Understanding the Band's Button and Indicator Light

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

Your Vitalist Health Band has one button and one indicator light on its side.

The **button** lets you check the battery, turn on the band, or send a caregiver alert. The **indicator light** is the small light beside the button. It uses different colours and flashing patterns to show what the band is doing.

What does the button do?

The button has three main functions:

What you do	What happens
Press and release briefly	The light shows the current battery level.
Press and hold for about 3 seconds	Sends a caregiver alert if the band is already on. If the band is off, it turns on instead.
Press and hold for about 14 seconds	Resets the band to its factory settings. Only do this if Vitalist Support asks you to.

Important: When sending a caregiver alert, release the button as soon as the light flashes red five times. Do not keep holding it. Holding the button for longer can reset the band and erase information that has not synced.

What does the indicator light mean?

The light shows different colours and patterns depending on what the band is doing.

When you briefly press the button

Light	Battery level
Red	Below 20%
Yellow	20% to 50%
Green	Above 50%

When the band is on the charger

Light	Meaning
Flashing red, yellow, or green	The band is charging. The colour indicates its current battery level.
Solid green	The band is fully charged.

The solid green light may stay on until you remove the band from the charger and wear it.

Other light signals

Light	Meaning
Flashing blue	The band is connecting to your phone. This is called pairing.
Five red flashes	The band has sent the signal for a caregiver alert.

Five red flashes confirm that the band sent its signal. They do not confirm that a caregiver received or saw the alert.

Does the band make a sound or vibrate?

No. The band does not beep or vibrate. Battery warnings and caregiver alert messages appear on your phone through the Vitalist Health app.

If you are unsure what a light signal means, contact Vitalist Support for help.