O2 Vibe Sleep & Fitness Monitor

Quick Start Guide

BodiMetrics

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Charging your O2 Vibe

Please charge the **O2 Vibe** battery before first use.

Connect the **USB Charging Cable** to your **O2 Vibe** device **Multifunction USB Port** and to a USB port on your PC; this will typically take less than 3 hours to fully charge.

Powering ON/OFF and Resetting

Press the ON/OFF/MODE button for:
1 Second: POWER ON
3 Second: POWER OFF
**8 Second: FORCE POWER OFF** to **RESET** if needed

Your **O2 Vibe** device will turn off automatically if no operation or measurement is being taken or you remove the ring sensor, after a 10 second countdown displayed on the **O2 Vibe** screen.

What's in the Box?

1 Main Unit, 1 Ring Sensor
1 USB Charging Cable, 1 Quick Start Guide

An Apple or Android smartphone, iPad or tablet is required to use the **O2 Vibe**.

This product is not a medical device and should not be used to diagnose or treat any medical condition.

Do not use this device with MRI. DO NOT apply excessive force on the sensor

Finding and Downloading O2 Vibe mobile APP

- Search iTunes (iPhone or iPad) or Google Play (Android) for the **O2 Vibe APP**
- Download and install the **O2 Vibe APP** on your smartphone, iPad or tablet

Note: Windows version of O2 Vibe APP is NOT available

Be sure to enable *Bluetooth* on your smartphone, iPad or tablet

Note: Android users, if requested, enter PIN code: 8888

Download on the App Store

ANDROID APP ON Google Play

Getting to know O2 Vibe device

ON/OFF/MODE Button

Wrist Band

Multifunction USB Port
for External SpO2 Cable and Charging Cable

Main Unit
Removable

Clasp

- Use **ON/OFF/MODE** button to change between Sleep & Fitness modes; change screens; and turn the **O2 Vibe** ON/OFF
- Adjust silicon **Wrist Band** and **Clasp** for a comfortable feel and fit
- **Multifunction USB Port** is for charging and connecting the ring sensor
- **Main Unit** is removable; just lift gently to remove from wristband. If needed, the **O2 Vibe** serial # is on the bottom side of the **Main Unit**

Sync O2 Vibe to O2 Vibe mobile APP

Connect **O2 Vibe** to **O2 Vibe APP** via *Bluetooth*
- Turn on **O2 Vibe** by pressing **ON/OFF/MODE** button for 1 Second
- Open your **O2 Vibe APP** on your smartphone, iPad or tablet
- The first time you sync, you will have to select your **O2 Vibe** device on your O2 Vibe APP screen. After that your **O2 Vibe** will automatically connect via *Bluetooth* to **O2 Vibe APP**; messages "searching" and "connecting" will show on **O2 Vibe APP** and Bluetooth icon on **O2 Vibe** screen. Note: Do not use your smartphone's *Bluetooth* pairing function under Settings; **O2 Vibe** will connect automatically when on and **O2 Vibe APP** is open. Your APP is now connected to your **O2 Vibe**.

You will use your **O2 Vibe APP** to update the settings on your **O2 Vibe** device – See **Managing O2 Vibe Device Settings** on following page

How to wear your O2 Vibe

Turn on O2 Vibe by pressing **ON/OFF/MODE** button for 1 second

- **O2 Vibe** will display ◧ to insert ring sensor as below
- Next, put **O2 Vibe** on wrist and clasp wrist band
- Then, **O2 Vibe** will display ◧ to slide ring sensor on thumb as recommended; index finger is next best and so on to smallest finger

Once properly secured to your wrist and thumb you are ready to record in **Sleep** or **Fitness Mode**

Press **ON/OFF/MODE** button to change between modes

Back of hand
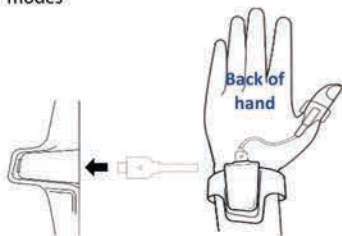
Sleep and Fitness Report Overview

Tap **Home Menu** 🏠 tab in your **O2 Vibe APP**
Swiping up to left from corner of graph will change from **Sleep** to **Fitness** graphs and back again
Each **Sleep** 🌙 or **Fitness** ▦ dated record is a detail report
The **Home Menu** shows an overview of each dated recording, Tap on icon for detail Reports

- 🌙 Shows date, time, **O2 Score** and **# of Drops** of 4% or more
- ▦ Shows date, time, *average* **SpO2%** and **Heart Rate**

Managing O2 Vibe Device Settings
(**O2 Vibe** must be sync'd via Bluetooth to **O2 Vibe APP**)

Check for Updates to O2 Vibe software
If **Device** Menu tab shows a RED ● dot next to it a new **O2 Vibe** software version available, Tap the **Device** Menu tab and then select **Device Update** on **O2 Vibe APP** and follow prompts; the update takes approx **5 minutes**
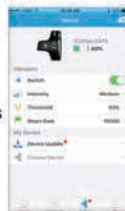
Device

Enable Threshold & Vibration Settings

- Tap **Device** Menu tab and toggle Switch to ON (icon turns **GREEN**)
- Set the Intensity of the Vibration from Very Weak to Very Strong by tapping on the Intensity until you see a ✔ mark on the right
- Set your SpO2% Threshold by tapping on SpO2% until you see a ✔ on the right
- Tap < Back button upper left corner of screen to return to menu

Note: Test Intensity setting over multiple nights to "stir you", but not wake up

Troubleshooting

Problem	Possible Cause	Possible Solution
Device does not turn ON	Battery may be low	Charge battery for at least 1 hour and try again
	Device may be damaged	Please contact your local distributor or BodiMetrics Support
The APP cannot find O2 Vibe	The O2 Vibe is not communicating or close enough to a smartphone, iPad or tablet O2 Vibe APP	Press the button for 8 seconds to reset your O2 Vibe. Sync O2 Vibe to O2 Vibe APP after measurement is complete. Make sure your O2 Vibe APP is within reasonable range of your O2 Vibe.
SpO2 or heart rate does not display	Sensor positioned incorrectly	Reposition sensor on your thumb or try another finger starting with Index finger. The thumb is recommended.
	Finger is cold	Warm finger by rubbing
	Finger is wet	Dry finger and sensor
	Excessive hand motion	Reduce motion
Error 4	Defective thumb ring sensor	Reset O2 Vibe by holding the ON/OFF button for 8 seconds to see if Error 4 is cleared. Contact BodiMetrics Support for replacement sensor.

Sleep & Fitness Modes and Recording

🌙 **Sleep Mode** or ▦ **Fitness Mode**
Once selected **Sleep Mode** will record for up to 10 hours on a full battery charge
Note: In **Sleep Mode** screen will go dark in 90 seconds, but it's still recording. When recording is stopped, screen will show as below
Once selected **Fitness Mode** will record for up to 5 hours on a full battery charge or display real time SpO2, HR and Steps if using **O2 Vibe APP Dashboard**
Sleep or Fitness recordings are only sync'd to **O2 Vibe APP** after finished recording

Note: In **Fitness Mode** the **O2 Vibe** will automatically connect to your **O2 Vibe APP** if it is open on your smartphone, iPad or tablet.

Sleep "Drops"　　Fitness　　Time /Battery

Specifications

Weight	12g (main unit)
Size	44×25×15 mm (main unit)
Display	OLED
Battery	Rechargeable Lithium-polymer
Charge time	Less than 2 hours to 90%
Wireless	*Bluetooth* 4.0 BLE
SpO2 range	70% to 100%
Heart Rate range	30 to 250 bpm
Vibrator	Triggered by low oxygenation or steps goal
Recorded parameters	SpO2, heart rate, steps, motion
Mobile APP for iOS	iOS 9.0 or above, iPhone 4s/iPad 3 or above
Mobile APP for android	Android 4.4 or above, with *Bluetooth* 4.0 BLE

Additional Support and Warranty Help
Support at (844) 744-8800, option 2

Full User Manual available at
www.bodimetrics.com/support