Understanding the Home Screen

Inas B. - 2026-11-12 - Using the Vitalist Health App

The Home screen gives you a quick view of the latest information received from your Vitalist Health Band.

It shows your most recent readings and your step count for the day.

What information appears on Home?

Depending on the information available, you may see:

- **Heart Rate:** Your most recently received heart rate, measured in beats per minute (BPM). This is how many times your heart beats in one minute.
- **SpO_2:** Your most recently received blood oxygen estimate, shown as a percentage. SpO_2 is short for peripheral oxygen saturation.
- **Resting Heart Rate:** An estimate of your heart rate while your body is at rest.
- **Steps:** The number of steps recorded for the current day.

How recent are my readings?

Each reading includes information about when it was last updated.

This is important because the app may show a reading that was collected earlier, rather than one measured at the moment you open the screen.

If a reading has not changed recently, check when your band last synced.

Refresh the Home screen

To refresh the information displayed:

1. Open the **Home** screen.
2. Place your finger near the top of the screen.
3. Pull down and release.
4. Wait for the app to update the information.

Refreshing the screen asks the app to display the latest information available to it. It does not necessarily make the band take a new measurement.

If your readings still appear old, check the band's connection and last sync time. See How to Sync Your Vitalist Health Band with the App.

Please remember: The readings are intended to support conversations with your care team. The app does not diagnose medical conditions or tell you whether a reading is normal.