Withings Activité ™ Pop
Withings Activité ™

Activity Tracker - Sleep Analyzer
Installation and Operating Instructions

Withings
Inspire health

User Guide Copyright

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Safety Instructions

By using your Withings Activité ™ Pop / Withings Activité ™ you expressly agree to the Withings Services Terms and Conditions available on our website.

This product us not a medical device and should not be used to diagnose or treat any medical condition.

Use and Storage

- Use the product at temperatures between -10°C and 45°C (14°F and 113°F).
- Product may be stored in a clean, dry location between -20°C and 85°C (4°F and 185°F) when not in use.
- Avoid any extreme temperature changes.
- Avoid any kind of shocks, be they physical, thermal or otherwise. They may damage internal and external components of your watch.
- Keep the glass case of your Withings Activité ™ Pop away from any sharp or hard objects to prevent any scratches.
- Keep your Withings Activité ™ Pop / Withings Activité ™ and its accessories out of reach from children.

Water Resistance

- You can only use your Withings Activité ™ Pop / Withings Activité ™ underwater up to 50 m (165 ft). Trying to use it beyond this limit might cause damage to your Withings Activité ™ Pop / Withings Activité ™.
- Make sure you follow the instructions to install the watch back case correctly after opening your Withings Activité ™ Pop / Withings Activité ™.
- Do not move the watch back cover when it is under water
- Avoid long exposure to salt water. Make sure you rinse your watch with fresh water after spending time swimming in salted water.
- Avoid exposure to any chemical products such as solvents, detergents, perfumes or cosmetics. They may damage the wristband or the casing of the watch.
- Avoid extreme atmospheres (e.g., saunas or steam rooms)
- Do not leave your Withings Activité ™ Pop / Withings Activité ™ open for more than a few hours; it may damage the back case seal

- Opening the watch back case unnecessarily several times may damage the water resistance of the watch. In this case, please contact customer service for further assistance.
- The aging of the materials may affect the water resistance of the watch. Water resistence cannot be permanently guaranteed.

Leather Wristband

- Avoid any contact with water or humidity to prevent any discoloration or deformation.
- Avoid long exposure to sunlight to prevent any discoloration.
- Avoid any contact with greasy substances and cosmetic products.
- Contact our customer service in case of any problem with the leather wristband.

Personal Data

- Make sure you have read our privacy policy which you can find on our website.
- Make sure your Withings ™ account password is secure enough to restrict access to your account. It should be long enough, have mixed case and use alphanumeric characters as well as special characters.
- Make sure you log out from the Withings Health Mate ™ app when you are done using it so that no one can access your data from your phone.
- We recommend that you export your data on a regular basis. You can do so from the Withings Health Mate ™ web interface by clicking **Measurement table**, selecting the tab corresponding to the data you want to export and clicking **Download**.

Service and Maintenance

- Do not attempt to repair or modify your Withings Activité ™ Pop / Withings Activité ™ yourself. Service and maintenance not described in this User Guide should be performed by professional technicians.
- Exposure to high or low temperatures, or any over use of the double tap feature may shorten battery life.
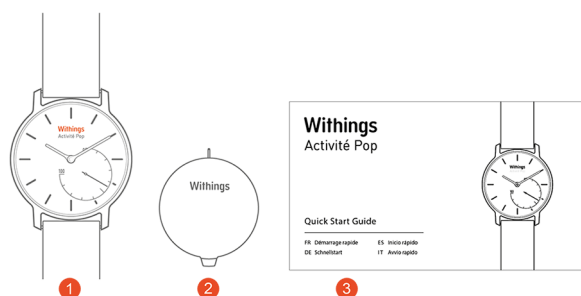
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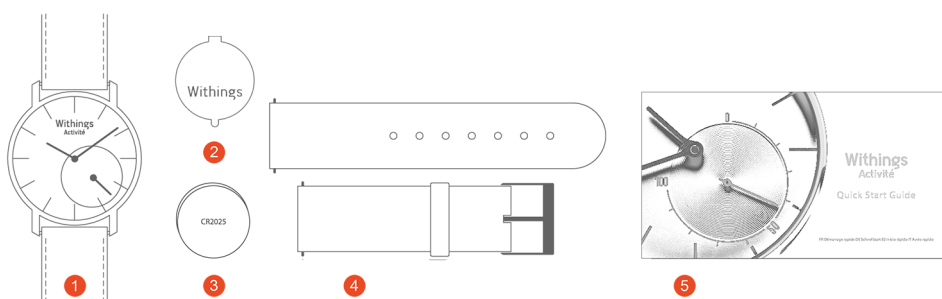(1) Withings Activité ™ Pop (CR2025 battery included)

(2) Tool to reset the watch & open the watch back case

(3) Withings Activité ™ Pop quick installation guide

Withings Activité ™

(1) Withings Activité ™ (CR2025 battery included)

(2) Tool to reset the watch & open the watch back case

(3) Extra CR2025 battery

(4) Additional silicone wristband for sports

(5) Withings Activité ™ quick installation guide

Minimum Requirements

Internet Access

Access to the Internet is required to:

- Download the Withings Health Mate ™ app,
- Set up your Withings Activité ™ Pop / Withings Activité ™,
- Upgrade the firmware.

For more details, refer to "Specifications" on page 38.

Smartphone or Device

An iOS device or an Android device (with operational Bluetooth Low Energy and Wi-Fi or 3G/4G) is required to:

- Set up your Withings Activité ™ Pop / Withings Activité ™,
- Retrieve data from your Withings Activité ™ Pop / Withings Activité ™,
- Interact with your Withings Activité ™ Pop / Withings Activité ™,
- Interact with people.

   ⓘ   **Android compatibility will be available by springtime 2015.**

For more details, refer to "Specifications" on page 38.

OS Version

For iOS devices, you need iOS 7 or iOS 8 to install and run the Withings Health Mate ™ App.

For Android devices, you need version 4.3 to install and run the Withings Health Mate ™ App.

For any device, BLE (Bluetooth Low Energy) compatibility is required to install your Withings Activité ™ Pop / Withings Activité ™.

   ⓘ   **Android compatibility will be available by springtime 2015.**

Withings Health Mate ™ App Version

You always need the latest version of the Withings Health Mate ™ app to have all the latest features available.

Product Overview

The Withings Activité ™ Pop is the first truly wearable activity tracker. It can track your activity and your sleep, while still managing to look like a beautiful watch. It is also water-resistant up to 165 ft (50 m) and will soon be able to track your swimming sessions. It comes in three different colors: shark grey, bright azure and wild sand.

The Withings Activité ™ is a Swiss-made activity tracker which comes with a unbreakable sapphire glass and a French fine calf leather wristband, giving it a classy and tasteful look. It also comes with an additional silicone wristband that you can use for your workout sessions or whenever you are going underwater. It comes in two colors: silver and black. It shares the same features as the Withings Activité ™ Pop.

You can easily check your activity by taking a look at the activity hand which goes from 0% up to 100% when you reach your daily step goal. By default, the daily step goal is 10,000 steps, as recommended by the WHO (World Health Organization). You can, however, change that goal anytime you want through the Withings Health Mate ™ app. Whenever you go above your daily step goal, the activity hand goes back to the 0% mark and starts moving toward the 100% mark all over again.

Contrary to most activity trackers, the Withings Activité ™ Pop / Withings Activité ™ does not require that you charge it thanks to its replaceable cell battery. It has an estimated battery life of up to 8 months, meaning that you won't have to worry about charging it every other day.

The Withings Activité ™ Pop / Withings Activité ™ also allows you through the Withings Health Mate ™ app to set an alarm that vibrates to wake you up smoothly, without waking up your sleeping partner. You can easily check your alarm time by double-tapping your Withings Activité ™ Pop / Withings Activité ™: the hands move on their own to the time that was set for your alarm and then go back to the current time. Note that you need to stabilize your Withings Activité ™ Pop / Withings Activité ™ for 5 seconds before double-tapping the glass.

Because your Withings Activité ™ Pop / Withings Activité ™ is set up using your iOS or Android device, you never have to worry about setting the time, not even when you change time zones or for daylight savings. All you have to do is open the Withings Health Mate ™ app so that it can automatically retrieve the correct time when it syncs with your phone.

Last but not least, the data coming from your Withings Activité ™ Pop / Withings Activité ™ is fully integrated in the Withings Health Mate ™ app, allowing you to follow your progress and your history from a single location.

Your Withings Activité ™ Pop / Withings Activité ™ also offers motivation in several forms. You can compete with your friends through the Leaderboard available in the Withings Health Mate ™ app. You can also compete with yourself thanks to virtual badges that you get when you achieve certain distances or a certain number of steps.

Setting Up the
Withings Activité ™ Pop / Withings Activité ™

Installing the Withings Health Mate ™ App

If the Withings Health Mate ™ app is not already installed on your device, perform the following steps:

iOS devices

1. Type go.withings.com in your device's web browser.
2. Tap **Download on the App Store**.
3. Tap **FREE**.
   The installation process starts.

Android devices

ⓘ   **Android compatibility will be available by springtime 2015.**

1. Type go.withings.com in your device's web browser.
2. Tap **Android App on Google play**.
3. Tap **INSTALL**.
   The installation process starts.

Creating an Account and Installing
your Withings Activité ™ Pop / Withings Activité ™

Creating a Withings account

In order to create your Withings account, perform the following steps:

1. Open the Withings Health Mate ™ app.
2. Tap **Join Withings**.

Welcome to your
Health Mate.
Your Activity Tracker
and Life Coach.

Join Withings

Log In