Sleep & fitness tracking

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What data can I collect from connected devices?

Healthmov uses activity data from Apple Health, Health Connect + Samsung Health/Google Fit, Garmin, Fitbit. This includes extensive exercise activities such as running, walking, swimming, yoga, skiing, wheelchair distance etc. Along with detailed sleep analysis such as REM, Deep and light sleep when available from a users connected device.

How can I track my steps, other fitness activities on healthmov?

Healthmov integrates with Apple Health, Health Connect + Samsung Health/Google Fit, Garmin, Fitbit. If you use another device, you can sync it with Apple Health or Health Connect, and healthmov will retrieve your data from there.

If you don't have a dedicated device, you can turn your phone into a fitness tracker by connecting it to Apple Health or Health Connect. This way, you can start tracking your fitness data with healthmov.

How often does the app sync with my device?

Healthmov retrieves the last 7 days of data on every login to the app. All data retrieved by healthmov will remain in the healthmov app for ease of access.

What should I do if my data is not accurate?

1. On healthmov homepage, tap Settings on the top righthand corner
2. Go to "Connections."
3. Ensure that your device is successfully connected.
4. Open your device app to sync your data from your device to the app.
5. Return to healthmov to refresh the data.

If you still notice a discrepancy, please email us at support@healthmov.com. Include screenshots from both your device app and healthmov app showing the discrepancy for specific days.

How can I track my sleep on healthmov?

Healthmov integrates with Apple Health, Health Connect + Samsung Health/Google Fit, Garmin and Fitbit. If you use another device, you can sync it with Apple Health or Health Connect + Samsung Health/Google Fit, and healthmov will retrieve your sleep data from there.

If you don't have a dedicated device, you can turn your phone into a sleep tracker by connecting it to Apple Health or Health Connect. This way, you can start tracking your sleep data with healthmov.

My fitness & sleep data is not reflecting on the app

- On healthmov homepage, tap Settings on the top right hand corner
- Go to Connections
- Check your device connection. If already connected, tap to disconnect and then connect again
- Go to the fitness page and wait a few seconds for the data to refresh

- If you still encounter issues, please contact us at support@healthmov.com.