How Long Does the Battery Last?

Inas B. - 2026-11-14 - Charging & Everyday Care

A fully charged Vitalist Health Band can last up to **one week**, depending on use and operating conditions.

Battery life may vary, so it is a good idea to check the battery level regularly and charge your band before it runs out.

How can I check the battery level?

You can check the battery in two ways.

On the band:

1. Briefly press and release the side button.
2. Look at the indicator light.

Light colour	Battery level
Red	Below 20%
Yellow	20% to 50%
Green	Above 50%

In the app:

1. Open the Vitalist Health app.
2. Open the app menu.
3. Tap **My Device**.
4. Check the battery information displayed.

The battery level shown in the app is based on the last information received from your band. If the band has not synced recently, the displayed level may be out of date.

Will the app warn me when the battery is low?

Yes. The app can send battery notifications when the band reaches certain levels:

- Below 20%.
- 15%.
- 10%.
- 5%.
- Fully charged.

These notifications depend on the app receiving updated information from your band. They may be delayed if your phone and band have not synced recently.

What happens if the battery runs out?

When the battery is empty, the band stops collecting readings and cannot send caregiver alert signals.

Charge the band before using it again. Once it has enough power, it can resume collecting information.

For charging instructions, see [How to Charge Your Vitalist Health Band].