



Make sure your movement counts!

Quick Guide to Setting Up Health Connect with Healthy Cities through Google Fit



Install Google Fit and Health Connect

Download them from the Play Store or ensure they are updated Open both apps before proceeding

**Important:* If you have another fitness app that you prefer to use instead of Google Fit, you can also link it to Health Connect in the same way.





Enable permissions in Google Fit and Health Connect

- 1. Open **Google Fit** and verify that you have the permissions enabled.
- 2. Then open Health Connect App permissions.
- 3. Select Google Fit and Healthy Cities and enable all permissions.

App permissions	,	App permissions	
Control which apps can access data stored in Health Connect. Tap an app to review the data it can read or write.	C H r	Control which apps can access data stored in Health Connect. Tap an app to review the data it can read or write.	
Allowed access	¢.	Allowed access	
💙 Fit	١	No apps allowed	
Healthy Cities	•	Not allowed access	
\delta Samsung Health		🎸 Fit	
Not allowed access		Healthy Cities	
No apps denied		\delta Samsung Health	
Settings and help	s	Settings and help	
Remove access for all apps	(Remove access for all apps	





Grant access to steps and distance

Tap on Google Fit and enable the permissions for:

- Steps
- Distance

*Important: At the bottom, enable 'With write permission'. If you prefer, tap 'Allow all' and you're done.





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Verify that everything is working

Check that Google Fit is recording steps and that Healthy Cities can read them:

- 1. Open Health Connect
- 2. Go to Data and access > Activity > Steps.
- 3. Ensure that:
- **Google Fit** can write steps.
- Healthy Cities can read steps.

Health Connect :	\leftarrow Data and access :	•	← Steps :
Manage the health and fitness data on your phone, and control which apps can access it	Browse data	Activity	je.
22	Activity		Steps
Automatically remove Health Connect permissions for any unused apps	See all categories	Distance	Can read steps
Remove permissions	Manage data	Exercise	💙 Fit
Recent access	🔟 Delete all data	Speed	Healthy Cities
10:19 💙 Fit		Steps	Samsung Health
10:17 😵 Fit			
See all recent access		Total calories burned	Can write steps
Permissions and data		Manage data	V Fit
App permissions		Data sources and priority	3 Samsung Health
3 apps have access		Delete activity data	Manage data
O Data and access			See all entries
🖏 Manage data	• •	• • •	Delete this data

Check the recorded steps

Confirm that Health Connect is recording your steps correctly:

- 1. On the same screen, tap 'View all entries'.
- 2. You will see the history of recorded steps, as shown in the example.

*If you don't see steps, make sure you have walked with your phone on you and have granted the permissions correctly in the previous steps.





Need help?

Contact our technical support team through the technical assistance chat in the app or via email at **healthycities@bupa.com**

