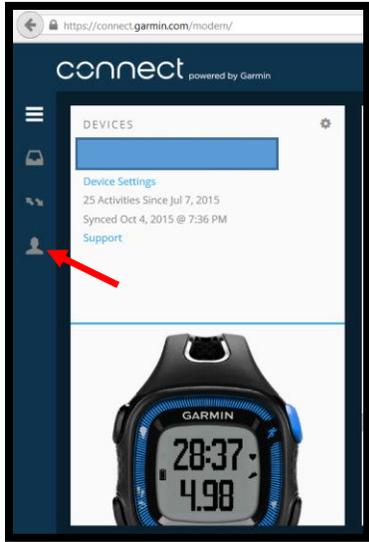
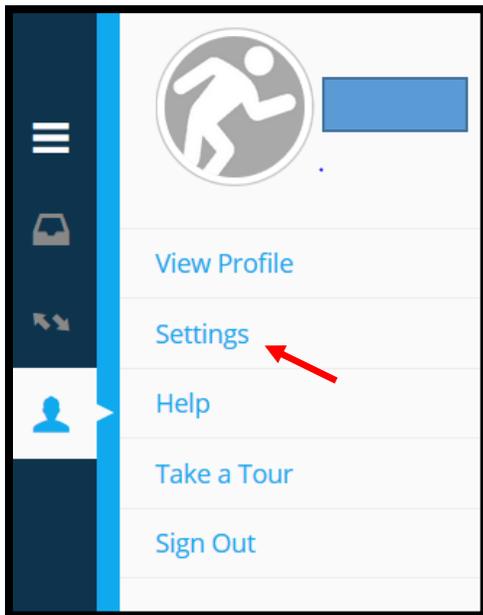


Garmin Connect

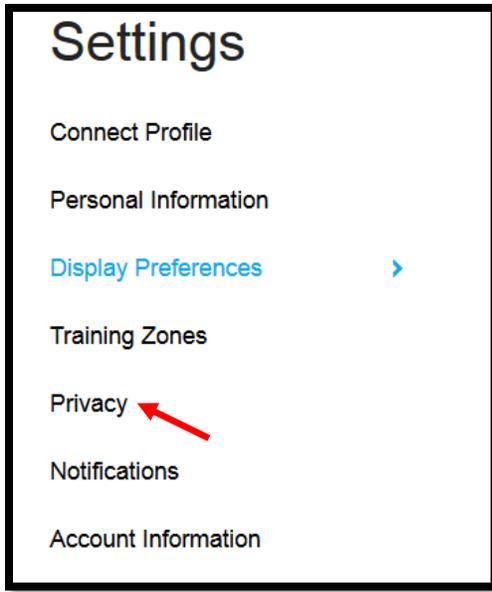


After signing into Garmin Connect, select the person icon on the left side of the screen.

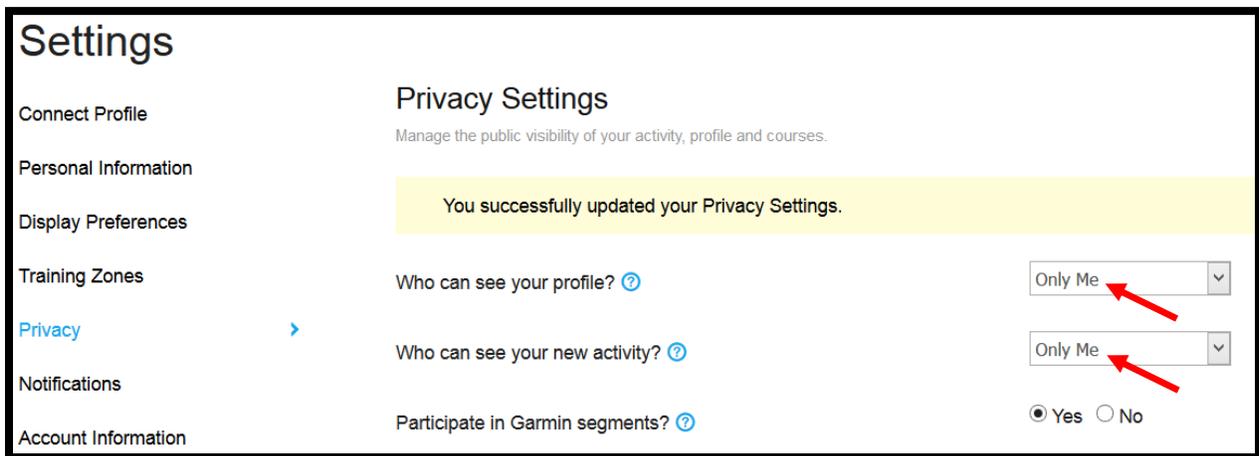


Select "Settings".

Garmin Connect



On the next screen, select “Privacy”.



It is recommended that you change “Who can see your profile?” and “Who can see your new activity?” to either “Only Me”, “My Connections”, or “My Connections and Groups”. This will prevent strangers from being able to see your running distances, routes, and other personal information.