

## How to measure your Blood Oxygen Levels (SpO<sub>2</sub>)

SpO<sub>2</sub> measures the saturation of oxygen in blood, which represents the percentage of oxygen in your blood. For more info on SpO<sub>2</sub>, visit [stepschallenge.gov.sg](http://stepschallenge.gov.sg)

### How to trigger 'SpO<sub>2</sub> 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 SpO<sub>2</sub> 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 and 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 SpO<sub>2</sub> ?

The HPB fitness tracker uses light sensor to measure SpO<sub>2</sub>. Light is shined through the skin and the sensor uses the amount of reflected light to compute the oxygen level in the blood.

Note: The SpO<sub>2</sub> reading on the HPB fitness tracker should not be used for medical purposes. If you are concerned about your readings, please consult a doctor.