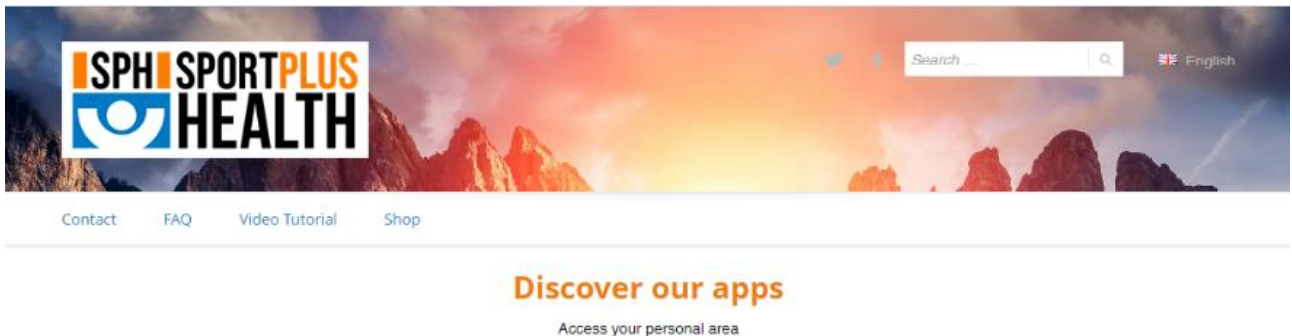


HOW TO CONNECT GARMIN WITH SPH

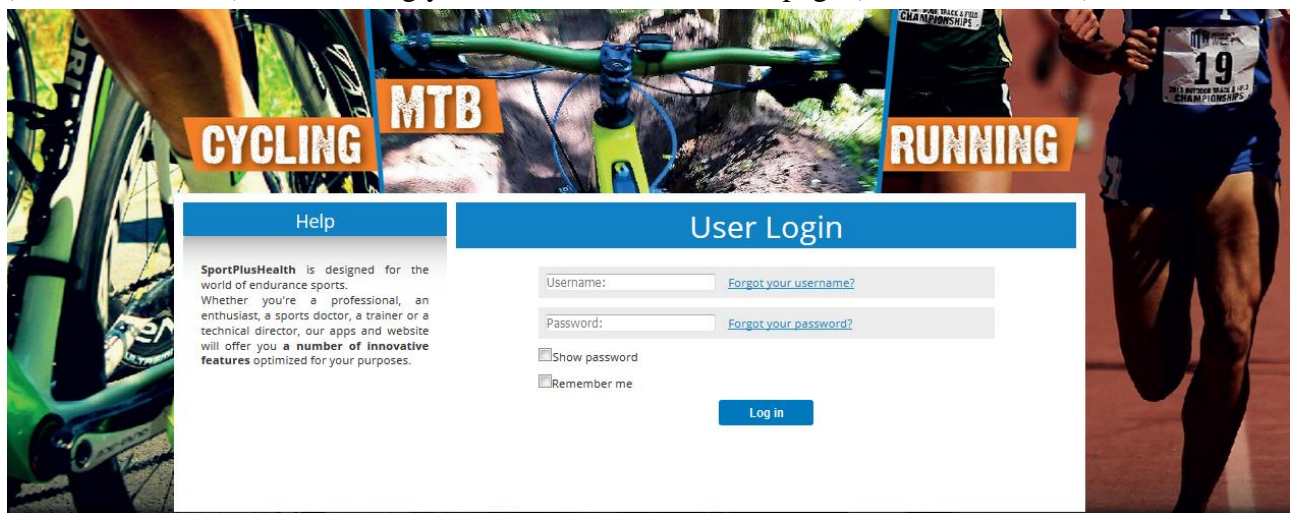
1) Open SportPlusHealth website



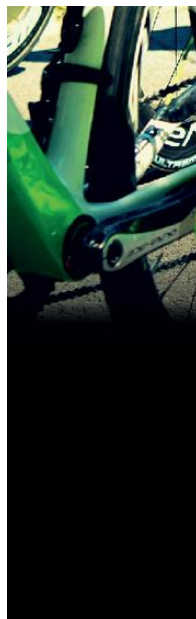
Firstly you should access the website www.sportplushealth.com, clicking on "Personal area". Then, you have two possible choices:



- a) If you are already registered to our website or apps, you can login clicking on "LOGIN" (screenshot above) and inserting your credentials in the next page (screenshot below).



- b) Otherwise, you will have to register from one of our apps, or directly from our website clicking on "REGISTER" on the top-right corner of the screen. Just follow the wizard (information marked with an asterisk is mandatory), and you will be able to access following the steps at the previous point.



Help

SportPlusHealth is designed for the world of endurance sports. Whether you're a professional, an enthusiast, a sports doctor, a trainer or a technical director, our apps and website will offer you a number of innovative features optimized for your purposes.

User Registration

Email Address: *

Confirm email Address: *

Password: *

Confirm Password: *

* Required field

Address

Address 1: (optional)

City: (optional)

Region: (optional)

Nationality: (optional)

Postal / ZIP Code: (optional)

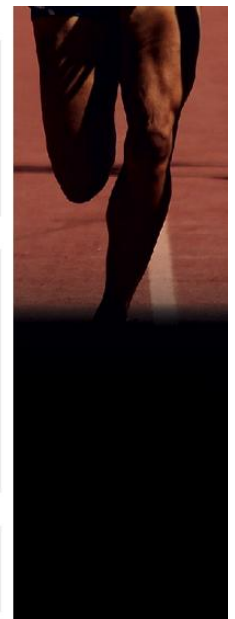
Terms of Service: * Agree

By checking 'Agree' you confirm to have read and agree with the [terms of service](#)

Profile Picture

Picture: (optional) Nessun file selezionato.

Keep picture private.



2) Associate a Garmin account

Help

Inside of **calendar** you can see the list of your trainings and tests, which allows you to analyze your history while having an overview on your future scheduled sessions.

At the bottom of the calendar there is some **shortcut** for the main sections of this website.

Lastly, below this text you will find some **statistics**, computed using trainings you executed until now.

connect
powered by Garmin

Connect SPH account to Garmin Connect to synchronize your trainings with SportPlusHealth


June 2016

Filter by Sport 

Mon Tue Wed Thu Fri Sat Sun

Once logged into SportPlusHealth you will reach the main page where, just above the trainings calendar, you will find a link to associate your Garmin account. Clicking on the Garmin Connect logo you will be redirected to their website, where you will need to login (using the credentials for that system) if not already done.

An application would like to connect to your account.



The application SportPlusHealth by S+H Technology SA would like the ability to access your data on Garmin Connect. This application will access your public and private data on Garmin Connect.

Allow SportPlusHealth access?

Garmin Account Sign In

Email

Password ([Forgot?](#))

Don't have an account? [Create One](#)


Garmin Connect takes your privacy very seriously.

Please ensure that you trust this application with your information before proceeding.

By clicking "Sign In" you continue to operate under Garmin Connect's Terms of Use. You may revoke access to this application at any time by visiting your Settings page at Garmin Connect.

Once logged into Garmin, you will be asked for authorizing SportPlusHealth to access your data.

An application would like to connect to your account.



The application **SportPlusHealth** by **S+H Technology SA** would like the ability to access your data on Garmin Connect. This application will access your public and private data on Garmin Connect.

[Sign Out](#) if you want to connect to an account other than

Allow SportPlusHealth access?

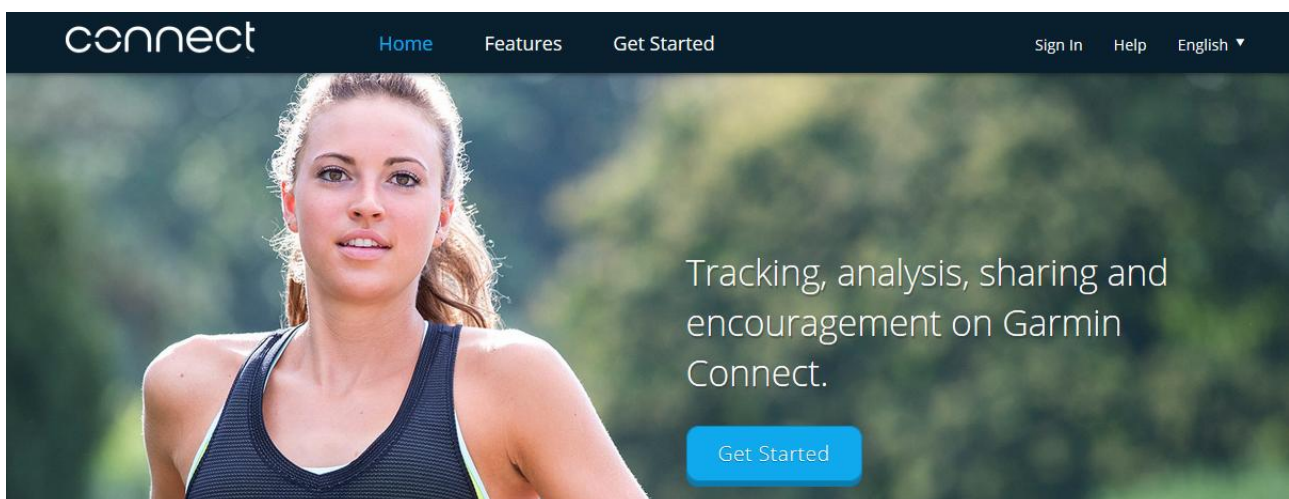
Garmin Connect takes your privacy very seriously.

Please ensure that you trust this application with your information before proceeding.

By clicking "Allow" you continue to operate under Garmin Connect's Terms of Use. You may revoke access to this application at any time by visiting your Settings page at Garmin Connect.

After you grant the authorizations required by the system, the procedure to associate your Garmin account will be done.

In case you are not registered on Garmin Connect instead, you will have to click on "Create one" on the authorization page, or browse to the page <https://connect.garmin.com/it-IT/> where you can click on "Login" allowing you to create a new account.



This is the Garmin login page.

Garmin Account Sign In

Email

Password ([Forgot?](#))

Sign In

Remember Me

Don't have an account? [Create One](#)

Or Sign In with:



This is the registration page (that you can reach with the "Create one" button already mentioned).

You can sign in using your social network:

X



Or, you can complete the fields below:

Full Name*

Email Address*

Display Name*

Password*

Retype Password*

Sign Up for Email: I would also like to receive email about promotions and new products.

By continuing, you confirm you are 13 years old or older, and agree to the Garmin [Terms of Use](#) and [Privacy Policy](#).

Now that the procedure is complete, you will be redirected to the SportPlusHealth home page, where next to the Garmin Connect logo you will find a sentence which confirms you that the account are now associated.



3) Trainings with Garmin

Now that the association between the two systems is ready, each new training performed using your Garmin device, after being synchronized with the Garmin Connect platform, after some minute will be automatically available on SportPlusHealth too.