How to Stop Sharing Your Vitalist Health Information

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

You can stop sharing your Vitalist Health information with another person at any time through the app.

When you stop sharing, that person will no longer have access to your profile through the sharing arrangement.

Stop sharing your information

1. Open the Vitalist Health app.
2. Open the app menu.
3. Tap **Account Sharing**.
4. Find the section labelled **Sharing my data with**.
5. Select the person you no longer want to share your information with.
6. Tap **Stop** and follow any confirmation instructions shown in the app.

What happens when I stop sharing?

The person will no longer be able to access your readings and alerts through your shared profile.

Stopping account sharing does not delete your Vitalist Health account or remove the information from your own profile.

If you are unsure whether sharing has been stopped, return to **Account Sharing** and check the list of people with whom you are sharing your information.

If you need help managing access to your information, contact Vitalist Support.