

Sync Google Fit with Metabolic Code

You can sync your Google Fit account with your Metabolic Code account, which will allow your provider to view key metrics related to your health and wellbeing.

Sync Google Fit Account with Metabolic Code

- From your Metabolic Code App > Navigation Menu > Integrations > Google Fit
- You will be prompted to log in to your Google Account using a web browser on your mobile device
- You'll see a list of categories that you can sync to your Metabolic Code POC account. Toggle the categories you'd like to sync by tapping the button. Green = they will sync. You can also tap "Turn All Categories ON"
- Be sure to tap the "ALLOW" option on the top right to enable to connection.

If you navigate back to Integrations, you will see the status "Connected" if your Google Fit has been connected to Metabolic Code.

Once you have synced your GoogleFit with Metabolic Code, your metric entries will show up in your Metrics Feed in the POC.

Notes

- Information is shared only with your provider - no one else will have access to information to your health data transferred between Google Fit and Metabolic Code.
- It may take 24 hours for the sync to activate; please give the connection 24 hours to process before reaching out to your provider for further assistance