?What's Included with Your Vitalist Health Band

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

.Your Vitalist Health Band comes with the items you need to wear and charge it

:When you open the box, you should find

- **Vitalist Health Band:** The wearable device, with the larger Light Grey strap already attached.
- **Smaller strap:** A 23 cm Dark Grey strap, included if you need a smaller fit.
- **Magnetic charging cable:** Connects to the underside of the band to charge it. The cable has a USB-C connector, which is a common type of charging connection used by many modern phones and electronic devices.
- **Quick Start Guide:** A printed guide with basic instructions for getting started.

?Do I need to provide anything

A USB-C wall adapter is not included in the box. A wall adapter is the small plug that connects a charging cable to an electrical outlet.

.You can use a standard USB-C phone charger with the charging cable

.If your charger does not work with the band, try a different USB-C wall adapter

Before you begin

Check that you have all the items listed above. You will also need a compatible smartphone and a mobile phone number that can receive text messages to set up the Vitalist Health app.

.[For setup instructions, see [What You Need Before Setting Up Your Band