

O2 Vibe Sleep & Fitness Monitor Quick Start Guide



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Powered by **Viatom**

The O2 Vibe has two modes: Sleep and Fitness

Both modes offer continuous blood oxygen saturation (SpO₂) and heart rate tracking. Both modes also have customizable vibrating alerts to remind you to walk to meet your step goals or stir you if your SpO₂ drops below the threshold you set. The O2 Vibe tracks SpO₂, Heart Rate, and Motion during Sleep and SpO₂, Heart Rate and Steps during light exercise to help you live a healthy lifestyle. You can also use your O2 Vibe to track steps and keep time without the thumb ring sensor.



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 equipment as it contains strong ferromagnetic materials.

Package Contents

- (1) O2 Vibe Main Unit
- (1) Soft Thumb Ring Sensor
- (1) Charging Cable (Micro D)
- (1) Quick Start Guide

Charging Your Device

Please charge the battery before the first use. Connect the device to the USB port of your personal computer (PC) using the provided USB Charging Cable until fully charged; typically takes less than 2 hours to fully charge.

Power ON/OFF Process

Press and hold the button on the side for 1 second to power ON, 3 seconds to power OFF the device.

Download & Install O2 Vibe Mobile Application

Search Apple (iOS devices) or Google (Android devices) Stores for free O2 Vibe application and download to your mobile phone, iPad or Tablet.

How It Works

1. Put your O2 Vibe on your wrist.
2. Connect the thumb ring sensor to the connector on the device.
3. Slide the ring sensor onto your thumb as pictured.
4. Press the button to turn on the device; then press button again to change the operation mode to Fitness or Sleep you desire. After a few seconds, your readings will begin appearing on the device screen.

Note: Please avoid excessive motion on the hand you're wearing the ring sensor. The steps will restart counting after the ring sensor plugged in.



What O2 Vibe Screens Mean

- 18:45** Time Remaining battery capacity
- MODE** Sleep Mode



- MODE** Fitness Mode
- SPO2** Blood oxygen saturation
- Heart rate in Sleep Mode
- Heart rate in Fitness Mode
- Slide your finger into the sensor
- Steps
- ID xxxx V x.x** Device ID number, Software version
- O2 7.5** O2 Score, SpO₂ drop times

O2 Score is calculated on a scale of 0-10 and is based on the number and amount of time your O2 dropped 4% below the baseline oxygen level for long term trending of your blood oxygenation.



Operation Mode Navigation

| | Sleep Mode | Fitness Mode |
|-------------------|-------------------------------|--------------------------------------|
| Symbol | MODE | MODE |
| Parameters | SpO ₂ , HR, Motion | SpO ₂ , HR, Motion, Steps |

| | | |
|------------------------|---|--|
| Screen | Screen goes dark after 2 minutes but is still recording | Always on |
| Drops detection | Yes | No |
| Vibrates | When SpO ₂ is less than threshold set | When SpO ₂ is less than threshold set Or when step goal is met |
| Recording Time | Up to 10 hours | Up to 5 hours |
| Bluetooth | On when the screen lights up | Always on |

Note: The vibration will stop when your SpO₂ level rises above the threshold, or a motion is detected, or you can press button on device to stop the vibration manually.

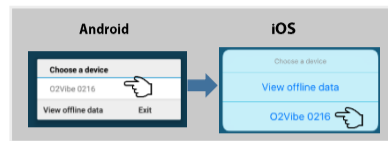
Establish Bluetooth connection

The device *Bluetooth* will open automatically only when the screen lights up. To establish *Bluetooth* connection,

1. Ensure the monitor screen is on to keep the *Bluetooth* enabled.
2. Run the O2 Vibe app and enable the phone *Bluetooth* as below.



3. Choose the right Device ID from your mobile app screen.



Using Real-time Wireless Dashboard

After *Bluetooth* connection is established, touch the **Dashboard icon** in your mobile app on the home screen to show real-time SpO₂, HR and Steps.

How to Stop Recording

There are two ways to complete monitoring and recording:

1. Take off the finger sensor and it will power off later automatically.
2. Press and hold the button for 3 seconds to power OFF.

To View Results and Settings on Mobile App

After the *Bluetooth* connection is established, you can use the APP to:

- Review all measurement and analysis results with detailed data plots,
- Change the settings of the monitor,
- Update the software of the monitor,
- Manage the data in the cloud.

Note: Your O2 Vibe can store a maximum of 4 records; so the oldest record will be overwritten when the 5th record is taken. Please synch your O2 Vibe to your mobile app frequently to avoid losing records.

Cloud

1. Touch the Cloud icon in the upper right-hand corner of the app, and then create an account.
2. Sign into the O2 Vibe, fill in your account and user profile.
3. Data can be synced with the Cloud once you set up your account. To share data or records you must have an account.

To Upgrade O2 Vibe Device Software

1. Turn ON your O2 Vibe device.
2. Open the O2 Vibe application on your mobile phone, iPad or Tablet and choose your device listed to establish a *Bluetooth* connection.
3. Touch **Device** -> **Device update** -> **Update** in your O2 Vibe application and wait until update is complete.

Troubleshooting

| Problem | Possible Cause | Possible Solution |
|---------------------------------|--|--|
| Device does not turn on. | Battery may be low. | Charge battery and try again. |
| | Device might be damaged. | Please contact your local distributor. |
| | The <i>Bluetooth</i> of your phone is off. | Turn on the <i>Bluetooth</i> in the phone. |

| | | |
|--|---|---|
| The app cannot find the device. | The device <i>Bluetooth</i> is off in Sleep Mode. | Press the button, the <i>Bluetooth</i> will be turned on when the screen lights up. |
|--|---|---|

Specifications

| | |
|-------------------------------|---|
| Weight | 35g (main unit) |
| Size | 44×25×15 mm (main unit) |
| Display | OLED |
| Battery | Rechargeable Lithium-polymer |
| Charge time | Less than 2 hours to 90% |
| Wireless | <i>Bluetooth</i> 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 | SpO ₂ , 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 <i>Bluetooth</i> 4.0 BLE |