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moller_peter



Grapheneos + smartwatch?

Question

Would it be possible to have grapheneos work with a smartwatch/fitness watch while maintaining the privacy?

Since I exercise almost daily I use a Fitbit but according to Rob Braxman (the internet Privacy Guy), Fitbit isn't so good when it comes to privacy while Garmin is a much better choice. What is your take on it all?

8

29



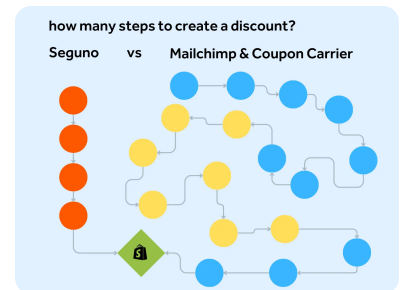
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Rob Braxman is *definitely NOT* 'the internet privacy guy', he might seem like it at first but he pushes a lot of snake oil and semi-snake-oil type privacy stuff that he just so happens to own or profit off of, and his content often lacks technical depth of understanding.

But in this specific case, yeah, he is not wrong. Fitbit is a poor choice with respect to privacy (especially since Fitbit was bought by Google). Garmin has a better reputation and better privacy policy. It is still not a privacy focused company but from everything I've read about Garmin they do not have a business model built around selling user data, and I believe most or all of the online features with a Garmin fitness tracker can be disabled if you just use it for fitness tracking offline.

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I use GrapheneOS and a Garmin watch. I use their apps the same way I use a few other proprietary apps, in an island where I can shut them off entirely when I'm not using them.

From a privacy standpoint I guess it's not 100% ideal. But what I get out of it is worth it to me. Being able to track my activities and records is something that helps me stay motivated and on track. I have to admit to not even really looking at the data practices of Garmin, I just gave it a fake name and started using it.

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Maybe ask on their forum: <https://discuss.grapheneos.org/>

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I use my Suunto (who fall under GDPR, unlike Garmin) with GrapheneOS no problem.

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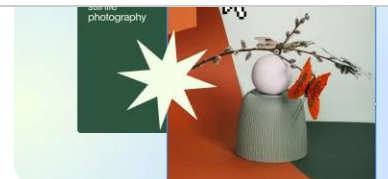
I use Galaxy watch 5pro with my graphene phone, I am aware they collect data and don't think there is much I can do about it. The only thing I did is I blocked network access for all Samsung apps on my phone in hope less data will go out, I don't connect smartwatch to wifi just bluetooth.

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it is possible;

just firewall the app and watch will communicate with phone without uploading anything to cloud.

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JackfruitSwimming683 • 1y ago

You need a smartphone to connect your smartwatch to the Internet, right? Having GrapheneOS should mitigate any privacy considerations, and have the added benefit of having Google Pay.

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That's actually where my knowledge ends. I'm not sure how things work. With my Fitbit I see my stats in the Fitbit app on the phone (which is what I want) but I guess it then somehow somewhere goes to the clouds of Google's servers too. I'm gonna do some jogging in forests so I need GPS function. Not sure if one can have that with privacy. But as mentioned here earlier, Finnish company Suunto goes under European law of gdpr which I'm not sure others are doing...Cronos is having that too probably.

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So if I would get a Garmin and use their app Garmin connect, I would be able to prevent the app from sending my data with the help of grapheneos. But what about the version for a PC? Just avoid it?

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