This GitHub Repository is dedicated to building a Bluetooth Low-Energy enabled iOS app. This app will be specifically designed to receive sensor data from a microcontroller and to actuate some mechanism on the microcontroller in response. The App I will be showcasing is a Smartwatch Companion app. This app will be able to receive health related sensory data from the Arduino Microcontroller. From here Users will be able to view important data relevant to their health such as Heart Rate, Total Steps and Total Calories burned.