What You Need Before Setting Up Your Band

Inas B. - 2026-11-14 - Getting Started

Before setting up your Vitalist Health Band, make sure you have the band, its charging cable, and a compatible smartphone.

Check that you have everything

You will need:

- Your Vitalist Health Band.
- The magnetic USB-C charging cable included in the box.
- An iPhone running **iOS 15.6 or later**, or an Android phone running **Android 9 or later**. iOS and Android are the operating systems, or main software, that run your phone.
- A mobile phone number that can receive text messages.
- Access to Wi-Fi or mobile data on your phone. These are ways your phone connects to the internet.

A USB-C wall adapter is not included with the band. You will need one to connect the charging cable to an electrical outlet.

Make sure your phone is ready

Before you begin:

1. Turn on Bluetooth on your phone. Bluetooth is a wireless connection that lets your phone communicate with nearby devices, such as your band.
2. Make sure your phone has an internet connection through Wi-Fi or mobile data.
3. Keep your phone close to the band during setup.
4. Make sure you can receive text messages at the mobile number you plan to use to sign in.

The Vitalist Health app may also ask you to allow certain permissions. A permission is something your phone asks you to approve so an app can use a feature or access information.

These may include:

- **Bluetooth access:** Lets the app connect to your band.
- **Location access:** Lets the app receive signals from your band when the app is closed. It may also use approximate location information when relaying a caregiver alert.
- **Notifications:** Lets the app show you messages, such as battery warnings and caregiver alert updates.

How long does setup take?

Allow about 20 minutes to set up your band. Your care team or healthcare provider may be able to help with some of the steps.

When you are ready, see [How to Install the Vitalist Health App].