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NOKIA TECHNOLOGIES INTRODUCES BODY CARDIO, THE FIRST CONNECTED SCALE WITH CARDIOVASCULAR HEALTH ASSESSMENT

Withings unveils fourth generation wireless scale exclusively at Apple Stores and Withings.com, bringing Pulse Wave Velocity Measurements to everyone.



June 8, 2016 – BOSTON, MA – Nokia Technologies today announced the global launch of the Withings Body Cardio, redefining the connected scale category. Using Pulse Wave Velocity (PWV) measurements, previously unseen in home scales, Body Cardio is the most comprehensive scale on the market.

Within seconds of stepping on the Body Cardio, users can see a holistic view of their health with accurate measures of weight, BMI, body composition (fat, muscle, water & bone mass), standing heart rate and the highly insightful PWV -- a measurement that is a key indicator of cardiac health and associated with hypertension and risks of cardiovascular incidents. Beginning today, it is available exclusively at Apple Stores worldwide and Withings.com priced at \$179.95.

“Body Cardio is the most advanced device we have ever made. Body Cardio redefines how people use connected scales, providing them with a tool to manage their weight as well as heart health. It is like getting information from your annual physical every day,” said Cedric Hutchings, VP of Digital Health, Nokia Technologies.

Introducing Pulse Wave Velocity to the Daily Routine

Cardiovascular diseases are the number one cause of death worldwide -- yet 90 percent are preventable. Since 2013, the Withings Smart Body Analyzer has provided consumers with data on their standing heart rate and fat mass. With the release of Body Cardio, users now have an incredible tool to get a daily snapshot of cardiovascular health and take action.

Widely recognized by the medical community as the best standalone assessments of cardiac health, PWV is defined as the speed at which heartbeat-generated vibrations spread out along the arterial wall, high PWV indicates stiff arteries or high blood pressure.

PWV analyses are traditionally conducted in clinical environments and generally reserved for those diagnosed with high blood pressure or other chronic diseases. For the first time, Body Cardio brings this capability to the home scale, computing PWV based on the user's age and time it takes for blood to flow from the aorta in the heart to the vessels in the feet. Body Cardio, along with its app, Health Mate, provides the user with the evolution of its PWV (m/s) over time and with an indication of whether their PWV is normal, optimal or at risk.

Full body composition analysis

Body Cardio is packed with features to help people achieve their weight loss and maintenance goals. In addition to weight and BMI readings, Body Cardio expands on its predecessor's body fat indicator to provide full body composition analysis.

Using a scientific technique called *biometrical impedance*, it computes the body's percentage of fat, muscle, water and bone mass – important information for general users as well as those tracking weight as part of athletic performance.

Designed for Life

Body Cardio is only 0.7 inches thin with a flat aluminum base, footless design and heat-tempered glass. Created for a seamless weighing experience, Body Cardio provides accuracy and stability on any surface – whether it be wood floors, tile or carpet. Body Cardio is also with you for the long haul -- the built-in rechargeable battery lasts up to **one year** between charges.

Personal Health Coaching

Body Cardio also contains a number of features to encourage everyday use, a proven strategy to improve weight loss. These include graphs showing the user's weight trends over time, their step count from the previous day, and even the morning's weather report so they can choose an outfit for the day.

Body Cardio connects to the free, award-winning Withings Health Mate iOS and Android app and automatically syncs data after every use of the scale. The data helps users visualize trends over time and note how their weight impacts overall health. Within weeks, users can see how a healthy lifestyle impacts their PWV.

With Health Mate's in-app coaching, users can discover new ways to improve their wellbeing and heart health. They can set goals, earn rewards over time and even celebrate health milestones. Health Mate also offers integration with over 150 partner apps to provide nutrition tracking, GPS run tracking and more to round out the user's wellness experience. All Body Cardio data stored in the Health Mate app seamlessly integrates with the Apple Health app.

Availability

Body Cardio is currently available exclusively at Apple stores and Withings.com for \$179.95. It will launch at additional retailers throughout the summer of 2016. Body Cardio is part of the revamped range of smart scales, along with the newly available Body, which delivers the most accurate

assessment of weight and body composition at one of the most affordable prices of \$129.95. Body is available now at a variety of retailers.

About Nokia Technologies

Nokia Technologies is Nokia's advanced technology and licensing business. Formed in 2014, TECH builds upon our solid foundation of industry-leading licensing and technology R&D capabilities. By focusing on Digital Health, Digital Media, Brand Licensing and Patent Licensing, TECH is expanding the human possibilities of the ever-evolving world of technology. In 2015, Nokia Technologies launched OZO, the world's first virtual reality (VR) camera designed for professionals.

Nokia Technologies completed the acquisition of Withings, a leader in the connected health revolution, on May 31. Since 2008, Withings has built a range of award-winning products across the health spectrum including activity trackers (Withings Pulse and Activité), the Wi-Fi scale and health station (Body Cardio), the Wireless Blood Pressure Monitor, the security camera with air quality sensors (Withings Home) and an advanced sleep system (Withings Aura). Every piece of collected data comes to life in the Withings applications where users can find coaching, motivation and insights to shape key aspects of their health.

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