

# 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.

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