

# User Guide: Connecting Health Connect from Google Fit and Samsung Health

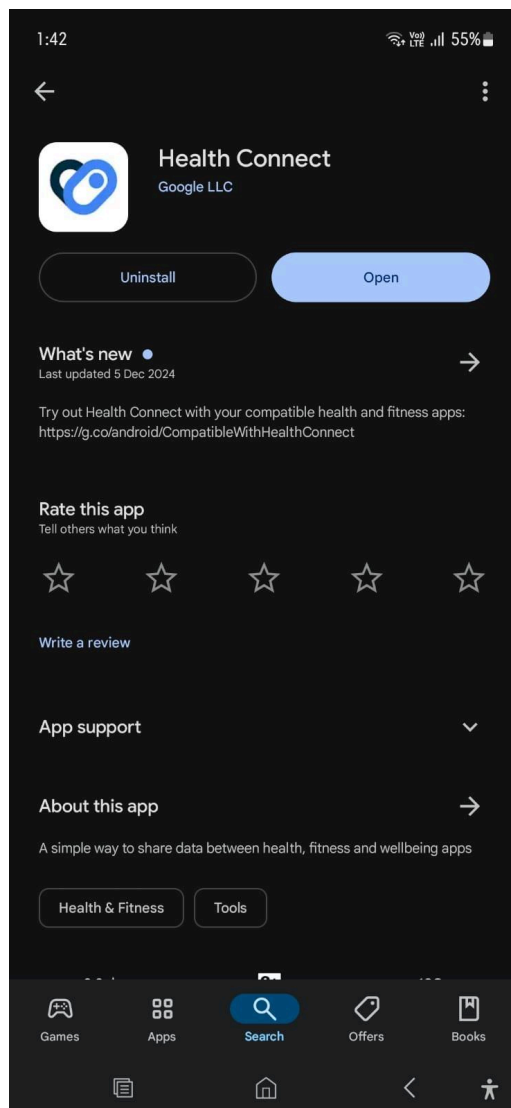
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## Step 1: Install Health Connect

### 1. Install the Health Connect App

Before connecting your health data, make sure you have the **Health Connect** app installed on your device.

- For Android 14 and above, Health Connect is built into your phone.
- For earlier versions, download **Health Connect** from the Google Play Store if you haven't already.



## 2. Open Health Connect

After installation, open the Health Connect app. You may need to grant the app the necessary permissions to access your health data.

## Step 2: Connect Google Fit to Health Connect

### 1. Open Google Fit

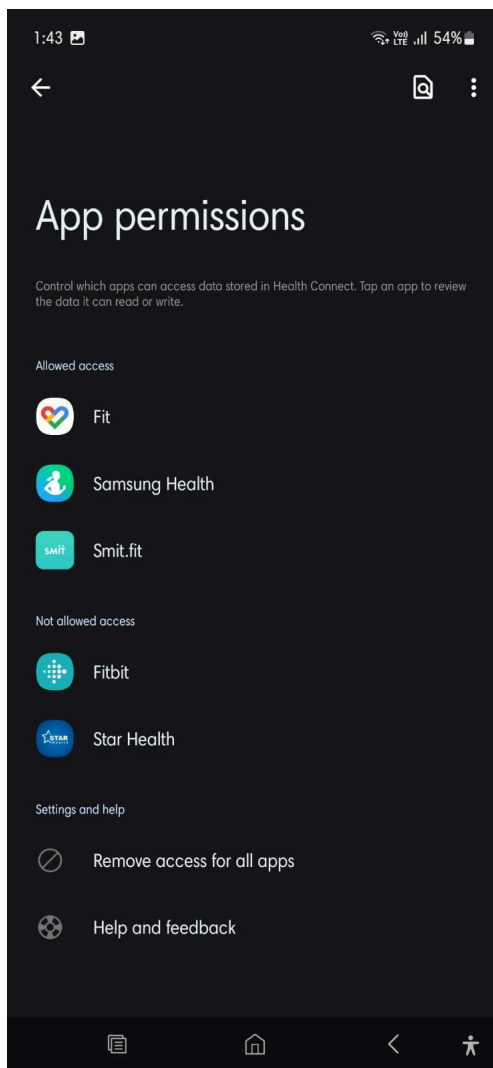
If you haven't installed Google Fit, download it from the Google Play Store.

### 2. Sign In to Google Fit

Launch Google Fit and sign in with your Google account. Make sure your Google Fit account is synced and has the data you want to share with other apps

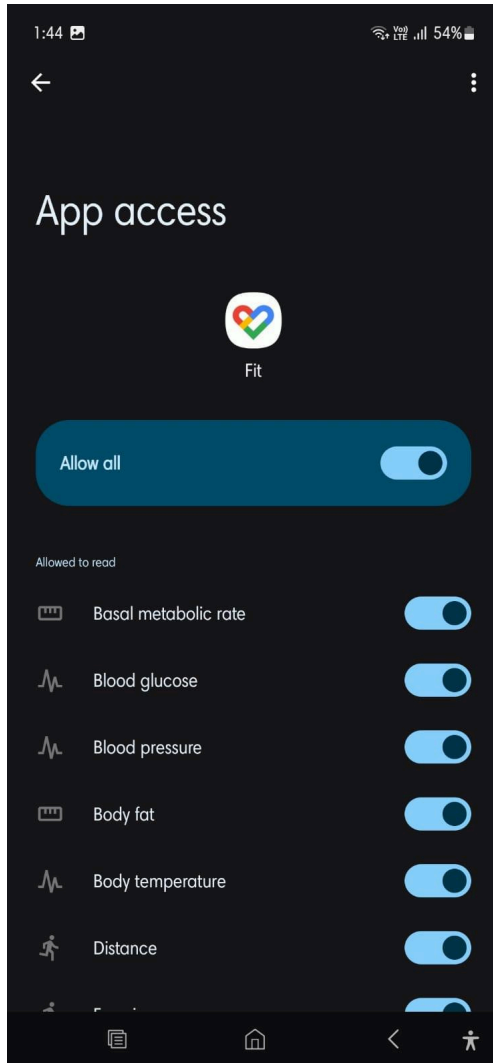
### 3. Link Google Fit to Health Connect

- Open the **Health Connect app**.
- Go to the **App Permission** section.
- Find **Google Fit** in the list of available apps.



#### 4. Confirm Permissions

Health Connect will request permission to access various data types like steps, heart rate, activity, and more. Confirm and allow access to the data you wish to sync.



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### Step 3: Connect Samsung Health to Health Connect

#### 1. Open Samsung Health

If you haven't installed Samsung Health, download it from the Google Play Store.

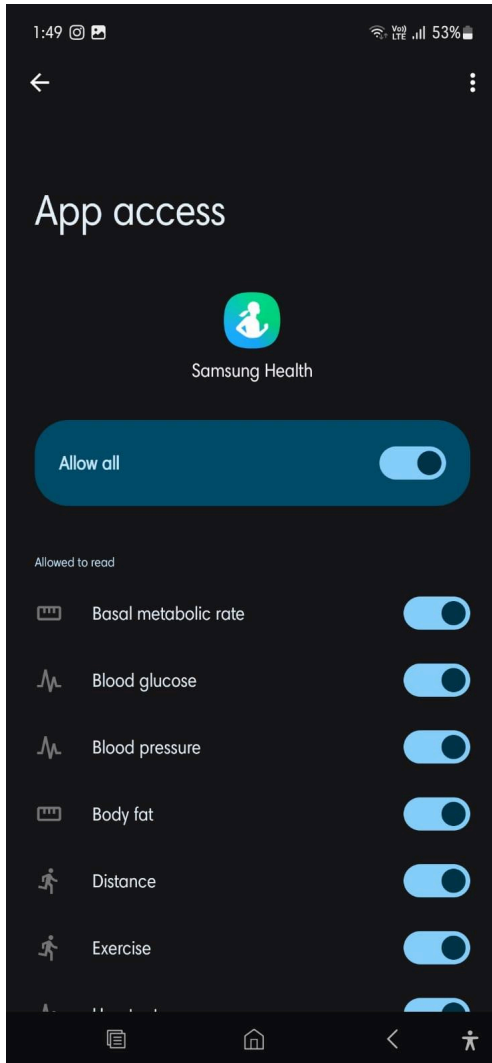
#### 2. Sign In to Samsung Health

Open Samsung Health and sign in with your Samsung account. Ensure your health data is synced and up to date in the app.

#### 3. Link Samsung Health to Health Connect

- Open the **Health Connect app**.
- Navigate to **App Permissions**

- Find **Samsung Health** in the list of available apps.
- Tap **Connect** to link Samsung Health with Health Connect.
- Allow the required permissions for Health Connect to access your Samsung Health data (e.g., steps, sleep, activity, etc.).



#### 4. **Confirm Permissions**

Health Connect will ask for permission to access data from Samsung Health. Confirm the permissions and allow Health Connect to sync the data you want to share.

### **Step 4: Manage Permissions and Sync Data**

#### 1. **Review and Adjust Permissions**

After connecting Google Fit or Samsung Health, you can review which data types are being shared with Health Connect.

## 2. **Sync Data Across Apps**

Once connected, Health Connect will automatically sync your health and fitness data between the apps and devices you use. You can now access your data from multiple sources in one place.

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## **Step 5: Disconnecting Google Fit or Samsung Health from Health Connect**

If you ever decide to disconnect your Google Fit or Samsung Health account from Health Connect, follow these steps:

### 1. **Open Health Connect**

Go to the **App Permission** section.

### 2. **Select the App to Disconnect**

Choose either **Google Fit** or **Samsung Health** from the list of connected apps.

### 3. **Toggle off all permission**

Tap **Disconnect** to unlink the app from Health Connect.

## **Alternate Method: Link Health Connect via Google Fit or Samsung Health Apps**

If you prefer an alternate method to link Health Connect from within the Google Fit or Samsung Health apps, follow these steps:

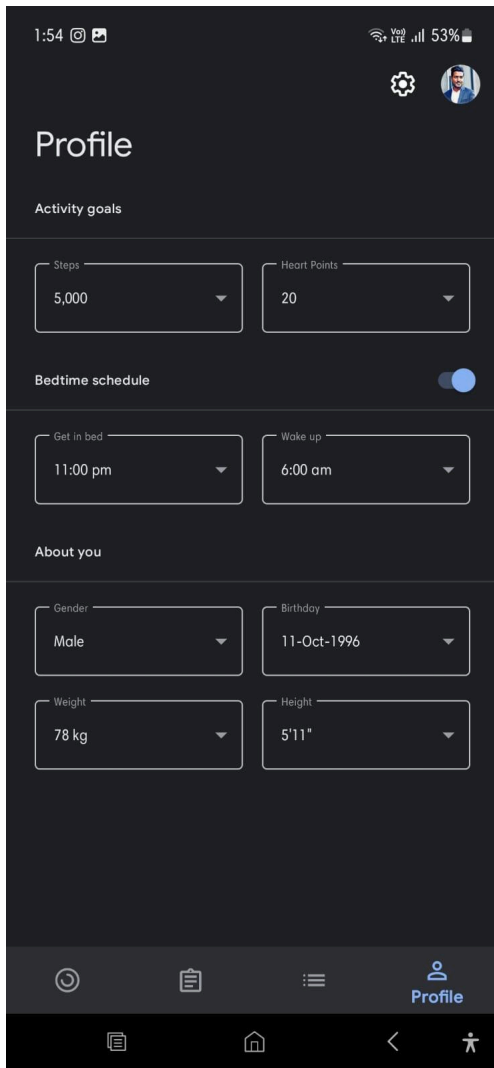
### **Link Google Fit to Health Connect via Google Fit App**

#### 1. **Open Google Fit**

Launch the **Google Fit** app on your device.

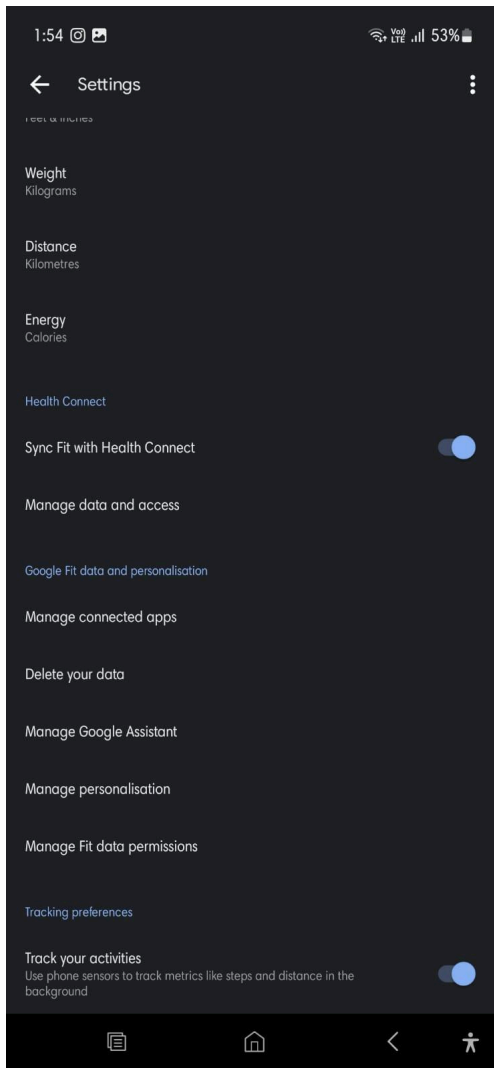
#### 2. **Navigate to Settings**

Tap on your profile icon in the top-right corner and go to **Settings**.



### 3. Link Health Connect

In the settings, find the option to link to **Health Connect**. Tap on **Link** to connect Google Fit with Health Connect.



#### 4. **Grant Permissions**

Confirm and grant the necessary permissions for Google Fit to sync data with Health Connect.

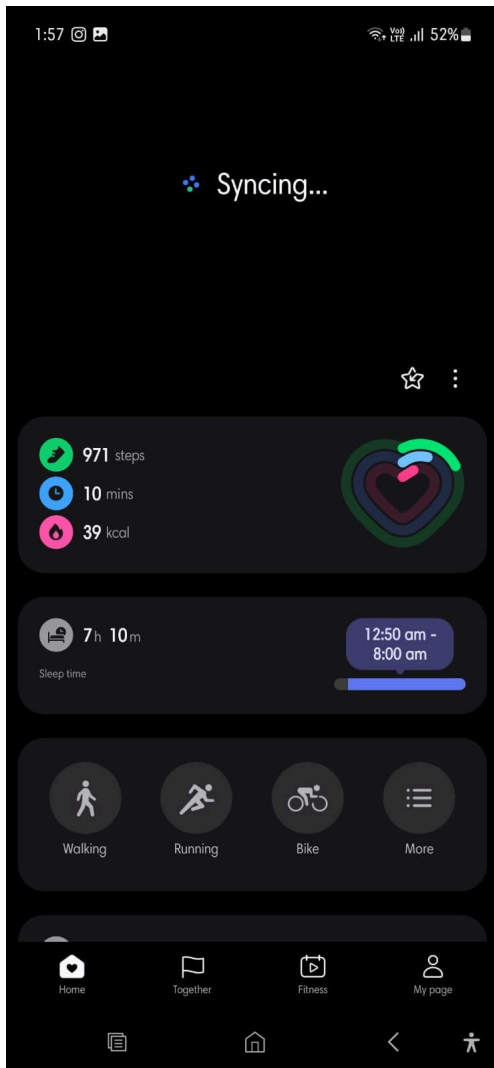
### **Link Samsung Health to Health Connect via Samsung Health App**

#### 1. **Open Samsung Health**

Launch the **Samsung Health** app.

#### 2. **Navigate to Settings**

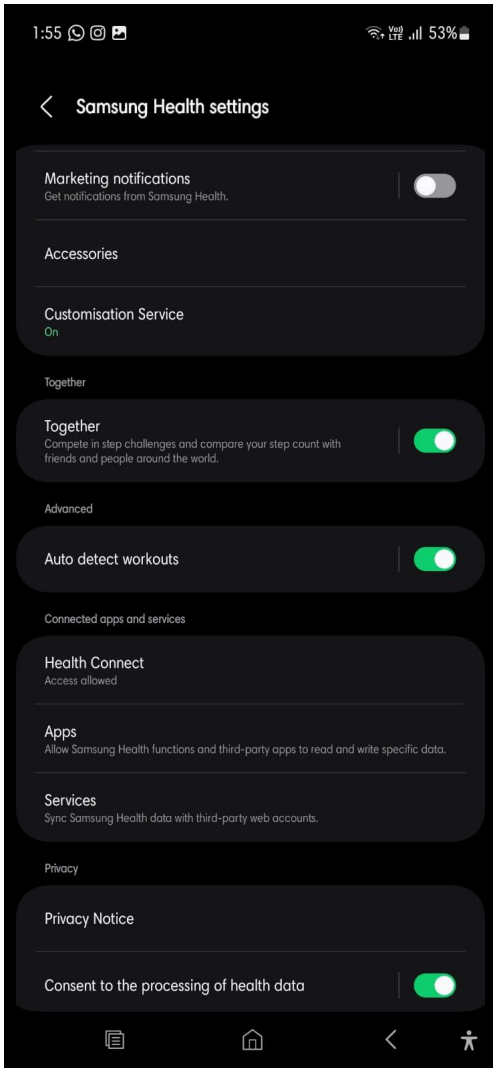
Tap on the **Menu** icon (three dots ) in the top-right corner, then go to **Settings**.



### 3. Link Health Connect

In the settings, look for the option to connect to **Health Connect** and tap on it.





#### 4. Grant Permissions

Confirm and grant the necessary permissions for Samsung Health to sync data with Health Connect.