# Will SameBoat integrate with health apps like Apple Health or Google Fit?

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In today's fast-paced world, the quest for improved health and well-being has led many individuals to turn to technology for assistance. As part of this movement, SameBoat is keenly aware of the importance of integrating health apps like Apple Health and Google Fit into its offerings. We are currently exploring these integrations with great enthusiasm, aiming to track crucial wellness metrics such as sleep, steps, and other vital data—always with your explicit consent.  
  
This potential integration is grounded in a profound commitment to enhancing your overall well-being. We believe that by illustrating your progress through these metrics, we can help you visualise the improvements you are making in your life. However, it is essential to clarify that while we actively seek to enhance your experience and support your journey, we will never utilise your personal data for verification purposes. At the heart of SameBoat lies a foundation built on trust and peer accountability, ensuring that your privacy and comfort are always paramount.  
  
The concept of integration with health apps aligns perfectly with our mission to create a supportive, community-driven ecosystem for those on their sobriety journey. Our vision is to transform sobriety into a shared, gamified experience where every user feels empowered and connected. We understand that the path to recovery can be isolating; thus, we aim to leverage technology not just for tracking, but for fostering genuine connections among peers.  
  
In our exploration of these health app integrations, we are committed to ensuring that data collection is ethical and GDPR compliant. This commitment reflects our dedication to transparency and the safeguarding of your personal information. By giving you control over your data, we empower you to decide what to share and with whom, reinforcing the notion that your recovery journey is yours alone.  
  
As we move forward, we envision SameBoat as a platform that not only tracks sobriety but also champions your overall health and well-being. Whether it’s through monitoring sleep patterns or encouraging physical activity, we aim to provide tools that support your multifaceted journey towards a healthier life.  
  
So, what can you expect from these integrations? Imagine having a clearer view of your daily habits, receiving insights that guide your decisions, and celebrating milestones with your community. This is not just about tracking; it’s about enhancing your experience and connecting you with like-minded individuals who are also navigating their paths to recovery.  
  
In conclusion, as we continue to develop SameBoat, we remain committed to building a platform that prioritises your health, happiness, and success. The potential integration with health apps like Apple Health and Google Fit represents just one of the many ways we’re striving to support you on your journey. Together, we can engineer change and celebrate every victory along the way.  
  
### Tags  
- about  
- features  
- community  
- privacy  
- mission  
  
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