

Garmin

Frequently Asked Questions

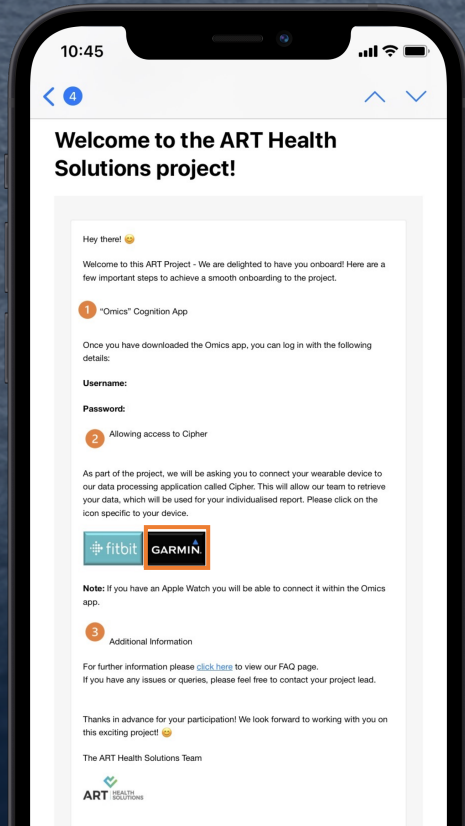


How do I give ART access to my Garmin data?

To grant access to your Garmin data simply open the 'Welcome to the ART Health Solutions project' e-mail which you should have received at the start of the project and follow the steps below

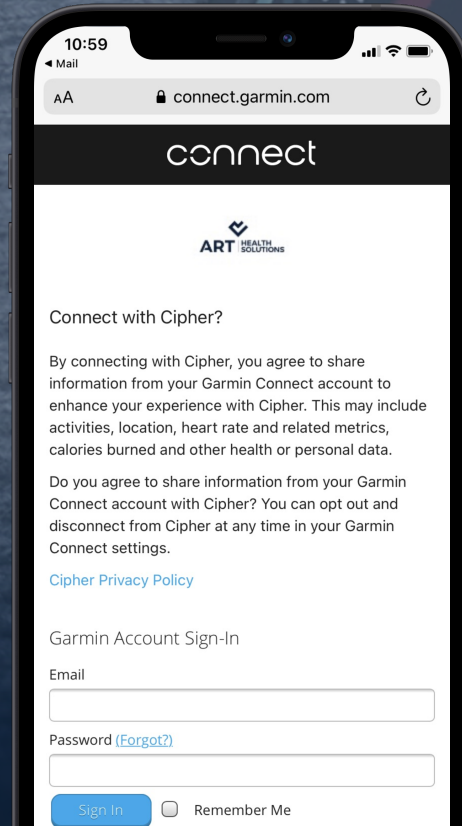
1

Click on the 'Garmin Logo'



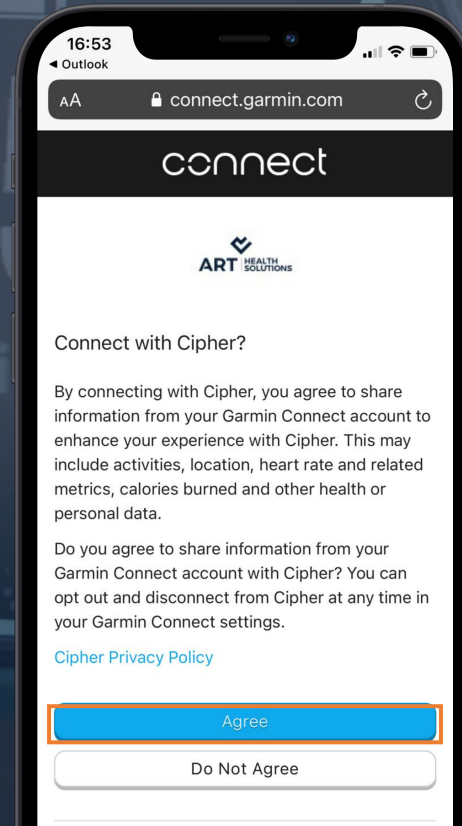
2

Log Into your Garmin Account



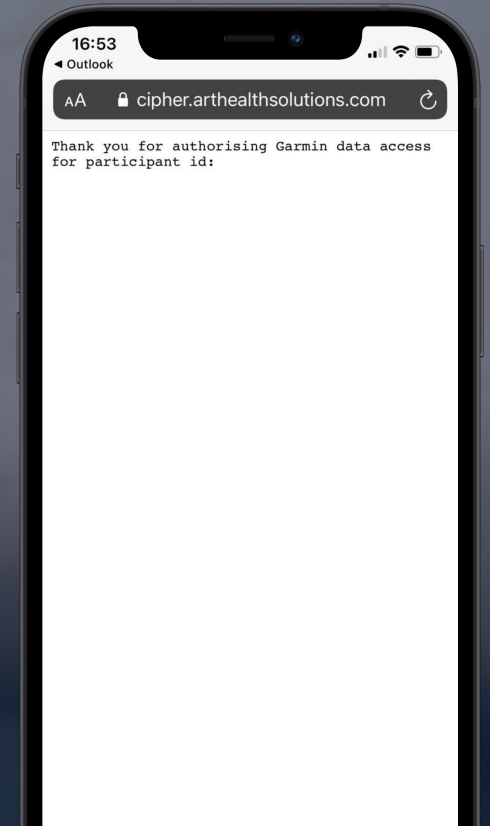
3

Click 'Agree'



4

Done



How do ART get my data?

We actually collecting data from your Garmin account. Once you sync your data to the Garmin app, the data is sent to the Garmin server where we can access it, so it is important to continuously sync to the Garmin app

How do I sync my Garmin data?

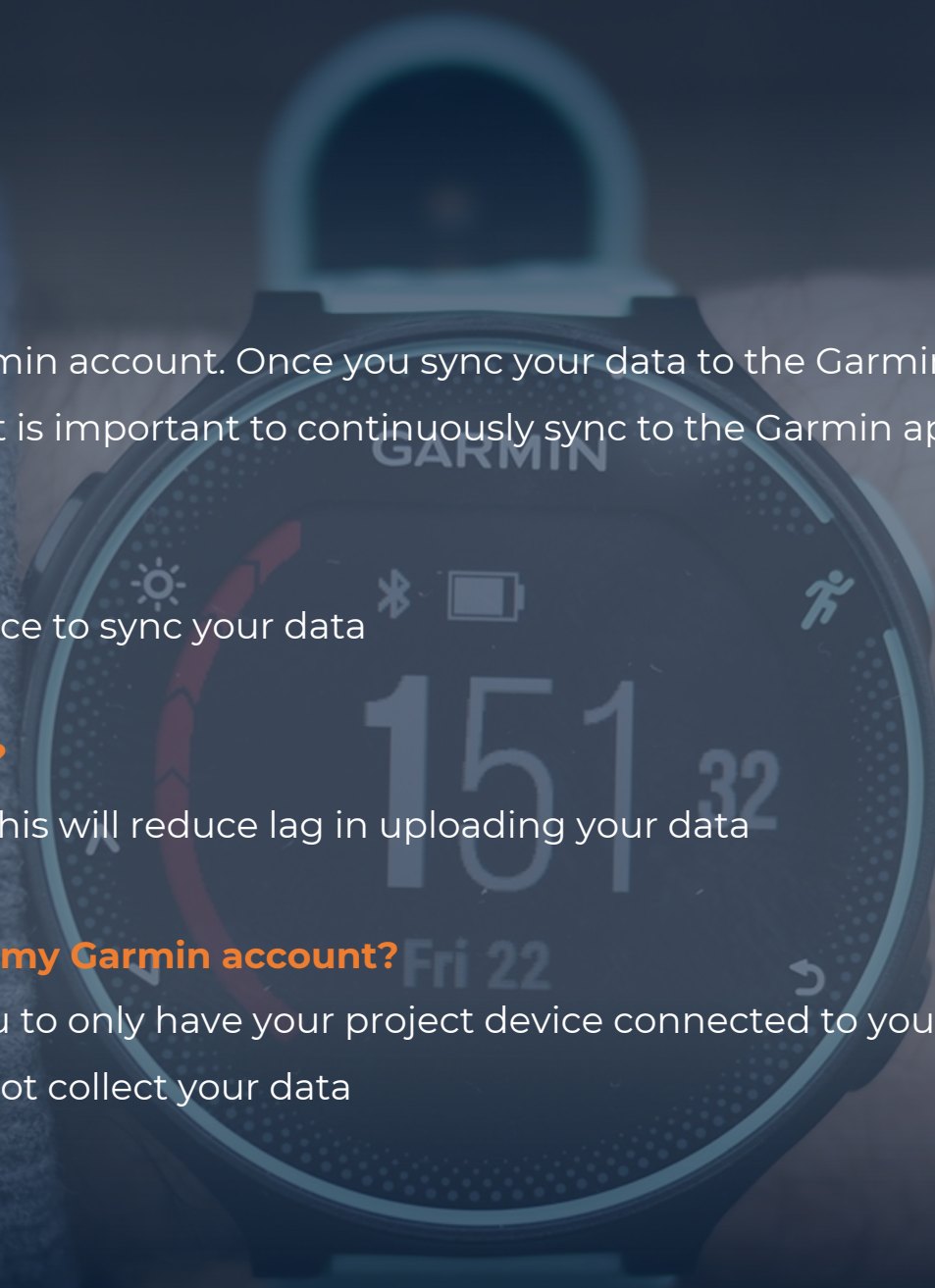
Open the Garmin app on your mobile device to sync your data

How often do I need to sync my Garmin?

We advise you to sync your Garmin daily, this will reduce lag in uploading your data

What if I have other family members on my Garmin account?

For the purposes of the project, we ask you to only have your project device connected to your account. In the event that you have multiple devices connected we will not collect your data



How often should I wear my Garmin?

We advise you to wear your Garmin all of the time, including while you sleep, as this will provide valuable sleep data

Do you have an issue which hasn't been addressed?

Click [here](#) for the official Garmin support website or contact a member of the ART Health Solutions team at info@arthealthsolutions.com

