert keinen ununterbrochenen oder fehlerfreien Betrieb des Withings-Produkts. Withings ist nicht verantwortlich für Schäden, die aus der Nichtbefolgung der Anweisungen resultieren.

ES Garantia comercial de limitada un (1) Año de Withings - Withings Steel HR
Withings SA con domicilio social en la calle Maurice Hartmann número 2 ,Issy les Moullineaux, 92130 Francia (“Withings”) garantiza el material de la marca Withings (“Producto Withings”) contra los defectos de material y de mano de obra, siempre que se haya utilizado conforme a las recomendaciones publicadas sobre el Producto Withings y cuando los mismos aparezcan durante el periodo de UN (1) AÑO a partir de la fecha de compra inicial del Producto Withings nuevo en un distribuidor autorizado por el usuario final (“Periodo de garantía”). Las recomendaciones publicadas por Withings incluyen las descripciones técnicas, las instrucciones de seguridad y los manuales del usuario.Withings no garantiza un funcionamiento del Producto Withings ininterrumpido o sin errores. Withings no se responsabiliza de los daños producidos por no haber seguido las instrucciones de utilización del Producto Withings.

IT Garanzia commerciale di Withings limitata ad un (1) anno - Withings Steel HR
Withings SA 2 rue Maurice Hartmann 92130 Issy les Moulineaux, France ("Withings") garantisce il materiale della marca Withings ("Prodotto Withings") contro i difetti materiali e di mano d'opera qualora questo venga utilizzato in conformità con le linee guida pubblicate per il Prodotto Withings a condizione che questi vengano riscontrati prima di un anno dalla data di acquisto del prodotto Withings da parte dell'acquirente finale presso un rivenditore ("Periodo di Garanzia"). Le linee guida pubblicate riguardano le specifiche tecniche, le consegne di sicurezza o le istruzioni d'uso. Withings non può garantire che il funzionamento del prodotto Withings sarà interrotto o senza alcun errore. Withings non è responsabile dei danni derivanti dal non rispetto dell'istruzione d'utilizzo del prodotto Withings.

Federal Communication Commission Interference Statement
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

IMPORTANT NOTE:
Radiation Exposure Statement: The product comply with the US portable RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Industry Canada statement:
This device complies with Industry Canada's licence-exempt RSSs. Operation is subject to the following two conditions: (1) This device may not cause interference; and (2) This device must accept any interference, including interference that may cause undesired operation of the device.
Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage; (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Radiation Exposure Statement: The product comply with the Canada portable RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.

Déclaration d'exposition aux radiations: Le produit est conforme aux limites d'exposition pour les appareils portables RF pour les Etats-Unis et le Canada établies pour un environnement non contrôlé. Le produit est sûr pour un fonctionnement tel que décrit dans ce manuel. La réduction aux expositions RF peut être augmentée si l'appareil peut être conservé aussi loin que possible du corps de l'utilisateur ou que le dispositif est réglé sur la puissance de sortie la plus faible si une telle fonction est disponible.

Withings hereby declares that the device Steel HR complies with the essential requirements and other relevant provisions of the European 1999/5/CE Directive. The Declaration of Conformity is available online at: *www.withings.com/compliance*

Par la présente, Withings déclare que l'appareil Steel HR est conforme aux exigences essentielles et aux autres dispositions pertinentes de la directive 1999/5/CE. La déclaration de conformité peut être consultée sur le site : *www.withings.com/compliance*

CAUTION
RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

FCC ID: XNAHWA03
IC: 11411A-HWA03

pkg_HWA03_02

Withings®

Inspire health

WITHINGS STEEL HR

WITHINGS.COM