

# Fitness & Sleep Data

All about your device connections & integrations

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# Sleep & fitness tracking

Sleep & fitness tracking

# 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.

Sleep & fitness tracking

# 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](mailto:support@healthmov.com). Include screenshots from both your device app and healthmov app showing the discrepancy for specific days.

Sleep & fitness tracking

# 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](mailto:support@healthmov.com).

# Your guide to device integrations

# 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

# Why is my device not syncing with the app?

1. Go to the profile section by tapping your profile picture in the top left corner.
2. Navigate to "Connections."
3. Check your device connection. If already connected, tap to disconnect and then connect again.
4. Go to the fitness page and wait a few seconds for the data to refresh.
5. If you still encounter issues, please contact us at [support@healthmov.com](mailto:support@healthmov.com)

# iOS connections

# 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

iOS connections

# 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.

# Android connections

# 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. Downlaod **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.

# Sync with Garmin Connect

To synchronize your data with Garmin Connect, follow these steps:

## 1. **Ensure Bluetooth is Enabled:**

- Verify that Bluetooth is turned on both on your Garmin device and your smartphone.

## 2. **Open the Garmin Connect App:**

- Launch the **Garmin Connect** app on your smartphone.

## 3. **Bring Devices Close Together:**

- Position your Garmin device within 3 meters (10 feet) of your smartphone to ensure a stable connection.

## 4. **Initiate Sync:**

- Your Garmin device automatically syncs data with the Garmin Connect app each time you open the app. Additionally, your device periodically syncs data with the app automatically. You can also manually sync your data at any time.

## 5. **Verify Sync Completion:**

- Wait for the synchronization process to complete. Once finished, you can view your current data in the Garmin Connect app.

By following these steps, your activity data should successfully sync to Garmin Connect, allowing you to monitor and analyze your fitness progress.

# Check my steps data in Garmin Connect

To view your step data in Garmin Connect, follow these steps:

## Using the Garmin Connect Mobile App:

### 1. Open the App:

- Launch the **Garmin Connect** app on your smartphone.

### 2. Navigate to 'My Day':

- Tap on the **'My Day'** tab at the bottom of the screen.

### 3. View Steps:

- Scroll down to find the **'Steps'** section, which displays your daily step count.

### 4. Access Detailed Step History:

- Tap on the **'Steps'** section to view more detailed information, including weekly and monthly step totals.

## Using the Garmin Connect Web Interface:

### 1. Log In:

- Visit [Garmin Connect](#) and sign in to your account.

### 2. Access 'Health & Fitness':

- Click on **'Health & Fitness'** in the left-hand menu.

### 3. Select 'Reports':

- Choose **'Reports'** from the dropdown menu.

#### 4. **Generate a Steps Report:**

- In the **'Reports'** section, select **'Steps'** to generate a report of your step data over a specified time period.

By following these steps, you can effectively monitor your step count and track your progress over time using Garmin Connect.

# Sync with Fitbit

To synchronize your Fitbit device and ensure your activity data is up-to-date, follow these steps:

## 1. Automatic Syncing:

- **Keep Your Device Nearby:** Ensure your Fitbit device is within Bluetooth range of your smartphone or tablet.
- **Open the Fitbit App:** Launching the app initiates automatic syncing.
- **Enable All-Day Sync (Optional):** For continuous syncing throughout the day, enable the 'All-Day Sync' feature in the app's settings.

## 2. Manual Syncing:

- **Open the Fitbit App:** On your smartphone or tablet, open the Fitbit app.
- **Access the Today Tab:** Tap on the 'Today' tab at the bottom.
- **Initiate Sync:** Press and hold the screen, then pull down to refresh and start the syncing process.
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## 3. Syncing with a Computer:

- **Install Fitbit Connect:** Download and install Fitbit Connect on your computer.
- **Use the Wireless Sync Dongle:** Insert the dongle into a USB port.
- **Open Fitbit Connect:** Launch the application and log in to your account.
- **Initiate Sync:** Click on 'Sync Now' to synchronize your data.

## Troubleshooting Tips:

- **Check Bluetooth:** Ensure Bluetooth is enabled on your device.
- **Verify Internet Connection:** Confirm that your smartphone or computer has an active internet connection.
- **Restart Devices:** If syncing issues persist, try restarting your Fitbit device and the Fitbit app.
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Regular syncing ensures your activity data is accurately recorded and available for review in the Fitbit app.

# Check my steps data in Fitbit

To check your steps data on Fitbit, follow these steps:

## Using the Fitbit Mobile App

### 1. Open the Fitbit App:

- Launch the **Fitbit** app on your smartphone or tablet.

### 2. Access the Today Tab:

- The **Today** screen is the default view when you open the app.
- Look for the **Steps** tile, which displays your daily step count.

### 3. Tap on the Steps Tile:

- Tap the **Steps** section to see more detailed data, such as:
- Step count over time (daily, weekly, monthly).
- Graphs showing trends and activity levels.

## Using the Fitbit Web Dashboard

### 1. Log In to Fitbit.com:

- Visit [Fitbit Dashboard](#) and log in with your Fitbit account credentials.

### 2. Navigate to the Dashboard:

- Once logged in, you'll see a summary of your activity, including **Steps**.

### 3. View Detailed Step Data:

- Click on the **Steps** section to view historical data and trends.

## Troubleshooting Missing Steps Data:

### • Sync Your Device:

- Ensure your Fitbit is synced with the app to display the latest data.
- Follow the syncing steps described earlier if needed.

### • Check the Fitbit App Permissions:

- Ensure the app has the necessary permissions to access and display activity data.

By following these steps, you can easily track and monitor your steps data using Fitbit.