Fitbit SpO2 User Manual

Version AD

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Glossary

B

Blood oxygen saturation (SpO2)

Your blood oxygen saturation level is the percentage of your blood that's saturated with, or contains, oxygen.

F

Fitbit device

For Fitbit SpO2, Fitbit devices include Fitbit smartwatches, Fitbit trackers, and Fitbit-affiliated wrist-worn products such as the Google Pixel Watch series.

G

Google Pixel Watch series

A collective term to refer to Google Pixel Watch, Google Pixel Watch 2, and Google Pixel Watch 3.

Intended Use

The Fitbit SpO2 feature ("Fitbit SpO2") is a standalone software general wellness product. It is intended to display to users the average of their blood oxygen saturation as measured during their most recent period of sleep. This information is displayed to the user on their wrist-worn Fitbit device or on their connected mobile device.

Fitbit SpO2 is intended for over-the-counter (OTC) use for general wellness purposes. It is not intended for real-time or continuous monitoring of SpO2 values. Fitbit SpO2 is not intended for medical purposes, nor is it intended to diagnose, treat, cure, or prevent any disease or condition.

Product Description

Fitbit SpO2 is a general wellness standalone software product that uses data from a consumer-grade Fitbit device that has photoplethysmography (PPG) sensors. PPG uses red and infrared LEDs to shine light into the skin. The reflected light is measured and provides PPG data. These sensors are commonly used for general wellness purposes such as heart-rate measurements, sleep tracking, and other general wellness features found on fitness smartwatches. The Fitbit SpO2 software is a standalone software product that uses data derived from PPG sensors to estimate blood oxygen concentration during periods of sleep.

Fitbit SpO2 uses the sensors in Fitbit Charge 4, Fitbit Charge 5, Fitbit Charge 6, Fitbit Inspire 3, Fitbit Luxe, Fitbit Sense series, Fitbit Versa series, and Google Pixel Watch series to estimate your SpO2 average and range while you sleep. Install an SpO2 clock face or app and wear your compatible device to sleep. After you wake up and sync your device, your SpO2 data is displayed on your device. You can also see your SpO2 trends in the Health Metrics tile in the Fitbit app on your phone. For more information, see How do I track blood oxygen saturation (SpO2) with my Fitbit device?

Expectations

Fitbit SpO2 displays your SpO2 percentage detected during sleep as an average. Certain clock faces available on Inspire 3, Sense series, and Versa series can also show your SpO2 range. The Fitbit SpO2 values can range from 80% - 100%. Fitbit SpO2 does not measure or display SpO2 values lower than 80%. Any measurement that is lower than 80% will be displayed as "<80%".

Fitbit SpO2 data is intended for general wellness use to help you support and maintain a healthy lifestyle. Fitbit SpO2 data is not intended for medical purposes, nor is it intended to diagnose, treat, cure, or prevent any disease or condition. The data provided by Fitbit SpO2 is intended to be a close estimation of your blood oxygen saturation levels, but may not be precisely accurate. You should not use or rely on Fitbit SpO2 for any medical purposes.

General Warnings and Precautions

DO NOT use this product in lieu of treatment prescribed by your doctor such as home oxygen therapy, a CPAP machine, or a nebulizer.

DO NOT interpret or take clinical action solely based on this product without consultation of a qualified healthcare professional. Fitbit SpO2 data is not intended for medical purposes nor is it intended to diagnose, treat, cure, or prevent any disease or condition.

Operating Instructions

Add SpO2 tracking to your Fitbit device

You may have to charge your Fitbit device more often when collecting SpO2 data.

Note: SpO2 tracking is automatically added on Google Pixel Watch series. You don't need to install a clock face or app. Update to the latest firmware if you don't see the feature on your watch. For instructions on how to update, see Install and update apps on Google Pixel Watch.

Fitbit SpO2 isn't available in all regions. For more information on availability, see fitbit.com.

SpO2 clock face (Inspire 3, Sense series, and Versa series only)

To install an SpO2 clock face:

1. From the Today tab in the Fitbit app, tap the devices icon ⬚ ❯ your device.
2. Tap **Gallery** > **Clocks** tab.
3. Search for "SpO2".
4. Tap the clock face you want to install > **Install**. Follow the on-screen instructions to grant the required permissions and install the clock face.

The SpO2 clock faces are only available in select countries at this time. If you don't see them in the Gallery, the feature isn't available in your region.

If you have trouble adding an SpO2 clock face to your Fitbit device:

- Make sure you updated your Fitbit device to run the latest version of Fitbit OS. To see the latest device updates, see What's changed in the latest Fitbit device update? For more information, see How do I update my Fitbit device?
- Make sure you updated the Fitbit app on your phone to version 3.29 or later. To see the latest Fitbit app updates, see What's changed in the latest release of the Fitbit app? For more information, see How do I use the Fitbit app?

SpO2 app (Charge 4, Charge 5, Charge 6, Inspire 3, Luxe, Sense series, Versa 3, and Versa 4 only)

On certain Fitbit devices, the SpO2 app is automatically added for users in select countries. If it's not installed:

1. From the Today tab in the Fitbit app, tap the devices icon > your device.
2. Tap **Gallery**.
3. Search for "SpO2".
4. In the results, tap **SpO2** or **SpO2 Tracker** > **Install**.

The SpO2 app doesn't appear as an app on your watch; instead, it runs in the background to track your SpO2 data.

See your most recent average resting SpO2 levels on your device

SpO2 clock face (Inspire 3, Sense series, and Versa series only)

1. Wear your Fitbit device to bed, and sync it in the morning.
2. Check your clock face to see your average resting SpO2 level and the range of values detected. Note that you must have an SpO2 clock face installed to see your data on your Fitbit device.

It may take around an hour for your SpO2 values to appear after you sync your device. The clock face shows data for your most recent sleep session. If your sleep session is split into 2 separate logs or you take a long nap, the clock face updates to show data for the most recent sleep session after your device syncs with the Fitbit app.

SpO2 app (Charge 4, Charge 5, Charge 6, Inspire 3, Luxe, Sense series, Versa 3, and Versa 4 only)

1. Check your daily stats:
   - Sense series, Versa 3, and Versa 4–Open the Today app ![icon] on your watch.
   - Charge 4, Charge 5, Inspire 3, and Luxe–Swipe up from the clock face.
2. Swipe up to find the Oxygen Saturation or SpO2 tile. You see your most recent average resting SpO2 level.
3. On Sense and Versa 3, tap the Oxygen Saturation tile to see your SpO2 range and 7-day graph.

It may take around an hour for your SpO2 values to appear after you wake up. The tile shows data for your most recent sleep session. If your sleep session is split into 2 separate logs or you take a long nap, the tile updates to show data for the most recent sleep session.

Fitbit Today app (Google Pixel Watch series only)

1. Open the Fitbit Today app ![icon] on your watch.
2. Swipe up to find the Oxygen Saturation tile. You see your most recent average resting SpO2 level.
3. Tap the Oxygen Saturation tile to see your SpO2 range and 7-day graph.

Track your SpO2 trends in the Fitbit app

See your SpO2 trends in the Health Metrics tile in the Fitbit app.

1. Wear your device for at least a full day, including to sleep at night.
2. In the morning, open the Fitbit app and tap the **Health Metrics** tile.
3. Tap **Oxygen Saturation**.

Note that for Versa, Versa Lite Edition, and Versa 2, SpO2 data is only collected when you use an SpO2 clock face. Inspire 3, Sense series, Versa 3, and Versa 4 users can install either an SpO2 clock face or the SpO2 app to collect SpO2 data. Charge 4, Charge 5, Charge 6, and Luxe users must have the SpO2 app installed. SpO2 data is tracked automatically on Google Pixel Watch series; you don't need to install a clock face or app.

Remove SpO2 tracking from your Fitbit device

To remove SpO2 tracking from your device, you must remove both the SpO2 clock face and the SpO2 app. One or both might be installed depending on your Fitbit device. Note that SpO2 tracking is automatically added on Google Pixel Watch series. It doesn't use a clock face or app and can't be removed.

SpO2 clock face

To remove SpO2 tracking, change your clock face to one not listed in the SpO2 clock face category:

1. From the Today tab in the Fitbit app, tap the devices icon ⊡ ❯ your device.
2. Tap **Gallery** ❯ **Clocks** tab.
3. Browse the available clock faces. Tap the clock face you want ❯ **Install**. Follow the on-screen instructions to install the new clock face.

SpO2 app

1. From the Today tab in the Fitbit app, tap the devices icon ⊡ ❯ your device.
2. Tap Gallery > **SpO2** or **SpO2 Tracker** > **Uninstall** > **Uninstall**.

Troubleshooting

If you see the message "SpO2 not installed" on your clock face, install the SpO2 app. For instructions, see <u>Operating Instructions</u>.

If you see dashed lines on the clock face or SpO2 tile, a message that the SpO2 data couldn't be read, or missing data in the Health Metrics tile in the Fitbit app on your phone, keep in mind the following:

● Your device doesn't retroactively measure your SpO2 values. When you start using Fitbit SpO2, you'll see dashed lines until after your next sleep session.
● You must get at least 3 hours of quality sleep. Data is only collected when you're still. If you move a lot during your sleep or the sleep session is too short, your device may not collect adequate SpO2 data.
● Charge your Fitbit device to make sure it's able to collect data throughout your entire sleep session. Note that you may have to charge your Fitbit device more often when using an SpO2 clock face or app.
● You must sync your Fitbit device with the Fitbit app before the clock shows your SpO2 data. Note that it may take around an hour for your SpO2 values to appear after you sync your device. For troubleshooting syncing, see <u>Why won't my Fitbit device sync?</u>

- Turning off any SpO2 app or clock face permissions can cause the feature to stop functioning. For instructions on adjusting permissions, see [How do I install and manage apps on my Fitbit device?](#)
- Your Fitbit device must be able to consistently track your SpO2 data:
  - Wear your device slightly higher on your wrist.
  - Make sure your device is in contact with your skin.
  - Your device should be snug but not constricting.
  - Tattooed skin can impact the accuracy of the red and infrared sensors on your Fitbit device.

For Google Pixel Watch series2 users, if you don't see the SpO2 tile or the tile is missing data, make sure the Fitbit and Health Services apps are up-to-date. For instructions on how to update apps, see [How to update the Play Store & apps on Android](#).

Additional Information

SpO2 app

Your blood oxygen saturation (SpO2) is the percentage of your blood that's saturated with, or contains, oxygen. The oxygen levels in your blood tend to remain relatively constant, even during exercise and sleep.

How is SpO2 measured?

Your Fitbit device tracks your SpO2 while you sleep using red and infrared sensors on the back of the device. The sensors shine red and infrared light onto your skin and blood vessels, and use the reflected light that bounces back to estimate how much oxygen is in your blood:

- Richly oxygenated blood reflects more red light than infrared light.
- Poorly oxygenated blood reflects more infrared light than red light.

Note that you might see the red and infrared sensors continue to blink for around 30 minutes after you wake up.

What should I know about SpO2 values?

SpO2 values naturally vary, and nighttime SpO2 is usually lower than daytime SpO2 due to the fact that your breathing rate is usually slower during sleep. In general, SpO2 values during sleep are typically above 90%. The SpO2 values presented are an

estimate, and in general can be influenced by your activity, altitude, and overall health.

Why did I receive a low SpO2 value?

When using Fitbit SpO2, you may notice an SpO2 value that seems lower than expected. This can be due to:

- Your arm position and movement
- The position and fit of your Fitbit device
- Limited blood flow to the surface of the skin
- Differences in anatomical body structures can also impact the accuracy of your Fitbit device's sensors.

Several factors can affect your body's ability to maintain blood oxygen levels. These include, but are not limited to, the following:

- There must be enough oxygen in the air you are breathing.
- Your lungs must be able to inhale air containing oxygen and exhale carbon dioxide.
- Your bloodstream must be able to carry oxygen throughout your body.

An issue with any of these factors could impact your SpO2 values. For example, in high altitudes the air is less dense and therefore contains less oxygen. If you experience low SpO2 values while at high altitudes you may want to consider descending to a lower altitude.

Certain health problems can also impact the body's ability to take in oxygen. These factors can be compounded under more extreme circumstances such as during intensive exercise.

You should not use or rely on Fitbit SpO2 for any medical purposes. If you have concerns about your health, you should consult your healthcare provider.

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User Assistance Information

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