

Connect Your Health Devices to Connected mHealth



Connected mHealth helps you securely share important health, activity, and wearable device data with your clinician and care team. By extending care beyond the clinic walls, Connected mHealth supports continuous monitoring, personalized guidance, and behavioral change between visits. This enables clinicians to better understand your daily activity, exercise response, sleep, breathing patterns, recovery progress, and overall health trends—supporting a more proactive, value-based care approach.

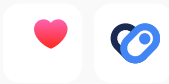


Direct Bluetooth Connection

Some devices can connect directly to the Connected mHealth mobile app via Bluetooth. You can connect supported heart rate sensors, smart watches, and pulse oximeters.

How to Connect a Bluetooth Heart Rate Device

1. Turn on Bluetooth on your phone.
2. On iPhone, open phone Settings, find the Connected mHealth app, and allow Bluetooth access.
3. On Android, open phone Settings, find the Connected mHealth app, and allow Nearby devices and Location access.
4. Open the Connected mHealth app.
5. In the bottom navigation bar, click on my profile icon
6. Select Bluetooth devices.
7. Choose your device from the list of found devices.
8. If your device does not appear, try pairing it first in your phone's Bluetooth settings.



How to Connect Apple Health or Health Connect

Popular Devices That Can Share Data Through Apple Health or Health Connect:

Apple Watch, Oura Ring, Garmin ,Polar, Fitbit / Google Fitbit, WHOOP, COROS, Suunto, Huawei Health, Amazfit / Zepp...+ 300more

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Pulse Oximetry in Connected mHealth

Connected mHealth also supports pulse oximetry measurements for patients. You can measure your oxygen level and heart rate using a supported pulse oximeter, such as Viatom / Wellue Checkme O2 or FS20F Pulse Oximeter.

You may be asked to measure oxygen level:

- Before an activity
- After an activity
- As an independent measurement using the + button

After the measurement, you can view your result, add a comment, and save it in the app. You can also view your oxygen level history in the O2 section of the app.

Supported Bluetooth Devices

Connected mHealth integrates with a broad range of clinically relevant wearable devices, heart rate monitors, and pulse oximeters from leading brands such as Garmin, Polar, COROS, Mio, Wahoo, and Wellue. These devices enable the collection of data on activity, heart rate, recovery, sleep, and oxygen saturation to support remote monitoring and personalized patient care.



Garmin watches

Approach S70, D2 series, Descent G1 series, Descent Mk2 series, Descent MK3 series, Enduro series, Epix Gen 2 series, Fenix 6 series, Fenix 7 series, Fenix 8 series, Forerunner 55, Forerunner 165 / 165 Music, Forerunner 245 / 245 Music, Forerunner 255 / 255 Music, Forerunner 265 / 265S, Forerunner 745, Forerunner 945 / 945 LTE, Forerunner 955 / 955 Solar, Forerunner 965 / 970, Instinct 2 series, MARQ Collection, Quatix 6 / 7 series, Tactix Delta series, Venu 2 / 3 / 4 series, Vivoactive 5, Vivosmart 5, Instinct 3 series, Instinct Crossover AMOLED, Venu X1, Tactix 7, Tactix 8, Forerunner 570



Garmin heart rate monitors

HRM-Dual, HRM-Fit, HRM-Pro, HRM-Pro Plus, HRM 200



Polar watches

Ignite 2, Ignite 3, Vantage M2, Vantage V2, Vantage V3, Vantage M3, Grit X2 Pro, Grit X, Grit X2.



Polar sensors

Polar H7, Polar H9, Polar H10, Polar Verity Sense, Polar OH1 / OH1+



COROS watches

COROS PACE 2, COROS PACE 3, COROS APEX, COROS APEX Pro, COROS APEX 2 / 2 Pro, COROS VERTIX 1, COROS VERTIX 2, PACE Pro, APEX 4, VERTIX 2S, NOMAD



Mio devices

Mio Slice, Mio Link, Mio Velo, Mio Fuse



Wahoo heart rate monitors

TICKR, TICKRx, TICKRfit, TICKR 2, TICKR X2.



Suunto watch

Suunto Peak 9, Suunto 9 Peak Pro, Suunto Race, Suunto Race S, Suunto Race 2, Suunto Vertical, Suunto Vertical 2, Suunto Ocean



Pulse oximeters

Wellue Checkme O2, FS20F Pulse Oximeter.