How to Sync Your Vitalist Health Band Manually

Inas B. - 2026-11-13 - Syncing & Connectivity

You can ask the Vitalist Health app to sync with your band whenever you want to update the information available in the app.

Syncing means transferring information collected by your band to your phone and then to Vitalist.

Sync from the app

1. Make sure your band is on your wrist or close to your phone.
2. Turn on Bluetooth in your phone's settings.
3. Open the Vitalist Health app.
4. Open the app menu.
5. Tap **My Device**.
6. Tap **Sync**.
7. Wait for the app to complete the sync.

Keep your phone close to the band while it connects.

What happens during a sync?

The app checks for information collected by your band and transfers any available data. Once the information has been received, the app can display the latest available readings.

A manual sync does not make the band take a new measurement. It transfers information the band has already collected.

What if the information does not update?

Check the following:

- Your band has battery power.
- Bluetooth is turned on.
- Your phone is close to the band.
- Your phone has an internet connection through Wi-Fi or mobile data.
- The Vitalist Health app has permission to connect to nearby devices and run in the background, where required.

If the sync still does not complete, see [My Band Is Not Syncing with the App].