

## Activité Steel

Activity and sleep tracker



### Steps and running

Activité Steel automatically detects and analyzes you everyday moves, whether you're walking or running.



### Swimming

Take your Activité Steel to the swimming pool, and it will automatically analyze your swimming session.



### Sleep

Automatic detection and analysis of sleep cycles.



### Silent alarm

Activité Steel wakes you up with light vibrations. Tap the glass of your watch, and the hands will spin to display the set alarm time.



### Battery life

Up to 8 months of battery life with a standard CR2025 coin cell (included).



### Water-resistance

Water-resistant to 50 meters (5ATM).



### Bluetooth sync

Your data are automatically transferred on your Withings account through Bluetooth Low Energy.



### French design

Created by Parisian designers, experts in watchmaking. Wear your Activité Steel on any occasion thanks to its elegant design.



## Technical specifications

### Watch

- Stainless steel case
- Mineral glass
- Dimensions: 36.3mm diameter (1.3"), 11.5mm thickness (0.45")
- Silicone wristband, 18mm width, fits wrists with a circumference up to 195mm (7.7")

### Display

- Analog dial with hands for hours and minutes
- Subdial displaying progress toward daily activity goal in percentage

### Metrics

- Walking and running: steps, distance, calories
- Swimming: session duration, calories
- Sleep: deep and light sleep phases, sleep interruptions
- Automatic detection of activities, no need for user's action

### Connectivity

- Bluetooth Low Energy (Bluetooth Smart Ready)

### Power supply

- 1 CR2025 coin cell
- Up to 8 months of battery life

### Storage and memory

- Free and unlimited online data storage with the Withings account
- Local storage of data between syncs

### Compatibility

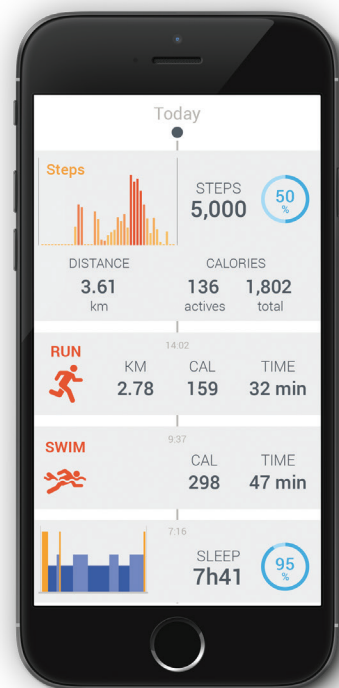
- iPhone, iPad, or iPod touch with iOS 8 or later, or smartphone/tablet with Android 4.3 or later
- Cannot be setup from a computer

### Application

- Withings Health Mate app for iOS and Android
- Withings web Dashboard
- Alarm setting and activity goal customization via the app

### Box content

- Activité Steel watch
- CR2025 battery (already installed)
- Reset tool
- Quick start guide (english, french, german, italian, spanish)



## Withings 360° well-being experience

Pair your Activité Steel with other Withings products for even more benefits.