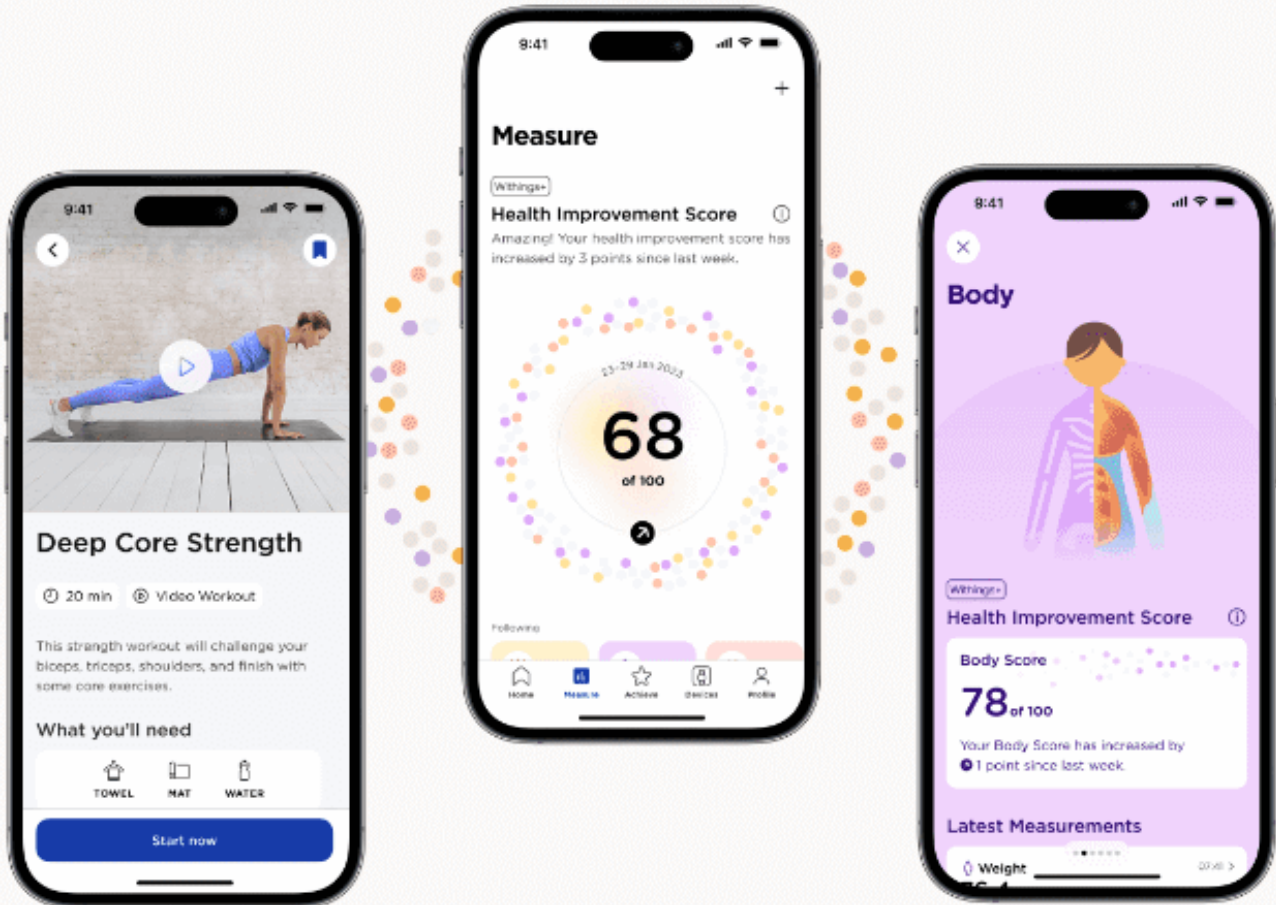




# Unlock the power of your data



For more than 10 years, Withings has strived to provide you with actionable data to help you manage and improve your long-term health.

The release of Withings 5.16 fully supports our mission. This in-depth update of your app is designed to make understanding your health even easier, and also includes enhancements to Withings+, our service that allows you to make the most of your health data.



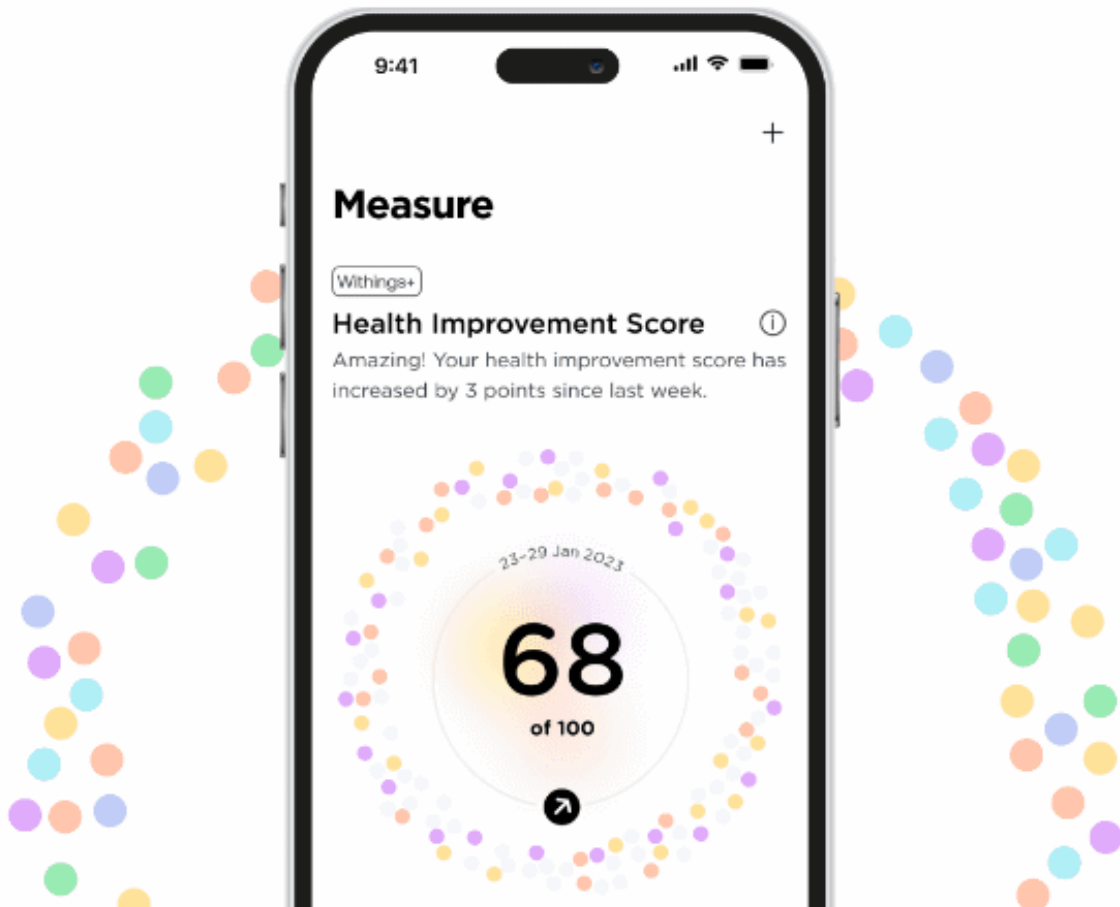


Withings+

## Your health at a glance

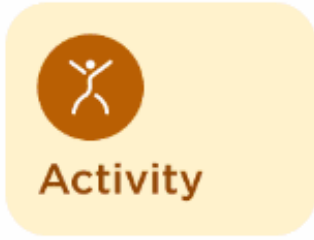
Discover your Health Improvement Score. Rather than keeping track of multiple metrics at once, you can now use a single score out of 100 to monitor and visualize your health improvement over time. Your score is established by analyzing all of your data and actions. The more measurements you take, the more accurately it will reflect the state of your health.

[Discover Withings+ →](#)

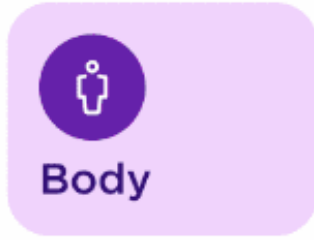




improvement score, to give you a more detailed breakdown of your health.



Activity



Body



Heart



Sleep


Withings+

### Focus on what matters

Make real changes by targeting your efforts. Focus on the health category where you most need to improve, and watch yourself make meaningful progress over time.

Activity Score

78 of 100

Your Activity Score has increased by  3 points since last week.





withings+

## Our health library is always open



All the keys to better health will be at your fingertips. The Withings+ library includes a range of articles, recipes and video workouts, in addition to personalized recommendations. Browse and enjoy the content you love, whenever, wherever.

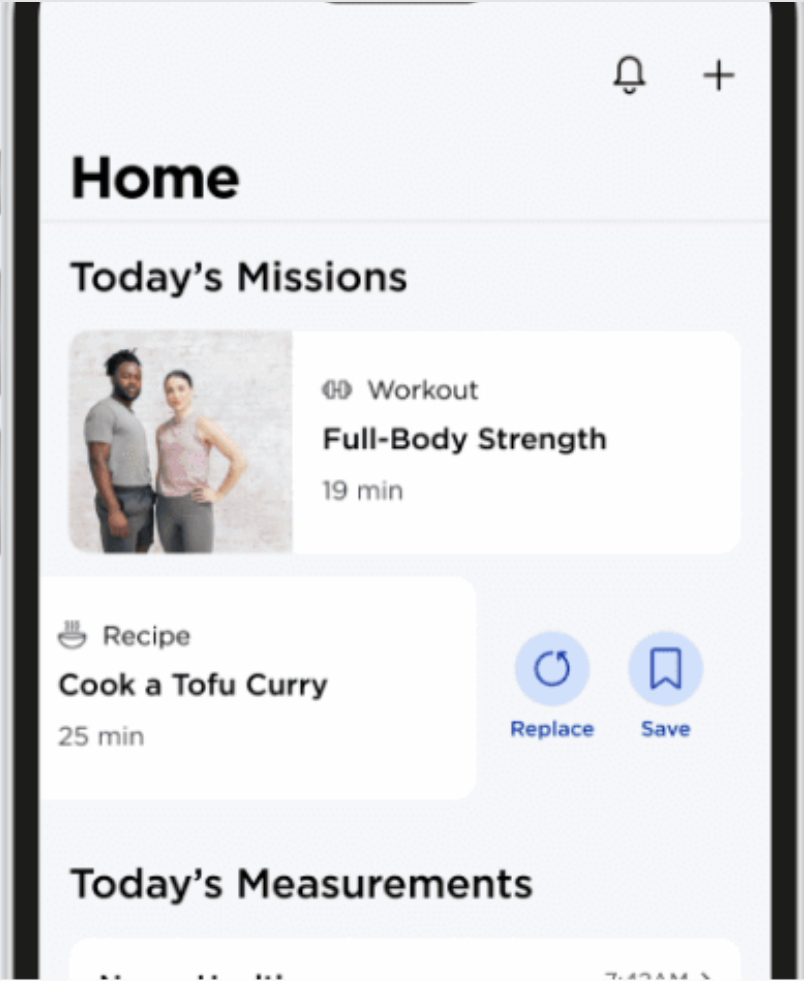
[Discover Withings+ →](#)

Withings+

## Make the best choices

Withings+ is designed for everyday life. So, if you're not feeling a particular



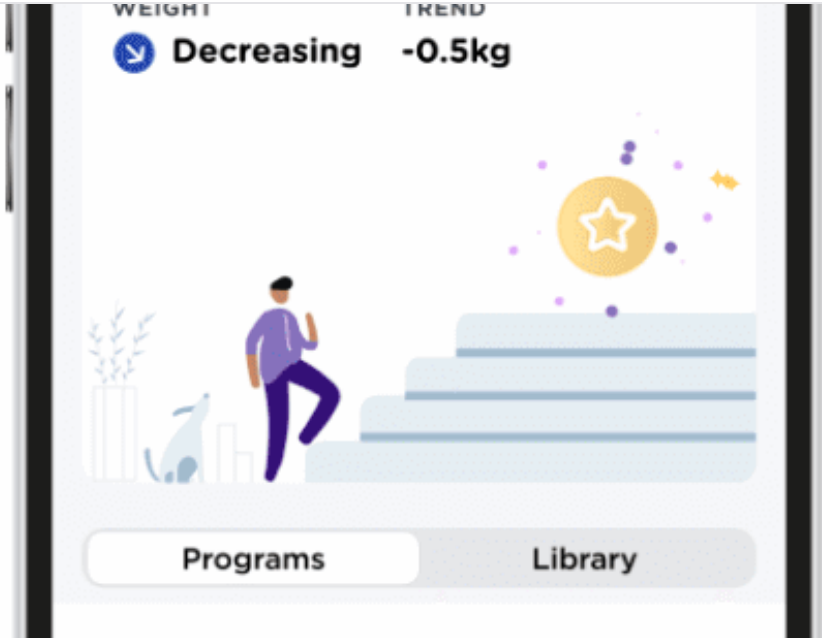


Withings+

## Visualize your progress

Set your goal and measure your progress in real time with the new goal tracker tool.





Withings+

## Weight loss kickoff



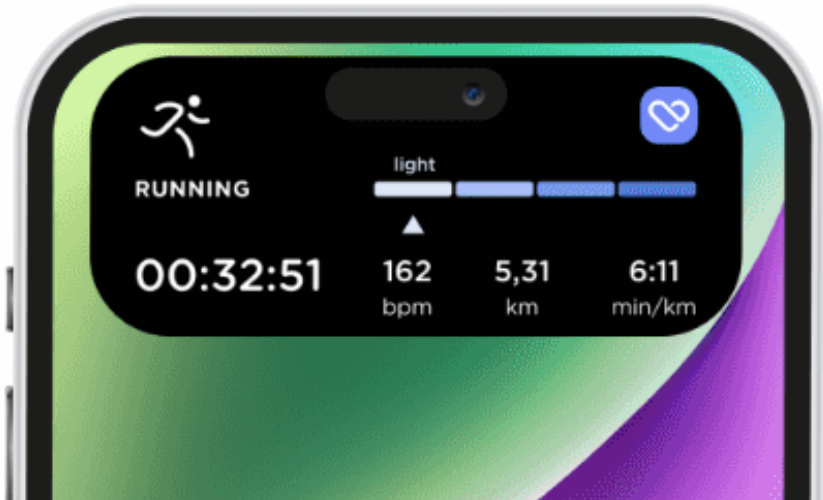


[Discover Withings+ →](#)

## Live activity tracking for iPhone

Now, by launching a workout in your Withings app, you'll be able to continuously track your progress — even when you're outside the app — with our new Live Activity feature.

[Get the update →](#)



From 99,95\$

## Discover our range of scales compatible with Withings+





The most advanced connected scales on the market, complemented by a state-of-the-art service that offers detailed analysis of your data and personalized guidance towards your health goals.

[Find my scale →](#)

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