

Withings Steel HR



QUICK INSTALLATION GUIDE

快速安装指南 | 快速安裝指南 | クイック インストール ガイド | 빠른 설치 안내서

EN | 简 | 繁 | JP | KR



Need help?

需要帮助？ | 需要幫助？ | 困ったときは？ | 도움이 필요하십니까？

➔ withings.com/support/steelhr

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

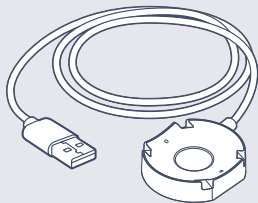
Box Contents

筒 包装内容 | 繁 包装内容 | JP セット内容 | KR 박스 내용물

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Withings Steel HR



Charging cable

筒 充電線 | 繁 充電線

JP 充電ケーブル | KR 충전 케이블

Quick start

簡 从您的智能手机快速启动 | 繁 從您的智能手機快速啟動 |

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JP スマートフォンまたはタブレットからセットアップ | KR 스마트폰에서 빠르게 시작하세요

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

簡 请使用智能手机或平板电脑造访 go.withings.com 获取应用程序。请根据说明创建 Healthmate 帐户和安装 Withings Steel HR。

繁 請使用智能手機或平板電腦造訪 go.withings.com 獲取應用程序。請根據說明創建 Healthmate 帳戶和安裝 Withings Steel HR。

JP お使いのスマートフォンまたはタブレットで go.withings.com のサイトを開き、アプリをインストールしてください。手順に従って、Healthmate のアカウント登録を行なってください。その後、Withings Steel HR のインストールを行なってください。

KR 스마트폰이나 태블릿에서 go.withings.com 에 접속하여 앱을 받으시고, 설명에 따라 Healthmate 계정을 생성한 후 Withings Steel HR 을 설치하십시오 .



How to wear Withings Steel HR

简 如何佩戴 Withings Steel HR | 繁 如何佩戴 Withings Steel HR |

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JP Withings Steel HR の装着方法 | KR Withings Steel HR 착용 방법

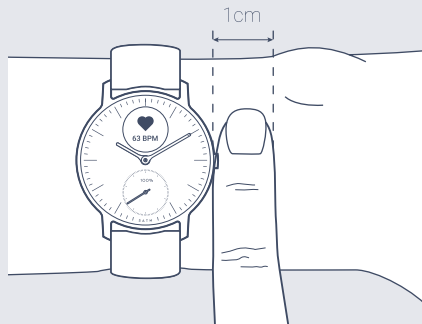
The wristband should be tight but comfortable, and worn
1 cm away from the wrist bone

简 腕带应紧贴手腕并调整至舒适状态，且佩戴于距腕骨 1cm 处。

繁 腕帶佩戴應貼身而舒適，距腕骨 1 公釐。

JP 装着する場所は、手首の関節部分から 1cm ほど離れたところが目安です。リストバンドは苦しくない程度で、ややきつめに装着してください。

KR 손목 밴드를 꼭 조이되 편안하게 손목 뼈에서 1cm 떨어진 곳에 착용하십시오.



How to use Withings Steel HR

简 如何使用 Withings Steel HR | 繁 如何使用 Withings Steel HR | JP Withings Steel HR の使用方法 | KR Withings Steel HR 사용 방법

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

简 按下按钮浏览画面。长按按钮可开始和停止锻炼模式。

繁 按下按鈕瀏覽畫面。長按按鈕可開始和停止鍛煉模式

JP ボタンを押すと各モードの情報を閲覧できます。ボタンを 1-2 秒長押しすると、ワークアウトモードを開始 / 終了します。

KR 버튼을 눌러 화면을 통해 살펴봅니다. 버튼을 누른 상태에서 운동 모드를 시작 및 중지합니다.



CONTINUOUS HR MONITORING, TIMER

简 心率持续监测，计时器

繁 持續心率監測、計時器

JP 心拍を継続的に計測し、トレーニングの時間を記録

KR 연속 HR 모니터링, 타이머



Tues.
23rd

HOME SCREEN

主屏幕 | 主屏幕
홈 디스플레이 | 홈 화면



3029
STEPS

STEPS

步数 | 步數
步数 | 단계



182 cal

CALORIES BURNED

燃烧的卡路里 | 燃燒的卡路里
消費卡路里 | 칼로리 소모량



63 bpm

HEART RATE

心率 | 心率
心拍 | 심박수



8.2 km

DISTANCE

距离 | 距離
移動距離 | 거리

8:20

ALARM

ALARM TIME (VIA HEALTHMATE APP)

闹铃时间 (经由HEALTHMATE 應用程式設定)
鬧鐘時間 (經由HEALTH MATE 應用程式設定)
アラームを設定 (HEALTH MATEアプリから設定)
알람 시간(HEALTH MATE 앱 사용)

Customize the screens

簡 自定義屏幕 | 繁 自定屏幕佈局 | JP 画面をカスタマイズ | KR 화면 맞춤 설정

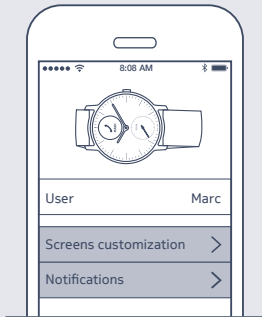
Customize the screens and activate phone notifications
(Health Mate™ app, “my devices”)

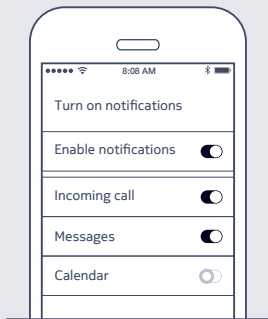
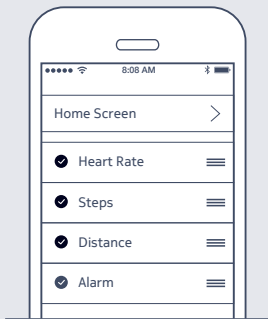
簡 定制屏幕和启动电话通知 (Health Mate 应用程序, “我的设备”)

繁 客製化畫面和啟用電話通知 (Health Mate 應用程式, 「我的裝置」)

JP 「スクリーンをカスタマイズでき、通知の有効化」を設定します。
(Health Mate アプリの「マイデバイス」から設定)

KR 화면을 사용하기 편하도록 맞춤 설정한 후 전화 알림을 활성화
시킵니다 (Health Mate 앱, “내 기기”)





How to Charge Steel HR

簡 充电说明 | 繁 Steel HR 充電說明 | JP スチールHRを充電する方法 | KR Steel HR 충전하는 법

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Battery life: up to 25 days + 20 days of power reserve mode (time and activity tracking only)

簡 使用提供的电源线可轻松完成充电。电池续航时间长达 25 天，省电模式下（仅时间和运动睡眠监测）再多 20 天。

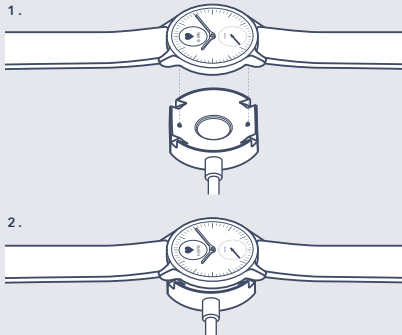
繁 使用提供的電源線可輕鬆完成充電。電池續航時間長達 25 天，省電模式下（僅時間和運動睡眠監測）再多 20 天。

JP 付属のケーブルを使って簡単に充電できます。

：バッテリー駆動時間：最大約 25 日間 + 省エネモードで 20 日間（時計の動作と検知した情報の記録のみ）

KR 제공된 케이블로 쉽게 충전할 수 있습니다.

배터리 수명: 최대 25 일 + 파워 리저브 모드 (시간 및 활동 트래킹에 한 함)



Overview

简 概述 | 繁 概述 | JP 概要 | KR 개요

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(A) Wristband

简 手腕带

繁 手腕帶

JP リストバンド

KR 손목 밴드

(B) Display

简 显示屏

繁 屏幕顯示

JP ディスプレイ

KR 디스플레이

(C) Activity Dial

简 活动表盘

繁 活動錶盤

JP 活動ダイヤル

KR 활동 다이얼

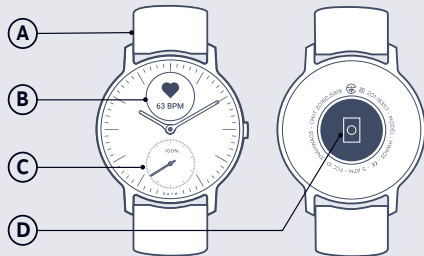
(D) Heart-Rate sensor

简 心率传感器

繁 心跳率感應器

JP 心拍数センサー

KR 심박수 센서



Warranty

简 保証 | 繁 保證 | JP 保証 | KR 보증

EN Withings Two (2) Years Limited Warranty - Withings Steel 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.

简 Withings 的商品保修期为—(2) - Withings Steel HR

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繁 Withings 的商品保證期為—(壹)年 - Withings Steel HR

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JP Withings の保証は1年間有効です - Withings Steel HR

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KR Withings 의 상업적 보증 기한은 2년입니다 - Withings Steel HR

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Compliance

简 合规

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EN This information applies only to Withings Ltd's Electrical and Electronic Products sold in the People's Republic of China.

Parts	Hazardous Substance					
	Pb	Hg	Cd	Cr6+	PBB	PBDE
Printed Wiring Board Assemblies	x	o	o	o	o	o
Metal parts	o	o	o	o	o	o
Watch Hands	x	o	o	o	o	o
Plastic & polymeric parts	o	o	o	o	o	o
Glass parts	o	o	o	o	o	o
Battery	o	o	o	o	o	o
Cable	o	o	o	o	o	o

This table is formulated in accordance with SJ/T 11364

: Indicates that the concentration of the hazardous substance in all homogeneous materials in the parts is below the relevant threshold of the GB/T 26572 standard.

x : Indicates that the concentration of the hazardous substance of at least one of all homogeneous materials in the parts is above the relevant threshold of the GB/T 26572 standard. The "x" in the above table indicates that some exemptions of EU ROHS are applied in the parts.

简 本信息仅适用于诺基亚科技有限公司在中华人民共和国销售的电器电子产品。

部件名称	有害物质					
	铅	汞	镉	六价铬	多溴联苯	多溴二苯醚
电路模块	x	o	o	o	o	o
金属零件	o	o	o	o	o	o
顺时针	x	o	o	o	o	o
塑料和聚合物部件	o	o	o	o	o	o
玻璃	o	o	o	o	o	o
电池	o	o	o	o	o	o
电缆	o	o	o	o	o	o

本表格依据SJ/T 11364 的规定编制。

o : 表示该有害物质在该部件所有均质材料中的含量均在GB/T 26572 标准规定的限量要求以下。

x : 表示该有害物质至少在该部件的某一均质材料中的含量超出GB/T 26572 标准规定的限量要求。

本表所示的"x"表明使用了欧盟RoHS对于某些有害物质在特定应用中豁免的条款。

The Environment- Friendly Use Period (EFUP) for all enclosed products and their parts are per the symbol shown here, unless otherwise marked. Certain parts may have a different EFUP (for example, battery modules) and so are marked to reflect such. The Environment- Friendly Use Period is valid only when the product is operated under the conditions defined in the product manual. Manufacturing date: 02/20/2017



此标志也表示了该产品及其部件的环保使用期限。当某些零部件有不同的环保使用期限时，会另行标示(例如，电池单元模块会有另外一个标志贴在其产品上)。此环保使用期限只适用于产品是在产品手册中所规定的条件下工作。
生产日期: 02/20/2017



EN List of materials potentially in contact with the skin during usage: silicone, polycarbonate, acrylate polymer and stainless-steel.

简 在使用中可能接触皮肤的材料列表: 硅酮、不锈钢、聚碳酸酯、丙烯酸酯聚合物

繁 使用中可能觸及皮膚的材料之清單: 聚矽氧、不銹鋼、聚碳酸酯、丙烯酸酯

JP 使用中に皮膚と接触する可能性のある材料のリスト: シリコン、ステンレススチール、ポリカーボネート、アクリレートポリマー

KR 사용 중 피부에 접촉할 가능성이 있는 재료 목록: 실리콘, 스테인리스강, 폴리 카보네이트, 아크릴 레이트 중합체



Frequency Range :
2402.0 - 2480.0 MHz

Maximum output power :
-3.98 dBm

FCC ID: XNAHWA03 CMIT ID: 2017DJ6648 201-163117

This device complies with Part 15 of the FCC Rules and with Industry Canada licence-exempt RSS standard(s). 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. Changes or modifications made to this equipment not expressly approved by Withings SA may void the FCC authorization to operate this equipment.

Radiofrequency radiation exposure Information:

The radiated output power of the device is far below the FCC radio frequency exposure limits. Nevertheless, the device shall be used in such a manner that the potential for human contact during normal operation is minimized. This device complies with the R&TTE Directive. A copy of the EU Declaration of Conformity is available online at withings.com/compliance.

Japanese Radio Law and Japanese Telecommunications Business Law Compliance.

This device is granted pursuant to the Japanese Radio Law (電波法) and the Japanese Telecommunications Business Law (電気通信事業法). This device should not be modified (otherwise the granted designation number will become invalid).

対応機種: iPhone 6 Plus, iPhone 6, iPhone 5s, iPhone 5c, iPhone 5, iPhone 4S & Android 4.3 (or higher) smartphones and tablets offering Bluetooth Low Energy connectivity.

QIG_HWA03_130

withings

Withings Steel HR | Activity Watch & Heart Rate

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