COACHMEPLUS

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How do I enable Apple Healthkit?

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a few seconds ago · Updated

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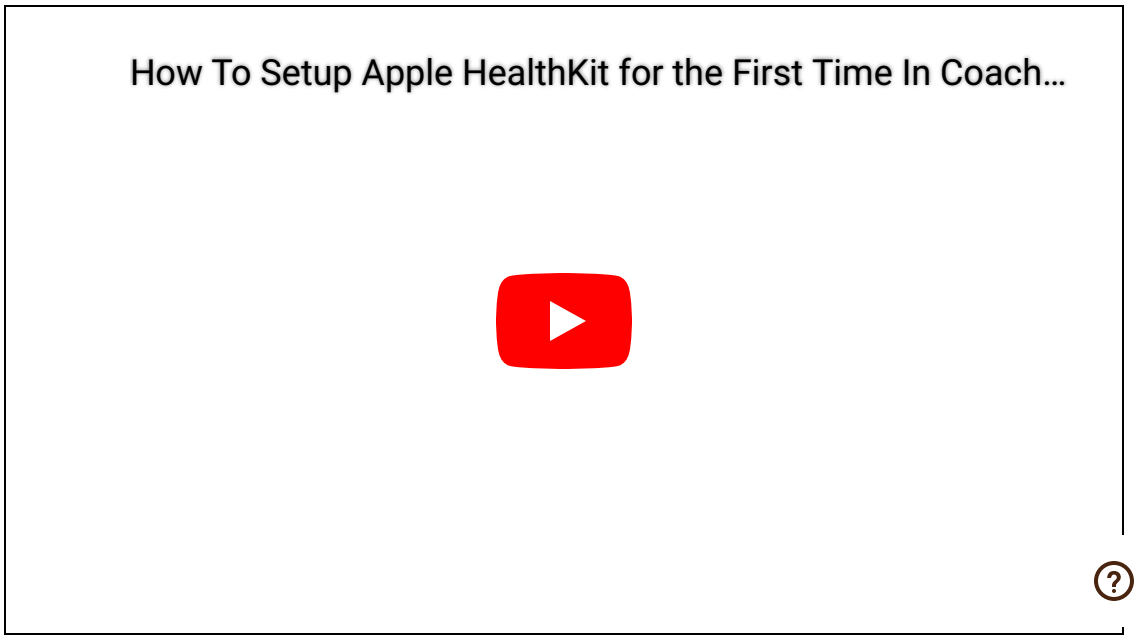
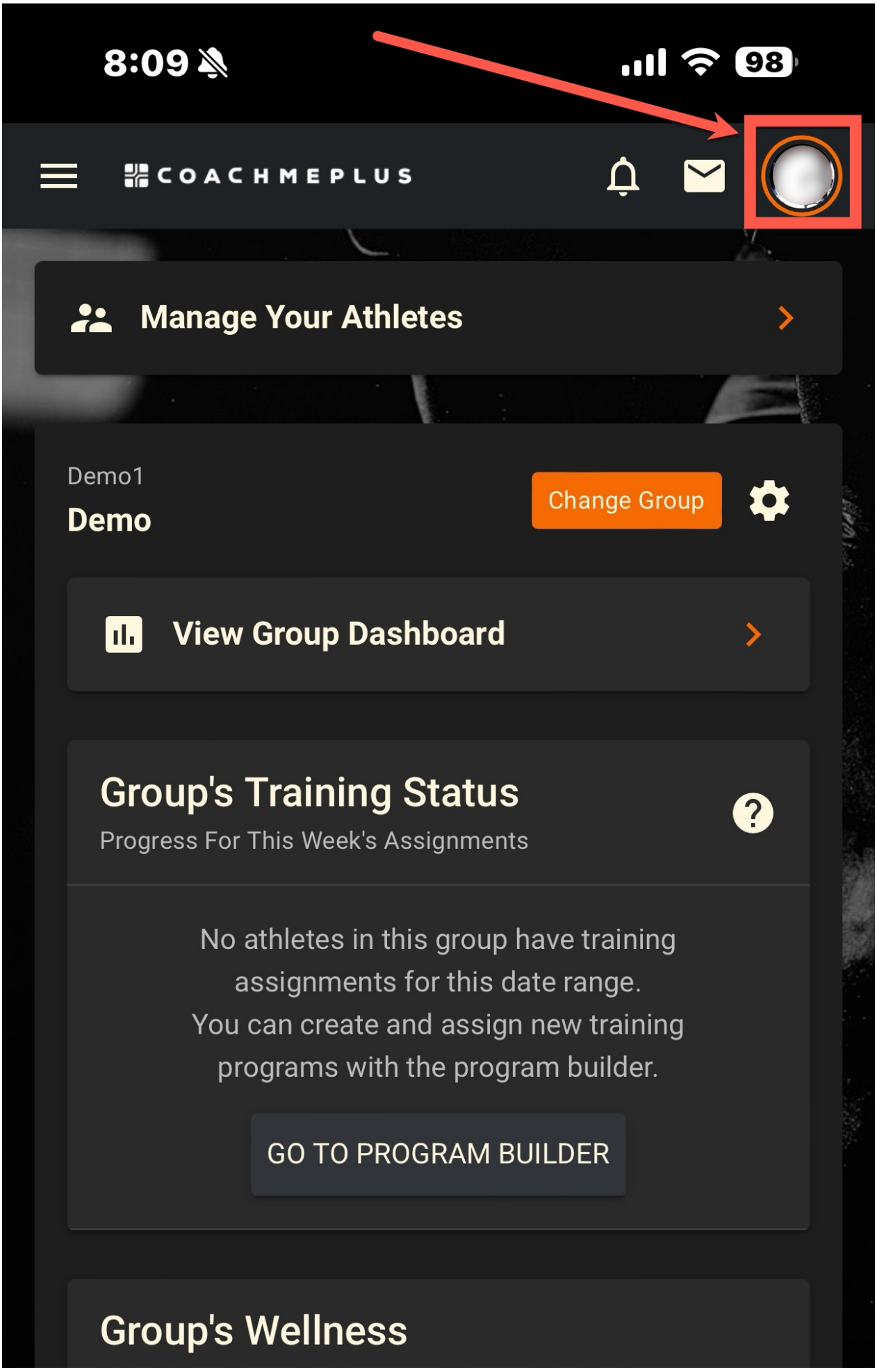
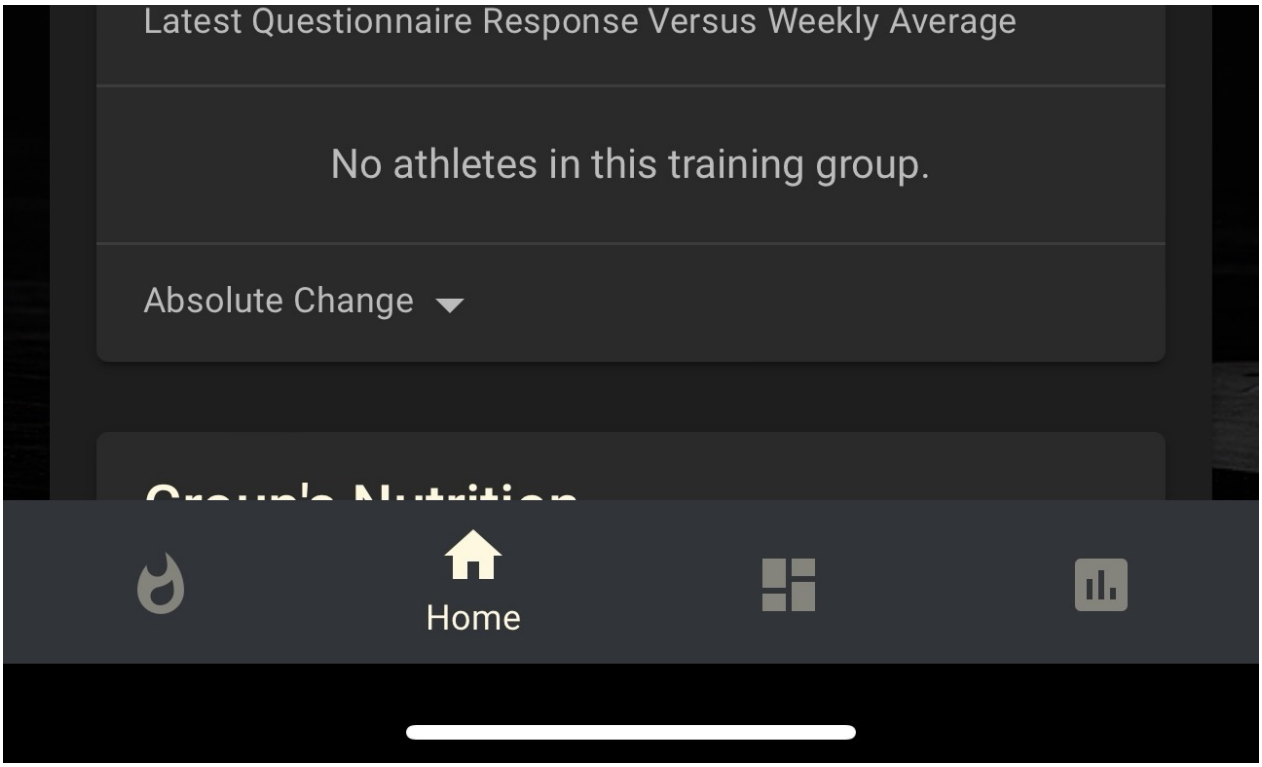
Apple Healthkit is a tool that allows your **Athletes** to centralize all of their **Data** for automatic **Import** into **CoachMePlus**. This **Data** comes into the system every few minutes for live updates in all **Visuals** and **Reports**. Watch our How To video and follow the steps below to enable **Apple Healthkit**!

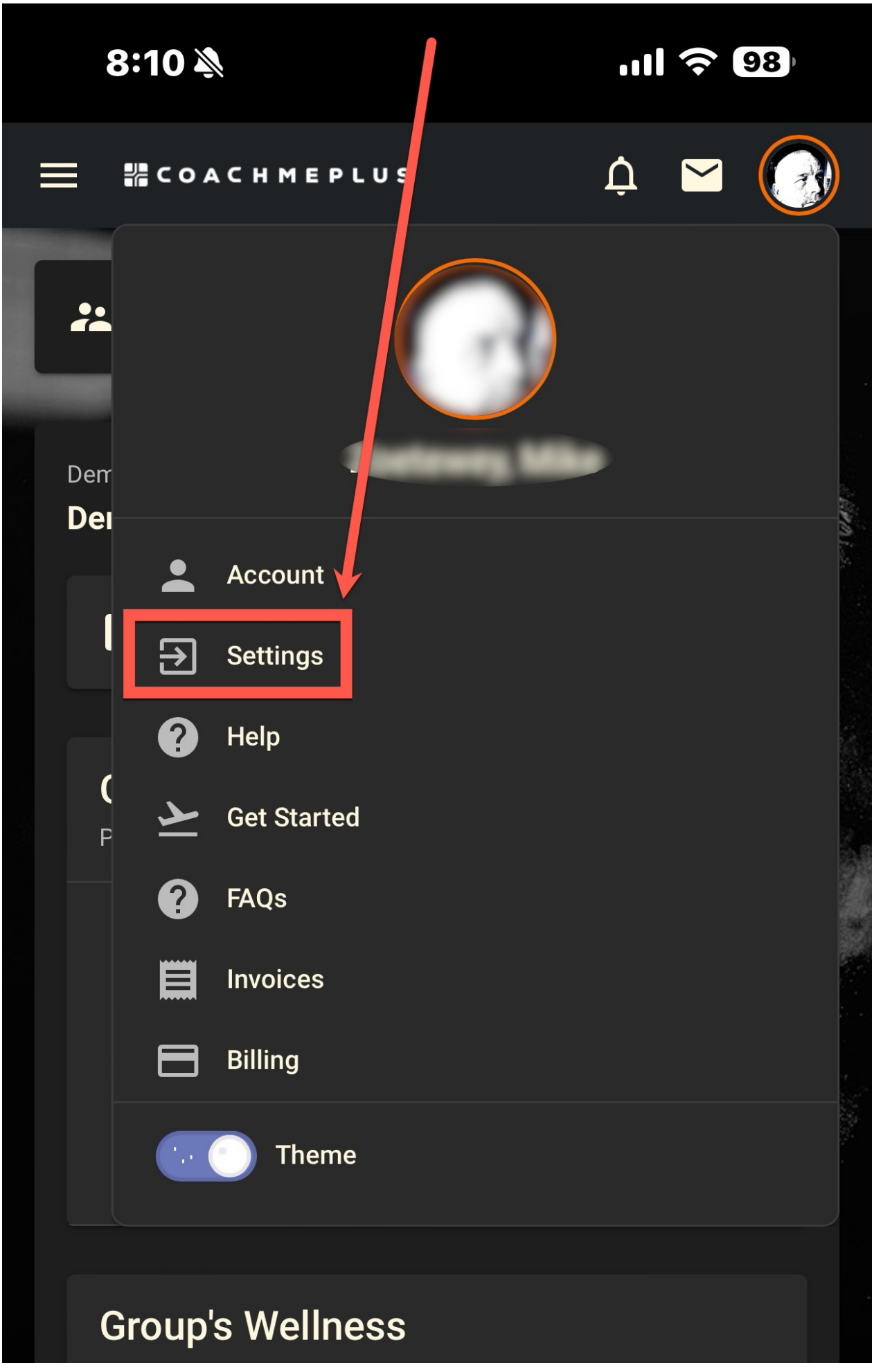


1. Log in to the **CoachMePlus** app, open the side menu and tap on your name.


8:09
98
COACHMEPLUS
Manage Your Athletes
Demo1
Demo
Change Group
View Group Dashboard
Group's Training Status
Progress For This Week's Assignments
No athletes in this group have training assignments for this date range.
You can create and assign new training programs with the program builder.
GO TO PROGRAM BUILDER
Group's Wellness



2. Select **Settings** and then **Authorize Healthkit**.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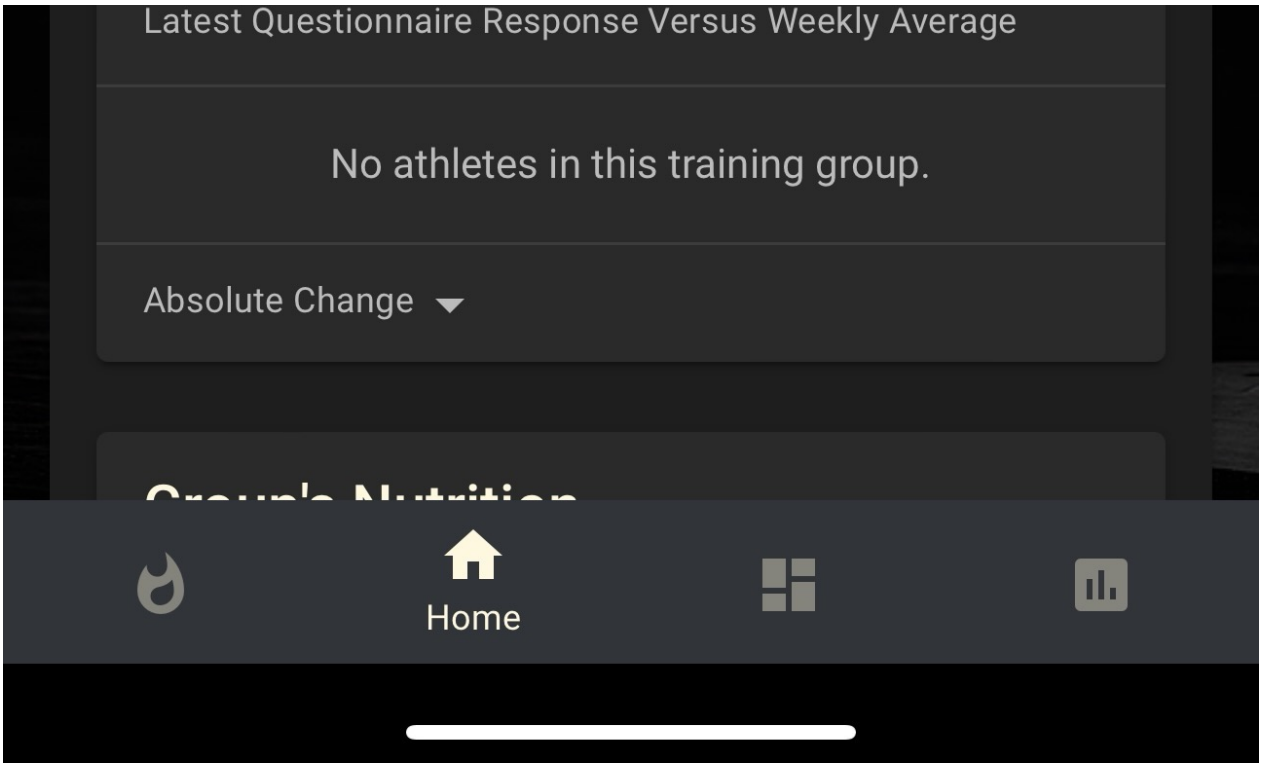
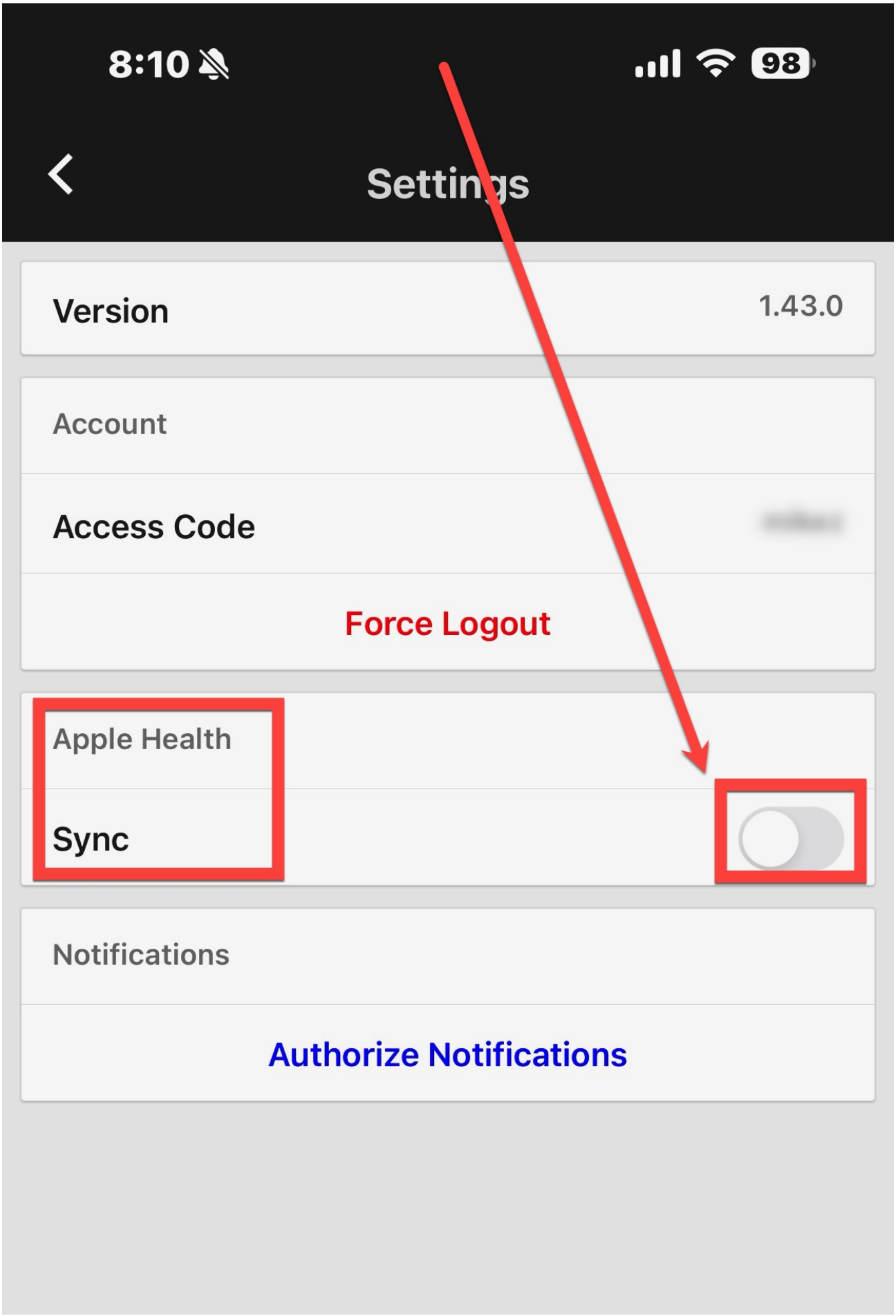
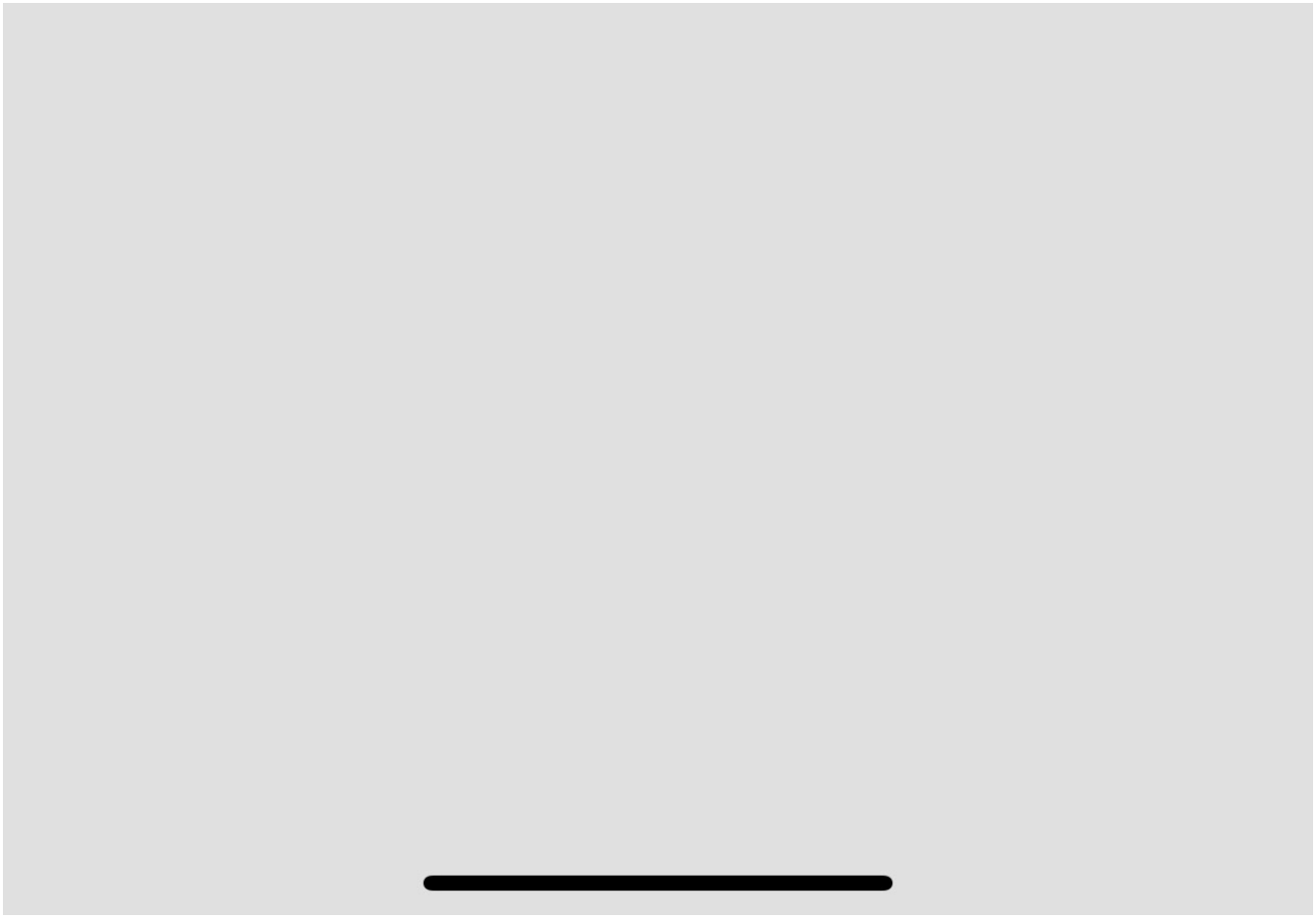
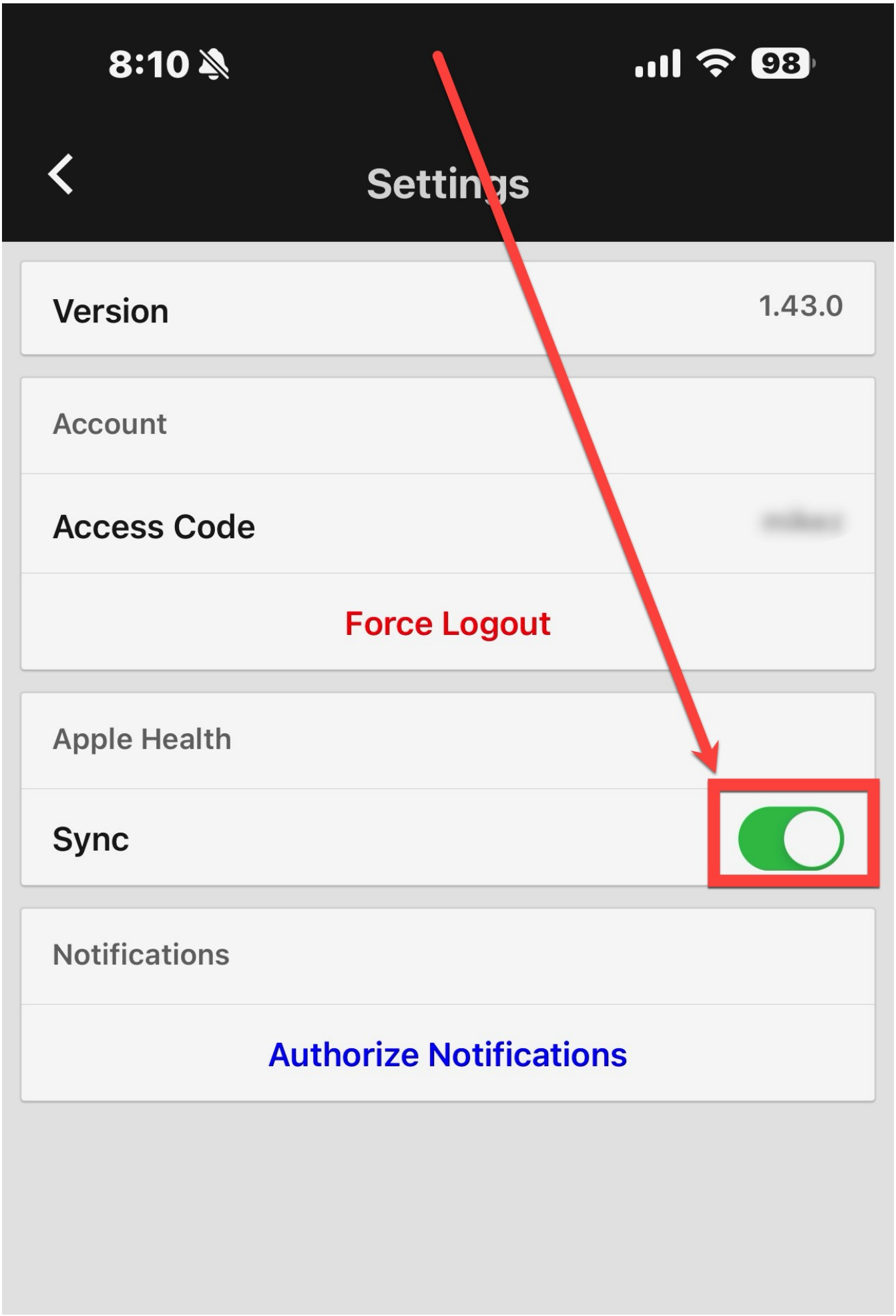
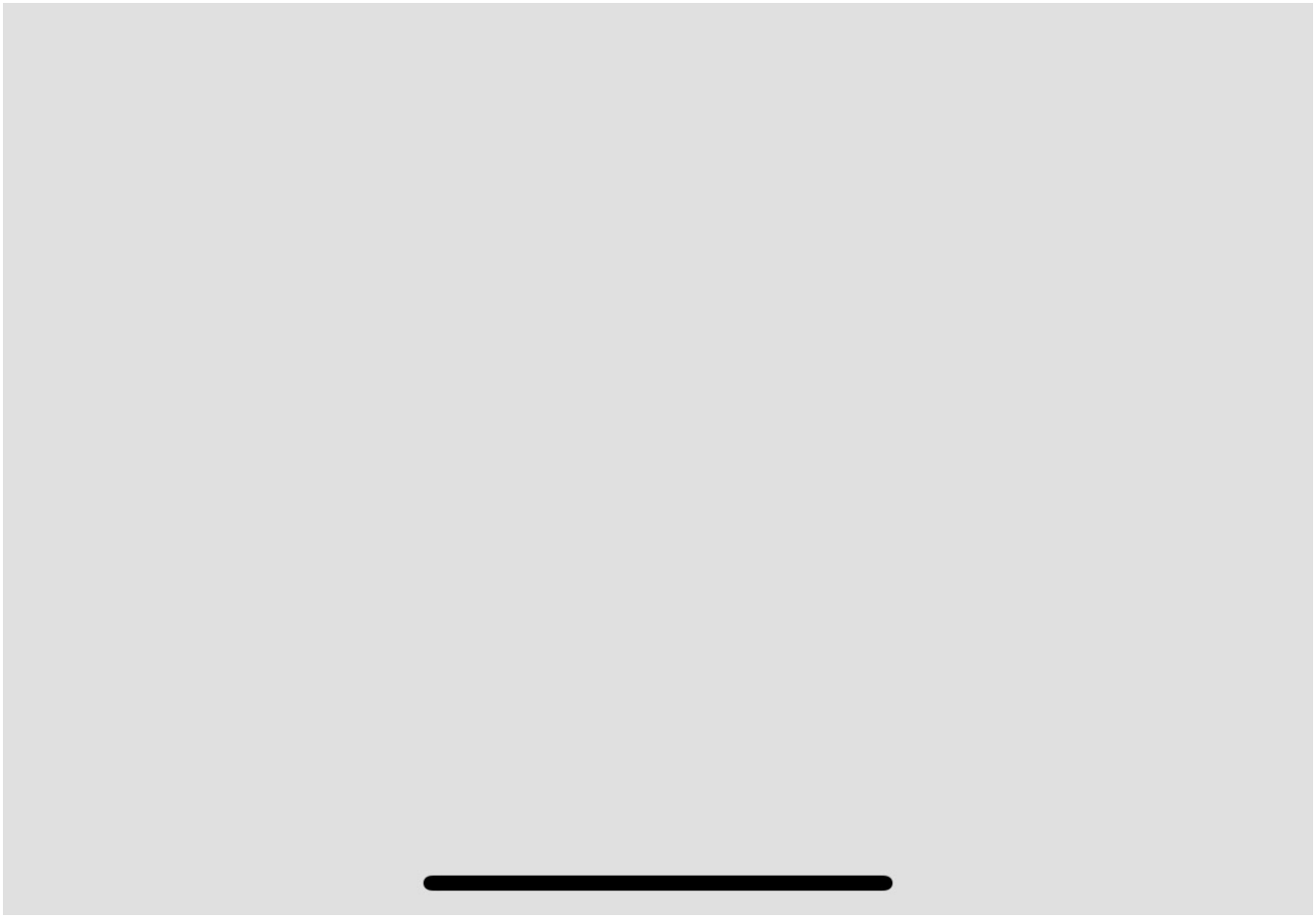
98
COACHMEPLUS
Account
Settings
Help
Get Started
FAQs
Invoices
Billing
Theme
Group's Wellness


Latest Questionnaire Response Versus Weekly Average
No athletes in this training group.
Absolute Change
Home

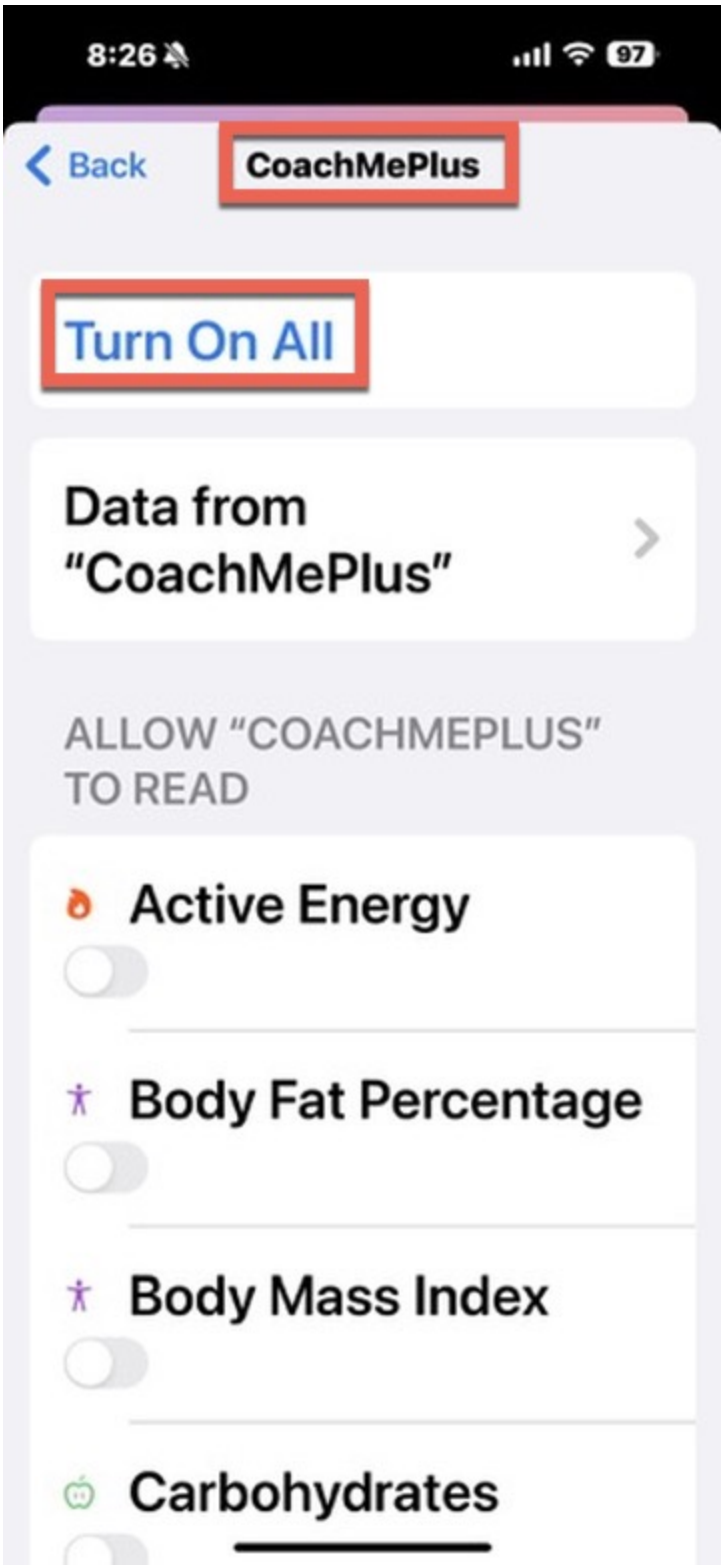

8:10
98
Settings
Version
1.43.0
Account
Access Code
Force Logout
Apple Health
Sync
Notifications
Authorize Notifications

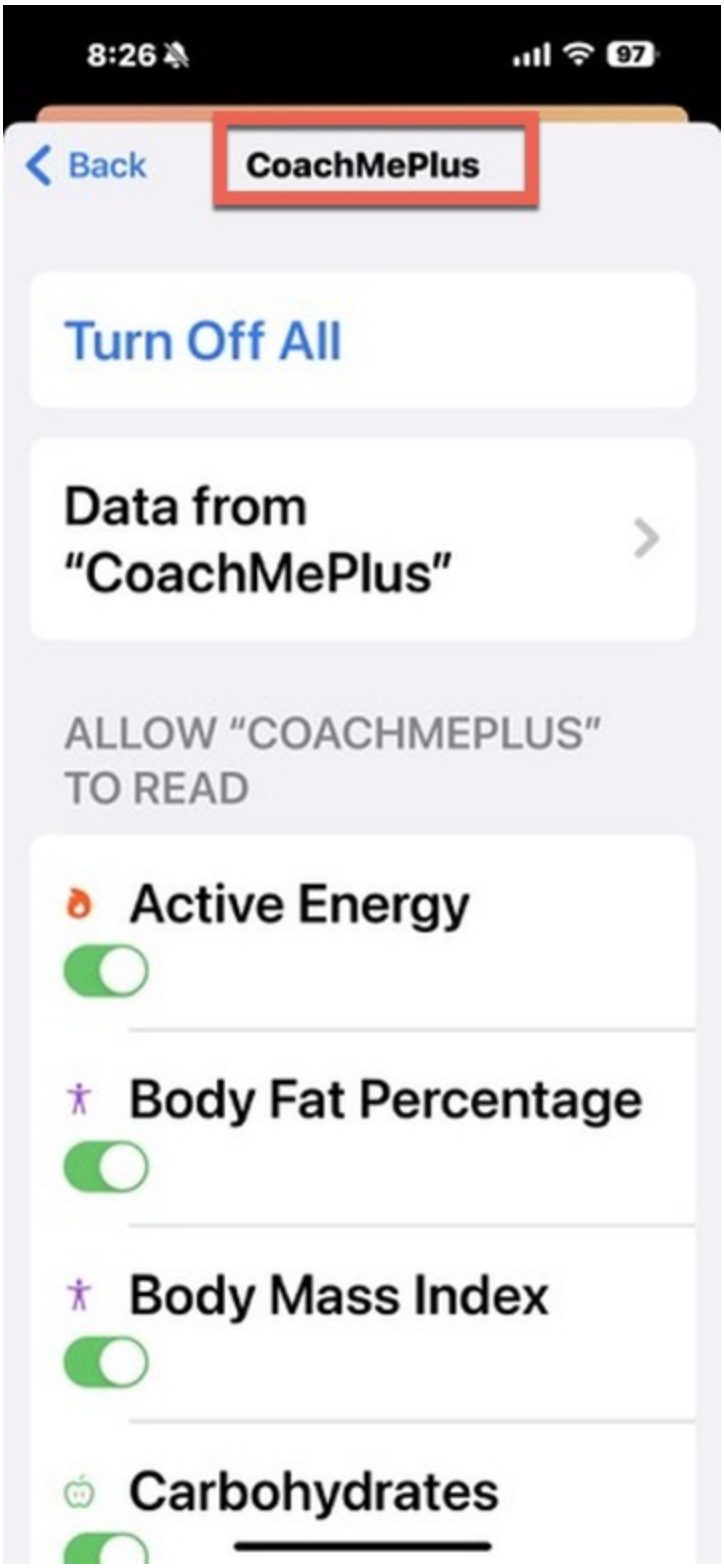



8:10
98
Settings
Version
1.43.0
Account
Access Code
Force Logout
Apple Health
Sync
Notifications
Authorize Notifications



3. Select **Turn All Categories On** or just enable the ones you want to pull into **CoachMePlus** and select **Allow**. You have now successfully enabled **Apple Healthkit**.


8:26
97
Back
CoachMePlus
Turn On All
Data from "CoachMePlus"
ALLOW "COACHMEPLUS" TO READ
Active Energy
Body Fat Percentage
Body Mass Index
Carbohydrates



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