

How to sync Xiaomi to Health Connect?

To integrate Xiaomi's health and fitness data with Health Connect, follow these steps:

1. Install Health Connect:

- Ensure that the **Health Connect** app is installed on your Android device. You can download it from the [Google Play Store](#).

2. Check Xiaomi App Compatibility:

- As of now, Xiaomi's native health apps, such as Mi Fit or Mi Health, do not officially support integration with Health Connect. This means direct synchronization between Xiaomi's health data and Health Connect isn't available.

3. Use Third-Party Solutions:

- To bridge the gap, consider using third-party apps that support both Xiaomi devices and Health Connect. For instance, **Google Fit** can act as an intermediary:
- **Sync Xiaomi Data to Google Fit:** Open your Xiaomi health app (e.g., Mi Fit), navigate to settings, and link it to Google Fit.
- **Connect Google Fit to Health Connect:** Open the Health Connect app, go to **App permissions**, select **Google Fit**, and grant the necessary permissions.

By following these steps, you can facilitate the sharing of your Xiaomi health data with other compatible apps through Health Connect. Keep in mind that this method relies on third-party integrations and may have limitations. For the most accurate and up-to-date information, refer to official support channels or documentation.

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