

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.

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