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ال Dashboard

은 Profile

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Goals

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Products

🗋 In

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Integrations

Connect Your Health Devices

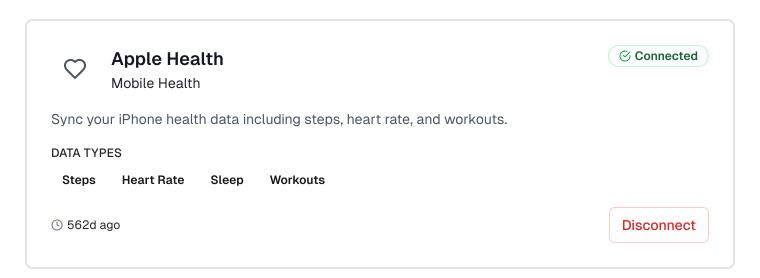
Integrate your favorite health and fitness apps to get comprehensive insights into your wellness journey.

Connected Available

Q Search integrations...

Filter: All Fitness Genetics Mobile Health Nutrition Wearables

Showing 9 of 9 integrations





⚠ Sync Error

★ Disconnected



Wearables

Connect your Garmin device for comprehensive fitness tracking.

DATA TYPES

GPS Heart Rate Training Load VO2 Max

© 563d ago Disconnect



Fitbit

Wearables

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

DATA TYPES

Steps Sleep Heart Rate Active Minutes

© Never synced Connect

 \bigcap

Google Fit

Mobile Health

Import your Android fitness and health data.

DATA TYPES

Steps Distance Calories Weight

(562d ago

Disconnect

⊘ Connected



MyFitnessPal

Track your nutrition and calorie intake.

DATA TYPES

Calories Macros Water Weight

© 562d ago

Disconnect

≫ Disconnected



23andMe

Genetics

Integrate your genetic data for personalized health insights.

DATA TYPES

Genetic Variants Health Predispositions Traits

(Never synced Connect



WHOOP

Wearables

Monitor strain, recovery, and sleep with WHOOP.

DATA TYPES

Strain Recovery Sleep **HRV**

(b) 562d ago Connect



Strava

Fitness

Sync your workouts and activities from Strava.

DATA TYPES

Workouts GPS Performance Social Syncing...

⊘ Connected

+ 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