How to Wear and Care for Your Band Comfortably

Inas B. - 2026-11-13 - Charging & Everyday Care

Your Vitalist Health Band is designed to be worn regularly, including during sleep. A comfortable fit helps the band stay in contact with your skin while collecting information.

Check the fit regularly

The band should sit snugly against your skin without feeling too tight.

- Make sure the sensors on the underside touch your skin.
- You should be able to fit one finger comfortably between the band and your wrist.
- Avoid wearing the band so tightly that it causes discomfort or restricts circulation.

Give your skin attention

Remove the band if you notice:

- Redness or irritation.
- Pain or discomfort.
- Numbness or tingling.
- Changes in your skin colour.

Allow your skin to recover before wearing the band again. If irritation or discomfort continues, contact your care team.

Keep the band clean and dry

Sweat and moisture can collect between the band and your skin.

- Clean the band at least once a week and after heavy sweating.
- Dry your wrist and the band before putting it back on.
- Make sure the underside of the band is clean and dry before wearing it.
- Remove the band before charging.

When should I remove the band?

Remove your band when:

- You need to charge it.
- You are swimming, bathing, showering, or using a hot tub or sauna.
- You notice skin irritation or discomfort.
- Your healthcare provider advises you to remove it.

For more information about fit and positioning, see [How to Wear Your Vitalist Health Band].