

FITNESS APPS

Creating a Garmin Account

As you create your Garmin account, provide the minimum amount of personal information possible. It is recommended that you not link any other social media account to your fitness apps. Instead, use an email and password unique to this account. When setting up the account it is not recommended that Location data be accessible to the app, be sure to turn that function “off.”

Create Your Profile

Select the menu icon from the top left-hand side of the screen, then select “Settings.” Locate and select “Profile & Privacy.” In the first section, labeled “Privacy,” go through and change each setting according to your comfort level. It is recommended “Only Me” or “My Connections” be selected.

In the same section review the “Data” tab. These functions allow Garmin to collect data from your account and device in order to build and reinforce databases that hold popular routes. It is recommended you turn this function off by setting the toggle to “Off.” Next, select “Insights” and read through the consent policy provided before you decide if you want to “Agree” or “Do Not Agree.” Finally, select “Device Upload” and decide whether you want Garmin to connect your Garmin devices to “Garmin Connect,” set the toggle to “On” or “Off” based on your preference here. Review each data collection section under this tab to change each according to your comfort level.

Phone Permissions

Head back to the “Settings” menu and select “Phone Permissions.” Review each setting and change according to your comfort level. It is recommended that, where possible, phone permissions be limited with any app.

