ScanWatch Light

Non-Stop Daily Care | Menstrual Cycle Guide | Complete Health View

Daily Health Hybrid Smartwatch

ScanWatch Light is the perfect representation of what a health hybrid smartwatch should be: advanced sensors providing essential & accurate health data all nested in a premium & lightweight watch. And because improving or maintaining health is a journey that benefits from around-the-clock tracking, ScanWatch Light packs 30 days of battery life before needing to be recharged.

30 DAYS OF HEALTH TRACKING

- Stay motivated with activity tracking

- Improve your nights by assessing sleep quality

- Follow your heart rate and receive day & night notifications

CYCLE SYNCING MADE EASY*

- Get your predictive menstrual phases and cycle length

- Log symptoms on the watch or in-app & follow trends

- Discover how activity & sleep data evolve during your phases

COMPREHENSIVE DATA & LONG-TERM SUPPORT

- Innovative and complete measurements all in one app

- Health Reports: one specifically for menstrual health

- Certified for quality & security featuring proprietary servers

PRICE (MSRP)

£229.95 (37mm)

*Feature expected Q4 2023

Features & metrics

FOLLOW YOUR HEART

Get notified if your heart is beating too fast or too slow, track your heart rate day & night and help manage stress and anxiety with breathing exercises.

DAYTIME HEART RATE | OVERNIGHT HEART RATE | HIGH/LOW HR NOTIFICATIONS | CARDIAC COHERENCE EXERCISES

STAY ON TRACK

Monitor every move with 40+ activities recognised, assess your performance with heart rate zones, Fitness Level via VO2 max estimation, and progress towards goals right on the watch.

ACTIVE MINUTES | PACE | CALORIES BURNED | DISTANCE | FITNESS LEVEL | HEART RATE ZONES | CONNECTED GPS

30-DAY BATTERY & EXTRA DURABILITY

Enjoy the freedom of 24/7 tracking for 30 days before needing to recharge, plus benefit from premium materials so you can live life to the fullest.

RECHARGEABLE BATTERY | GORILLA GLASS | STAINLESS STEEL CASE | WATER-RESISTANT 5ATM

MENSTRUAL CYCLE GUIDE*

Track your menstrual cycle by tracking your phases, duration and symptoms, empowering you to create a personalised routine that aligns with your body's needs.

MENSTRUAL PHASE | FOLLICULAR PHASE | LUTEAL PHASE | CYCLE LENGTH | SYMPTOMS LOG

OVERNIGHT HEALTH PARAMETERS

Wake to your Sleep Quality Score and deep dive into your sleep metrics with info on how to improve them.

QUALITY | PHASES | DURATION | DEPTH | IRREGULARITIES | INTERRUPTIONS | BREATHING DISTURBANCES

LIFESTYLE COMPANION

Build better routines with personalised reminders, access to health data history right on your watch and the benefit of customisable smartphone notifications.

HEALTH REMINDERS | DATA HISTORY | SMARTPHONE NOTIFICATIONS

On-Watch Cycle Logging

High & Low Resting Heart Rate Notifications
120 High HR D

Round-the-Clock Health Tracking

Privacy by Design

Improved Heart & Respiratory Insights
PPG SENSOR GEN 2

Menstrual Cycle Tracking

Automatically track 40+ activities with ActivitySense 2™

ScanWatch Light
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WITHINGS

Track Daily Goals
Goals

Grayscale OLED display with enhanced readability
57% More Pixels

Night Heart Rate Variability*
* Feature available Q4 2023

Respiratory Rate*
* Feature available Q4 2023

Water Resistant
50m

Extraordinary Battery Up to 30 Days

Pollution Forecast
GOOD Air Quality

On-Watch Measurement History
5462 Yesterday
12 Yesterday
1456 Yesterday

Advanced Sleep Tracking with Breathing Disturbances Scan™
Low Disturbance

Thin & Lightweight

Gorilla Glass

HEART HEALTH
- Daily heart rate
- Overnight heart rate
- High & low heart rate notifications
- Overnight heart rate variability*

ACTIVITY TRACKING
- Heart rate zones during workout
- Active minutes
- Steps
- Calories burned
- Connected GPS: distance,
- pace & elevation

SLEEP MONITORING
- Sleep Quality Score
- Sleep stages (deep, light)
- Respiratory rate*
- Breathing disturbances
- Sleep duration
- Interruptions
- Regularity

CYCLE TRACKING*
- Cycle phases
- Period log
- Cycle length
- Symptoms log
- Period flow log
- Mood & feelings log
- Symptoms & flow trends

*Feature expected Q4 2023

WITHINGS

Proprietary technology

ScanWatch Light benefits from our 10+ years of experience with holistic round-the-clock tracking which allows for the most precise watch experience and in-app insights. Part of the newest generation of our hybrid smartwatches, ScanWatch Light includes upgraded HealthSense™ Software combined with new sensors to provide more metrics and improved accuracy.

State-of-the-art sensors

PPG NEXT GENERATION

Combined with our HealthSense™ operating software, our multi-wavelength photoplethysmogram (PPG) sensors now provide more health metrics such as respiratory rate and heart rate variability in addition to more accuracy.

HIGH DYNAMIC RANGE ACCELEROMETER

This new accelerometer embeds more directional sensors to provide more precision in activity & workout and allows to track 40+ activities automatically

HealthSense™ OS

HealthSense™ Software is our proprietary OS and includes continual firmware updates over time. It harnesses the power of our sensors and uses on-device ML to deliver instant and secure health metrics on the watch, proactive health alerts, and seamless navigation to consult or log data.

POWERSENSE™ PRO (GEN 3)

Saves battery by detecting when the watch is not worn to avoid unnecessary tracking.
Identifies the best time to launch a health measurement and send an alert if necessary.
Senses when the wearer is falling asleep or waking.

ACTIVITYSENSE 2

Combined with our new accelerometer, this new generation features our proprietary activity recognition algorithms that now allows 40+ sports to be detected, automatically.

MANUAL LOGGING TO-GO*

A dedicated menu for menstrual cycle logs is now available directly on the watch. Mood, vaginal discharge, and symptoms can be logged at anytime, discreetly.

HEALTH DATA HISTORY AT HAND

Trends for sleep, steps, distance, active minutes and so much more are now available directly on the watch.

GOALS IN SIGHT

Activity is always accessible via a new UI that compiles steps and active minutes available right on the watch.

*Feature expected Q4 2023

WITHINGS

Technical facts

Design

WEIGHT & DIMENSIONS

Dimensions: 37mm
Weight: 27.1g

MATERIALS

Stainless steel case
Gorilla Glass
Stainless steel crown

BATTERY

30-day battery life
Charging time: 2 hours
Docking station (USB-C compatible)

SCREEN DISPLAY

Grayscale OLED display
14504 px, 282 PPI, 0.63"
16-bit grayscale

WATER RESISTANCE

5ATM

SENSORS

High Dynamic Range Accelerometer
Multi-wavelength PPG

App & software

CONNECTIVITY

Bluetooth® Low Energy

WITHINGS APP

Available on: App Store (iOS), Google Play Store (Android)
Apple Health, Google Health Connect & Google Fit compatible
Withings App Web dashboard
iPhone, iPad, or iPod touch with iOS 15 and higher, or Android
device with OS 9 and higher
Cannot be set up from a computer

STORAGE & MEMORY

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

Contents

BOX CONTENT

ScanWatch Light
FKM (fluoroelastomer) wristband with stainless steel
buckle
Docking station (USB-C compatible)
USB-C to USB-A cable included
Quick Start Guide
Product Guide

RETAIL BOX DIMENSIONS

102 x 75 mm

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