

# Heart Health & Body Composition Wi-Fi Scale



Available colors:



Nokia has redefined the connected scale sector with the global launch of Body Cardio, the first and only Wi-Fi scale that gives a medically-accepted assessment of cardiovascular health thanks to cutting-edge pulse wave velocity measurements. This ultra-thin scale also displays and tracks body composition (weight, body fat, muscle, bone mass and water) and synchronizes with your smartphone to display trends and help anyone reach their health goals.

# Features

## Heart health

Body Cardio measures standing heart rate as a general indicator of cardio fitness, as well as pulse wave velocity, a medically-accepted assessment of overall cardiovascular health never before available in the home.

## Full body composition

Track weight, BMI, total body fat and water percentage plus bone and muscle mass.

## Weight trend screen

Displays a graph with the previous 8 measurements, as well as the difference between the latest measurement and the one before.

## Automatic Wi-Fi or Bluetooth® synchronization

Every weigh-in appears on your smartphone in the Health Mate™ app automatically. Health Mate™ coaches users with tips and encouragement to help them reach their goals.

## Family-friendly features

Recognizes and tracks up to 8 users, and includes breakthrough solutions for parents and pregnant women. With Baby Mode, parents can track their child's weight by simply stepping on the scale while holding their baby., and Pregnancy Mode gives personalized guidance with obstetrician-reviewed advice, tips, and personalized weight tracking.

## Local weather forecast

When the scale is connected over Wi-Fi, it will provide a daily local weather forecast to help users plan their outfit and the day's activities.

# Technical Facts & Design

Available on iOS (iOS 8 and higher)  
and Android (5.0 and higher)

Best-in-class accuracy via Position Control™  
technology, a patented body position detector

Ultra slim design with a large, high-strength  
tempered glass platform & a flat aluminum base

Accuracy and stability on any surface – delivers  
accurate result on wood floors, tile or carpet

Stores up to 16 readings if scale cannot sync  
wirelessly

Rechargeable li-ion battery (micro USB, included)

Average battery life: up to 1 year

# Price & Availability

White & Black, **\$179.95** 1799 SEK 1799 NOK 1439 DKK

## Online

Webhallen, Elkjop, Komplet, Verkkokauppa

## In Store

Elkjop, NetOnNet, Teknikmagasinet, Komplet