

# 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. Download **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).

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