



WITHINGS

## SCANWATCH NOVA 42MM BLUE

Next-generation hybrid connected watch

REF : WI-HWA10-MODEL7

EAN : 3700546708732

EXISTS IN : BLUE, GREEN, BLACK

### DESCRIPTION :

ScanWatch Nova is a watch reminiscent of the design of diving watches and resistant up to 10 ATM. It features a sunburst dial accompanied by Super-LumiNova indexes and hands, a stainless steel case with polished edges, and a protective and anti-reflective sapphire glass. It has a rotating bezel made of ceramic and stainless steel and an Oyster metal bracelet that adjusts from 20 to 18 mm to provide a secure and comfortable fit.

- **Can identify early signs of illness:**

- Discover variations in your baseline temperature day and night, which can provide insights into your health to enhance your ability to manage performance and recovery through temperature variation zones during training.

- **Evaluate a part of the respiratory system:**

- Keep peace of mind with direct oxygen saturation measurements on your watch and monitor your respiratory disturbances and average nighttime oxygen saturation.

- **Boost your activity:**

- Track all your movements with over 40 listed activities; assess your performance with heart rate zones and cardio fitness score based on estimated VO2 max; track your progress towards your goals directly on your watch.

- **Perform a medical-grade electrocardiogram:**

- Receive notifications about your cardiovascular health, for example, to perform an electrocardiogram directly on your watch and detect atrial fibrillation.

- **Get more restorative sleep:**

- Retrieve your sleep quality score upon waking, review your sleep metrics, and get advice to improve it.

## STRENGTHS :

- **CARDIOVASCULAR HEALTH**

- ECG - Atrial fibrillation detection
- Daytime heart rate
- Nighttime heart rate
- High and low heart rate notifications
- Nighttime heart rate variations

- **CONTINUOUS TEMPERATURE MONITORING**

- Variations in reference temperature day and night
- Temperature zones during training
- Daytime temperature zones
- Recovery temperature after training

- **SLEEP PARAMETERS**

- Sleep quality score
- Sleep phases (deep, light)
- Sleep duration
- Interruptions
- Regularities

- **ADVANCED RESPIRATORY HEALTH INFORMATION**

- Blood oxygen saturation levels on demand and nightly average
- Respiratory rate
- Monitoring of respiratory disturbances

- **ACTIVITY TRACKING**

- Heart rate zones during training
- Heart rate recovery after training
- Cardio fitness score based on estimated VO2 max
- Number of steps
- Calories burned
- Connected GPS: distance, pace, and elevation
- Elevation: altitude in meters / number of symptoms and floor flows

- **MENSTRUAL CYCLE TRACKING**

- Menstrual cycle phases
- Menstrual cycle journal
- Duration of menstrual cycles
- Menstrual flow journal
- Trends in symptoms and flows

## CHARACTERISTICS :

- **WEIGHT AND DIMENSIONS**

- Dimensions: 42 mm
- Weight (without bracelet): 63 g (42 mm)

- **MATERIALS**

- Stainless steel case
- Anti-reflective sapphire glass
- Stainless steel crown
- Ceramic and stainless steel bezel
- Super-LumiNova hands and indexes

- **WATERPROOFNESS**

- 10 ATM

- **DISPLAY**

- Grayscale OLED display
- 14504 px, 282 PPI, 0.63"

- **SENSORS**

- TechTemp24/7 module
- High dynamic range accelerometer
- 16 channels of multiple wavelength PPG
- Altimeter

- **BATTERY LIFE**

- 30 days of autonomy
- Charging time: 2 hours
- Charging dock (USB-C compatible)

- **CONNECTIVITY**

- Bluetooth® Low Energy

- **WITHINGS APP**

- Available on: App Store (iOS), Google Play Store (Android)
- Compatible with Apple Health, Google Health Connect, and Google Fit
- Withings App Web Dashboard
- iPhone, iPad, or iPod touch with iOS 15 and later, or Android device with OS 9 and later
- Cannot be installed from a computer

- **STORAGE AND MEMORY**

- Free and unlimited storage of health data online
- 7 days of health data stored on the watch