

Hybrid Smartwatch



Available colors:



Steel HR is the first hybrid smartwatch with heart rate monitoring to offer a long-lasting battery life of 25 days, all housed in a classic watch style perfect for transitioning from the gym to the office to a night out.

This sleek device tracks continuous heart rate during workouts, average heart rate during the day, and overnight heart rate while sleeping. Heart rate, activity and sleep data automatically sync with the free Health Mate™ app, where the user can set goals, view trends, and find expert coaching every step of the way.

Steel HR features a sub-dial to see steps at a glance while also offering a dynamic digital screen that displays health data and smart notifications.

Features

Track heart rate during workouts to optimize training, and monitor daily and night heart rate to improve health over time

Automatically tracks walk, run, swim, sleep, distance & calories burned

Enhanced activity tracking can detect and learn 10 activities: tennis, ping pong, squash, badminton, weight lifting, basketball, soccer, volleyball, dance, and boxing

Water resistant up to 50m (5 ATM)

Long-life battery

Up to 25 days with heart rate tracking, plus 20 more days in power reserve mode

Get a report of light and deep sleep cycles, sleep duration & wake-ups

Set a silent vibrating alarm using Smart Wake-Up™ to wake at the optimal point in your sleep cycle

Smart notifications

Call, text, email and calendar plus notifications from your favorite apps right on your wrist so you can keep moving and stay connected.

Automatically synchronizes with the Health Mate™ app, where users can view trends, gain insights, and unlock rewards

Technical Facts & Design

Available on iOS (iOS 8 and higher) and Android (6 and higher)

Steel HR comes with a stainless steel case, chrome hands, and soft silicone wristband

By pressing the watch button the user can scroll through the data – date, heart rate, steps, distance, calories burned, and alarm time, on the watch's digital display

HR measurement using photoplethysmography (PPG), which monitors heart rate using green LED lights to detect variation in the level of blood in the wrist

Battery life: up to 25 days, plus 20 more days in power reserve mode

Charging time: approximately 2 hours to 100%

Price & Availability

Steel HR 36mm, Silver case, black & white dial (18mm wristband width), **£169.95**

Steel HR 40mm, Black (20mm wristband width), **£169.95**

Steel HR 36mm, Rose Gold case, black & white dial, Silicon wristband (18mm width) **£189.95**

Steel HR 36mm, Rose Gold case, black & white dial, , Leather wristband (18mm width), **£219.95**

Online

withings.com, amazon.co.uk

In Store

John Lewis & Argos