Welcome to Your Vitalist Health Band

Inas B. - 2026-11-13 - Getting Started

The Vitalist Health Band helps you keep track of some everyday health information and share it with the people involved in your care.

The band is a lightweight device that you wear on your wrist. It measures your **heart rate, blood oxygen (SpO_2), and steps** throughout the day and night. It sends this information to the Vitalist Health app on your phone, where you can view your readings.

If you choose to share your information, family members, caregivers, and your care team may also be able to view it through the app.

What can your band do?

- **Measure your heart rate:** Records how many times your heart beats per minute while you wear the band.
- **Measure your blood oxygen:** Estimates how much oxygen is in your blood. These readings are taken automatically, usually when you are resting or sleeping.
- **Count your steps:** Tracks your daily movement.
- **Send a caregiver alert:** Lets you notify the people who follow your profile when you need help or attention.

What do you need?

To use your band, you need:

- Your Vitalist Health Band and its charging cable.
- A compatible iPhone or Android phone.
- The Vitalist Health app, which is the program you install on your phone to connect to your band and view your readings.
- A mobile phone number that can receive text messages.

Your band connects to your phone using **Bluetooth**, a wireless connection that lets nearby devices communicate with each other. Your phone then sends your information to Vitalist using Wi-Fi or mobile data. The band does not connect to the internet on its own.

A few things to remember

- Wear your band regularly, including while you sleep, unless your care team advises otherwise.
- Keep your phone nearby so your band can send its information to the app.

- Open the app regularly and check when your band last synced. Syncing means sending the information collected by your band to the app.

- Your readings can help you and your care team follow your health. They do not replace medical advice or care.

Important: The Vitalist Health Band is not an emergency response system. A caregiver alert does not contact 911, and it may be delayed or not delivered. If you have a medical emergency, call 911. Do not wait for someone to respond to an alert.

Ready to set up your band?

See What You Need Before Setting Up Your Band and How to Install the Vitalist Health App to get started.