

withings

Reviewer's guide

Move ECG



Move ECG Activity Watch with ECG Monitor



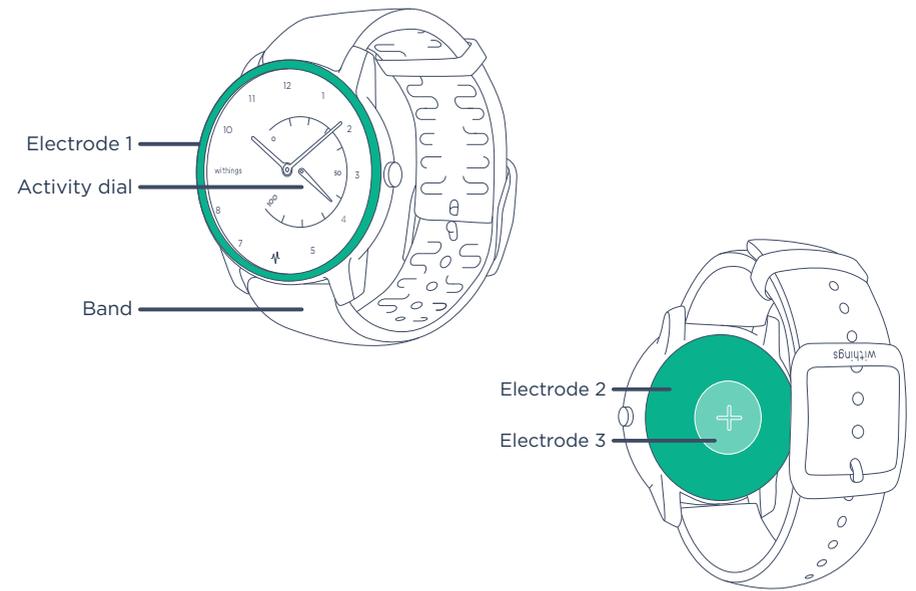
CLINICALLY APPROVED

- Medical-grade electrocardiogram on your wrist in 30 seconds
- Instant atrial fibrillation detection in the app
- No charging (CR2430 button cell included), up to 12 months battery life
- Automatically tracks walk, run, swim, biking
- Sleep Score, light & deep sleep stages, plus silent alarm & Smart Wake-Up
- Save and share data with your healthcare provider
- Altimeter: count stair climbing for better health
- Automatic Bluetooth LE synchronization
- All trends & data available in the free Health Mate app (iOS & Android™)
- Unlimited data storage

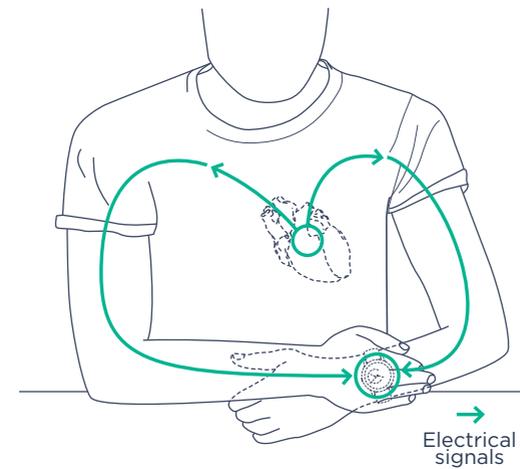
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1. Overview



By placing the opposite hand on the watch, the user creates a closed electrical circuit with the arms and chest, allowing the measurement of a one-lead ECG.



2. Get started

#1

WORLDWIDE

WITHINGS INVENTED THE FIRST
ANALOG WATCH TO RECORD AN ECG

Withings Move ECG is the world's first analog watch to record a medical-grade electrocardiogram on demand to detect atrial fibrillation (AFib).

1 in 4 people in the EU or US will develop AFib during their lifetime.

AFib can occur anytime & can present irregularly, leading to underdiagnosis.

Now, Move ECG provides a key medical measurement anytime, anywhere.

In addition, you can act on improving your overall cardiovascular health with seamless activity & sleep tracking.

Installation

Move ECG connects to the Health Mate application, available for iOS and Android.

The application allows you to manage key aspects of your health through detailed information, including your electrocardiogram, number of steps, sleep, stair climbing, a timeline of all activities, and personalized advice.

Visit go.withings.com from your smartphone or tablet, and follow the instructions to install the Health Mate app.

Set up your Move ECG by following the instructions in the app: Device > Move ECG > Install

The Bluetooth on your phone needs to be enabled so it can detect the device.

Once it's connected to Bluetooth, Move ECG will be able to automatically synchronize your data.



3. An electrocardiogram
anytime, anywhere

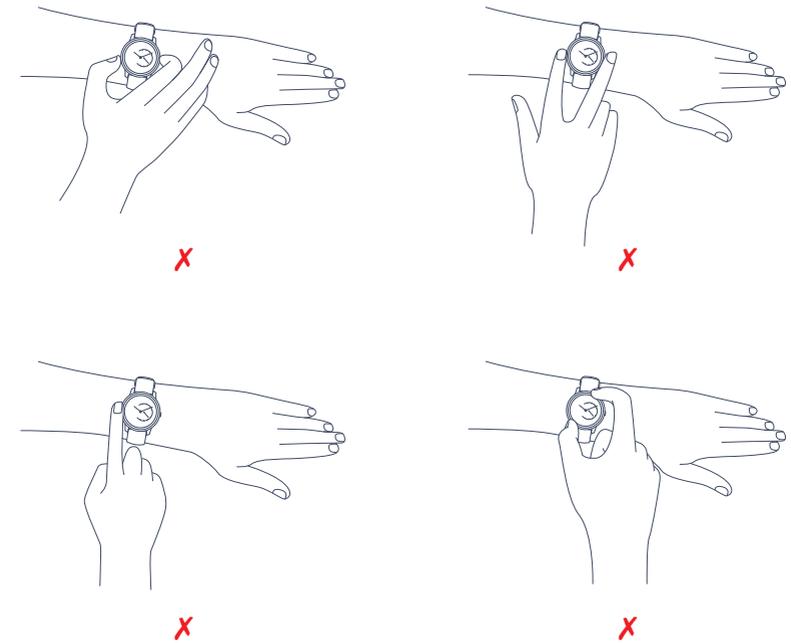
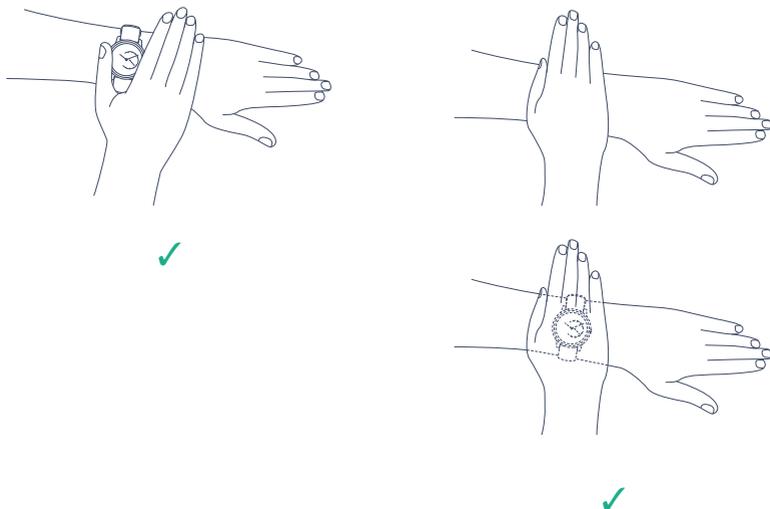
a. When should you take a measurement?

Either take measurements systematically (you can use a callback function in the Health Mate app) or if you feel you're having symptoms (for example, a rapid or skipped heartbeat).

That's why it's worth having the ability to record an ECG on your wrist—all day, every day—in 30 seconds with a single press of a button. Thanks to the one-year battery life of Move ECG, there is a better chance of not missing an episode.

b. How to take an ECG

Simply press the side button once and gently place your fingers on the bezel (top ring) for 30 seconds. Stay still, don't move or talk, and relax—it's best to be seated or to place your arm on your leg, and try not to contract your arm and hand muscles. The watch will vibrate to notify the user that reading is complete.



There are two ways to record an ECG with Withings Move ECG:

1. If you have your phone with you: open the Health Mate app (homescreen) and press the side button of the watch once. It will automatically trigger the ECG module Live View within the app. You will then be able to enjoy the plot of your live signal on your phone's screen.
2. If you don't have your phone with you: you can still record an ECG on the go without your phone via a simple gesture on the watch. The Health Mate ECG module will show your results the next time you open the app.

c. Results in the Health Mate app

Normal sinus rhythm

A sinus rhythm means your heart is beating in a uniform pattern.

Atrial fibrillation

Atrial fibrillation occurs when the two upper chambers of the heart move chaotically instead of pumping regularly.

The P wave on the ECG disappears and is replaced by a jumpy baseline. The QRS complex occurs at "irregularly irregular" intervals.

Inconclusive

An inconclusive result means the recording can't be classified. This can happen for many reasons, such as not resting your arms on a table during a recording, contracting arm or hand muscles during measurement, or if your ECG device is too loose around the wrist and/or fingers are not in proper contact with the ring around the watch face.

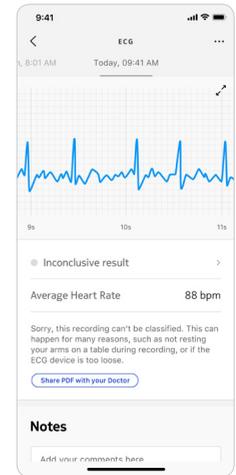
Certain conditions, such as a pacemaker or anatomical variations, may prevent a small percentage of users from creating enough signal to produce a good recording.



Normal Sinus Rhythm



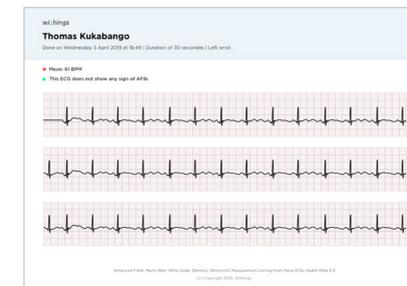
Atrial fibrillation



Inconclusive

d. Share it with your doctor or healthcare provider

Once your results appear in the Health Mate app, you can share it with your doctor or healthcare provider by simply tapping "Share PDF" and a medical-grade document in a PDF format will be available to be read by your specialist to help them with a diagnosis.



4. Activity tracking

Move ECG is a complete activity tracker that can automatically recognize activities including walking, running, and swimming.

Move ECG can also detect more than 30 additional activities, including tennis, basketball, and dance. If you participate in any sport that isn't walking, running or swimming, the app will ask you to confirm your sport so you can assign it manually. Move ECG then learns to automatically detect these activities based on your movements.

To discover more options, simply connect to the Health Mate app, where you can easily view your history and progress at any time.

a. Workout Mode

Whether you're into yoga, playing volleyball, boxing, skiing, or playing ice hockey, Move ECG tracks up to 30 activities. Press and hold the side button to start your workout. Afterwards, find the summary of your workout in the Health Mate app to assign or confirm the activity you have done. Your workout overview will show you the duration, calories burned, and elevation.

b. Connected GPS

Connected GPS means that when participating in any distance-based activity with your smartphone, you will be able to track the route you have covered on a map in Health Mate. Also, you will see additional workout metrics, including pace and distance, while walking, running, or cycling. These metrics will be displayed in real time during the workout on your phone.

To use connected GPS, Move ECG needs to be connected via Bluetooth. You must also enable the location settings on your smartphone.

c. Altimeter

Move ECG has an embedded altimeter to track stairs climbed, and motivate you to achieve better health.

In the Health Mate app, you'll find the number of stairs you have climbed.

5. Sleep Score & Smart Wake-up

Sleep quality is a key factor in maintaining a healthy lifestyle. We believe that if you understand your sleep, you can be empowered to improve it. Move ECG provides insights into your sleep patterns.

Move ECG automatically analyzes your sleep, as well as the different parameters that can affect the quality and quantity of your sleep. These parameters include:

- Breakdown of your night: time spent awake, duration of light sleep cycle, duration of deep sleep cycle
- Time spent asleep
- Sleep Score
- Number of wake-ups
- Regularity

Every morning, when you wake to your Sleep Score in the Health Mate app, you can learn about parameters that impact your sleep, so you can know how to improve your nights and your overall well-being.

The Sleep Score is a very simple and intuitive way to understand how well you slept. Every night's sleep is rated, with the best possible score being 100 points.

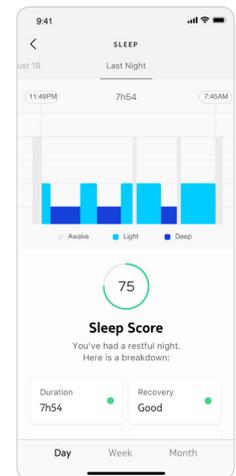
Retrieving my sleep data and setting Smart Wake-Up

You can retrieve and analyze sleep-related data from your Move ECG within the Health Mate app to better understand how to improve your nights.

Smart Wake-Up is an added feature that can wake you up at the best time in your sleep cycle. Simply set a window before your usual wake-up time, and Move ECG will wake you up with a silent vibration during that interval, when your sleep is lightest.

To set the alarm and Smart Wake-Up, tap Devices and select Alarm.

Scroll up or down to set the alarm time and then enlarge or reduce the Smart Wake-Up bubble to set the window in which you'd prefer to wake.



6. Customizing the bands

- You can easily customize the wristband of your Move ECG thanks to the quick-release spring bars with which it is attached.
- The Move ECG comes with a silicone band, but you can also accessorize with a wide selection of colorful silicone and premium leather bands that are available on our webstore.
- Move ECG requires wristbands that are 18mm wide.

7. Cheat sheet

- Atrial fibrillation (AFib) is one of the most prevalent heart diseases.
- AFib can occur anytime & can present irregularly, leading to underdiagnosis.
- AFib can be detected by an electrocardiogram, which records the electric signals of your heartbeats.
- Withings Move ECG is the world's first analog watch to record a medical-grade electrocardiogram on demand to detect AFib.
- In 30 seconds, check the Health Mate app to see whether you show signs of AFib.
- Move ECG also tracks activity, elevation & sleep.

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