## Sync Samsung Fitness Trackers with AMP for Android devices (via Google Fit)

A third party needs to downloaded to sync Samsung Fitness trackers with your device, since Samsung Health does not share data with Google Fit. You will also need to have Google Fit downloaded since AMP reads step data from Google Fit. Here is step by step of how to sync the two.

1. First, make sure that you have the latest version of the AMP app. Go to the Google Play store and search Active Marion Project. If you don't have the latest version, it will give you the option to update.
2. Next, search and install the Sync Health App.
3. Open the app and follow the series of set up prompts (screenshots included on website).
4. Select the "Number of syncs per hour" to your liking.
5. Additional screenshots for the process can be found at the website listed above. They include information about what can and can't be synced. (as you can see, it's a very simple app).

Once the Health Sync app is installed and synced, all that Google Fit data will sync S Health app (and vice versa). Photos and more details for this can be found at https://whatchawearing.com/sync-s-health-with-google-fit/

AMP is working on a way to sync Samsung Gear directly with AMP, so that a 3rd party app is not needed to sync your steps from S Health to AMP. Please continue to check our website and social media pages for updates.

## Sync Samsung fitness trackers with AMP for Apple Devices (via Apple Health)

The Samsung Health app (app for Samsung fitness tracker) does sync directly with Apple Health, which is how AMP gathers step data on Apple Devices. Once Samsung Health sharing is enabled, the data will begin syncing with the Apple Health Kit after each successful device sync in Samsung Health.

First, open Apple Health and follow the prompts to register, if you have never used Apple Health. To Enable/Disable data sharing follow these steps:
1. Open the Health app.
2. Tap **Sources** at the bottom of the screen.
3. Tap **Connect**
4. Toggle to Enable/Disable the desired data to Write to Health or Read from Health.

Once Apple Health Kit sharing is enabled, the app will only display previously recorded data from up to two weeks prior to the sharing being enabled.

Follow these steps to make sure that Samsung Health is your primary source of step data. Here's how to choose the sources that Apple Health uses first:

1. Open Apple Health, then tap the Health Data tab.
2. Tap Activity data source.
3. Select a data source- Steps
4. Tap Data Sources & Access, then tap Edit.
5. Touch and hold ≡ next to Samsung Health data source, then drag it up or down in the list.

6. To turn off a data source so that it doesn't contribute any more data for that category, tap the checkmark next to the source.
7. When you're finished, tap Done.

If multiple sources contribute the same data type, then the data source at the top will take priority over other sources. Any new apps or devices that you add go to the top of the list automatically, above your iPhone or iPod touch.

More information can be found at https://support.apple.com/en-us/HT204351