How to Share Your Information with a Caregiver or Family Member

Inas B. - 2026-11-15 - Caregiver Alerts & Account Sharing

You can share your Vitalist Health information with a family member, caregiver, or another person you trust through the app's **Account Sharing** feature.

When you share your information, the other person can view your readings and caregiver alerts through their own Vitalist Health account.

Before you share

Make sure you are comfortable with the person having access to your information.

Account sharing gives the other person access to **all of your readings and alerts**. You cannot currently choose to share only certain readings or hide individual alerts.

Add someone to your account

1. Open the Vitalist Health app.
2. Open the app menu.
3. Tap **Account Sharing**.
4. Tap **Add a person**.
5. Choose someone from your phone contacts or enter their mobile phone number manually.

What happens next depends on whether the person already has a Vitalist Health account.

If the person already uses Vitalist Health

1. Select the option to share your information with them.
2. Review and select the consent option shown in the app.
3. Tap **Share** to confirm.

If the person does not have the app

1. Enter their mobile phone number.
2. Tap the option to send an invitation.
3. The app sends them a text message with a link to download Vitalist Health.

4. They can install the app and sign in using the mobile number that received the invitation.

What can the person see?

Once sharing is active, the person can view all the information available for your profile, including your readings and caregiver alerts.

They will need to sign in to their own Vitalist Health account to access the information you have shared.

Can I stop sharing later?

Yes. You can stop sharing your information at any time through **Account Sharing**.

For instructions, see [How to Stop Sharing Your Vitalist Health Information].