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Using the Oxygen Blood Tracking (SPO2) Feature on Moto Watch 100

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Measuring your blood oxygen level (SPO2) is an important health metric. The Moto Watch 100 makes it easy to check your SPO2. Follow these steps:

1. **Activate the Watch** - Press the top button to wake the display.
2. **Access the SPO2 Meter** - Scroll through the available options on the watch.
3. **Select SPO2** - Tap on **SPO2** to start the measurement.
4. **Measurement in Progress** - The watch will display **Measuring...** while it assesses your blood oxygen level.
5. **Wait Patiently** - Allow about a minute for the measurement to complete.
6. **Review Your Results** - After completion, your blood oxygen level will be displayed. A healthy range is typically **95-100%**. If your reading is below 95%, monitor it at different times, and consider consulting a healthcare professional if readings remain low.

Note: Pulse oximeters, including the one on your Moto Watch 100, provide helpful tracking but may not be 100% accurate. Consult a healthcare provider for a complete evaluation if concerned.