

# My fitness & sleep data is not reflecting on the app

- On healthmov homepage, tap Settings on the top right hand corner
- Go to Connections
- Check your device connection. If already connected, tap to disconnect and then connect again
- Go to the fitness page and wait a few seconds for the data to refresh
- If you still encounter issues, please contact us at [support@healthmov.com](mailto:support@healthmov.com).

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