# What the Vitalist Health Band Can and Cannot Do

Inas B. - 2026-11-14 - Health, Safety & Support

The Vitalist Health Band collects information about your heart rate, blood oxygen level, and daily activity. The Vitalist Health app displays this information so you, your caregivers, and your care team can review it, depending on your sharing and care program arrangements.

It is designed to support everyday health awareness and care at home. It is not a medical device for diagnosing or treating health conditions.

## What does the band measure?

The band can collect:

- **Heart rate:** Measures your heart rate while you wear the band.
- **Resting heart rate:** Tracks your resting heart rate.
- **Blood oxygen ($SpO_2$):** Estimates the amount of oxygen in your blood. These readings are collected automatically when you have been very still for at least five minutes.
- **Steps:** Tracks your daily movement using motion sensors.

You can view available readings in the Vitalist Health app.

## What the band does not do

The Vitalist Health Band:

- Does not diagnose, treat, cure, or prevent medical conditions.
- Does not detect heart attacks.
- Does not detect heart rhythm problems.
- Does not perform an electrocardiogram (ECG or EKG).
- Does not replace your doctor, care team, or medical equipment.
- Does not provide continuous medical monitoring.

The band is intended for everyday use by adults aged 18 and older. It is not designed for hospital use or intensive-care monitoring.

## Are my readings monitored all the time?

No. The band collects and sends information to the Vitalist Health app, but this does not mean someone is watching your readings continuously.

Whether your care team receives or reviews information, and whether caregiver alerts are monitored, depends

on your care program.

Ask your care team if you are unsure what monitoring or response arrangements apply to you.

## Should I make health decisions based on my readings?

Do not change your medication, treatment, or care plan based only on information from the band.

If you have questions about a reading or what it means for your health, contact your care team.

If you feel unwell, do not wait for the band or app to confirm a problem. If you are experiencing a medical emergency, call 911.