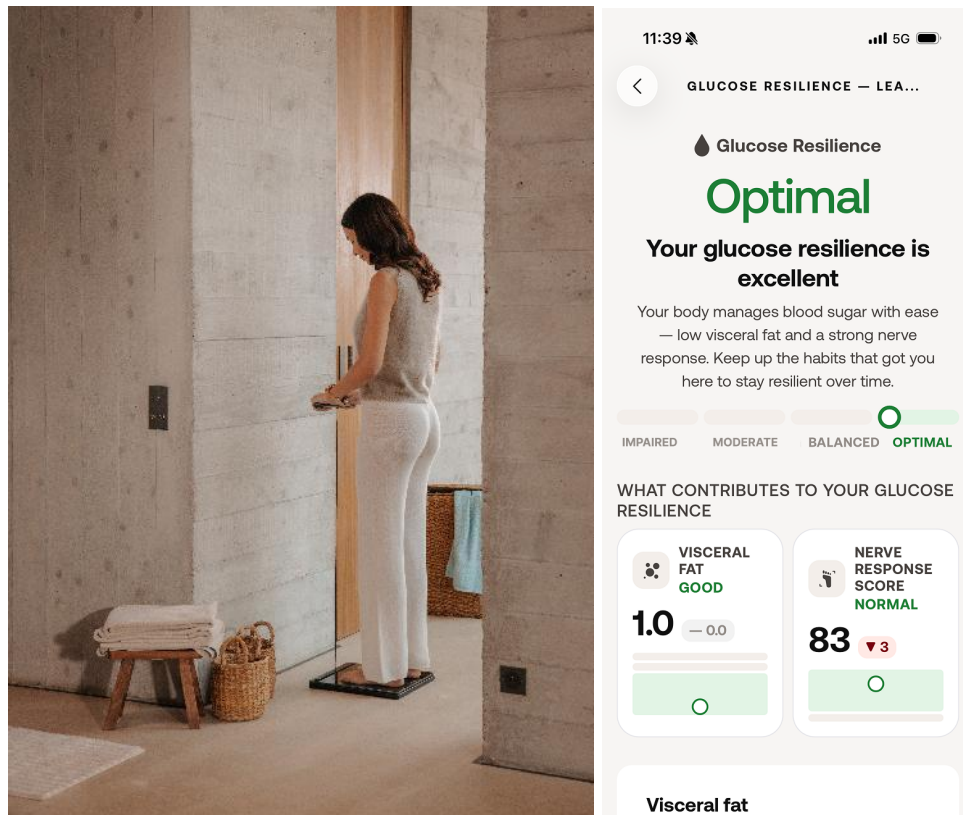


WITHINGS

**STRICTLY UNDER EMBARGO UNTIL 10:00 A.M BST/ 11:00 A.M CEST TUESDAY 8TH
SEPTEMBER**

Withings rolls out Glucose Resilience, a new metabolic wellness score available on BodyScan 2

Glucose Resilience score on BodyScan 2 is a new exclusive score designed to help users better understand their metabolic wellness and the impact of their daily lifestyle habits.*



Issy-les-Moulineaux, France, 8 September, 2026 – [Withings](#), a pioneer in real-life health monitoring, continues its mission to make health data more accessible and

announces the rollout of Glucose Resilience¹ on BodyScan 2. This new score offers a fresh perspective on metabolic wellness, complementing the many indicators already tracked by the connected health station.

Better understanding how lifestyle influences metabolic health

Our bodies constantly adapt to our diet, physical activity, sleep, and lifestyle habits more broadly. A high, repeated intake of sugar, combined with excess visceral fat, can gradually reduce insulin's effectiveness. This phenomenon, called insulin resistance, progresses without obvious symptoms, this is the prediabetes phase. This silent progression can weaken artery walls and affect small peripheral nerves, particularly under the soles of the feet, even before a blood test reveals elevated blood sugar.² It is with this in mind that Withings is introducing Glucose Resilience, a new wellness feature designed to help users better understand certain signals associated with their metabolic health and track their evolution over time.

Two indicators for tracking metabolic health over time

Exclusive to Withings+, Glucose Resilience relies on two complementary measurements: electrodermal skin conductance (ESC) and visceral fat level. By combining this information and tracking its evolution over time, Glucose Resilience gives users a new indicator to better understand their metabolic health and, above all, to turn that information into motivation for adopting healthier lifestyle habits. The goal, then, is not to provide a diagnosis, but to help everyone act on the everyday behaviors that contribute to good health.

Turning data into healthier habits

Glucose Resilience integrates into the Withings ecosystem to provide more context for data collected daily and to encourage habits that support health. Depending on how it evolves, users may be encouraged to:

- improve their eating habits, for example by favoring a balanced diet and tracking changes in weight and body composition;

¹ Glucose Resilience does not measure blood glucose levels and is not intended to diagnose or screen for diabetes or prediabetes. It is not a substitute for blood glucose measurement, a blood test, or the advice of a healthcare professional.

² Stanhope KL, Schwarz JM, Keim NL, Griffen SC, Bremer AA, Graham JL, Hatcher B, Cox CL, Dyachenko A, Zhang W, McGahan JP, Seibert A, Krauss RM, Chiu S, Schaefer EJ, Ai M, Otokoza S, Nakajima K, Nakano T, Beyen C, Hellerstein MK, Berglund L, Havel PJ. Consuming fructose-sweetened, not glucose-sweetened, beverages increases visceral adiposity and lipids and decreases insulin sensitivity in overweight/obese humans. J Clin Invest. 2009;119(5):1322-1334. DOI : 10.1172/JCI37385 — PMID : 19381015 — PMCID : PMC2673878 (texte intégral en accès libre).

- move more and maintain regular physical activity, two important elements of a healthy lifestyle;
- improve the regularity and quality of their sleep, drawing on sleep data available within the Withings ecosystem;
- better monitor their cardiovascular health, particularly by regularly measuring blood pressure with a suitable blood pressure monitor.

These various indicators help users better visualize the links between their daily habits and the evolution of their health over time, and to set realistic goals for sustainably adopting a healthier lifestyle. A balanced diet, regular physical activity, adequate sleep, and maintaining a healthy weight are among the lifestyle habits recognized as important for metabolic and cardiovascular health. As part of a healthy lifestyle, these habits can also help reduce the risk of developing certain chronic diseases, notably type 2 diabetes and high blood pressure. Two major independent randomized trials, the American Diabetes Prevention Program and the Finnish Diabetes Prevention Study, showed that a structured lifestyle modification program, combining moderate weight loss and regular physical activity, reduces the risk of progression from prediabetes to type 2 diabetes by about 58%.³ With this new feature, BodyScan 2 goes beyond tracking weight and body composition to help users better understand how their health is evolving and adopt healthier lifestyle habits, right from home. Glucose Resilience will be available starting 16 September in the Withings+ app with BodyScan 2, with a progressive roll-out.

About BodyScan 2

BodyScan 2 is the first and only consumer health station that offers cardiac, vascular, and metabolic analysis with expanded longevity tracking and DEXA-level⁴ body composition accuracy. All of this is readable in real time on a new HD screen built

³ Programa de Prevención de la Diabetes

Knowler WC, Barrett-Connor E, Fowler SE, Hamman RF, Lachin JM, Walker EA, Nathan DM; Diabetes Prevention Program Research Group. Reducción de la incidencia de diabetes tipo 2 mediante una intervención en el estilo de vida o metformina. *N Engl J Med.* 2002;346(6):393-403. DOI : 10.1056/NEJMoa012512 — PMID : 11832527 — PMCID : PMC1370926.

Finnish Diabetes Prevention Study

Tuomilehto J, Lindström J, Eriksson JG, Valle TT, Hämäläinen H, Ilanne-Parikka P, et al.; Finnish Diabetes Prevention Study Group. Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. *N Engl J Med.* 2001;344(18):1343-1350. DOI : 10.1056/NEJM200105033441801 — PMID : 11333990

⁴ Studio comparativo interno tra le misurazioni di Withings Body Scan e i risultati della scansione DEXA. È stata osservata una correlazione del 99% per quanto riguarda i risultati della massa grassa. I risultati individuali possono variare. BodyScan 2 non è un dispositivo medico a fini diagnostici.

into the handle. No other device, at any price, offers this level of clinical-grade measurement at home. Withings BodyScan 2 has obtained CE marking for atrial fibrillation (AFib) detection and is now available⁵. Measurements are displayed in real time on an ultra-readable color screen built into the handle, tracking biomarkers such as professional 6-zone body composition⁶ measured across 13 frequencies. This is a level of precision previously unavailable outside sports science labs and clinical research institutions. Additional biomarkers include visceral fat, blood pressure data, blood oxygen, cardiac age, and glucose resilience. Clinical multi-frequency body composition analysis devices operating on 6 frequencies cost upwards of £16,000. BodyScan 2 operates on 13 frequencies for £449.95.

About Withings

A pioneer in real-life health monitoring, Withings created the first connected scale in 2009 and has continually innovated since then to offer an ecosystem of clinically validated connected objects, used by 12 million people worldwide, as well as by numerous renowned healthcare centers and research institutes. The Withings ecosystem measures over 90 biomarkers. It includes a sleep analyzer that detects sleep cycles, wake phases, and sleep apnoea. It also features hybrid connected watches that notably track heart rate and its variations day and night, perform a medical-grade electrocardiogram to detect pathologies like atrial fibrillation, or monitor blood oxygenation. Its connected blood pressure monitors allow for home monitoring of blood pressure evolution, thanks to sharing reliable and exhaustive measurement reports with a doctor, and can integrate a stethoscope for at-home recording of heart sounds that can be shared with a healthcare professional.

To learn more, visit withings.com.

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⁵ The 6-lead ECG and atrial fibrillation (AFib) detection features are subject to medical regulations. In Europe, the UK, Switzerland, and Australia, they are certified as part of the Withings ECG Monitor 2 on BodyScan 2. In the United States, they have received FDA clearance under the name Withings Scan Monitor 2.0 (510(k) K230812).

⁶ The BodyScan 2's weight and body composition measurements and associated wellness indicators are intended for general wellness and fitness purposes and are not designed to diagnose, treat, cure, or prevent any disease. The BodyScan 2 is not a substitute for professional medical advice, diagnosis, or treatment; always consult a qualified healthcare professional regarding your health.