Viewing Your Readings in Vitals

Inas B. - 2026-11-14 - Using the Vitalist Health App

The **Vitals** screen lets you review information collected by your Vitalist Health Band over time.

You can use it to look at your readings for different days within the available history.

Open the Vitals screen

1. Open the Vitalist Health app.
2. Tap **Vitals** in the main navigation.
3. Choose the information you want to view.

The Vitals screen groups information into two areas:

Heart

This area may show:

- **Heart Rate:** The number of times your heart beats per minute.
- **Resting Heart Rate:** An estimate of your heart rate while you are at rest.
- **Maximum Heart Rate:** The highest heart rate recorded during the selected period.
- **SpO_2:** An estimate of the amount of oxygen in your blood, displayed as a percentage.

Activity

This area shows your recorded step count.

View another day

The Vitals screen displays information one week at a time.

To move between weeks:

1. Use the previous and next controls to move through the available weeks.
2. Select the week you want to review.
3. Use the option to return to today when you want to see the current week again.

The information shown depends on what your band has recorded and successfully sent to the app.

Why are some SpO_2 points grey?

On the chart, some SpO_2 readings may appear as grey points.

These indicate readings that the system could not fully validate or had limited information for. Movement during a measurement can sometimes affect the result.

A grey point does not, by itself, explain why a reading appeared that way or indicate a health condition.

Why are some days or times missing?

You may see gaps if:

- You were not wearing the band.
- The band battery was empty.
- Your phone was not close enough to receive the band's Bluetooth signal.
- The band had not yet synced its information to the app.
- Movement affected the collection of certain readings.

If information is missing, check when your band last synced.

Important: The Vitals screen displays collected information. It does not diagnose a medical condition or determine whether a reading is healthy or unhealthy. If you have questions about your readings, contact your care team.