

How to sync data from Samsung Health to Google Fit

You have activity data at Samsung Health, but wanting to sync to Google Fit is very simple through using the Health Sync middleware app.

Both Google and Samsung also have their own apps to track users' health, either through exercise activities or information from users. In case you have activity data at Samsung Health, but want to sync to Google Fit is very simple, through the use of the Health Sync middleware application.

The application supports synchronization of health data from many applications such as Fitbit, Garmin, InBody, Oura Ring.... including Samsung Health to Google Fit. Users can use Samsung Health to track activity and sync all their data with Google Fit.

How to sync Samsung Health to Google Fit

Step 1:

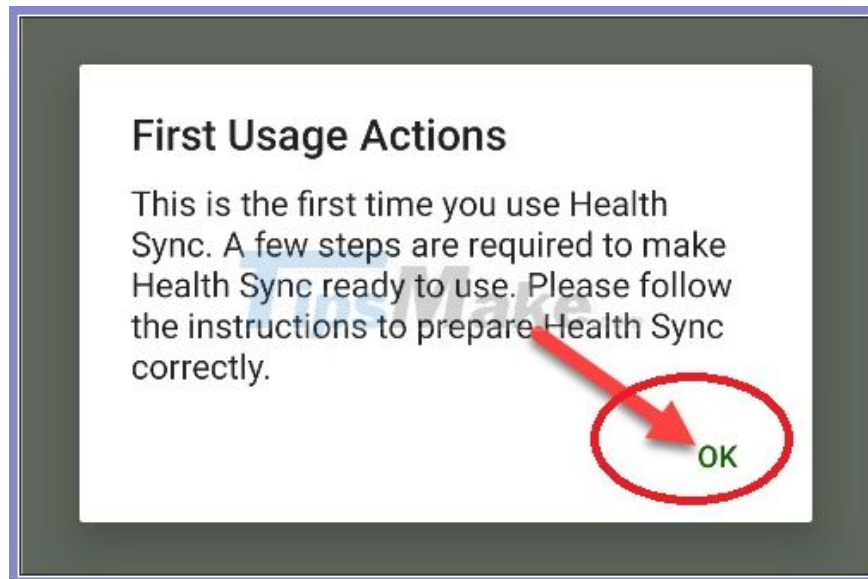
You install both the Samsung Health and Google Fit apps on your phone. Sign in to Samsung Health using the account used on the smartwatch.

Next, install the Health Sync application from the link below.

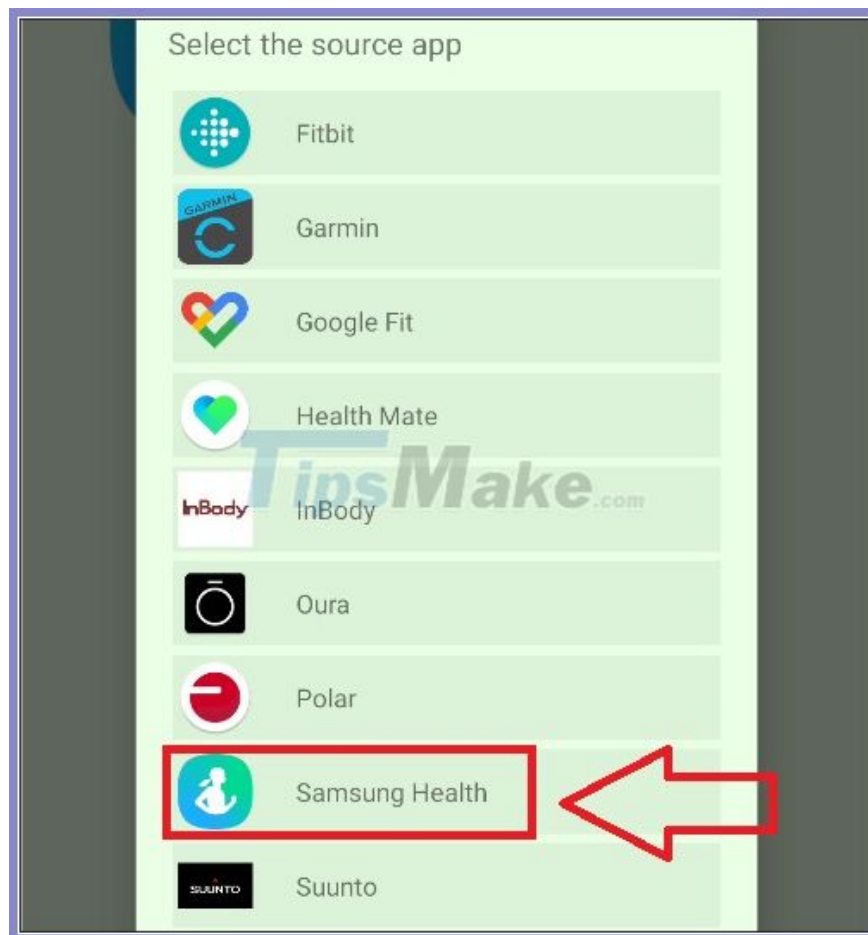
1. [Download Health Sync Android](#)

Step 2:

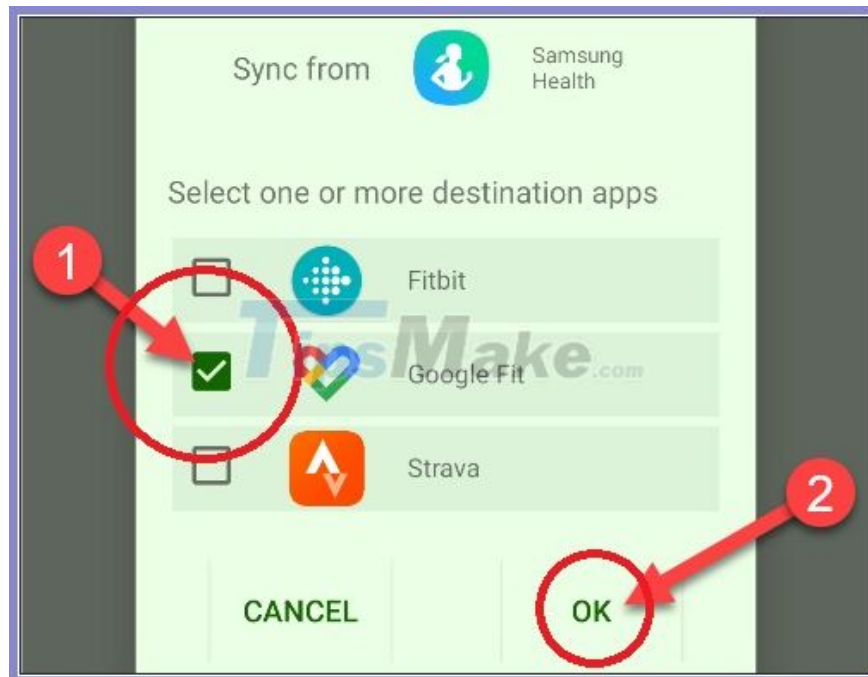
Open the application and then click **OK** at the **First Usage Actions** interface to start.



Next, display the interfaces of the health applications that the application supports synchronizing. Tap **Samsung Health** to get sync data.



Next, **select Google Fit** as the place to synchronize data and click OK below.

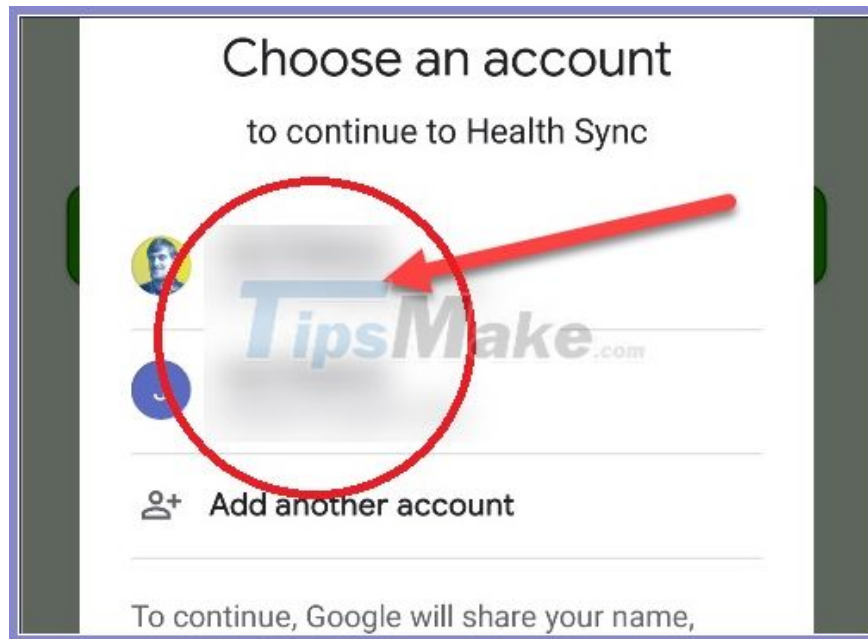


Then display data synchronization interface, click **Check Google Fit Connection** .

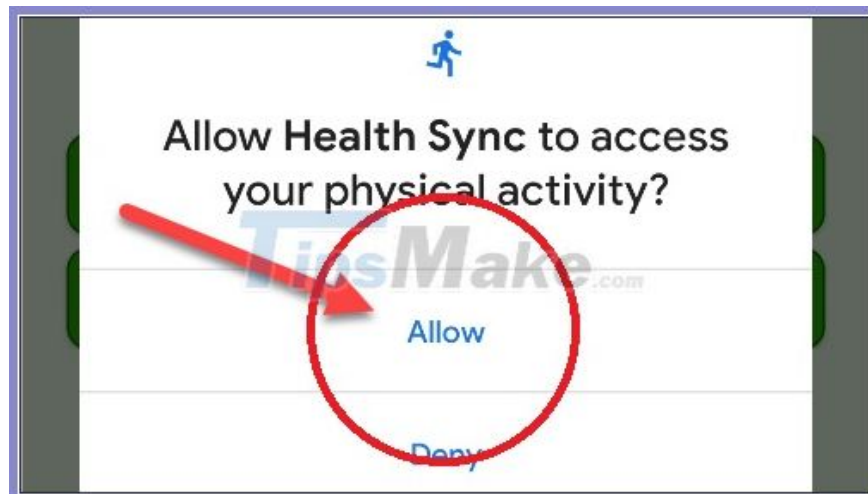


Step 3:

Display Google interface, now you click on **the account to use Google Fit login** .



Switch to the new interface, click on **Activity Information Permission** . Then a popup appears asking if you **agree to let Health Sync access your fitness data** , click **Allow** to agree.

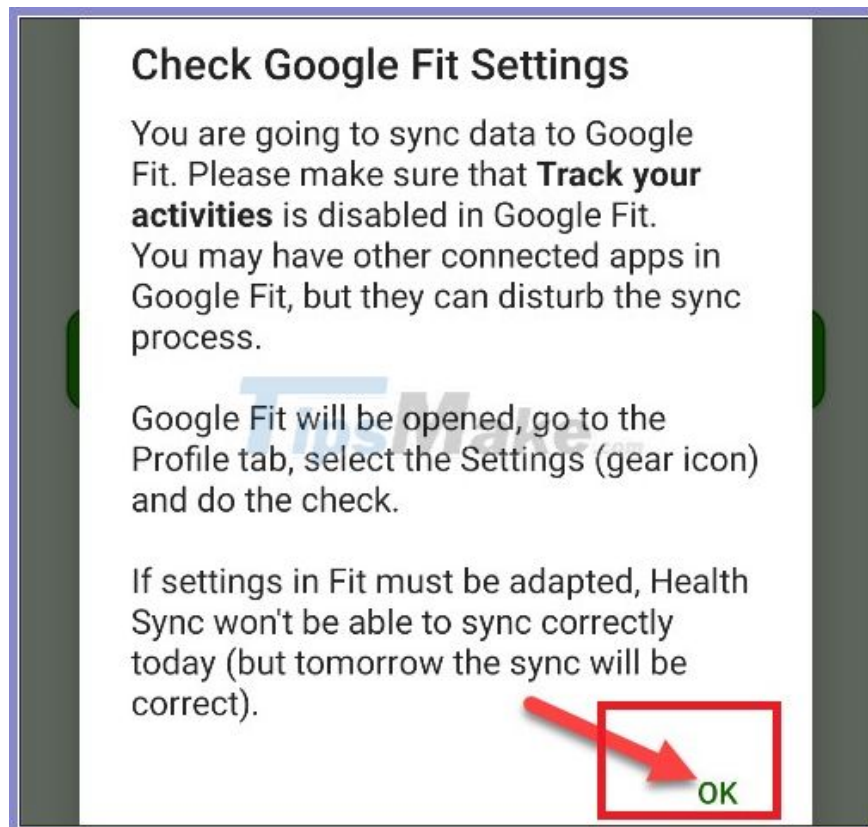


Step 4:

Then click on **Check Activity Tracking in Google Fit** .



Now an interface for us to **turn off your activity in Google Fit** , click OK to perform.

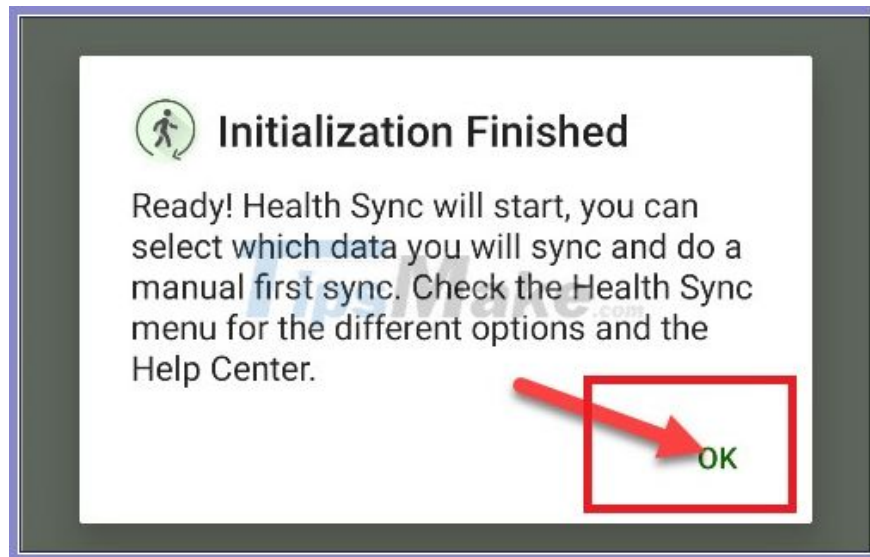


Step 5:

Then the Google Fit app will be opened, tap on **the Profile section** in the bottom right corner. Click on **the gear icon** to enter the installation interface. At this point you need to **turn off the Track Your Activities option** .



Turn off the Google Fit **app**, then **open the Health Sync app** . Then in the **Initialization Finished** interface , click **OK** to synchronize.



Step 6:

Finally, you **select the fitness data you want to fit** between Samsung Health and Google Fit.



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