How to Choose and Adjust Your Band Strap

Inas B. - 2026-11-14 - Getting Started

Your Vitalist Health Band comes with two straps so you can choose the size that feels most comfortable.

- **26 cm Light Grey strap:** The larger strap, attached to the band when it arrives.
- **23 cm Dark Grey strap:** The smaller strap, included in the box.

Which strap should I use?

Choose the strap that lets the band sit securely against your skin without feeling too tight.

When wearing the band:

- The sensors on the underside should touch your skin.
- The band should not slide freely around your wrist.
- You should be able to fit one finger comfortably between the strap and your wrist.
- The strap should not cause pain, numbness, tingling, or changes in skin colour.

A comfortable fit is important because a loose band may affect your readings.

Can I wear the band if neither strap fits comfortably?

Do not force the strap or wear the band so tightly that it causes discomfort.

Contact Vitalist Support for help if neither included strap gives you a comfortable fit.

Need help changing the strap?

If you are unsure how to change the strap, contact Vitalist Support for assistance. Do not force or pull on the strap if it does not come away easily.