



[Knowledgebase](#) > [Application](#) > [Reebok Connect](#) > [How to Update Reebok Connect and Enable Apple Health](#)

# How to Update Reebok Connect and Enable Apple Health

Inas Laghzaoui - 2025-12-04 - [Comments \(0\)](#) - [Reebok Connect](#)

Follow these steps to make sure Reebok Connect is up to date and synced with Apple Health.

## Step 1 - Update Reebok Connect

1. Open the **App Store** on your iPhone.
2. Tap your **profile picture** (top right).
3. Scroll to **Available Updates**.
4. Find **Reebok Connect** and tap **Update**.

◦ If you don't see it, the app is already up to date.

**Tip:** To allow automatic updates, go to **Settings** → **App Store** → **App Updates** → **ON**.

## Step 2 - Connect to Apple Health

1. Open **Reebok Connect** after updating.
2. When the Apple Health prompt appears, choose **Turn On All** or select the data you want to share.
3. Tap **Allow** (top right) to confirm.

## Step 3 - Manage Apple Health Permissions (Anytime)

### Option A - Through the Health App

1. Open the **Health** app.
2. Tap your **profile icon**.
3. Go to **Apps** → **Reebok Connect**.
4. Turn **ON** the data types you want to sync.

### Option B - Through iPhone Settings

1. Open **Settings**.
2. Tap **Health** → **Data Access & Devices**.

3. Select **Reebok Connect**.
4. Enable the data you want shared.

## Confirmation

Once permissions are on, Reebok Connect will automatically sync your **steps, workouts, heart rate**, and any other data you've allowed.