

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

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