



# Connect Your Health Devices

Integrate your favorite health and fitness apps to get comprehensive insights into your wellness journey.

5

Connected

9

Available

Search integrations...



Filter: All

Fitness

Genetics

Mobile Health

Nutrition

Wearables

Showing 9 of 9 integrations



## Apple Health

Mobile Health

Connected

Sync your iPhone health data including steps, heart rate, and workouts.

### DATA TYPES

Steps

Heart Rate

Sleep

Workouts

562d ago

Disconnect



## Oura Ring

Wearables

Connected

Track sleep, recovery, and readiness with your Oura Ring.

### DATA TYPES

Sleep

HRV

Temperature

Recovery

🕒 562d ago

Disconnect



## Garmin

Wearables

⚠️ Sync Error

Connect your Garmin device for comprehensive fitness tracking.

### DATA TYPES

GPS   Heart Rate   Training Load   VO2 Max

🕒 563d ago

Disconnect



## Fitbit

Wearables

🚫 Disconnected

Sync your Fitbit data including activity, sleep, and heart rate.

### DATA TYPES

Steps   Sleep   Heart Rate   Active Minutes

🕒 Never synced

Connect



## Google Fit

Mobile Health

✅ Connected

Import your Android fitness and health data.

### DATA TYPES

Steps   Distance   Calories   Weight

🕒 562d ago

Disconnect



## MyFitnessPal

Nutrition

✅ Connected

Track your nutrition and calorie intake.

DATA TYPES

**Calories**   **Macros**   **Water**   **Weight**

🕒 562d ago

Disconnect



**23andMe**

Genetics

🚫 Disconnected

Integrate your genetic data for personalized health insights.

DATA TYPES

**Genetic Variants**   **Health Predispositions**   **Traits**

🕒 Never synced

Connect



**WHOOP**

Wearables

📶 Syncing...

Monitor strain, recovery, and sleep with WHOOP.

DATA TYPES

**Strain**   **Recovery**   **Sleep**   **HRV**

🕒 562d ago

Connect



**Strava**

Fitness

✅ Connected

Sync your workouts and activities from Strava.

DATA TYPES

**Workouts**   **GPS**   **Performance**   **Social**

🕒 562d ago

Disconnect

## + Can't find your device?

Request a new integration and we'll prioritize it based on user demand.

Device or app name (e.g., Whoop, Polar, Cronometer)

Tell us what data you'd like to sync (optional)

➤ Request Integration