

# Wireless Blood Pressure Monitor

Blood Pressure - Heart rate Measurement  
Installation and Operating Instructions (iOS users)



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## Important Notice



By using your Wireless Blood Pressure Monitor you expressly agree to the Withings Services Terms and Conditions available on our [website](#).

# Minimum Requirements

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## Smartphone or Device

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

- Download the Withings Health Mate® app
- Set up your Wireless Blood Pressure Monitor
- Access your data

For device compatibility information, refer to "[Specifications](#)" on page 35.

## OS version

You need iOS 7 (or higher) or Android 4.0 (or higher) to install and run the Withings Health Mate® app.

# Wireless Blood Pressure Monitor Description

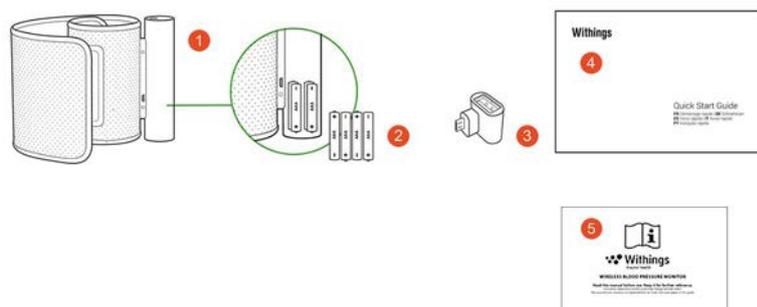
## Overview

The Wireless Blood Pressure Monitor is a medical device that allows you to accurately track and monitor your blood pressure and heart rate measurements.

Thanks to the cuff oscillo metric method, you simply have to wrap the cuff of the Wireless Blood Pressure Monitor around your arm and press the button to get a measurement. Your blood pressure and heart rate measurements are then sent to the Withings Health Mate® app automatically.

The Withings Health Mate® app allows you to easily view the history of your measurements. You can also share data with your family and doctor.

## Box Contents



(1) Wireless Blood Pressure Monitor

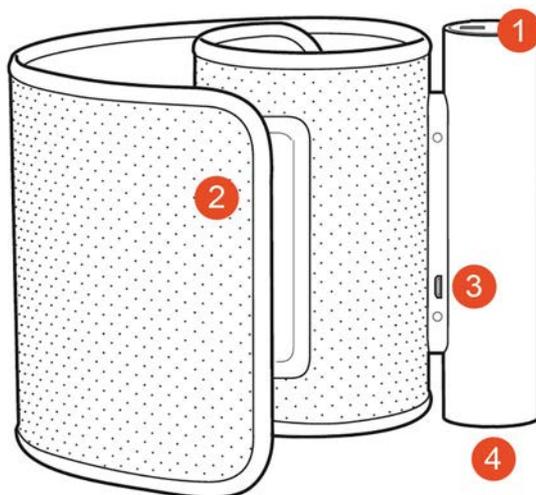
(2) AAA alkaline cells (already inserted)

(3) USB adapter

(4) Quick Start Guide

(5) Regulatory Leaflet

## Product Description



(1) Button

(2) Cuff

(3) USB port

(4) Battery cover

# Setting up my Wireless Blood Pressure Monitor

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## Installing the Withings Health Mate® app

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

1. Type [go.withings.com](http://go.withings.com) in your device's web browser.
2. Tap **Download on the App Store**.
3. Tap **GET**.  
The installation process starts.

When a new version of the Withings Health Mate® app is available, you will automatically be prompted to update it.

## Installing my Wireless Blood Pressure Monitor

### I'm new to Withings®

If you don't already have a Withings® account, you have to create one in order to set up and use your Wireless Blood Pressure Monitor.

If you already have an account, refer to "[I already have a Withings® account](#)" on page 11

To install your Wireless Blood Pressure Monitor, perform the following steps:

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



3. Tap **I'm setting up my device.**



**I'm setting up my device** >  
Setup and discover all Withings products

**No device yet?** >  
Use your iPhone's sensors to track data

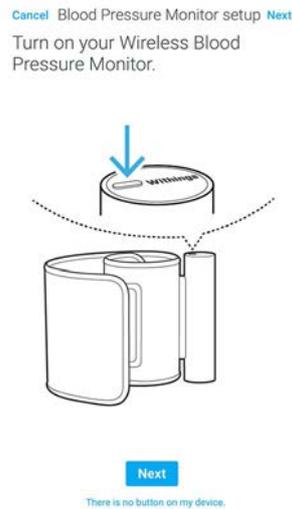
4. Tap **Blood Pressure Monitor.**



5. Tap **Install now.**



6. Press the button of the Wireless Blood Pressure Monitor and tap **Next** in the app.

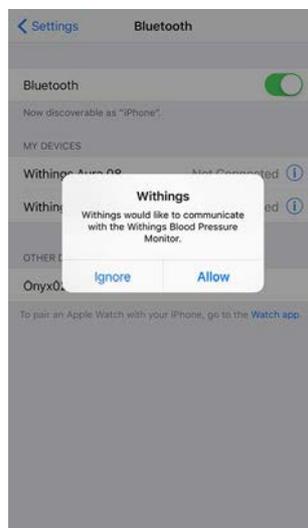


The LED of the Wireless Blood Pressure Monitor lights up blue and starts blinking.

7. Go to the Bluetooth Settings of your iOS device and pair the Wireless Blood Pressure Monitor.



8. Tap **Allow**.



9. Tap **Next**.



Enter your email address, password and then confirm your password. Tap **Next**.

10. Enter your first name, surname and birthday. Tap **Next**.

11. Select your gender and enter your height and weight. Tap **Create**.

12. Tap **Start**.



13. Tap **Done** at the end of the measurement.



### I already have a Withings® account

If you already have a Withings® account, you can get started on the installation process. To do so, perform the following steps:

1. Open the Withings Health Mate® app.
2. Log in to your account, if you already have one, or create one.
3. Tap **My devices**.
4. Tap **+**.



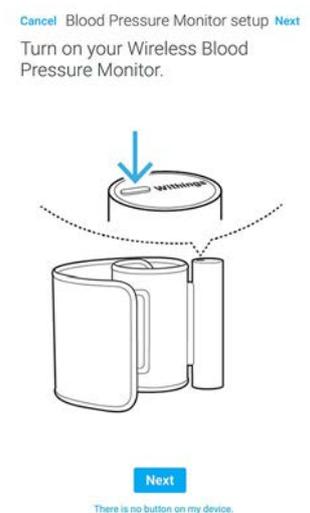
5. Tap **Blood Pressure Monitor**.



6. Tap **Install now**.



7. Press the button of the Wireless Blood Pressure Monitor and tap **Next** in the app.



The LED of the Wireless Blood Pressure Monitor lights up blue and starts blinking.

- Go to the Bluetooth Settings of your mobile device and pair the Wireless Blood Pressure Monitor with your device.

[Cancel](#) Blood Pressure Monitor setup  
Please connect the Wireless Blood Pressure Monitor to your iPhone.



- Go to the Bluetooth panel inside the Settings app of your iPhone, iPad or iPod Touch.
- Reconnect it by tapping on the Withings device.

- Tap **Allow**.



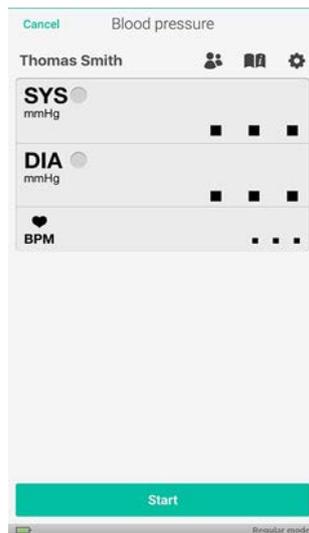
- Tap **Next**.

[Cancel](#) Blood Pressure Monitor setup [Next](#)  
✔  
Blood Pressure Monitor detected



[Next](#)

11. Tap **Start**.



12. Tap **Done** at the end of the measurement.



# Using my Wireless Blood Pressure Monitor

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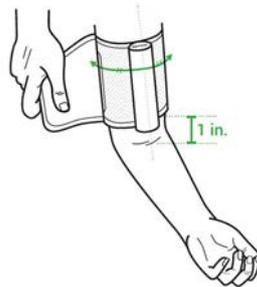
## Positioning myself before and during the measurement

Make sure you follow these guidelines when taking a measurement. Failing to do so may lead to inaccurate results or cause the measurements to fail.

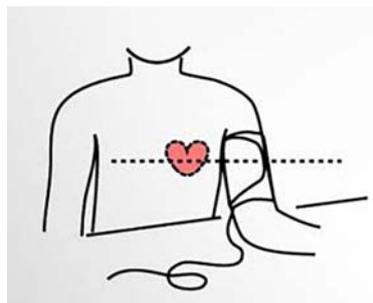
1. Sit down in a comfortable position.



2. Make sure you rest for five minutes before taking a measurement.
3. Wrap the cuff of the Wireless Blood Pressure Monitor around your arm, about 1 inch (2 centimeters) above your elbow.
4. Make sure the aluminium tube is at bicep level.



5. Place your arm on a table, slightly flexed and level with your heart.



## Taking a measurement

To take a measurement, perform the following steps:

1. Position the Wireless Blood Pressure Monitor.  
For more information on how to position the Wireless Blood Pressure Monitor, refer to "[Positioning myself before and during the measurement](#)" on page 15.
2. Turn on the screen of your phone.
3. Press the button of the Wireless Blood Pressure Monitor.  
The Withings Health Mate® app launches.
4. Tap **Next** to pass through the tutorial.

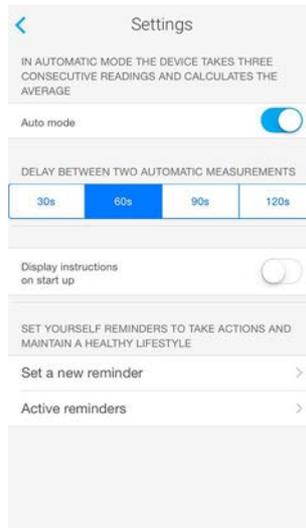


At this point, you have the possibility to take an automatic measurement. This option allows you to take three consecutive measurements, and to obtain the average of the three measurements.

5. If you want to take an automatic measurement, perform the following steps:
  - a. Tap **Settings**.



b. Tap the button next to Auto mode to enable it.



c. Tap the arrow at the top left of your screen to go back to the main screen.

6. Tap **Start**.

Make sure you stay as still as possible and avoid talking during the measurement. Any movement may impact your results.

7. Tap **Done** at the end of the measurement.



# Understanding the results

## US and Canada

Compare your results to the table below to understand them better.

Blood Pressure Category	Systolic (mmHg)		Diastolic (mmHg)	
Normal	Less than 120	AND	Less than 80	Green
Prehypertension	120-139	OR	80-89	Green
High Blood Pressure (Hypertension) Stage 1	140-159	OR	90-99	Yellow
High Blood Pressure (Hypertension) Stage 2	160 or higher	OR	100 or higher	Yellow
Hypertensive Crisis (Emergency care needed)	Higher than 180	OR	Higher than 110	Red

This classification is taken from the 2013 guidelines of the American Heart Association.

This classification is based on the values of seated blood pressure measured in a doctor's office or hospital by a healthcare professional.

International guidelines suggest that the following blood pressure readings obtained by self-measurement (measurement taken at home) indicate high blood pressure:

- Systolic blood pressure  $\geq 135$  mmHg
- Diastolic blood pressure  $\geq 85$  mmHg

The color code of this classification is from the article "CoCo trial: Color-coded blood pressure Control, a randomized controlled study".

## European Union

Compare your results to the table below to understand them better.

Class	Systolic blood pressure (mmHg)		Diastolic blood pressure (mmHg)	
Optimal	< 120	AND	< 80	Green
Normal	120-129	AND/OR	80-84	Light Green
High normal	130-139	AND/OR	85-89	Yellow-Green
Grade 1 hypertension	140-159	AND/OR	90-99	Yellow
Grade 2 hypertension	160-179	AND/OR	100-109	Orange
Grade 3 hypertension	≥ 180	AND/OR	≥ 110	Red
Isolated systolic hypertension	≥ 140	AND	< 90	Dark Red

This classification is taken from the 2013 guidelines of the American Heart Association.

This classification is based on the values of seated blood pressure measured in the office or hospital by a healthcare professional.

International guidelines suggest that the following blood pressure readings obtained by self-measurement (measurement taken at home) indicate high blood pressure:

- Systolic blood pressure  $\geq 135$  mmHg
- Diastolic blood pressure  $\geq 85$  mmHg

The color code of this classification is from the article "CoCo trial: Color-coded blood pressure Control, a randomized controlled study".

## Setting a reminder

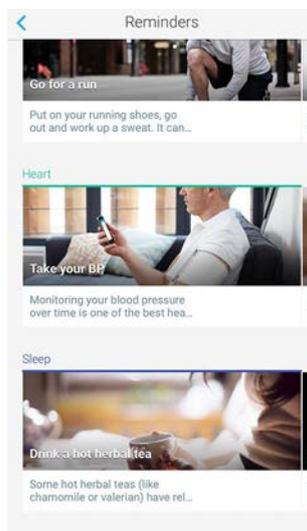
The Withings Health Mate® app allows you to set reminders to make sure you take your blood pressure regularly. To do so, perform the following steps:

1. Open the Withings Health Mate® app.
2. Tap **Reminders**.

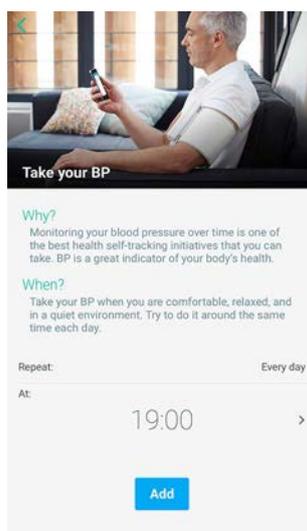
3. Tap **Discover now**.



4. Select the type of reminder you want to set.



5. Select the time and recurrence of the reminder.



6. Tap **Add**.

## Getting Insights

Hy-Result is a medically validated protocol that allows you to test your hypertension from home and share the results with your doctor. It also gives you a complete and precise diagnostic about your blood pressure.

While it is a chargeable option, you can use it as many times as you'd like after the purchase.

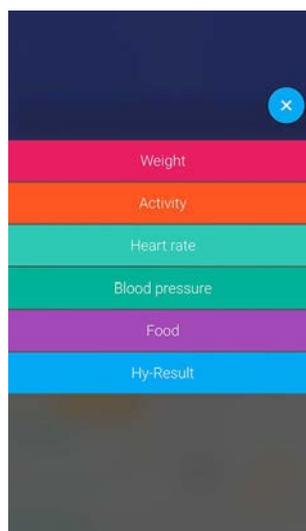
## Purchasing Hy-Result

To get the Hy-Result function, perform the following steps:

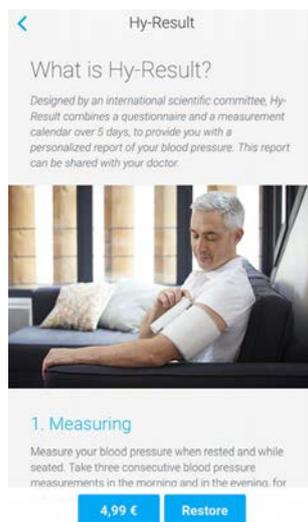
1. Open the Withings Health Mate™ app.
2. Tap **+** in your Timeline.



3. Tap **Hy-Result**.



4. Tap the price.



You'll have to enter your Apple ID and password to validate the purchase.

## Setting Hy-Result

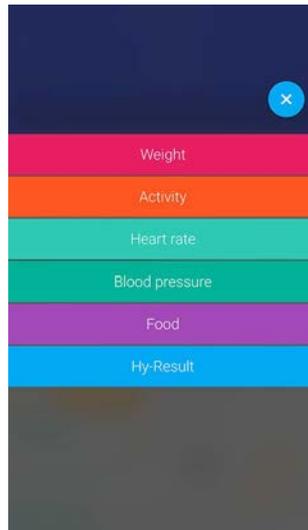
Before starting the protocol, you'll have to fill in a form with various information about your health. Please note that none of this information will be shared with Withings or anyone else. Furthermore, this information will only be accessible locally on your iPhone.

Once the purchase is validated, you can start setting Hy-Result. To do so, perform the following steps:

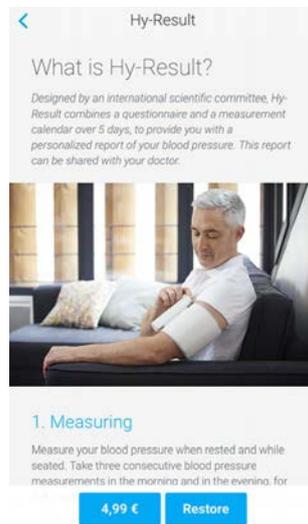
1. Open the Withings Health Mate® app.
2. Tap **+** in your Timeline.



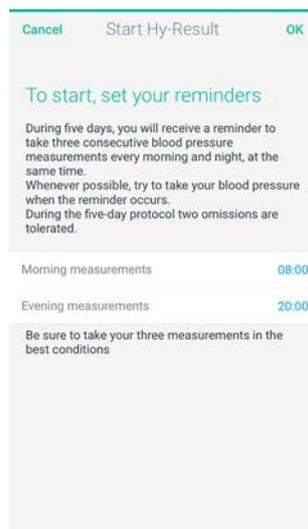
3. Tap **Hy-Result**.



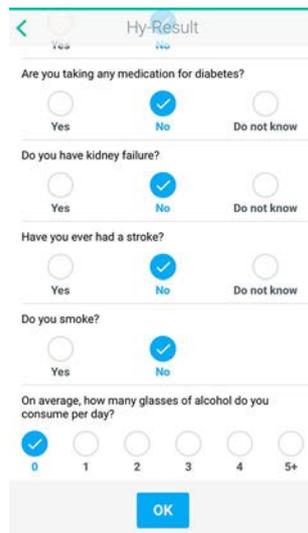
4. Tap **Start**.



5. Set reminders to make sure you don't forget to take your measurements.



6. Fill in the form.

A screenshot of the Hy-Result app interface. The title is "Hy-Result" with a back arrow on the left. The form contains five questions with radio button options: "Are you taking any medication for diabetes?" (Yes, No, Do not know), "Do you have kidney failure?" (Yes, No, Do not know), "Have you ever had a stroke?" (Yes, No, Do not know), "Do you smoke?" (Yes, No), and "On average, how many glasses of alcohol do you consume per day?" (0, 1, 2, 3, 4, 5+). The "No" option for the first four questions and the "0" option for the last question are selected. An "OK" button is at the bottom.

7. Tap **OK**.

8. Tap **Done**.

The protocol will start the next day.

## Using Hy-Result

The Hy-Result protocol takes place over five days. During these five days, you'll have to enter three measurements per half-day (ten half-days in total). You can select one of three ways to enter these measurements:

- Enter three measurements manually
- Take three separate measurements using your Wireless Blood Pressure Monitor
- Take an automatic measurement using your Wireless Blood Pressure Monitor

To get the results, you can't miss more than two half-days of measurements. If you miss any more than that, you'll have to start the protocol over from the start.

Make sure you don't log out of the Withings Health Mate® app for the entire duration of the Hy-Result protocol. If you do, you'll have to start the protocol over from the start, as your data is only stored locally on your iPhone.

## Viewing the results

Once you have completed the Hy-Result protocol, a PDF will be created with results, containing the following information::

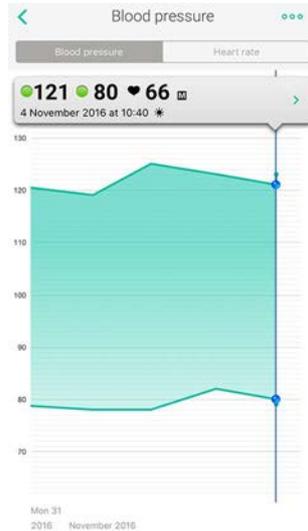
- Your average blood pressure with a color code
- An analysis of your hypertension, validated by medical research
- A PDF report that you can share with your doctor

You will have the opportunity to save this PDF, but for privacy reasons, if you do not save the PDF it will be deleted and you will lose your results. Note that the Hy-Result feature may be used as many times as you would like after purchase.

## Viewing the history of my measurements

As soon as you take your blood pressure and your heart rate, your measurements are sent to the Withings Health Mate® app.

To see detailed graphs about your measurements, and see your full history, you have to check your data on the Withings Health Mate® app.



You can access your graphs by tapping any blood pressure or heart rate measurement item in your Timeline.

Once you're viewing the blood pressure graph, you can alternate between the tabs to view your heart rate graph.

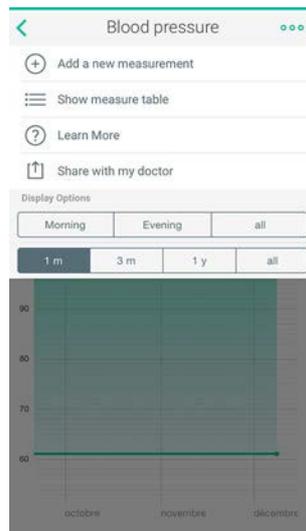


# Managing my data

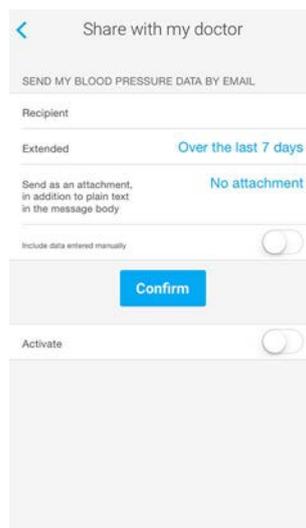
## Sharing my data with someone

You have the possibility to send your blood pressure and heart rate measurements to your doctor with the Withings Health Mate® app. To do so, perform the following steps:

1. Open the Withings Health Mate® app.
2. Tap a blood pressure item in your **Timeline**.
3. Tap the horizontal dots in the upper right corner to open the menu.
4. Tap **Share with my doctor**.



5. Tap **Recipient** and enter your doctor's email address.
6. Select the information you want to send.



7. Tap **Confirm**.
8. Enter your doctor's email address again. You will only have to do this once: the email address will be automatically added the next time you send your data.

9. Tap **Send**.

## Sharing my data with Apple Health

The Withings Health Mate® app can share the following data with Apple Health:

- Diastolic Blood Pressure
- Heart Rate
- Systolic Blood Pressure

To link your accounts, perform the following steps:

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



4. Select the data you want to share with Apple Health.

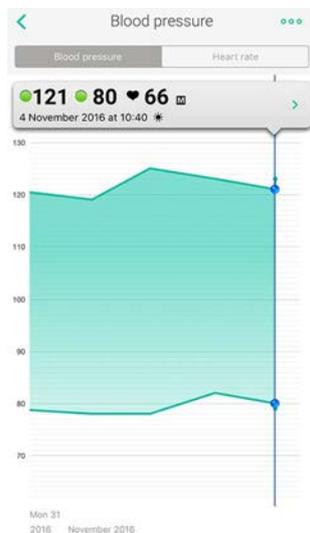


5. Tap **Done**.

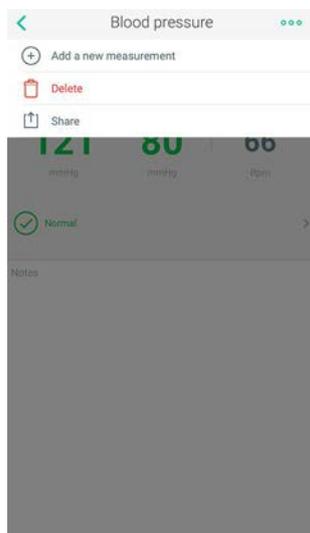
## Deleting data

You have the possibility to delete your heart rate and blood pressure measurements from the Withings Health Mate® app. To do so, perform the following steps:

1. Open the Withings Health Mate® app.
2. Tap the graph for which you want to delete measurements.
3. Tap the value you want to delete.



4. Tap >.
5. Tap ....



6. Tap **Delete**.
7. Tap **Delete** again.

# Dissociating my Wireless Blood Pressure Monitor

If you want to stop using your Wireless Blood Pressure Monitor, you have to dissociate it from your account first.



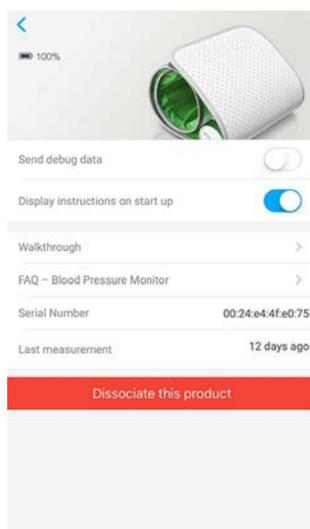
**Dissociating your Wireless Blood Pressure Monitor will not remove any of the data that was synced from the Withings Health Mate® app.**

To dissociate your Wireless Blood Pressure Monitor, perform the following steps:

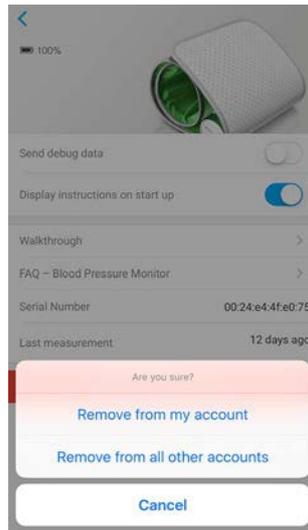
1. Open the Withings Health Mate® app.
2. Go to **My devices**.
3. Tap **Wireless Blood Pressure Monitor**.



4. Tap **Dissociate this product**.



5. Tap **Remove from my account**.



# Cleaning and Maintenance

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## Cleaning my Wireless Blood Pressure Monitor

You can clean your Wireless Blood Pressure Monitor using a cloth dampened with water. Do not put the Wireless Blood Pressure Monitor's cuff in a washing machine or submerge it in water as it contains electronic components

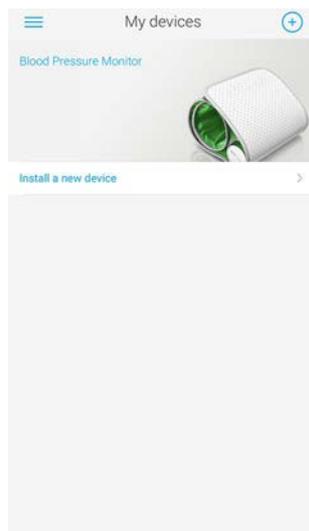


**Do not, under any circumstance, use any solvent to clean your Wireless Blood Pressure Monitor.**

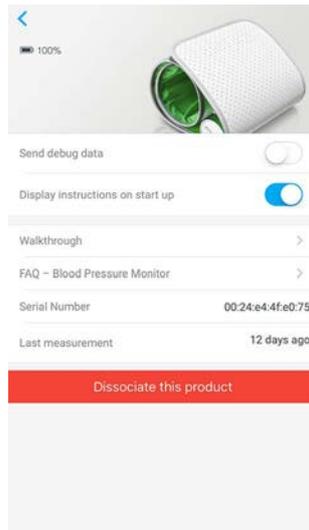
## Changing the Batteries

To check the battery level of your Wireless Blood Pressure Monitor, perform the following steps:

1. Open the Withings Health Mate® app.
2. Go to **My devices**.
3. Tap **Wireless Blood Pressure Monitor**.



4. Check the battery level displayed at the top.



If the battery level is below 20%, we advise that you change the batteries. Your Wireless Blood Pressure Monitor uses four 1.5 AAA alkaline batteries (LR3). To change the batteries of your Wireless Blood Pressure Monitor, perform the following steps:

1. Make sure the Wireless Blood Pressure Monitor is turned off.  
If the LED is on, press the button for 3 seconds.
2. Turn the slot of the twist cover counterclockwise using a coin to remove the battery cover.
3. Replace the batteries.  
Make sure the batteries are correctly inserted by following the polarity markings.
4. Put the cover back in place.

# User Guide Copyright

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This User guide is protected by Intellectual Property laws and copyright. Any reproduction, modification, representation, and/or publication without Withings® prior approval is strictly prohibited. You may print this User Guide for your personal use exclusively. For any questions, please contact Withings® at: <http://contact.withings.com>.

## Legal Notice

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**By using your Wireless Blood Pressure Monitor you expressly agree to the Withings Services Terms and Conditions available on our [website](#).**

## Medical Device

- The Wireless Blood Pressure Monitor is a medical device and has been validated by competent authorities.
- The Withings Health Mate® app is not a medical device. Any advice or insight given by the app cannot replace medical attention.

## 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 at least eight-character long, have mixed case, and use a combination of alphanumeric and special characters.

## Safety Instructions

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### Use and Storage

- Use the product at temperatures between 10°C and 40°C (50°F and 104°F).
- Product may be stored in a clean, dry location between -25°C and 55°C (-13°F and 131°F) when not in use.
- Remove the batteries if you do not plan to use your Wireless Blood Pressure Monitor for an extended period of time.
- The Wireless Blood Pressure Monitor is only meant to track your blood pressure and heart rate measurements, exclusively by wrapping it around your arm. Any other use is prohibited.

## Safety

- Make sure you consult a doctor should the symptoms be persistent or worrying in any way.
- Do not allow your Wireless Blood Pressure Monitor to come in contact with liquids. If it gets wet, make sure you let it dry before trying to use it.
- Do not leave your Wireless Blood Pressure Monitor exposed to dust or sunlight for too long as it might damage the product.
- Keep your Wireless Blood Pressure Monitor and its accessories out of reach from children, as it contains small parts and may present a choking hazard.

## Service and Maintenance

- Do not attempt to repair or modify your Wireless Blood Pressure Monitor on your own.
- If you have any issue, feel free to contact our Customer Service at:  
<http://contact.withings.com>.

# Specifications

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## Wireless Blood Pressure Monitor

- Length: 150 mm (5.9 in.)
- Width: 140 mm (5.5 in.)
- Weight: 600 g (1.322 lbs) without batteries
- Cuff circumference: fits arm circumferences 22 to 42 cm (9 to 17 in)

## Connectivity

- Wi-Fi 2.4 GHz 802.11 b/g/n
- Bluetooth Smart Ready

## Technology

- Cuff oscillo metric method
- Measurement range: 0 to 285 mmHg
- Accuracy:  $\pm 3$  mmHg or 2% of reading
- Inflation: automatic inflation
- Controlled release

## Metrics

- Heart rate measurement range: from 40 to 180 beats per minute
- Accuracy: 5% of reading

## Battery life

- One year with four AAA (LR03) batteries

## Compatible devices

- iPhone (4 and above)
- iPod Touch (4th generation or higher)
- iPad (2nd generation or higher)

## Compatible OS

- Android 4.0 or higher
- iOS 7.0 or higher

## App

- Withings Health Mate® App

# Document Release Overview

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Release date		Modifications
April 2017	v1.0	First release



**The screenshots in this manual are used for explanatory purposes. Your actual screens may differ from the screenshots in this manual.**

# Warranty

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## Withings® One (1) Year Limited Warranty - Wireless Blood Pressure Monitor

Withings® warrants the Withings® branded hardware product (“Wireless Blood Pressure Monitor”) 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 Wireless Blood Pressure Monitor will be uninterrupted or error-free. Withings® is not responsible for damage arising from failure to follow instructions relating to the Wireless Blood Pressure Monitor’s use.

# Regulatory Statements

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Federal Communications Commission (FCC) Statement

FCC ID: XNAWPM02

This device complies with Part 15 of the FCC Rules. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operated in conjunction with any other antenna or transmitter.

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.

This device complies with the R&TTE Directive 1999/5/CE.

A copy of the EU Declaration of Conformity is available online at [withings.com/compliance](http://withings.com/compliance)