

# How to Sync my Preferred Tracking app to Health Connect?

To integrate your tracking app with Health Connect, follow these steps:

## 1. **Verify App Compatibility:**

- Ensure that your tracking app supports Health Connect integration. You can check the app's settings or visit the [Health Connect compatible apps list](#) on the Google Play Store.

## 2. **Install Health Connect:**

- If not already installed, download and install the **Health Connect** app from the [Google Play Store](#).

## 3. **Configure Permissions in Health Connect:**

- Open the **Health Connect** app on your device.
- Tap on **App permissions**.
- Locate and select your tracking app from the list.
- Toggle on **Allow all** to grant the app access to all relevant data types, or manually select specific data types to share.

## 4. **Set Up Permissions in the Tracking App:**

- Open your tracking app.
- Navigate to the app's settings or data sharing section.
- Look for an option related to **Health Connect** integration.
- Enable synchronisation with Health Connect and grant the necessary permissions.

By completing these steps, your tracking app will be connected to Health Connect, allowing seamless sharing of your health and fitness data between compatible apps. For more detailed guidance, refer to the app's official support resources or documentation.