How to use a fingertip monitor to measure heart rate

1. Insert your finger into the pulse oximeter
2. Press the on button, and wait a few seconds
3. The number on the **right** of the screen is your heart rate



<u>A note about the number on the left of the screen:</u>
This is your blood oxygen saturation. Oxygen saturation is a measure of how much oxygen the red blood cells in your blood are carrying. It is expressed as a percentage, and would normally be 95-100%, even during vigorous exercise. These devices can often be inaccurate when they aren't being used by a professional, but talk to a teacher if you are worried.