



How to measure your Blood Oxygen Levels (SpO₂)

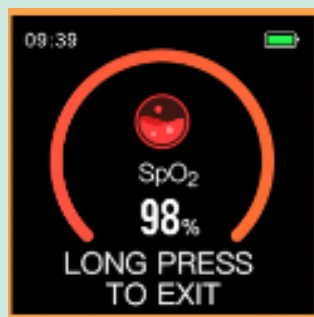
SpO₂ measures the saturation of oxygen in blood, which represents the percentage of oxygen in your blood. For more info on SpO₂, click [here](#).

How to trigger “SpO₂ Measurement”



Step 1

Tap the touch sensor on the HPB fitness tracker until you see the blood oxygen screen. Press and hold to trigger the “Blood Oxygen” measurement.



Step 2

Your SpO₂ reading will be measured after a 3 second countdown. To get an accurate reading, it is recommended that you remain seated and still.



No reading?

Tap to try again. Ensure that the HPB fitness tracker is worn correctly on the wrist, with the screen facing upwards. Repeat Step 1 & 2.

How does the HPB fitness tracker measure SpO₂ ?

The HPB fitness tracker uses light sensor to measure SpO₂. Light is shone through the skin and the sensor uses the amount of reflected light to compute the oxygen level in the blood.

Note: The SpO₂ reading on the HPB fitness tracker should not be used for medical purposes. If you are concerned about your readings, please consult a doctor.