

## Which activity trackers are compatible with the app?

You can use the following activity tracking services with the app. Many of them are free apps you can download to your smartphone, and don't require a wearable device.

TRACKING SERVICE	STEPS	SLEEP	FOOD	WEARABLE REQUIRED?
Apple Health	●	●	●	No
FatSecret			●	No
Fitbit	●	●	●	For sleep
Garmin	●	○		Yes
Google Fit	●			No
Misfit	●	●		No
MyFitnessPal	●		●	No
Samsung Health	●		●	No
Withings Health Mate	●	●		For sleep
WHOOP	●	●		For sleep

● = All devices, ○ = Some devices

### Which activity tracking wearables can I use with the app?

The following activity tracking wearables will sync data with the app. This list is not exhaustive. There are many other wearables that can work with the app through the Apple Health and Google Fit platforms.

BRAND	MODEL	STEPS	SLEEP	FOOD (VIA APP)
Apple	Watch	•	•	•
Fitbit	Ace series	•	•	•
	Alta series	•	•	•
	Blaze series	•	•	•
	Charge series	•	•	•
	Flex series	•	•	•
	Inspire series	•	•	•
	Ionic series	•	•	•
	One series	•	•	•
	Surge series	•	•	•
	Versa series	•	•	•
	Zip series	•		•

<b>Garmin</b>	Edge series	●	●	
	fēnix series	●	●	
	Forerunner series	●	○	
	HRM series	●	●	
	Running Dynamics Pod	●	●	
	Venu	●	●	
	vívofit series	●	●	
	vívofit series	●	○	
	vívokí series	●	●	
	vívosmart series	●	●	
	vívomove series	●	●	
	vívosport series	●	●	
<b>Misfit</b>	Command series	●	●	
	Fit	●	●	
	Flash	●	●	
	Ray	●	●	
	Shine series	●	●	
	Vapor series	●	●	
<b>Samsung</b>	Galaxy Fit series	●	●	●
	Gear Fit series	●	●	●
	Galaxy watch	●	●	●

<b>Withings</b>	Go	●	●	
	Move series	●	●	
	Pulse HR	●	●	
	Steel series	●	●	
<b>WHOOP</b>	WHOOP 4.0	●	●	

● = All devices, ○ = Some devices

Copyright © 2023 Castlight Health Inc.

[FAQ \(https://my.castlighthealth.com/faq/help-center?brand=castlight\)](https://my.castlighthealth.com/faq/help-center?brand=castlight)   
 [Security \(https://my.castlighthealth.com/security?brand=castlight\)](https://my.castlighthealth.com/security?brand=castlight)   
 [Privacy \(https://my.castlighthealth.com/privacy?brand=castlight\)](https://my.castlighthealth.com/privacy?brand=castlight)   
 [Terms of Service \(https://my.castlighthealth.com/terms-of-service?brand=castlight\)](https://my.castlighthealth.com/terms-of-service?brand=castlight)