How to Update Reebok Connect and Enable Apple Health

Inas B. - 2025-12-04 - 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.