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

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Monitoring your blood oxygen level (SPO2) is an important step in understanding your overall health, and the Moto Watch 100 makes it simple to check anytime. Here's how to use the SPO2 feature effectively:

Step 1: Wake Your Watch

- Press the top button to activate your Moto Watch 100 display.

Step 2: Access the SPO2 Meter

- Scroll through the watch menu until you find **SPO2**.

Step 3: Start Measurement

- Tap **SPO2** to begin measuring your blood oxygen level.

Step 4: Measurement in Progress

- A "Measuring…" message will appear on the screen while the watch calculates your oxygen level.

Step 5: Wait Patiently

- Keep your wrist steady and allow about a minute for the measurement to complete.

Step 6: Review Your Results

- Once finished, your blood oxygen level will display. A healthy range is typically **95%–100%**. Readings below 95% may require monitoring at different times throughout the day. Consistently low readings should prompt a consultation with a healthcare professional.

Important Note:

- The Moto Watch 100 provides a convenient way to monitor SPO2 levels, but it may not always be perfectly accurate. For medical concerns or persistent low readings, always consult a healthcare provider.