Withings is Launching a New In-App Companion Mode to Support People on GLP-1 Medication

Withings is launching GLP-1 Companion Mode, which adapts the Withings app to each user's GLP-1 treatment with body composition insights, a projected fat-and-muscle trajectory, Loss Quality status, dose and symptom tracking, and an AI Health Assistant that offers personalized support between doctor visits.

Boston, Massachusetts, November 11, 2026 – Withings today announced **GLP-1 Companion Mode**, a new experience in the Withings app for people on GLP-1 medication, rolling out in January in all countries where the app is available. Because GLP-1 medications can reduce muscle as well as fat, what the weight loss is made of matters as much as how much is lost, and a standard scale can't show the difference. GLP-1 Companion Mode adapts the app to each user's treatment, tracks body composition trends between doctor visits, projects each user's path to their goal for both fat and muscle, and shows whether the weight they lose is fat or muscle. With 1 million GLP-1 users already tracking their progress on Withings scales, the new mode answers a clear need.[1]

What Withings users on GLP-1 medication tell us

A long journey, and not only about weight. Among Withings users on GLP-1 medication, treatment lasts 10 months on average, the median age at the start of treatment is 50, and almost half (48%) started treatment mainly to lose weight.[2]

Muscle is the first concern. Losing muscle is their number-one fear (53%), and 95% find body composition tracking useful.[2]

Tracking keeps them going, alongside their doctor. 80% say Withings has helped their GLP-1 journey and 74% say tracking increased their motivation. 69% rank "where is my weight heading" as their top expectation, and two in three already share their Withings data with their prescriber.[2]

After treatment, tracking still matters. Regaining weight after stopping treatment is their second-biggest fear (48%), and people who have stopped treatment name body composition tracking as one of their main ways to maintain their results.[2] That is why it matters to keep tracking at home with a body composition smart scale like Withings BodyFit or BodyScan 2: it shows whether the weight stays off, and whether any weight that returns is fat or muscle.

What the science shows

In a peer-reviewed study published in *Mayo Clinic Proceedings: Digital Health*, Withings researchers analyzed real-world data from 396 US adults on GLP-1 medication and 1,635 matched non-users.[3] Over one year, starting treatment was associated with a median 9.8% reduction in total body weight compared with matched non-users, and most of that loss came from fat: of a median 10.2 kg / 22.5 lb lost, 7.7 kg / 17 lb (about 75%) was fat mass and 2.2 kg / 4.9 lb was muscle, which accounted for 21.6% of the weight lost.[3]

But averages hide wide differences. Some people lost far more muscle than others, and the starting muscle-to-fat ratio was the most consistent signal of the quality of weight loss.[3] That is why GLP-1 Companion Mode puts body composition at its center.

“As a primary care physician, I know how much of a patient’s GLP-1 journey happens between appointments. GLP-1 Companion Mode in the Withings app understands how weight loss from GLP-1 medications affects body composition. It shows people whether they’re losing fat or muscle, projects their fat and muscle trajectory toward their health goals, and helps them follow their progress between their doctor’s visits,” said **Nisha Basu, MD, board-certified internist and Clinical Advisor at Withings**.

Essential features, free for every Withings body composition scale user

Every Withings body composition scale user can turn on GLP-1 Companion Mode at no extra cost to track, log and share. Users enter their start date, medication and dose, and the Withings app reorganizes itself around their treatment:

- **See fat and muscle, not just weight.** Body composition shows what is really changing, weigh-in after weigh-in.
- **Doses and symptoms, logged in a tap.** Users choose their injection day, get a reminder, and log their medication, dose strength and any symptoms all in one place. Over time, they can see how they feel alongside their treatment and their body composition, and bring a clear record to their next doctor’s visit.
- **Ready for the next appointment.** Users can share their data with their doctor in a few taps.
- **Answers between visits.** Short guides explain common side effects, staying on treatment, and when to talk to a doctor.

Withings+: a step further with personalized GLP-1 feedback, fat-and-muscle trajectory and more

With Withings+, Withings’ premium app experience, GLP-1 Companion Mode gives personalized feedback built around life on GLP-1 medication, drawing on anonymized insights from 1 million GLP-1 users on Withings scales and adapted to each user’s own data:[1] [6]

- **BodyPath,** the projected trajectory from today to the user’s goal, with fat and muscle targets, calibrated to the specific GLP-1 medication the user is taking.
- **Loss Quality,** a dedicated feature within GLP-1 Companion Mode that shows whether progress comes from fat or muscle, even through plateaus. Weight loss on GLP-1 medication rarely follows a straight line: among Withings users, the median plateau lasted about three weeks, and in about 40% of flat-weight periods, fat was still being lost while muscle held or grew, something a standard scale cannot show.[2]
- **The AI Health Assistant,** built for life on GLP-1 medication, and informed by the real journeys of 1 million Withings users on GLP-1 medication,[1] the AI Health Assistant connects the user’s data to their treatment, explains what is changing, highlights trends worth discussing with their doctor, and is there for their questions, whether about side effects, motivation or anything else. If muscle is decreasing faster than expected, for example, users can ask “Why am I losing muscle too fast?” and get an answer grounded in their own data. It never gives medical advice: every medical decision stays with the prescribing doctor.[5]

Withings+ is available for $9.95 per month or $99.50 per year in the US, and new Withings device owners can try it free for one month.[6]

BodyFit and BodyScan 2: the best way to experience GLP-1 Companion Mode

GLP-1 Companion Mode works with any Withings scale that measures body composition, and Withings' two newest scales bring out its full potential.[4]

- **Withings BodyFit ($279.95)** uses eight electrodes across its platform and retractable handle for a six-zone segmental analysis, showing where fat and muscle change across the body.
- **Withings BodyScan 2 ($599.95)**, Withings' most advanced scale, pairs 13-frequency segmental body composition with cardiovascular and metabolic insights, for a fuller picture of health during treatment.

Both are available in the US at withings.com, on Amazon and at select retailers.[7]

Availability

GLP-1 Companion Mode rolls out in January 2027 on iOS and Android, in all countries where the Withings app is available.

About Withings

Withings empowers people to live longer, healthier lives. Founded in 2008, Withings invented the first smart scale just one year later and has since pioneered connected health devices that bring clinical-grade measurement into everyday life, at home and without extra effort. For its over 10 million users worldwide, Withings turns daily routines into a continuous view of their health, helping them see how their body changes over time, catch early signals before they become urgent, and share what they learn with their doctors. Withings works with leading academic and clinical research institutions to keep every measurement grounded in science. To learn more, visit withings.com and follow us on Facebook, Instagram and X (formerly Twitter). Withings. With you. For life.

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Methodology

Withings internal device data[1]: The figure of 1 million GLP-1 users on Withings scales is based on Withings internal device data on users of Withings scales who indicated GLP-1 medication use. It is not drawn from the Withings user survey. The insights that inform GLP-1 Companion Mode feedback and the AI Health Assistant are drawn from this data in anonymized, aggregated form.

Withings GLP-1 survey[2]: In-app survey of US Withings users who own a Withings scale, launched in July 2026. Figures reflect 4,043 responses received as of August 10, 2026, from people currently taking GLP-1 medication, people who had stopped, and people who had considered it and decided against it. Unless otherwise noted, figures are based on the 1,620 respondents on GLP-1 medication who answered the relevant questions; the share who bring their Withings data to their doctor is based on 582 respondents (65% share their data with their prescriber in some form). Findings on people who had stopped treatment are reported without figures because of the smaller sample. All responses are self-reported. Respondents chose to take part, so results describe Withings users on

GLP-1 medication and are not representative of all Withings users or of all people taking GLP-1 medication.

Mayo Clinic Proceedings: Digital Health study[3]: Observational, real-world study of longitudinal data from adult US users of Withings devices who self-reported GLP-1 use via in-app survey between June 2023 and July 2024. Each user was matched to similar non-users on six months of pre-treatment data, and causal-inference methods were used to estimate changes (396 GLP-1 users and 1,635 matched controls for body composition). The study followed GDPR and HIPAA standards, and all participants gave digital informed consent.

Disclaimers and references (US)

[1] Withings internal device data; see Methodology

[2] Withings user survey, July 2026, US Withings users on GLP-1 medication; self-reported responses; see Methodology.

[3] Chabassier A, et al. Real-world body composition and blood pressure changes following GLP-1 receptor agonist initiation: a causal inference study of connected device data. *Mayo Clinic Proceedings: Digital Health*, 2026. Published paper. Results reflect associations in a real-world population; individual results vary.

[4] Weight, body composition and related wellness metrics are intended for general wellness use and are not intended to diagnose, treat, cure or prevent any disease.

[5] GLP-1 Companion Mode and the AI Health Assistant do not provide medical advice, diagnosis or treatment recommendations, and do not replace a healthcare professional. Users should talk to their prescribing doctor before making any change to their medication, diet or exercise.

[6] Withings+ offer applies in the US. $9.95/month or $99.50/year. Free one-month trial with eligible Withings product purchases; subscription renews automatically at the end of the trial and can be cancelled at any time in the Withings app.

[7] Prices are US MSRP; retailer prices and availability may vary.