

App

- Withings Health Mate is the best way to keep track of activity, sleep, weight, and more.
- You'll see trends, progress, and get coaching to help you improve over time.
- Whatever your health goal, you'll find support for it in the Health Mate app.

Learn more about Health Mate



Wireless Sync

- WiFi 802.11 b/g/n, compatible with WEP/WPA/WPA2-personal networks
- Bluetooth connectivity (Bluetooth Smart Ready)

Requirements

- Body Cardio can be installed on a smartphone or a tablet, via the Health Mate app available on iOS (iOS 14 and higher) and Android (8.0 and higher).
- Cannot be set up from a computer

Four weight sensors

- Weighing range: 5 -> 180kg (9 -> 396lb)
- 100g (0.2lb) graduation
- Units: kg, lb, st lb

Patented body position detector

- Highly-accurate weighing via Position Control™ technology

Scale

- Large, high-strength tempered glass platform
- Flat aluminum base
- Ultra slim design
- Dimensions: 12.8 x 12.8 x 0.7 in. / 327x327x18mm

Display

- Large, easy-on-the-eye graphical display (2.4"x1.6"), 128x64 pixels
- High-contrast lighting

Storage and memory

- Free and unlimited online storage of weight readings
- Stores up to 16 readings if scale cannot sync wirelessly

Power supply

- Rechargeable li-ion battery (micro USB, included)
- Average battery life: up to 12 months

Weight

- Four weight sensors
- Patent-pending body position detector
- Highly accurate weighing

Body Composition

- Bioelectrical Impedance Analysis
- Athlete and non-athlete mode
- Unit: body fat %, total body water %, muscle mass kg or lb, bone mass kg or lb

Heart rate

- Patented heart rate measurement technology
- Unit: bpm (beats per minute)

Pulse Wave Velocity

- Unit: m/s (meters per second)

Automatic user recognition

- Up to 8 different users