How to View or Update Your Profile

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

Your Vitalist Health profile contains personal information associated with your account, such as your name, date of birth, height, and weight.

Some of this information helps the band calculate readings and activity estimates. It is important to keep it accurate and up to date.

Open your profile

1. Open the Vitalist Health app.
2. Open the app menu.
3. Tap **My Profile**.
4. Review the information displayed.

What information is in my profile?

Your profile may include:

- First and last name.
- Gender.
- Date of birth.
- Height.
- Weight.
- Email address, if you provided one.

Update your information

If a detail is incorrect or needs to be updated:

1. Open **My Profile** from the app menu.
2. Find the information you want to change.
3. Follow the options shown in the app to update it.
4. Save your changes if the app asks you to do so.

If you cannot edit a particular detail or are unsure how to update it, contact Vitalist Support.

Why does my profile information matter?

Your age, height, weight, and sex are used by the band to help calculate certain readings and activity estimates.

If this information is incorrect, some estimates may be affected. Keeping your profile current helps the system use the information you provide as accurately as possible.