

How we're making Google Health and Fitbit Air smarter than ever

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Our most advanced wellness tools, sleek new accessories, and deeper app partnerships bring a more connected view of your health.

Since introducing the Google Health app and Google Health Coach,¹ we've consistently delivered new features (more than 55 of them!) and fixes based on your feedback. We've added more customization to your Today tab, expanded focus metrics, improved Coach memory, deepened our Apple Health™² integration, made it easy to log meals with a quick photo or chat with your Coach, and so much more.

We've also expanded our roster of fitness wearables: first with our screenless tracker, Fitbit Air³ — introducing a playful, fan-favorite Pokémon™⁴ Sleep Special Edition — and then with our most advanced wearable, Pixel Watch 5, which brings proactive assistance and advanced health tracking to your wrist. And now, we are bringing you the new Fitbit Edge,⁵ our next-generation tracker with advanced fitness and real-time guidance at a glance.

To help you get the most out of this growing lineup — and to deliver on our commitment to make the Google Health app and Health Coach better over time — we're pairing these wearables with new premium accessories, industry-leading partnerships, and powerful, advanced health and wellness tools that work quietly in the background.

Elevate your look with the Metal Mesh bands.

Turn your tracker into a piece of jewelry designed to be worn day to night. The new Fitbit Air Metal Mesh band is crafted from a flexible, stainless steel weave that drapes elegantly around your wrist to deliver a contemporary, chic, upscale look for tracking you'll definitely want to take out on the town. Pre-order a lightweight, easy-to-wear Metal Mesh band in Champagne Gold or Polished Silver for \$69.99. Or get the Champagne Gold Metal Mesh band with an Obsidian Fitbit Air for \$149.99 exclusively at Target and on the Google Store.

Monitor your well-being with Health Guardian.

Health Guardian features — our new suite of health and safety tools that track subtle changes to your health over time — are rolling out to Fitbit Air and Fitbit Edge for users with a Google Health Premium subscription later this month. Set up blood pressure trends and insulin resistance trends⁶ in the Google Health app, and if you meet the monthly wear requirements, you'll get a report at the beginning of each month to help you make lifestyle adjustments early. With Google Health Premium, your Coach can help you translate any shifts in patterns, adapt your fitness plan, and give you personalized lifestyle and wellness guidance — plus, additional context to share with your doctor.

Track your workouts with upgraded automatic activity detection.

Based on your feedback, we improved automatic activity tracking so it's more intelligent, accurate, and reliable. By automatically logging your workouts, even when you forget, it helps you stay focused on your workout rather than your screen. This experience is available across Fitbit Air, Fitbit Edge, and Pixel Watch 3, 4, and 5 later this month.

It's broader and more accurate than ever.

- **Tracks more activities:** We expanded the number of activities your Fitbit tracker or Pixel Watch can detect from 10 to more than 100, including strength training, swimming, and racket and team sports.
- **Uses more context:** Powered by contextual reasoning, Google Health factors in critical context — including your workout routines, historical data, manual edits, and, with permission, your location — to deliver nearly 2x more accurate detections and cut missed workouts by more than half.⁷
- **Logs workouts automatically:** Workouts that meet your minimum duration threshold (15 minutes by default) with a sustained elevated heart rate are automatically logged, and a summary is sent to your mobile app, typically within 30 minutes.
- **Learns your patterns:** When you confirm or edit an activity, you're improving a feature that learns your unique patterns and uses them to refine its predictions.

This marks a huge advancement for automatic tracking, and we will keep working to make it even better.

Tap into a growing network of app partners.

We're committed to helping you bring together your health data through industry-leading partnerships and a safe, secure, and private platform.

- **Connect cycle data with Flo Health:** Through our multi-year strategic partnership with Flo Health, beginning early next year, you'll be able to sync your Flo Health app directly with Google Health to receive deeper, personalized insights tailored to your cycle phase and life stage. Together, we're also advancing clinical research into women's health to better support women everywhere.
- **See your glucose trends in one view with Abbott:**⁸ Through our recently announced partnership with Abbott, users in the U.S. will soon be able to connect Abbott's Lingo™⁹ over-the-counter continuous glucose monitor to the Google Health app for deeper, unified insights across glucose, meals, workouts, and sleep. More capabilities will roll out soon.
- **Sync nutrition with MyFitnessPal:** Our expanded integration with MyFitnessPal makes it easy to bring your daily meal and nutrition logs from MyFitnessPal into Google Health. This update allows MyFitnessPal Premium users to share their more detailed, food-specific logs with the Google Health app; non-premium users can continue to share daily meal logs.
- **Get lab insights with Function Health:** To get an even more complete picture of your overall well-being, users in the U.S. will also be able to import clinical lab results from Function Health starting later this fall.

With upgraded features, new proactive health insights, and a growing network of partner integrations, we're putting the tools for a healthier, more active life directly in your hands.

<https://blog.google/products-and-platforms/products/google-health/fitbit-google-health-updates>