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

Inas B. - 2025-10-08 - Product Features

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.