How Do I Set Up Automatic SpO_2 Monitoring on My Reebok Kinetic?

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Your Reebok Kinetic can measure blood oxygen saturation (SpO_2) manually or automatically. Automatic monitoring can help you follow changes in estimated blood oxygen levels during supported periods, including sleep and activity.

Configure SpO_2 monitoring

1. Open **Settings** on your watch.
2. Select **Health & Wellness**.
3. Open **Heart Rate & SpO_2**.
4. Find the SpO_2 monitoring options.
5. Choose the available monitoring mode:
    - **Automatic:** The watch takes readings automatically.
    - **Manual:** Take a reading when you open the SpO_2 app.
    - **Scheduled:** Set monitoring for selected periods, where supported.

View your SpO_2 readings

Open the **SpO_2** app to take an on-demand measurement and review available reading history and trends.

For a more consistent reading, wear the watch snugly and remain still while a manual measurement is being taken.

Important information

SpO_2 readings from your watch are estimates for general wellness reference. They are not a substitute for a medical pulse oximeter or professional medical advice, and should not be used to diagnose or monitor a medical condition.