How to Install the Vitalist Health App

Inas B. - 2026-11-15 - Using the Vitalist Health App

You need the Vitalist Health app to set up your band, view your readings, and share your information with caregivers.

An **app** is a program you install on your phone. You can install the Vitalist Health app on a compatible iPhone or Android phone.

Install the app on your phone

On an iPhone:

1. Open the **App Store**. This is where you find and install apps on an iPhone.
2. Tap the search option and search for **Vitalist Health**.
3. Find the Vitalist Health app in the results.
4. Tap **Get** to install it. You may be asked to confirm the installation.

On an Android phone:

1. Open the **Google Play Store**. This is where you find and install apps on an Android phone.
2. Tap the search bar and search for **Vitalist Health**.
3. Find the Vitalist Health app in the results.
4. Tap **Install**.

You can also scan the QR code in the Quick Start Guide to find the app. A QR code is a square barcode that your phone's camera can scan to open a link.

Open the app

Once the installation is complete:

1. Find the Vitalist Health app icon on your phone.
2. Tap the icon to open the app.
3. Follow the instructions on your phone to sign in.

You will need a mobile phone number that can receive text messages.

For help signing in, see [How to Sign In to the Vitalist Health App].

Having trouble installing the app?

Check that your phone meets the minimum requirements:

- iPhone: iOS 15.6 or later.
- Android phone: Android 9 or later.

If you still cannot find or install the app, contact Vitalist Support for help.