

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

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