

# Sync Your Fitbit with Metabolic Code

Metabolic Code's point-of-care system syncs with your Fitbit device to automatically pull your Health metrics into your metabolic code account, to be shared directly with your provider.

## Sync Fitbit with your Metabolic Code account

Sign into your metabolic code account from a computer, the web browser on your phone, or the mobile app (metaboliccodepro.com)

- **From a computer:** Settings > Integrations > Connect Fitbit
- **From your phone:** Navigation (Hamburger menu) > Settings > Integrations > tap the "Connect" button

You will be prompted to Sign in to your Fitbit account, so please make sure you have your username/password for your Fitbit account

## Troubleshooting

If you have synced your Fitbit with Metabolic Code POC, but do not see entries pulling into POC, we recommend the following:

- Check your Fitbit app directly, to confirm that entries have been posted to your Fitbit app
- Unsync your Fitbit with Metabolic Code POC (From your computer and/or a web browser, navigate to **Settings** > **Sync Fitbit** > **Unsync Fitbit**), and then Re-sync it

## Un-Sync Your Fitbit

To un-sync your Fitbit account with your Healthie account, go to **Settings > Sync Fitbit** (From a computer, not the mobile app) > Unsync Fitbit

## Details on Fitbit Sync

- You will see synced information (including steps, sleep, weight, workouts, and physical activity) within the Metrics section of your Metabolic Code user profile.
- If you sync MyFitnessPal with your Fitbit account, your sync with the Metabolic Code will automatically pull in calorie information from MyFitnessPal, which will then be shared with your provider in the Metrics section. It will not show as much detail as is shown in your FitBit account.
- When your Fitbit account is synced, the information will pull in 1x per day, typically in the morning. As a result, your provider may not see that you've synced your account until up to 24 hours after you first make this sync.
- Your provider will automatically see synced entries in your metrics feed within Metabolic Code (as will you). We encourage you to let your provider know that you have synced your wearable device, so they can be on the lookout for your metrics.
- At this time, it is not possible to customize which fields from Fitbit are pulled from your account into Metabolic Code. We will update this article when this becomes available through the Fitbit sync.
- [Fitbit's support guide](#) contains detailed information on how to log food via Fitbit, if you'd prefer to use this for food logging to share with your provider.

