



fitbit®

# Fitbit SpO2 User Manual

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# Glossary

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### **Blood oxygen saturation (SpO<sub>2</sub>)**

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

## Intended Use

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The Fitbit SpO2 feature (“Fitbit SpO2”) is a standalone software general wellness product. It is intended to display to users the average 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 or on their connected mobile device.

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

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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 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 Fitbit Charge 4, Fitbit Ionic, Fitbit Sense, and Fitbit Versa series devices to estimate your SpO2 average and range while you sleep. Install an SpO2 clock face or app and wear your compatible device to sleep. After you wake up and sync your device, your SpO2 data is displayed on your device. You can also see your SpO2 trends in the Health Metrics tile in the Fitbit app on your phone. The Health Metrics tile is available with Fitbit Charge 4, Fitbit Sense, Fitbit Versa 2, and Fitbit Versa 3. To see historical data, upgrade to Fitbit Premium. For other devices, a Fitbit Premium subscription is required to see health metrics data. For more information, see [help.fitbit.com](https://help.fitbit.com).

## Expectations

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Fitbit SpO2 displays your SpO2 percentage detected during sleep as an average. Certain clock faces available on Ionic, Sense, and Versa series can also show your SpO2 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

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**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

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## Add SpO2 tracking to your Fitbit device

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You may have to charge your Fitbit device more often when collecting SpO2 data.

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To collect SpO2 data, install an SpO2 clock face (available on Ionic, Sense, and Versa series) or SpO2 app (available on Charge 4, Sense, and Versa 3). For more information on the availability of Fitbit SpO2, see [fitbit.com](https://www.fitbit.com).

### Ionic, Sense, and Versa series

To install an SpO2 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. Find the **SpO2** clock face category. You might have to swipe up to find it. Tap **View All** to see the complete list of available clock faces.
4. Tap the clock face you want to install > **Select** > **Install**.

The SpO2 clock faces are only available in select countries at this time. If you don't see them in the Clock Face Gallery, the feature isn't available in your region.

If you have trouble adding an SpO2 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 [help.fitbit.com](https://help.fitbit.com). For more information, see [help.fitbit.com](https://help.fitbit.com).

To install the SpO2 app (Sense and Versa 3 only):

1. With your Fitbit device nearby, in the Fitbit app, tap the Today tab  > your profile picture > your device image.
2. Tap **Apps** > **All Apps**.

3. Tap the magnifying glass icon  and search for “SpO2 Tracker”.
4. In the results, tap **SpO2 Tracker** > **Install**.

Note that you won't see this app on your watch; it tracks your SpO2 data in the background so you can view your results in the Fitbit app without using an SpO2 clock face.

## Charge 4

The Fitbit SpO2 app is automatically installed on your device.

If you removed the SpO2 app from your device, reinstall it in the Fitbit app on your phone:

1. With your Fitbit device nearby, in the Fitbit app, tap the Today tab  > your profile picture > your device image.
2. Tap **Apps** > **All Apps**.
3. In the list of apps, tap **SpO2** > **Install**.

## See your most recent average resting SpO2 levels on your device

### Ionic, Sense, and Versa series

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 and the range of values detected. Note that you must have an SpO2 clock face installed to see your data on your Fitbit device.

It may take around an hour for your SpO2 values to appear after you sync your device. The clock face shows data for your most recent sleep session. If your sleep session is split into 2 separate logs or you take a long nap, the clock face updates to show data for the most recent sleep session after your device syncs with the Fitbit app.

## Charge 4

1. Wear your Fitbit device to bed, and sync it in the morning.
2. In the morning, swipe up from the clock face. See your average resting SpO2 level on the SpO2 tile.

It may take around an hour for your SpO2 values to appear after you wake up. The SpO2 tile shows data for your most recent sleep session. If your sleep session is split into 2 separate logs or you take a long nap, the tile updates to show data for the most recent sleep session.

## Track your SpO2 trends in the Fitbit app

See your SpO2 trends in the Health Metrics tile in the Fitbit app. The Health Metrics tile is available with Fitbit Charge 4, Fitbit Sense, Fitbit Versa 2, and Fitbit Versa 3. To see historical data, upgrade to Fitbit Premium. For other devices, a Fitbit Premium subscription is required to see health metrics data.

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.



Note that for Ionic, Versa, Versa Lite Edition, and Versa 2, SpO2 data is only collected when you use an SpO2 clock face. Sense and Versa 3 users can install either an SpO2 clock face or the SpO2 app to collect SpO2 data. Charge 4 users must have the SpO2 app installed.

## Remove SpO2 tracking from your Fitbit device

### Ionic, Sense, and Versa series

To remove SpO2 tracking, change your clock face to one not listed in the SpO2 clock face category:

1. With your device nearby, in the Fitbit app, tap the Today tab  > your profile picture > your device image.
2. Tap **Clock Faces** > **All Clocks**.
3. Browse the available clock faces. Tap the clock face you want and tap **Select** to install it.

Sense and Versa 3 users must also uninstall the SpO2 app:

1. With your device nearby, in the Fitbit app, tap the Today tab  > your profile picture > your device image.
2. Tap **Apps** > **SpO2 Tracker** > **Remove** > **Uninstall**.

### Charge 4

1. With your device nearby, in the Fitbit app, tap the Today tab  > your profile picture > your device image.
2. Tap **Apps** > **SpO2** > **Remove** > **Uninstall**.

# Troubleshooting

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If you see the message “SpO2 not installed” on your clock face, install the SpO2 Tracker app. For instructions, see ["Operating Instructions" on page 8](#).

If you see dashed lines on the clock face or SpO2 tile, a message that the SpO2 data couldn't be read, or missing data in the Health Metrics tile in the Fitbit app on your phone, keep in mind the following:

- Your device doesn't retroactively measure your SpO2 values. When you start using Fitbit SpO2, 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 an SpO2 clock face or app.
- 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](https://help.fitbit.com).
- Turning off any SpO2 app or clock face permissions can cause the feature to stop functioning. For instructions on adjusting permissions, see [help.fitbit.com](https://help.fitbit.com).
- 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

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### 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?

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

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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

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## Equipment Symbols



Read Instructions for Use



Manufacturer

For customer support, visit [help.fitbit.com](http://help.fitbit.com).

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