

Sync with Apple Health.

Sync your Apple watch

Three components are required to sync an Apple watch to your RedBrick Health account:

1. Apple Watch
2. Apple Health (standard on your iOS device)
3. RedBrick Health app (free on the [App Store](#) or the [Google Play Store](#)).

First, connect your Apple watch to Apple Health.

Then, follow these steps to grant permission for Apple Health to share data with the RedBrick Health app.

1. Open the RedBrick Health app and log in to your account.
2. Open Apple Health app on your iOS device.
3. At the bottom of the Apple Health dashboard screen, select "Sources."
4. On the Sources page, look for RedBrick on the list of devices.
5. Select RedBrick to grant permission to share data.
6. Choose which data categories you want to share with RedBrick. These categories will automatically sync from Apple Health to your RedBrick account.

Sync your Apple Health app

First, ensure you have Apple Health (standard on your iOS device) and the RedBrick Health app (free on the [App Store](#) or the [Google Play Store](#)).

Then, follow these steps to sync your Apple Health app to your RedBrick Health app:

1. Open the RedBrick Health app and log in to your account.
2. Select the three vertical dots in the upper right corner of the app.
3. When the pop up menu appears select "Profile."
4. Under "Health App" slide radio button to the right and connect to Health app.

If you have not granted permission for Apple Health to share data with the RedBrick Health app, follow these steps:

1. Open the RedBrick Health app and log in to your account.
2. Open Apple Health app on your iOS device.
3. At the bottom of the Apple Health dashboard screen, select "Sources."
4. On the Sources page, look for RedBrick on the list of devices.
5. Select RedBrick to grant permission to share data.
6. Choose which data categories you want to share with RedBrick. These categories will automatically sync from Apple Health to your RedBrick account.