How to Send a Caregiver Alert Using Your Band

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

You can send a caregiver alert directly from your Vitalist Health Band using its side button.

Send an alert

1. Make sure your band is turned on.
2. Press and hold the button on the side of the band for about 3 seconds.
3. Watch for the indicator light to flash red five times.
4. Release the button as soon as the five flashes are complete.

The five red flashes indicate that the band has sent the alert signal.

Do not keep holding the button after the five flashes. Holding it for longer can trigger a factory reset, which can erase information stored on your band that has not yet synced.

What happens next?

Your phone may display the message:

Caregiver notification received. Sending to Caregivers.

The alert is then sent through the Vitalist Health service according to your account and care program settings.

The five red flashes confirm that the band sent its signal. They do not confirm that a caregiver received or saw the alert.

What if I cannot send the alert?

If the band does not flash red five times, or you are unsure whether the alert was sent, use the Vitalist Health app if you can.

If you need immediate emergency assistance, call 911. Do not rely on the band or app to contact emergency services.