

Withings Pulse HR



QUICK INSTALLATION GUIDE

GUIDE D'INSTALLATION | INSTALLATIONSANLEITUNG | GUÍA DE INSTALACIÓN | GUIDA ALL'INSTALLAZIONE

EN | FR | DE | ES | IT

THANK YOU FOR CHOOSING WITHINGS PULSE HR

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

This guide is available in additional languages at: www.withings.com/guides

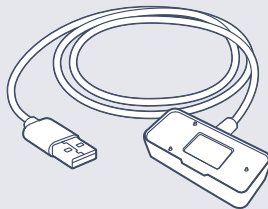
Box Contents

Contenu de la boîte | Lieferumfang | Contenido de la caja | Contenuto della confezione

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Withings Pulse HR



Charging cable

Câble de chargement | Ladekabel
Cable de carga | Cavo di ricarica

Quick start

Démarrage rapide | Schnellstart | Inicio rápido | Avvio rapido

4

Visit go.withings.com to get the app and follow the instructions.

- FR** Rendez-vous sur go.withings.com et suivez les instructions pour obtenir l'application.
- DE** Besuchen Sie go.withings.com, downloaden Sie die Health Mate App und folgen Sie den Anweisungen.
- ES** Visita go.withings.com para conseguir la aplicación y sigue las instrucciones.
- IT** Visita go.withings.com per ottenere l'app e segui le istruzioni.

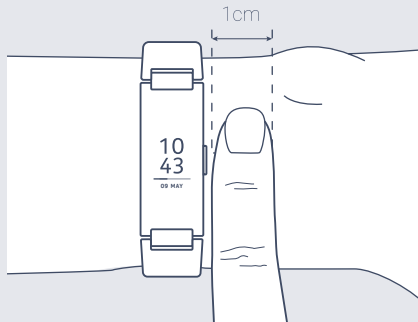


How to wear Pulse HR

Comment porter Pulse HR | So tragen Sie Pulse HR | Cómo llevar Pulse HR | Come indossare Pulse HR 5

The wristband should be tight but comfortable, and worn 1 cm away from the wrist bone.

- FR** Le bracelet doit être bien ajusté sans être trop serré, et se trouver à 1 cm de l'os du poignet.
- DE** Das Armband sollte fest, aber bequem anliegen und 1 cm vom Handgelenkknöchel entfernt getragen werden.
- ES** La correa debe ajustarse sin que apriete y colocarse a 1 cm por encima de la muñeca.
- IT** Il braccialetto deve essere stretto ma confortevole, e indossato 1 cm di distanza dal polso.



How to use Pulse HR

Comment utiliser Pulse HR | So benutzen Sie Pulse HR | Cómo utilizar Pulse HR | Come usare Pulse HR

Press on the button or tap to browse through the screens.
Press and hold the button to start and stop workout mode.

FR Effectuez un tap sur l'écran ou appuyez sur le bouton pour naviguer dans les menus. Appuyez longuement sur le bouton pour lancer et arrêter le mode entraînement.

DE Drücken Sie auf den Knopf oder tippen Sie auf den Screen, um zwischen den Bildschirmen zu wechseln. Halten Sie den Knopf gedrückt, um den Work-out-Modus zu starten und zu stoppen.

ES Presione el botón o toque para recorrer las pantallas. Pulse y mantenga para iniciar y detener el modo de ejercicio.

IT Premere il pulsante o toccare per sfogliare le schermate. Tenere premuto il pulsante per avviare e interrompere la modalità allenamento.



Workout mode: timer, continuous HR monitoring

Mode entraînement : chronomètre, suivi du rythme cardiaque en continu

Work-out-Modus: Timer, kontinuierliche Herzfrequenz-Überwachung

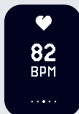
Modo de ejercicio: temporizador, monitorización continua de la frecuencia cardiaca

Modalità allenamento: timer, monitoraggio continuo del battito cardiaco

**Home screen**

Écran d'accueil | Start-Bildschirm

Pantalla inicial | Schermo principale

**Heart rate**

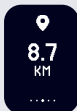
Rythme cardiaque | Herzfrequenz

Frecuencia cardiaca | Frequenza cardiaca

**Steps**

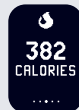
Pas | Schritte

Pasos | Passi

**Distance**

Distance | Entfernung

Distancia | Distanza

**Calories burned**

Calories brûlées | Kalorien verbrannt

Calorías quemadas | Calorie consumate

**Alarm time (via Health Mate app)**

Heure du réveil | Weckzeit

Alarma | Ora allarme

Customize the screens

Personnalisez les écrans | Passen Sie die Bildschirme an | Personaliza las pantallas | Personalizza gli schermi

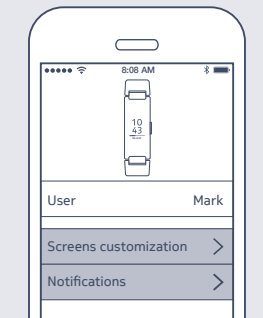
Customize the screens and activate phone notifications:
Open Health Mate™ app > "Devices".

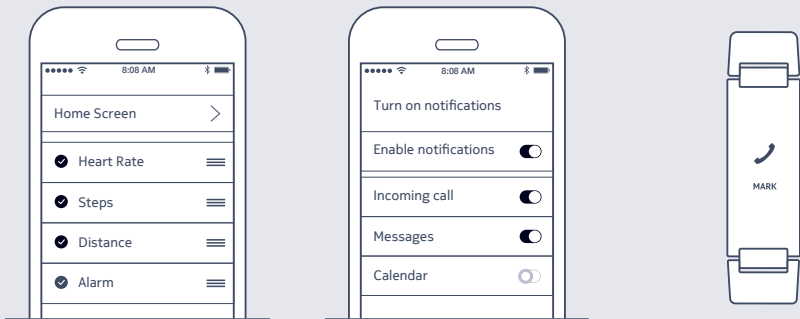
FR Personnalisez les écrans et activez les notifications depuis la rubrique Appareils de l'application Health Mate™.

DE Passen Sie die Bildschirme an und aktivieren Sie Smartphone-Benachrichtigungen: Öffnen Sie die Health Mate™ App > "Geräte".

ES Personalice las pantallas y active las notificaciones del teléfono: Abra la aplicación Health™ Mate > "Dispositivos".

IT Personalizzare le schermate e attivare le notifiche telefoniche: Aprire app Health Mate > "Dispositivi".





How to Charge Pulse HR

Comment charger Pulse HR | Wie lade ich Pulse HR auf? | Cómo cargar Pulse HR | Come caricare Pulse HR

Easy charging with included cable and dock. Place Pulse HR on the charger and use the magnets to guide you. Then check that the display shows the charging icon.

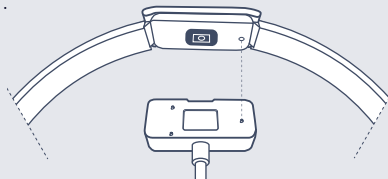
FR Utilisez le câble USB fourni pour recharger facilement votre Pulse HR. Placez l'appareil sur le socle magnétique et assurez-vous que l'écran indique que la recharge est en cours.

DE Einfaches Aufladen mit dem mitgelieferten Ladekabel. Stecken Sie Ihr Gerät einfach an das Ladegerät an und überprüfen Sie, ob das Display das Ladesymbol anzeigt.

ES Carga fácil con el cable incluido. Solo tiene que colocar su dispositivo en el cargador y comprobar que aparece el logo de carga en la pantalla.

IT Ricarica facile grazie al cavo incluso. basta mettere il dispositivo sul caricabatterie e controllare che il display indichi la spia di ricarica.

1.



2.



Overview

Vue d'ensemble | Gesamtübersicht | Imagen general | Vista d'insieme

10-11

(A) Wristband

FR Bracelet

DE Armband

ES Pulsera

IT Braccialetto

(B) Display

FR Écran

DE Bildschirm

ES Pantalla

IT Display

(C) Push Button

FR Bouton-poussoir

DE Druckknopf

ES Pulsador

IT Bottone

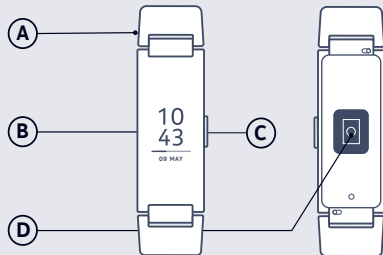
(D) Heart-Rate sensor

FR Capteur de fréquence cardiaque

DE Herzfrequenzsensor

ES Sensor de frecuencia cardiaca

IT Sensore Frequenza cardiaca



Warranty

Garantie | Garantie | Garantia | Garanzia

US Withings Two (2) Years Limited Warranty - Withings Pulse HR

Withings SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux ("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 TWO (2) YEARS 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 Two (2) Years commercial guarantee - Withings Pulse HR

Withings SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux ("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 TWO (2) YEARS 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 deux (2) ans - Withings Pulse HR

Withings SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux (« Withings ») garantit le matériel de marque Withings (« Produit Withings ») contre les défauts de matériel et de main d'œuvre, lorsque celui-ci est utilisé conformément aux recommandations publiées sur le Produit Withings sous réserve qu'ils surviennent dans un délai de deux (2) ans 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 Auf 2 Jahre begrenzte kommerzielle Garantie von Withings - Withings Pulse HR

Withings SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux, ("Withings") gewährleistet für einen Zeitraum von 2 JAHREN 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 veröffentlichten 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 Garantía comercial de limitada dos (2) Años de Withings - Withings Pulse HR

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IT Garanzia commerciale di Withings limitata ad due (2) anni - Withings Pulse HR

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Information to users in Canada

Information pour les utilisateurs au Canada

EN This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).

Operation is subject to the following two conditions:

(1) This device may not cause interference

(2) This device must accept any interference, including interference that may cause undesired operation of the device

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.

FR Cet appareil contient des émetteurs / récepteurs exempts de licence qui sont conformes au (x) RSS (s) exemptés de licence d'Innovation, Sciences et Développement économique Canada.

L'opération est soumise aux deux conditions suivantes:

(1) Cet appareil ne doit pas causer d'interférences

(2) Cet appareil doit accepter toute interférence, y compris les interférences pouvant provoquer un fonctionnement indésirable de l'appareil

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.

Federal Communication Commission

Interference statement

EN 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.



Frequency Range : 2402.0 - 2480.0 MHz

Maximum output power : -3.98 dBm

FCC ID: XNAWAM03

IC: 11411A-WAM03

EN Withings SA hereby declares that the device Withings Pulse HR is in conformity with the essential requirements and other relevant requirements of Directive 2014/53/EU. The declaration of conformity can be found at: withings.com/compliance | **FR** Par la présente, Withings SA déclare que l'appareil Withings Pulse HR est conforme aux exigences essentielles et aux autres dispositions pertinentes de la Directive 2014/53/EU. La déclaration de conformité peut être consultée sur le site : withings.com/compliance | **DE** Hiermit erklärt Withings SA, dass sich das Gerät Withings Pulse HR den grundlegenden Anforderungen und den übrigen einschlägigen Bestimmungen der Richtlinie 2014/53/EU entspricht. Die EG-Konformitätserklärung können Sie über das Internet herunterladen: withings.com/compliance | **ES** Por la presente, Withings SA declara que el Withings Pulse HR cumple con los requisitos esenciales y otras disposiciones relevantes de la Directiva 2014/53/EU. La declaración de conformidad se puede encontrar en: withings.com/compliance | **IT** Con la presente Withings SA dichiara che questo Withings Pulse HR è conforme ai requisiti essenziali ed alle altre disposizioni pertinenti stabilite dalla direttiva 2014/53/EU. La dichiarazione di conformità è disponibile all'indirizzo: withings.com/compliance."

«The crossed out wheeled bin symbol on your product, battery and/or accessories means that the item is classified as electrical and electronic equipment. Such items should not be mixed with general household waste, and must be taken to dedicated collection points at the end of their working life for proper treatment, recovery and recycling. This way you help save valuable resources and promote recycling of materials.»



Need help?

Besoin d'aide ? | Brauchen Sie Hilfe?

¿Necesitas ayuda? | Ti serve aiuto? |

Precisa de ajuda?

➡ withings.com/support/pulsehr

QIG_WAM03_102

withings

Withings Pulse HR | Fitness tracker
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