Be empowered to improve your health with our most advanced smart scale. Body Cardio tracks weight, body composition (body fat, water %, muscle & bone mass), BMI and standing heart rate. All data syncs to the Health Mate app where you can view trends, set goals, and find extra motivation.

Get more information on our products at www.withings.com
Features

**Standing heart rate**
Easily track your standing heart rate, a general indicator of your overall fitness. Increase activity to lower your standing heart rate over time.

**Full body composition**
Track weight, BMI, total body fat and water percentage plus bone and muscle mass.

**Weight trend screen** displays a graph with previous 8 measurements, as well as the difference between the latest measurement and the one before.

**Automatic WiFi or Bluetooth** synchronization with your smartphone.

**Family-friendly features**
Recognizes and tracks up to 8 users, and includes breakthrough solutions for parents and pregnant women. With Baby Mode, parents can track their child’s weight by simply stepping on the scale while holding their baby, and Pregnancy Mode gives personalized guidance with obstetrician-reviewed advice, tips, and personalized weight tracking.

**Every weigh-in appears in the Health Mate™ app automatically**: Health Mate™ coaches the users with tips and encouragement to help reach their objective.

**Local weather forecast**
When the scale is connected over WiFi, it will provide a daily local weather forecast to help users plan their outfit and the day’s activities.

Technical Facts & Design

Available on iOS (iOS 8 and higher) and Android (5.0 and higher)

Best-in-class accuracy via Position Control™ technology, a patented body position detector.

Ultra slim design with a large, high-strength tempered glass platform & a flat aluminum base.

Accuracy and stability on any surface – delivers accurate result on wood floors, tile or carpet.

Stores up to 16 readings if scale cannot sync wirelessly.

Rechargeable li-ion battery (micro USB, included).

Average battery life: up to 1 year.

Price & Availability

White & Black, **£129.95**

**Online**
withings.com, amazon.co.uk

**In Store**
John Lewis & Argos