

# Android connections

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# How to Connect your Android Phone as your sleep/fitness & steps tracker?

Using Google Fit, you can effortlessly monitor, record, and manage your sleep/fitness data right from your Android devices and smartwatches.

Follow these simple steps to get started :

1. Download **Health Connect** - [click here](#)
2. Download **Google Fit** - [click here](#)
3. Open the **Google Fit** App
  1. Sign In and Set Up
  2. Sign in using your google account
  3. Follow the steps & continue to setup your profile - [click here](#)
  4. Tap Profile - Settings - Under '**Health Connect**' settings, turn on Sync Fit with **Health Connect**
4. Connect to healthmov :
  1. Open the **healthmov** app on your device.
  2. Tap the Settings icon on top right corner your homepage - Connections
  3. Connect to **Health Connect** & allow all permissions
  4. Once Connected, tap close to update

By following the above steps, you'll seamlessly integrate your Android phone with Health connect and unlock a world of comprehensive fitness tracking and monitoring at HealthMov. If you encounter any issues during the process, write to us at [support@healthmov.com](mailto:support@healthmov.com).

# How to allow permissions to Healthmov from Health Connect?

To grant the necessary permissions for the Healthmov app to access your health data via Health Connect, follow these steps:

## 1. **Open the Health Connect App:**

- On your Android device, locate and open the **Health Connect** app.

## 2. **Access App Permissions:**

- Within the Health Connect app, tap on **App permissions**.

## 3. **Locate Healthmov:**

- In the list of apps, find and select **Healthmov**.

## 4. **Grant Permissions:**

- Toggle on **Allow all** to grant Healthmov access to all relevant data types.
- Alternatively, you can manually select specific data types that Healthmov can read or write by toggling them individually.

By completing these steps, you've authorized Healthmov to access your health data through Health Connect. This setup enables seamless data sharing between Healthmov and other health and fitness apps on your device.

# How to sync Google Fit to Health Connect?

To synchronize Google Fit with Health Connect, follow these steps:

## 1. **Install Health Connect:**

- Ensure that the **Health Connect** app is installed on your Android device. You can download it from the [Google Play Store](#).

## 2. **Open Google Fit:**

Launch the **Google Fit** app on your device.

## 3. **Access Profile Settings:**

- Tap on the **Profile** tab located at the bottom right corner.
- Tap the **Settings** icon (gear symbol) at the top right corner.
- **4. Enable Health Connect Sync:**
- Scroll down to find the **Health Connect** section.
- Toggle on **Sync Fit with Health Connect**.

## 5. **Set Up Permissions:**

- A prompt will appear to set up permissions.
- Tap **Set up**.
- Select the data types you want Google Fit to read from and write to Health Connect.
- Tap **Allow** to grant the necessary permissions.

By completing these steps, Google Fit will be connected to Health Connect, allowing seamless sharing of your health and fitness data between compatible apps.

# How to sync Samsung Health to Health Connect?

To synchronize Samsung Health with Health Connect, follow these steps:

## 1. **Ensure Health Connect is Installed:**

- Verify that the **Health Connect** app is installed on your Android device. If not, download it from the [Google Play Store](#).

## 2. **Open Samsung Health:**

- Launch the **Samsung Health** app on your device.

## 3. **Access Settings:**

- Tap the **Menu** icon (three vertical dots) in the top-right corner.
- Select **Settings** from the dropdown menu.

## 4. **Navigate to Health Connect:**

- Scroll down and tap on **Health Connect**.

## 5. **Set Up Permissions:**

- If prompted, tap **Get started**.
- You'll be directed to the Health Connect app to manage permissions.
- Tap **App permissions**.
- • Select **Samsung Health** from the list of apps.
- Toggle on the data types you want Samsung Health to read from and write to Health Connect.
- Tap **Allow** to grant the necessary permissions.

By completing these steps, Samsung Health will be connected to Health Connect, enabling seamless sharing of your health and fitness data between compatible apps.

# How to sync Xiaomi to Health Connect?

To integrate Xiaomi's health and fitness data with Health Connect, follow these steps:

## 1. Install Health Connect:

- Ensure that the **Health Connect** app is installed on your Android device. You can download it from the [Google Play Store](#).

## 2. Check Xiaomi App Compatibility:

- As of now, Xiaomi's native health apps, such as Mi Fit or Mi Health, do not officially support integration with Health Connect. This means direct synchronization between Xiaomi's health data and Health Connect isn't available.

## 3. Use Third-Party Solutions:

- To bridge the gap, consider using third-party apps that support both Xiaomi devices and Health Connect. For instance, **Google Fit** can act as an intermediary:
- **Sync Xiaomi Data to Google Fit:** Open your Xiaomi health app (e.g., Mi Fit), navigate to settings, and link it to Google Fit.
- **Connect Google Fit to Health Connect:** Open the Health Connect app, go to **App permissions**, select **Google Fit**, and grant the necessary permissions.

By following these steps, you can facilitate the sharing of your Xiaomi health data with other compatible apps through Health Connect. Keep in mind that this method relies on third-party integrations and may have limitations. For the most accurate and up-to-date information, refer to official support channels or documentation.

# How to Sync my Preferred Tracking app to Health Connect?

To integrate your tracking app with Health Connect, follow these steps:

## 1. **Verify App Compatibility:**

- Ensure that your tracking app supports Health Connect integration. You can check the app's settings or visit the [Health Connect compatible apps list](#) on the Google Play Store.

## 2. **Install Health Connect:**

- If not already installed, download and install the **Health Connect** app from the [Google Play Store](#).

## 3. **Configure Permissions in Health Connect:**

- Open the **Health Connect** app on your device.
- Tap on **App permissions**.
- Locate and select your tracking app from the list.
- Toggle on **Allow all** to grant the app access to all relevant data types, or manually select specific data types to share.

## 4. **Set Up Permissions in the Tracking App:**

- Open your tracking app.
- Navigate to the app's settings or data sharing section.
- Look for an option related to **Health Connect** integration.
- Enable synchronisation with Health Connect and grant the necessary permissions.

By completing these steps, your tracking app will be connected to Health Connect, allowing seamless sharing of your health and fitness data between compatible apps. For more detailed guidance, refer to the app's official support resources or documentation.

# How to Check if I have Sleep/Steps Data in Health Connect

To check if you have steps data in Health Connect, follow these steps:

## Step 1: Open Health Connect

1. **Locate and open** the **Health Connect** app on your Android device.

- If it's not installed, you can download it from the [Google Play Store](#).

## Step 2: Navigate to Data Insights

1. On the main screen of the app, look for a section labeled **"Data and access"** or similar.
2. Tap on **"Data"** / **"See all categories"** or a similar option that allows you to browse data types.

## Step 3: Check for Sleep Data or Step Data

1. Scroll through the list of available data categories and locate **Steps**.
2. Tap on it to see:
  - The total steps recorded.
  - The contributing apps that logged this data (e.g., Google Fit, Samsung Health).
  - A timeline or breakdown of the recorded steps, depending on the app's interface.

## Step 4: Troubleshooting (if no data is present)

1. **Check Permissions:**



- Ensure that the apps logging your sleep/step data (e.g., Google Fit, Samsung Health) have the required permissions in Health Connect.
- Go to **App permissions** within Health Connect and verify that the relevant apps have access to read/write sleep/step data.

## 2. **Verify the Apps:**

- Confirm that the apps you use to track sleep/steps are compatible with Health Connect.

## 3. **Sync Your Apps:**

- Open your tracking app(s) and ensure they are syncing data correctly with Health Connect.

This will help you verify if sleep/steps data is available in Health Connect and troubleshoot any missing data issues.

# Can I connect any fitness devices to healthmov app?

You can effortlessly monitor, record, and manage your fitness & sleep data right from your Android devices and smartwatches.

Follow these simple steps to get started :

1. Download **Health Connect** - [click here](#)
2. Open your default **Fitness** App on your device (e.g. Samsung Health, Google fit, Fitbit, Huawei, AmazeFit etc)
  1. Sign In and Set Up if needed
  2. Tap Settings - Under '**Health Connect**' settings, turn on **Sync Fit with Health Connect**
3. Connect to healthmov :
  1. Open the **healthmov** app on your device.
  2. Tap the Settings icon on top right hand corner on Home, then select Connections
  3. Connect to **Health Connect** & allow all permissions
  4. Once Connected, tap close to update

By following the above steps, you'll seamlessly integrate your Android phone with Health Connect and unlock a world of comprehensive fitness tracking and monitoring at healthmov. If you encounter any issues during the process, write to us at [support@healthmov.com](mailto:support@healthmov.com).

# How to enable Usage Data Access setting for Healthmov Sleep Tracker on Android

As part of the setup to track your sleep duration with the Healthmov Sleep Tracker, you'll need to grant Healthmov permission to allow for Usage Data Access so we can track your data securely.

You can enable this through the Healthmov Sleep Tracker Setup flow:

1. On Home, select Settings then tap Sleep Connection **OR** go to the Sleep metric and tap Setup & Track Your Sleep button
2. A Permission Request pop up will appear, by tapping on Open Usage Data Access you will be taken to the relevant settings screen. Locate 'healthmov' in the list and tap the toggle to enable.
3. Tap Back to return to the Connect to your sleep tracker screen and tap Setup again. The Bedtime/Wake Up dial should appear. Set your sleep schedule and tap Save.
4. The connection for Healthmov Sleep Tracker will now show as Connected.

or by following the steps below:

1. **Open** the **Settings** app.
2. Scroll down and tap **Apps** (or **Apps & notifications**).
3. Tap **Special app access** (at the bottom of the list) or can be accessed via **⋮ (3 dots) > Special access**. If you have a Xiaomi device, you will need to tap **Manage apps** then tap **⋮ (3 dots) > Special permissions**
4. Tap **Usage access** or **Usage data access**.
5. You'll now see a list of apps that have requested this access. Tap any app to enable or disable access.