



For a detailed overview, please refer to our [dedicated page](#), or [download](#) the user guide.

The STEPtEMBER APP has been modified to only synch data from two primary source apps – **ie: Apple Health or Google Fit**. If you have an iPhone, it will already have Apple Health installed. If you have an Android (Samsung, Motorola, Google Pixel) Google Fit may be pre-installed or you may have to [download it](#).

The change was made to reduce the number of data sources and provide an application that integrates seamlessly with the STEPtEMBER platform. Doing so improves the accuracy and speed of data uploads to participants profiles and the event leaderboards.

For iPhone Users

If you use an Apple **iWatch** as your personal tracker, this will connect to Apple Health and synch to the STEPtEMBER App.

If you use a **Fitbit, Garmin, or other personal device** to track your steps and activity, you will have to give permission for your device app to **write** data to the Apple Health app and allow the STEPtEMBER App to **read** the data from Apple Health. You will complete this last action in the set-up of the STEPtEMBER App.

For Android Users

Check that your phone has the Google Fit app installed. If not, you will need to [download and install](#).

If you use a **Samsung Watch, Fitbit, Garmin, or other personal device** to track your steps and activity, you will have to give permission for your device app to **write** data to the Google Fit app and allow the STEPtEMBER App to **read** the data from Google Fit. You will complete this last action in the set-up of the STEPtEMBER App.

For any questions or requests for assistance, please [email the STEPtEMBER Support](#) Team.