How to Wear Your Vitalist Health Band

Inas B. - 2026-11-15 - Getting Started

Wearing your Vitalist Health Band correctly helps it collect readings from your wrist. The band should feel secure and comfortable, without being too tight.

Where should I wear the band?

Wear the band on your **non-dominant wrist**, unless your care team advises you otherwise.

Your non-dominant wrist is the wrist on the hand you use less often. For example, if you usually write with your right hand, your left wrist is usually your non-dominant wrist.

Position the band:

1. Just above your wrist bone, toward your elbow.
2. With the sensors on the underside of the band touching your skin.
3. Snugly enough that the band does not slide around.

You should be able to fit one finger comfortably between the band and your wrist.

Should I wear it during the day and at night?

Yes. Wear the band regularly, including while you sleep, unless your care team advises otherwise.

Many blood oxygen (SpO_2) readings are taken when you are resting or sleeping. Wearing the band at night helps it collect these readings.

Remove the band when you need to charge it. Do not wear it while it is charging.

Can I wear it somewhere other than my wrist?

The band can also be worn on your upper arm. If you are unsure whether this is suitable for you, ask your care team.

Make sure the band is comfortable

The band should not cause pain or feel tight enough to restrict your circulation.

If you notice pain, numbness, tingling, or changes in your skin colour, loosen or remove the band. If the discomfort or skin changes do not go away, contact your care team.

For help choosing the right strap size, see [How to Choose and Adjust Your Band Strap].