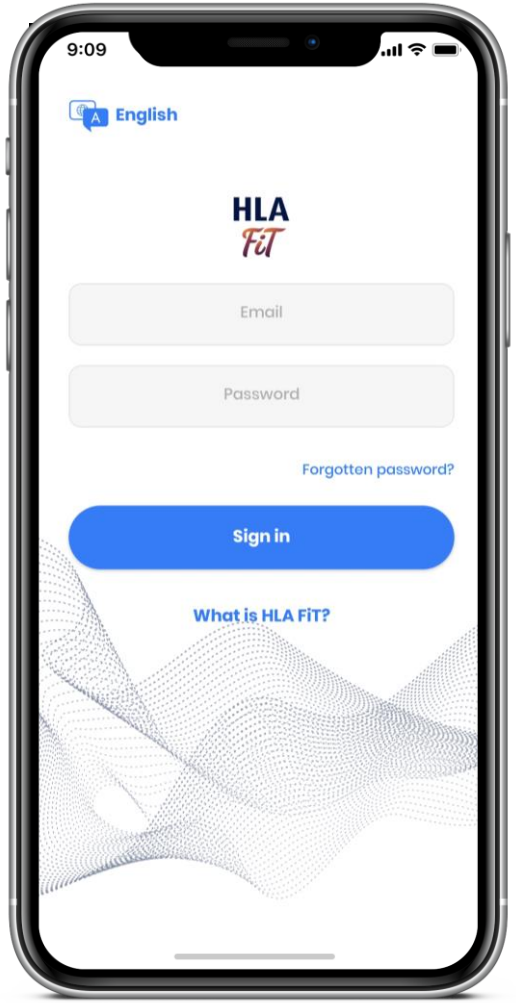
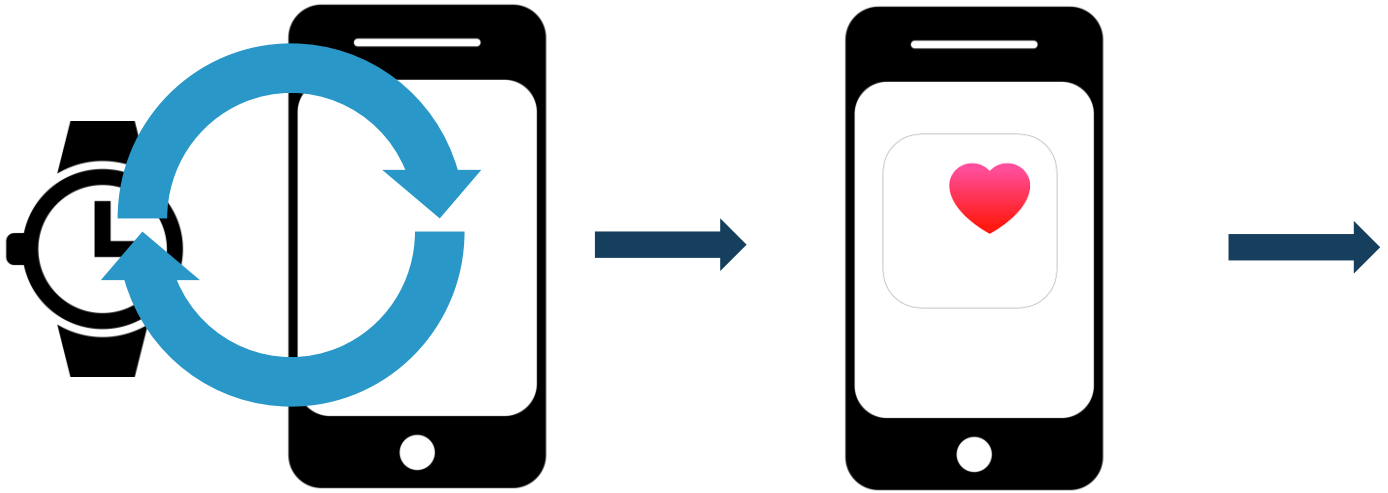


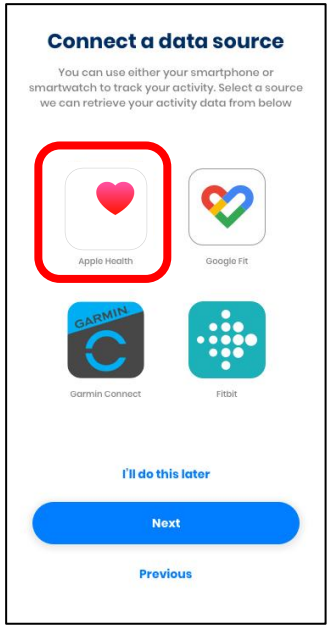
Syncing **Apple Watch** to **HLA FiT App**

Syncing an Apple Watch (Steps 1-3)

HLA FiT App

Please follow the instructions outlined below to connect the Apple Watch to HLA FiT App.





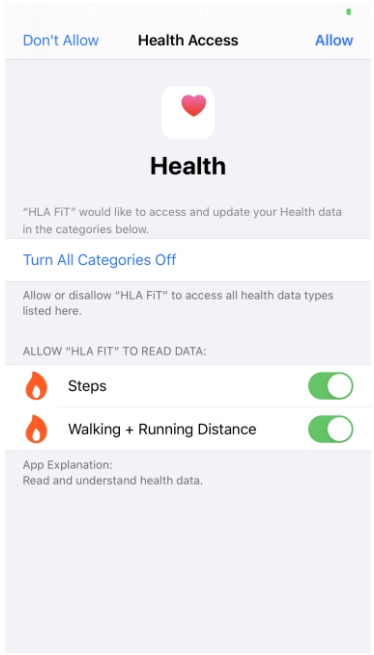
Step 1 -
Pair the Apple Watch with iPhone.

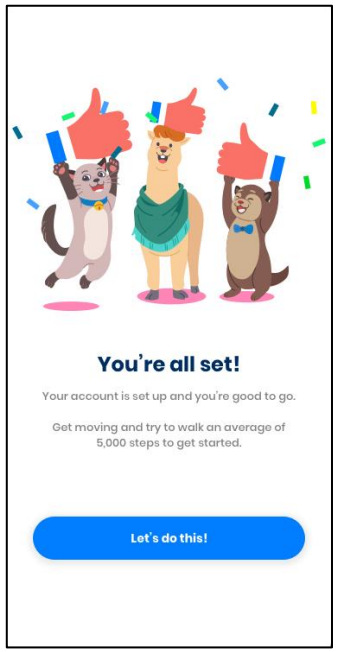
Step 2 -
Open the Apple Health App in the device. Make sure that the wearable is connected and the latest activity data is recorded.

Step 3 -
Open HLA FiT App and connect to Apple Health.

Syncing an Apple Watch (Steps 4-5)

HLA FiT App





Step 4 -
When prompted, allow access to all activity data.

Step 5 -
HLA FiT App is connected to the Apple Health App. Retry syncing and check that the activity data is recorded correctly.