

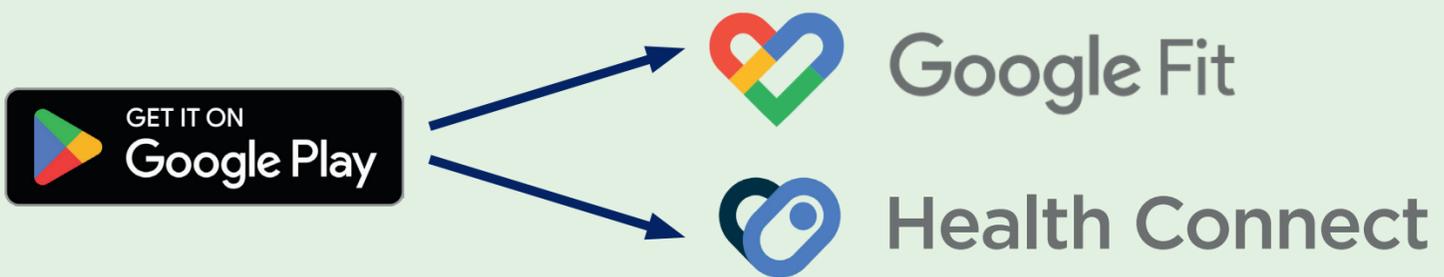
Make sure your movement counts!

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

1 Install Google Fit and Health Connect

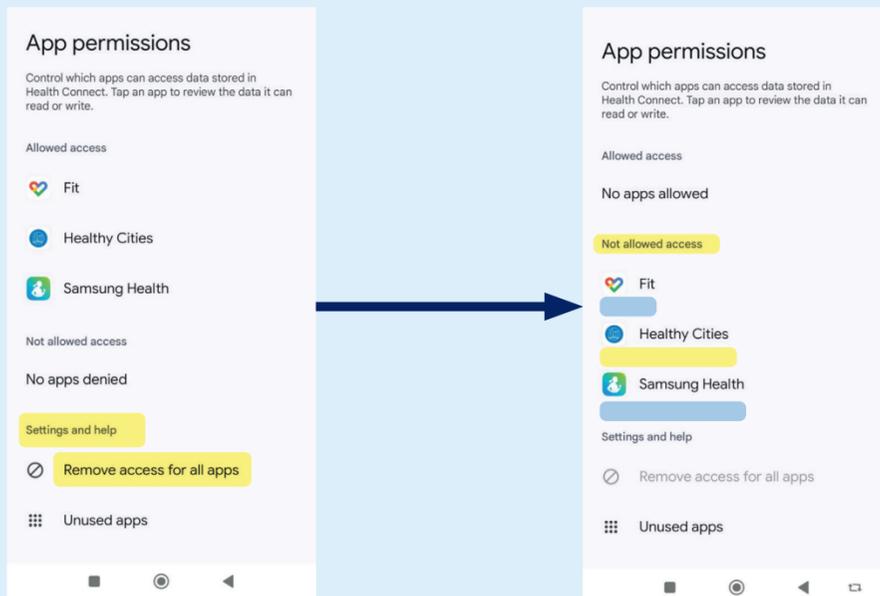
Download them from the Play Store or ensure they are updated
Open both apps before proceeding

****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.*



2 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.

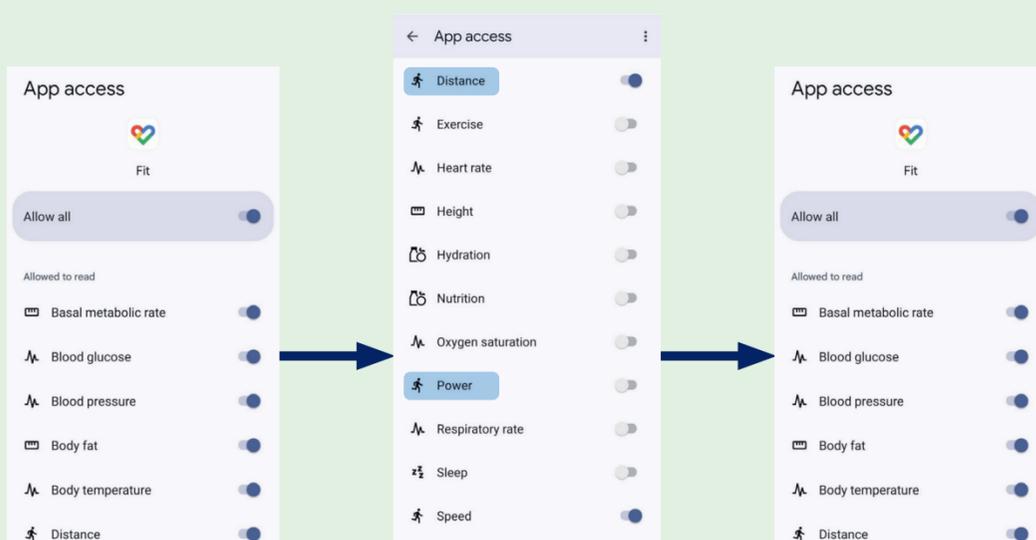


3 Grant access to steps and distance

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.*



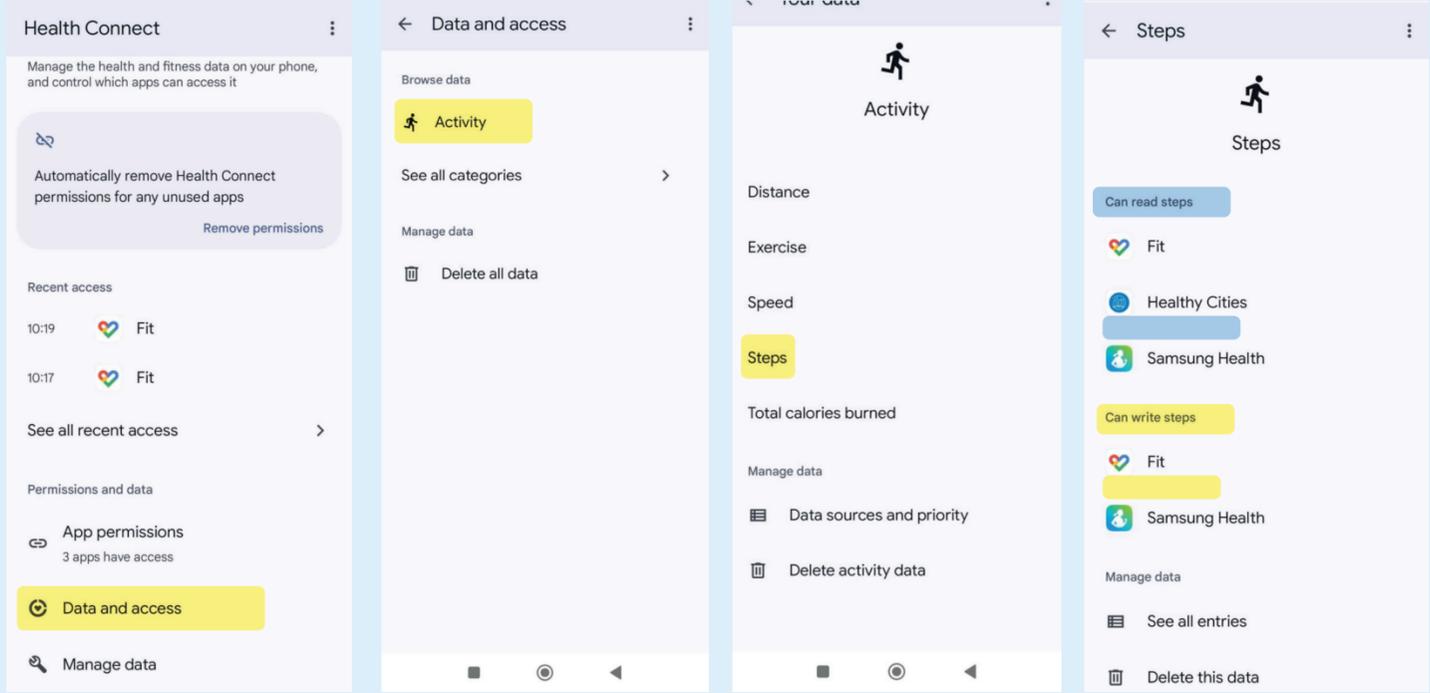
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Verify that everything is working

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.



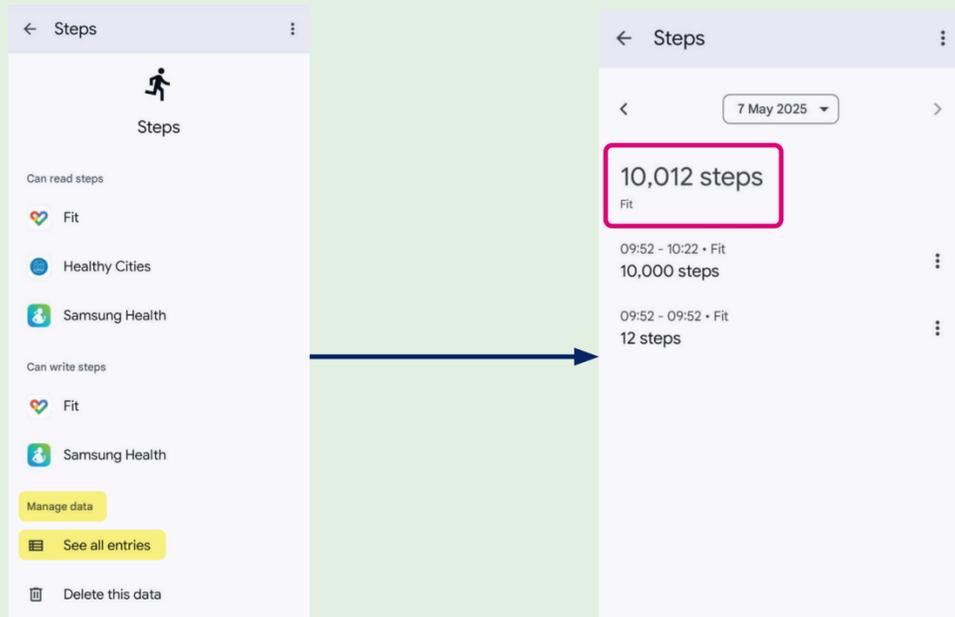
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Check the recorded steps

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**

