

How to sync Samsung Health to Health Connect?

To synchronize Samsung Health with Health Connect, follow these steps:

1. **Ensure Health Connect is Installed:**

- Verify that the **Health Connect** app is installed on your Android device. If not, download it from the [Google Play Store](#).

2. **Open Samsung Health:**

- Launch the **Samsung Health** app on your device.

3. **Access Settings:**

- Tap the **Menu** icon (three vertical dots) in the top-right corner.
- Select **Settings** from the dropdown menu.

4. **Navigate to Health Connect:**

- Scroll down and tap on **Health Connect**.

5. **Set Up Permissions:**

- If prompted, tap **Get started**.
- You'll be directed to the Health Connect app to manage permissions.
- Tap **App permissions**.
- Select **Samsung Health** from the list of apps.
- Toggle on the data types you want Samsung Health to read from and write to Health Connect.
- Tap **Allow** to grant the necessary permissions.

By completing these steps, Samsung Health will be connected to Health Connect, enabling seamless sharing of your health and fitness data between compatible apps.

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