

# Pairing Guide for Polar Devices with Carity (Android)

This guide will walk you through the step-by-step process of connecting your Polar device to Carity via **Polar Flow and Health Connect**. Due to variations between Polar models, instructions are categorized into devices **with screens** and those **without screens**.

## 1. Understanding the Setup Process

Polar devices do **not connect directly** to Carity. Instead, they sync data using:



**Polar Flow App** → collects data from your Polar device.

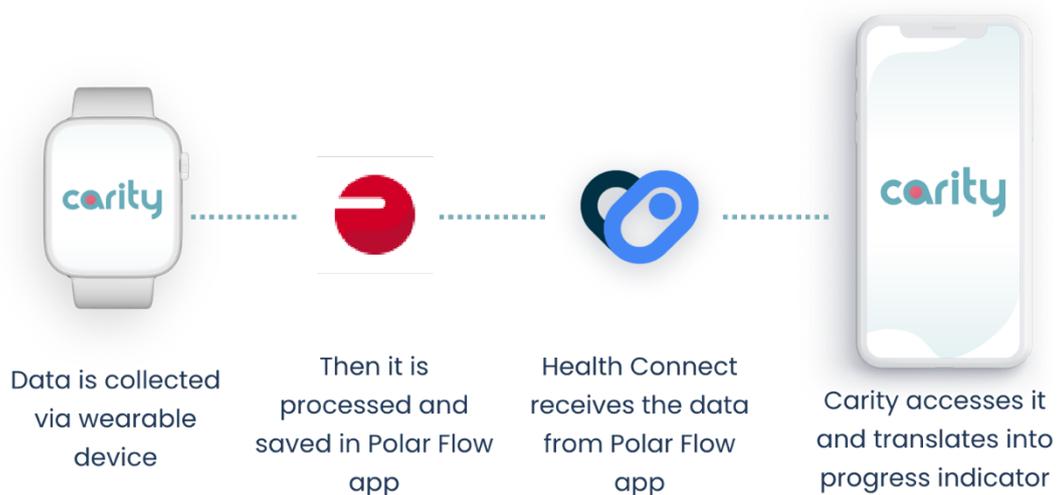


**Health Connect** → transfers data from Polar Flow to Carity.

To ensure proper syncing, **all necessary permissions and settings must be enabled**.

**Where to find Health Connect:** On **Android 14+**, Health Connect is built into system settings and is not a separate app.

Alternatively, access it directly via **Carity: Info** → **Manage Your Data** → **My Data in Health Connect**



## 2. Preparing Your Android Phone for Connection

Before pairing your Polar device, make sure your phone meets these **requirements**:



**Android 14.0 or later**



**Health Connect available in system settings**



**Polar Flow App installed** and **account registered** → Available in **Google Play Store**



**Bluetooth enabled**

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## 3. Pairing Your Polar Device with the Polar Flow App

1. Open the **Polar Flow App** on your phone.
2. **Register** new account (if you didn't already)
3. Tap **Settings** → **Devices**
4. **Choose between sensor or watch**
5. Follow the on-screen instructions to **complete pairing**.

◆ *Some models have built-in GPS, while others rely on the Polar Flow app for GPS data. Ensure GPS tracking is enabled in the settings.*

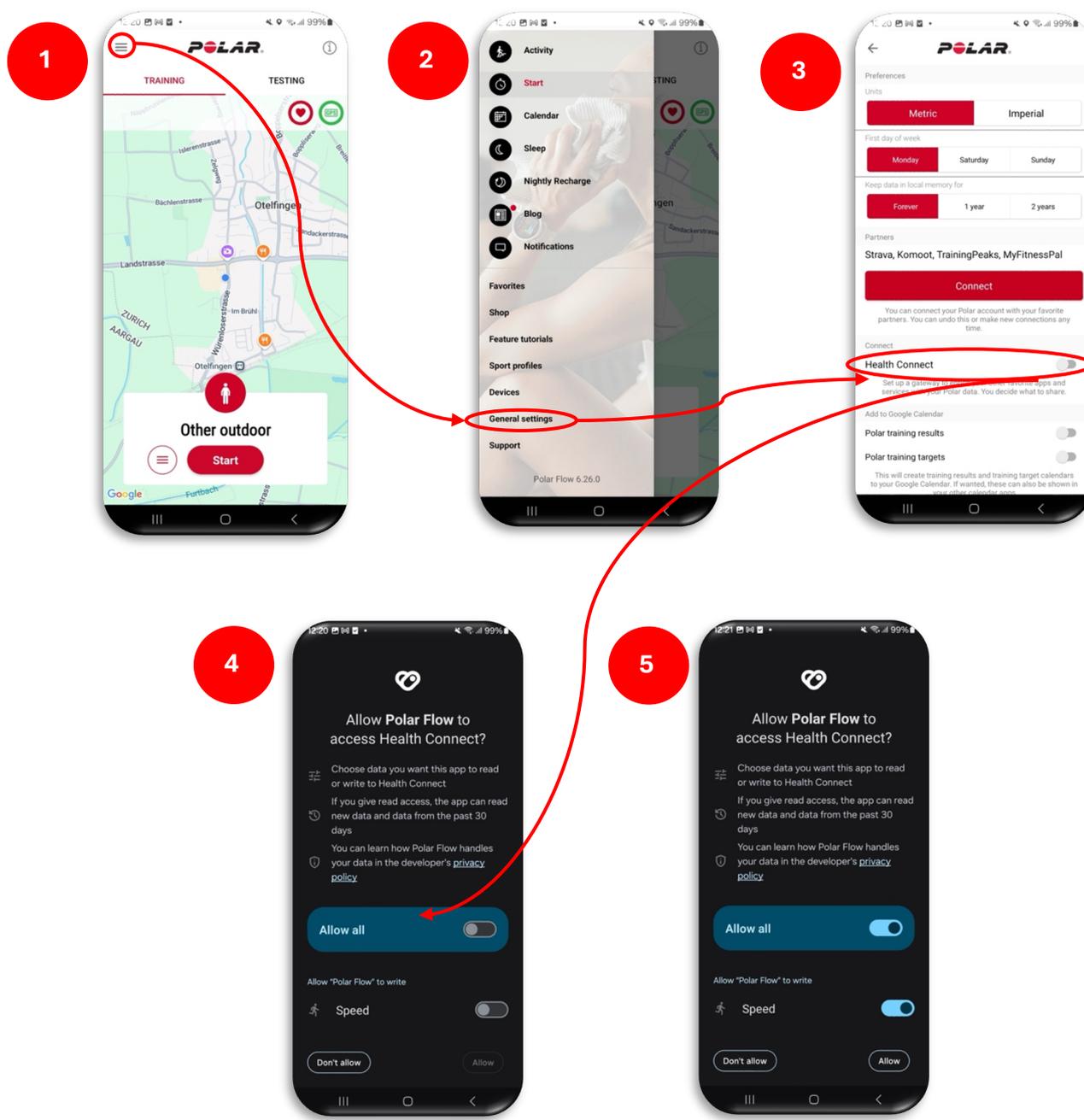
**If you are having troubles pairing your Polar device consult Support link in the Polar Flow app. Alternatively you can find your exact Polar manual on <https://support.polar.com/>**

## 4. Enabling Data Sync Between Polar Flow and Health Connect

Now that your Polar device is connected to **Polar Flow**, you need to allow it to share data with **Health Connect**.

1. Open the **Polar Flow App**
2. Open **main menu (1)** → **General Settings (2)** → **Health Connect (3)**
3. Enable **all data permissions (4&5)**

💡 *Polar Flow does **not request permissions automatically**, so you must do this manually.*



## 5. Connecting Health Connect to Carity

Once **Polar Flow is linked to Health Connect**, allow **Carity** to access your health data. It will happen naturally during Carity **“Add wearable”** process. However, we recommend that you additionally give us one more permission **completing step 4 and 5 of the instructions below**. This permission is not requested to you by the Android system by default, but it will allow Carity app to run more smoothly.

In case you have problems with device pairing in the Carity app, you can give permissions directly in the phone settings:

1. Open Carity: **Profile** → **Info** → **Manage Your Data** → **My Data in Health Connect**
2. Tap **App Permissions** → **Carity**
3. Enable **all permissions**
4. After all permissions are enabled go again to **Health Connect** → **App permissions** → **Carity** → **Additional access** and allow access data in the background.
5. Carity app require **exercise route access** to be able to calculate **6 minute walking distance**. We recommend to set it to **“always allow”**, so you don't need to give a permission after each exercise. You can do it again in **Health Connect** → **App permissions** → **Carity** → **Additional access** → **Access exercise routes** → **Always allow**

✅ **Now your Polar device is fully connected to Carity!**

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## 6. Granting Additional Permissions

To ensure smooth data transfer, **grant the following permissions**:

- 📍 **Location Permissions (Mandatory for GPS and Data Syncing)**

- Polar devices **require location access**, even if they don't have built-in GPS.
1. Find your phone **Settings** and look for Polar Flow app.
  2. Look for **Permissions** and **Location**
  3. It's important to select "**Allow all the time**"

## **Background Activity (Required for Continuous Syncing)**

To prevent data loss, enable **background activity** for Polar Flow and Carity app:

1. Open **Settings** and look for **Polar Flow app**.
2. Select **Battery** related settings → **Allow Background Activity**
3. Repeat for **Carity app**

*Note that in different phones these settings might have different locations. If you have trouble looking for it use a global search function (loop icon) in your phone. Without this setting, syncing might stop when your phone is locked.*

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## **7. Performing a Trial Workout (Mandatory for First Sync)**

To ensure data starts flowing correctly, **perform a trial workout**:

### **A. Devices with Screens**

1. **Start a workout directly from your Polar Watch:**
  - Press and hold the **OK button** to enter **pre-training mode**.
  - Select your **sport profile** and wait for heart rate and GPS signals to be detected.
  - **Press OK** to start the training session.
2. **After completing your workout:**

- End the session on your **Polar device**.
- Sync your watch with the **Polar Flow app** to upload your training data.

## B. Devices Without Screens

1. **Start a workout from the Polar Flow App** (since these devices don't have an interface):
  - Open the **Polar Flow App** on your phone.
  - Navigate to **Start Training** and select a **sport profile**.
  - Ensure your **Polar device is connected** to your phone.
  - Tap "**Start**" to begin tracking.
2. **After completing your workout:**
  - Tap "**Pause**", then press "**Stop**" in the Polar Flow app.
  - Save the session to upload your training data.

 Without a recorded workout, Carity cannot detect your Polar device.

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## 8. Common Issues & Troubleshooting

### Workout Data Not Syncing to Carity

- ✔ Check that Health Connect has permission to access data from Polar Flow
  - ✔ Ensure workouts are saved in Polar Flow before syncing
  - ✔ Manually refresh data in the Carity Profile tab
  - ✔ Try restarting your phone and Polar device
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### Heart Rate or GPS Data Missing

- ✔ Ensure GPS tracking is enabled in the Polar Flow app
- ✔ If using a non-GPS Polar device, make sure your phone's location services are active
- ✔ Wear your Polar device snugly to improve heart rate readings

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## **9. Summary of Steps**

- 1. Install Polar Flow & Health Connect**
- 2. Enable location permissions & background activity**
- 3. Pair your Polar device with Polar Flow**
- 4. Connect Polar Flow to Health Connect & grant permissions**
- 5. Link Health Connect to Carity**
- 6. Perform a trial workout for first-time syncing**