

# iOS connections

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# How to connect your iOS phone as your Sleep tracker?

With Apple Health integration, you can seamlessly track your sleep data. Here's how to connect Apple Health for sleep tracking :

Set Up Sleep Tracking in Apple Health:

1. Open the Health app on your iPhone
2. If prompted, sign in with your Apple ID credentials
3. In the Health app, go to the Browse tab
4. Select Sleep
5. Tap Get Started under Set Up Sleep and follow the on-screen instructions, you can view instructions by [clicking here](#)

Connect Apple Health with healthmov :

1. Open the healthmov app on your device
2. On Home, select Settings (add icon screen shot) then tap Connections or when selecting a challenge the Connections screen will be displayed
3. On Connections, select With my phone then Connect on Apple Health

Follow the on-screen instructions to finalise the connection and grant all required permissions, ensuring sleep data is included. By following these steps, you'll enable comprehensive sleep tracking and monitoring through healthmov.

If you encounter any issues during the process, feel free to contact us at [support@healthmov.com](mailto:support@healthmov.com).

# How to allow permissions to Healthmov?

## 1. **Open the Settings App:**

On your iPhone, locate and open the **Settings** app.

## 2. **Go to the Privacy Section:**

Scroll down and tap **Privacy & Security**.

## 3. **Open the Health Section:**

In the **Privacy & Security** menu, locate and tap **Health**.

## 4. **Find the Healthmov App:**

Under the list of apps that have requested access to Apple Health data, find and tap **Healthmov**.

## 5. **Enable Permissions:**

You will see a list of data categories (e.g., **Steps**, **Calories Burned**, **Heart Rate**, etc.) that HealthMov has requested access to.

Allow All permissions

## 6. **Confirm Changes:**

- Once you've adjusted the toggles to your preference, simply exit the Settings app. Changes are saved automatically.

# How to connect your iOS phone as your Fitness & Steps tracker?

1. Open the healthmov app on your device
2. On Home, select Settings then tap Connections or when selecting a challenge the Connections screen will be displayed
3. On Connections screen, select With my phone
4. Then tap Connect alongside Apple Health
5. Follow the on-screen instructions to finalise the connection and grant all required permission
6. Connect status will change to Connected
7. Select Save to proceed

# How to connect your phone running iOS 18 as a sleep tracker?

Apple has stopped tracking Sleep through your Phone.

To track your sleep consider wearing a device which should be connected to Apple Health.