How to Charge Your Vitalist Health Band

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Your Vitalist Health Band comes with a magnetic USB-C charging cable.

The cable connects to the charging contacts on the underside of the band. The magnetic end helps hold the cable in place while the band charges.

Connect the charging cable

1. Connect the USB-C end of the cable to a compatible USB-C wall adapter.
2. Plug the wall adapter into an electrical outlet.
3. Bring the magnetic end of the cable close to the charging contacts on the underside of the band.
4. Let the magnetic connector attach to the band.
5. Check that the indicator light starts flashing.

A USB-C wall adapter is the plug that connects the charging cable to an electrical outlet. A wall adapter is not included with your band.

How do I know the band is charging?

While charging, the indicator light flashes red, yellow, or green to show the current battery level.

When the band is fully charged, the light becomes solid green.

The solid green light may stay on until you remove the band from the charger and wear it.

How long does charging take?

A full charge takes approximately **2 hours**.

You do not need to wait for the band to reach a particular battery level before charging it.

Important charging reminders

- Remove the band from your wrist before charging.
- Make sure the band and charging contacts are dry.
- Charge the band at room temperature, between 0°C and 45°C (32°F and 113°F).
- Use the charging cable supplied with your band or a Vitalist-approved replacement.
- Do not charge the band if the cable, band, or charging contacts are damaged or wet.

If the band does not appear to charge, see [My Vitalist Health Band Is Not Charging].