

## Go

### Activity & Sleep Tracker

Effortlessly monitor activity & sleep with a tracker that sports an always-on E Ink screen and never needs charging



#### Steps and running

Withings Go automatically detects and analyzes your movement, whether you're walking or running.



#### Sleep

Withings Go automatically detects and monitors your sleep cycles.



#### Swimming

Take your Go for a swim, and it will automatically track your swim workout.



#### Battery life

Up to 8 months of battery life with a standard CR2032 coin cell (included).



#### Bluetooth sync

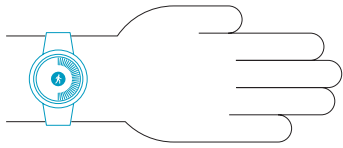
Your data is automatically transferred to your Withings account through Bluetooth Low Energy.



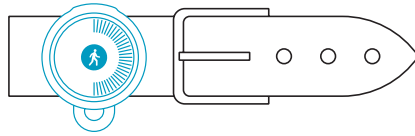
#### Water-resistance

Water-resistant up to 50 meters (5ATM).

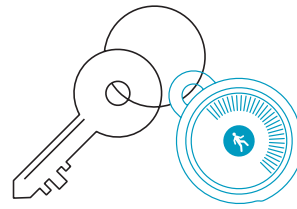
## Wear it your way



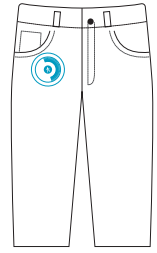
On your wrist



Clipped



With your keys



In your pocket

5 Colors of accessories available:



## Track. Visualize. Improve.

- Immediate activity recognition (walks, runs, swims and sleep)
- Walks and runs: steps, distance, calories, session duration
- Swims: calories and session duration
- Sleep: light and deep sleep phases, sleep interruptions
- Automatically synchronized time display

## Sync seamlessly with the Health Mate application

- Automatic background syncs with Bluetooth Low Energy
- Customize your daily activity objectives
- Visualize your day-to-day progress and get personalized coaching
- Track your food & calories with MyFitnessPal
- Challenge your friends in the Leaderboard
- Web dashboard available

## Technical specifications

- Always-on E Ink display
- Up to 8 months battery life with a CR2032 button-cell
- Water resistant up to 50 m (5 ATM)

## Box content

- Withings Go
- Silicone & metal adjustable wristband
- Plastic clip
- CR2032 Button-cell (included)
- Installation tool
- Quick Start Guide (English, French, German, Italian, Spanish)

## About Withings

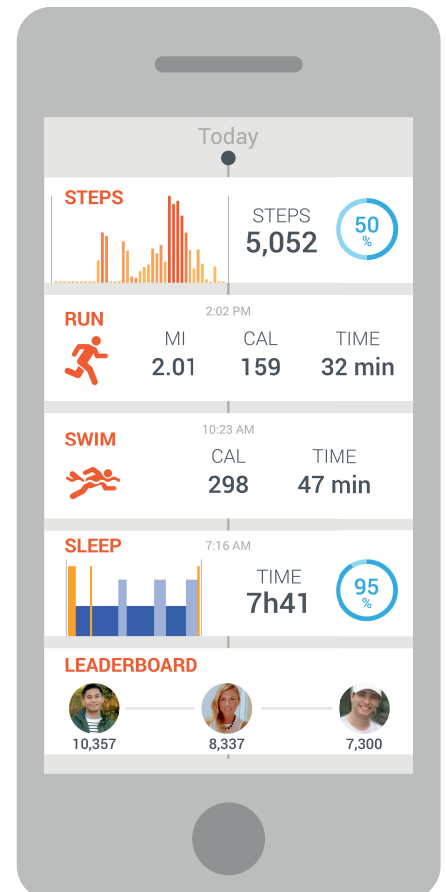
Withings is the company that leads the connected health revolution. Our lifestyle products bring cutting edge innovation to individuals and families across the globe. Withings creates the emotional link that guarantees long-term usage and actual impact on health.

## A unique range of smart products and apps for healthy and balanced choices:



### Withings 360° well-being experience

Pair your Withings Go with other Withings products for even more benefits.



Minimum requirements  
iOS 8.0 + or Android 4.3+