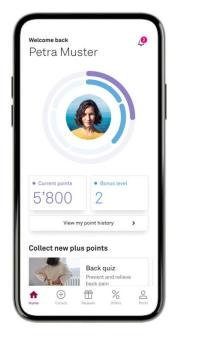
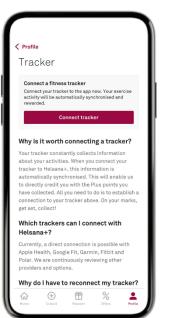
Link your tracker now and automatically collect Plus points

Instructions Connect Helsana+ with **Garmin**



Connect Helsana+ with Garmin







Thanks to the direct link to your personal fitness tracker, you automatically collect Plus points for your physical activity. We use so-called activity points as a basis for this, which result from the intensity of each exercise unit and your body values. This way, you always receive the perfect reward for your efforts. Good to know: you get the most accurate results if your tracker measures your heart rate.

Continue



Open the Helsana+ app

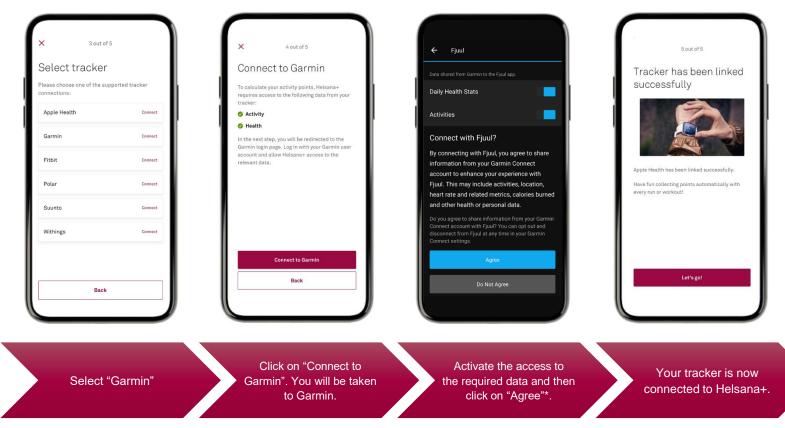
Go to your profile and click on Tracker and afterwards on "Connect tracker"

Click "Continue"

Fill in your details and click "Continue"

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Connect Helsana+ with Garmin



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*Confirmation will be requested during the initial registration. The setting can be changed in the Garmin settings later.

Do you have questions? We are here to help. plus@helsana.ch

