Getting to Know the Vitalist Health App

Inas B. - 2026-11-12 - Using the Vitalist Health App

The Vitalist Health app is where you can view the information collected by your Vitalist Health Band and manage your account.

This article introduces the main areas of the app and explains where to find the information you need.

The main screens

The app has four main areas:

- **Home:** Shows your latest health readings, daily step count, and the status of your band.
- **Vitals:** Lets you look back at your readings over time.
- **Alerts:** Shows caregiver alerts associated with your profile.
- **Help:** Provides access to help and support options.

You can move between the main screens using the navigation icons in the app.

The app menu

The menu gives you access to your account, device, and sharing settings. Depending on your access, you may see options such as:

- **My Profile:** View or update your personal information.
- **My Device:** Check information about your connected band, including its battery level and last sync.
- **All Devices:** View devices associated with your account, where available.
- **Account Sharing:** Manage people who can access your information.
- **All Profiles:** View profiles shared with you, if someone has given you access to their information.

What if the information on the screen looks old?

The app displays information received from your band. If your phone has not recently connected to your band, the readings shown may not be the latest ones.

Check the last sync information on the Home screen or under **My Device**.

For help updating your information, see How to Sync Your Vitalist Health Band with the App.

Need help using the app?

If you are unsure where to find something, open the app's Help section or contact Vitalist Support at support@vitalist.ca.