

Fitbit SpO2 User Manual

Version D

129-0602-01

September 16, 2020

Table of Contents

Glossary 3

Intended Use 4

Product Description 4

Expectations 4

General Warnings and Precautions 5

Operating Instructions 5

- Install the clock face 5
- See your most recent average resting SpO2 levels on your device 5
- Track your SpO2 trends in the Fitbit app 6

Troubleshooting 7

- Missing SpO2 value 7

Additional Information 8

- What is SpO2? 8
- How is SpO2 measured? 8
- What should I know about SpO2 values? 9
- Why did I receive a low SpO2 value? 9

Terms of Service 9

User Assistance Information 10

Glossary

B

Blood oxygen saturation (SpO2)

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

Intended Use

The Fitbit SpO2 feature (“Fitbit SpO2”) is a standalone software general wellness product. It is intended to display to users the average and range 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 using a clock face. Users who have a Fitbit Premium subscription can see past SpO2 values in the Fitbit app on their phone*.

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 trackers/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 compatible wrist-worn Fitbit devices to estimate your SpO2 average and range while you sleep. Install the clock face and wear your compatible device to sleep. After you wake up and sync your device, your SpO2 average and range are displayed on the clock face. If you have a Fitbit Premium subscription, you can see your SpO2 trends in the Fitbit app on your phone*. For more information, including a list of compatible Fitbit devices, see help.fitbit.com.

Expectations

Fitbit SpO2 displays your SpO2 percentage detected during sleep as an average and a 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

Install the clock face

1. With your Fitbit device nearby, in the Fitbit app, tap the Today tab  > your profile picture > your device image.
2. Tap **Clock Faces** > **All Clocks**.
3. Tap the magnifying glass icon  and search for “SpO2 Signature”.
4. In the results, tap the SpO2 Signature clock face > **Select** > **Install**.

The SpO2 Signature clock face is only available in select countries at this time. If you don’t see it in the Clock Face Gallery, it’s not available in your region.

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

- Make sure you updated your watch 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?

See your most recent average resting SpO2 levels on your device

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. The range of values detected scrolls below the average.

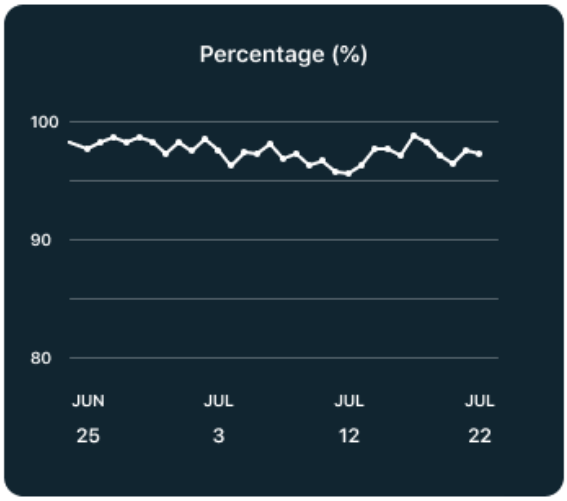


It may take around an hour for your SpO2 values to appear after you sync your device.

Track your SpO2 trends in the Fitbit app*

With a Fitbit Premium subscription, see your SpO2 trends in the Fitbit app on your phone:

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. Swipe up to find the **Oxygen Saturation (SpO2)** tile.



This graph shows your nightly average SpO2. Note that Fitbit devices don't measure SpO2 levels <80%. In the graph, any measurement <80% is shown as "<80" on the 80% line.

Note that SpO2 data is only collected when you use the SpO2 Signature clock face on your Fitbit device.

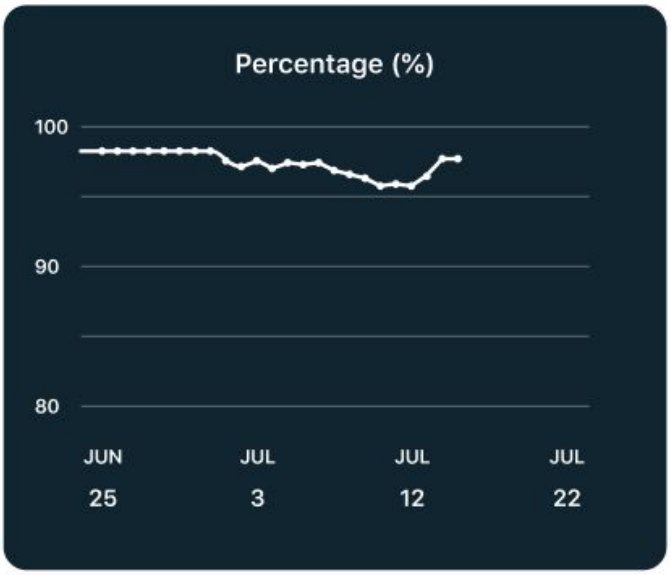
Troubleshooting

Missing SpO2 value

When no SpO2 data is available, you might see dashed lines on the clock face or a message that the SpO2 data couldn't be read.



If you have a Fitbit Premium subscription, you also see a missing data point in the SpO2 graph in the Fitbit app*.



To make sure your Fitbit device successfully measures your SpO2 values, keep in mind the following:

- Your device doesn't retroactively measure your SpO2 values. After you install the clock face, 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 the SpO2 Signature clock face.
- 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 help.fitbit.com.
- Turning off any clock face permissions can cause the clock face to stop functioning. To check these settings:
    1. With your Fitbit device nearby, open the Fitbit app on your phone or tablet.
    2. In the Fitbit app, tap the Today tab  > your profile picture > your device image.
    3. Tap **Clock Faces**.
    4. Tap the SpO2 Signature clock face.
    5. Tap **Permissions**. If any permissions are turned off, tap **Toggle All** to turn them on.
    6. Tap **Details** when you're done making changes.
- 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.

Additional Information

What is SpO2?

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?

When the SpO2 Signature clock face is installed, your Fitbit device measures your SpO2 while you sleep. 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.

Terms of Service

Fitbit designs products and tools that help you achieve your health and fitness goals and empower and inspire you to lead a healthier, more active life. These Terms of Service ("Terms") apply to your access and use of the Fitbit Service. The "Fitbit Service" includes our devices including associated firmware, applications, software, websites, APIs, products, and services.

These Terms are an agreement between you and Fitbit, Inc., 199 Fremont Street, 14th Floor, San Francisco, CA 94105 U.S.A. When the Terms mention "Fitbit," "we," "us," or "our," they refer to the party to your agreement that provides you with the Fitbit Service.

You must accept these Terms to create a Fitbit account and to access or use the Fitbit Service. If you do not have an account, you accept these Terms by using any part of the Fitbit Service. If you do not accept these terms, do not create an account or use the Fitbit Service.

Additional information regarding these Terms may be obtained by visiting Fitbit Terms of Service.

User Assistance Information

Fitbit, Inc.
199 Fremont St. 14th Floor
San Francisco, CA 94105
www.fitbit.com

Equipment Symbols

 Read Instructions for Use  Manufacturer

For customer support, visit help.fitbit.com.

**Coming soon. The Health Metrics dashboard and the metrics displayed in the dashboard are not available in all countries.*