

# Moves+ how to connect a tracker

## Android

Follow the below advice if you are having trouble connecting a tracker. If there are still problems, send the information to your institution administrator using the guidance below.



### What apps does Moves+ connect with?



Withings



Strava



Google Fit



Garmin



Apple Health



Fitbit



### Check the following



We recommend that you connect one tracker directly to Moves+ rather than a third-party connection (e.g. Garmin > Google Fit > Moves+).



Download one of the compatible apps, above, before following the guidance (we recommend Google Fit). Remember that disconnecting your tracker will lead to lost points unless you sync first.



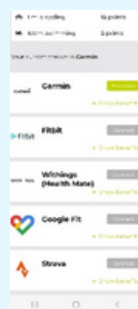
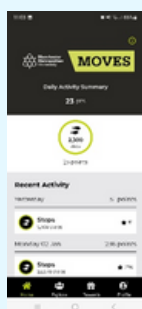
Update your tracking app and Moves+ app. Aim to open your tracking app daily so that your activity is updated.



### Get connected

You can download the Moves+ app in the 'Playstore'. Make sure you select MCR Met Moves from the institution list when logging in. If you have forgotten your password, please request a password reset.

Your username will be your Manchester Metropolitan email address (e.g. **IDnumber@stu.mmu.ac.uk** or **Initial.Surname@stu.mmu.ac.uk** for students or **IDnumber@mmu.ac.uk** or **Initial.Surname@mmu.ac.uk** for staff).



1) Once logged in. Go to the profile section of the app.

2) Once you have done this, you will see your profile and you will need to click on the 'attach a tracker' button.

3) Select the tracker you want to connect.

4) Follow the individual tracker instructions, ensuring you allow all permissions to ensure your data is transferred over and to help prevent any missing points. Once you have done this, you will see the below screen and start to accumulate points.

# Moves+ how to connect a tracker

## Apple

Follow the below advice if you are having trouble connecting a tracker. If there are still problems, send the information to your institution administrator using the guidance below.



### What apps does Moves+ connect with?



Withings



Strava



Google Fit



Garmin



Apple Health



Fitbit



### Check the following



We recommend that you connect one tracker directly to Moves+ rather than a third-party connection (e.g. Fitbit > Apple Health > Moves+).



Download one of the compatible apps, above, before following the guidance (we recommend Apple Health). Remember that disconnecting your tracker will lead to lost points unless you sync first.



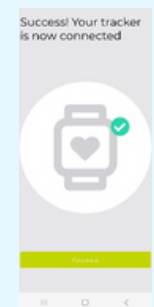
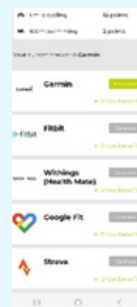
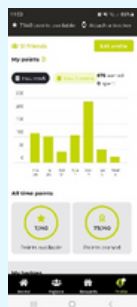
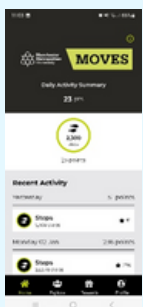
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