Your guide to device integrations

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How do I connect my Apple Watch to the healthmov app?

To connect your Apple Watch to healthmov App to track your progress steps & fitness follow the below steps :

1. On Home, select Settings then tap Connections or when selecting a challenge the Connections screen will be displayed
2. On the Connections screen select With a device.
3. Tap on Connect To Apple Watch. If you're already connected, tap twice on the button.
4. Select all data that you want to sync.
5. Select Allow to give permission to the app
6. Choose Open HealthMov app to go back to the app and click refresh.
7. Your Sleep and Fitness will be updated after a few seconds.
8. You must daily open your healthmov app to sync your data

How can I connect my Garmin device to the healthmov app?

To connect your Garmin to healthmov App to track your progress steps & fitness follow the below steps :

1. On Home, select Settings then tap Connections or when selecting a challenge the Connections screen will be displayed
2. On the Connections screen select With a device.
3. Tap on Connect To Garmin. If you're already connected, tap twice on the button.
4. Your browser should open to a Garmin login page, add your Garmin account details there.
5. Select the data that you want to sync.
6. Select Allow to give permission to the app
7. Choose Open HealthMov app to go back to the app and click refresh.
8. Your Sleep and Fitness will be updated after a few seconds.
9. You must daily sync your garmin app and then open healthmov app to sync data correctly

How do I connect my Fitbit to healthmov app?

To connect your Fitbit to healthmov App to track your progress steps & fitness follow the below steps :

1. On Home, select Settings then tap Connections or when selecting a challenge the Connections screen will be displayed
2. On the Connections screen select With a device.
3. Tap on Connect To Fitbit. If you're already connected, tap twice on the button.
4. Your browser should open to a Fitbit login page, add your Fitbit account details there.
5. Check all the checkboxes and click Allow.
6. Go back to the healthmov app and refresh.
7. Your Sleep and Fitness will be updated after a few seconds.
8. You must daily open your healthmov app to sync your data