

# ALERT

!!!!!!!

Apple®, Microsoft®, the IRS and Google® will NOT call, text or email you!!!\*

If you get a suspicious contact, do not do anything except shut off your device completely ASAP!

When you turn your device back on, run Malwarebytes® for a quick scan

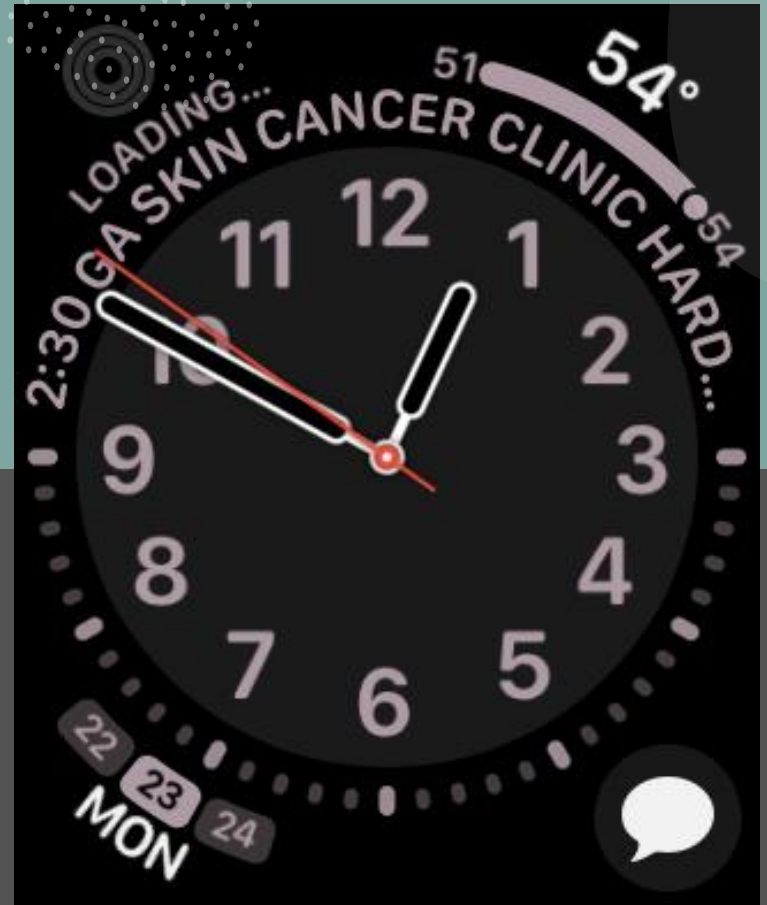
If your grandson calls for money, tell him to call his mother!

\* you may receive contacts regarding storage, receipts, etc.

# All Things Apple®

Apple Watch Series

July 12, 2021



# Before we begin

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iPhone should be up to date,  
currently running iOS 14.6

You should have yourself in  
Contacts, including correct  
birthdate

Your Medical ID should be filled  
out completely and all emergency  
contacts in your Contacts  
accurately and thoroughly

# Apple Watch Models

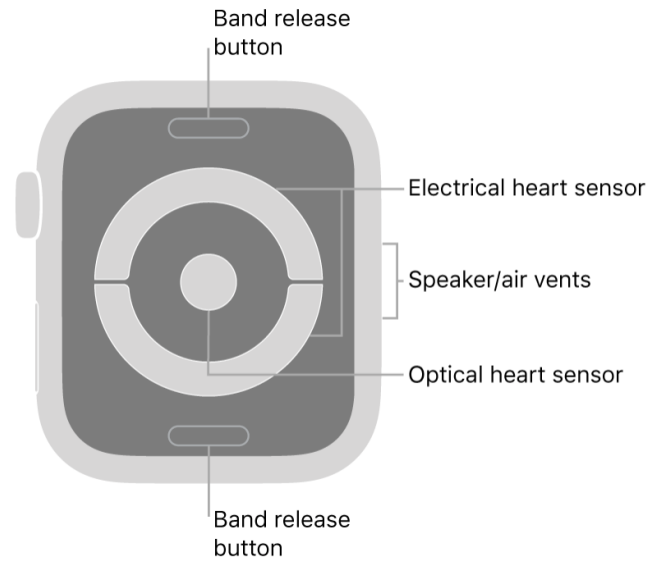
- Apple Watch 3,5,6
- Apple Watch 3 Alerts for High or Low Heart rate
  - Emergency SOS
  - GPS
  - shower proof, swim in shallow depths - ocean & pool
- Apple Watch 5
  - 30% larger than the Apple Watch 3
  - Better Heart Sensor
  - Always On
  - water resistant to 50 meters, water lock
  - Compass - cool apps like astronomy, incline, elevation, directions
- Fall Detection
  - Will call 911 and your emergency contacts
  - **IF** you are near your phone (100 ft) of wifi or have a watch with cellular.
- Trade-Ins Available



# Apple Watch Current Models

	<p><b>Apple</b> Apple Watch 6</p> <p><a href="#">Check Price</a></p>	<p><b>Apple</b> Apple Watch SE</p> <p><a href="#">Check Price</a></p>	<p><b>Apple</b> Apple Watch Series 3</p> <p><a href="#">Check Price</a></p>	<p><b>Apple</b> Apple Watch Series 5</p> <p><a href="#">Check Price</a></p>	<p><b>Apple</b> Apple Watch Nike</p> <p><a href="#">Check Price</a></p>
<b>BOTTOM LINE</b>	<p><b>Feature-packed</b></p> <p>The bright and crystal-clear Series 6 is the most stylish Apple Watch available, and it is the best model for actively monitoring your heart health.</p>	<p><b>Bargain Pick</b></p> <p>With more features than you may expect at this price, this is a value-packed Apple Watch.</p>	<p><b>Best for Beginners</b></p> <p>The Apple Watch Series 3 features core iPhone connectivity, a range of fitness apps, and health tracking at a budget-friendly price.</p>	<p><b>Most Stylish</b></p> <p>The Series 5 is a mid-range Apple Watch that incorporates many precise fitness-tracking features within its stylish design.</p>	<p><b>Best for Runners</b></p> <p>Joggers and runners will enjoy the large amount of fitness information the Apple Watch Nike clearly and stylishly displays at a glance.</p>
<b>PROS</b>	<p>Display is always on. Actively tracks blood oxygen, heart rate, sleep, etc. Available in aluminum, titanium, and stainless steel. Water-resistant. Available in a wide range of colors.</p>	<p>Large and bright OLED display. Blazing-fast. Highly customizable. Water-resistant. Actively tracks workouts. Huge array of apps. Monitors heart rate, sleep, and other health stats.</p>	<p>Affordable. Water-resistant. Monitors heart rate and core fitness stats. Text feature. Large collection of compatible apps. Apple Pay. Rugged display. Emergency SOS calling.</p>	<p>Large, bright, and always-on display. Available in aluminum, ceramic, stainless steel, and titanium. Huge array of fitness apps. Track heart rate. Water-resistant.</p>	<p>Special fitness watch faces pack a ton of data onto one screen. Highly visible Nike Twilight Mode. Tracks progress before, during, and after runs. Huge selection of sport bands available.</p>
<b>CONS</b>	<p>It is no surprise that Apple's best watch is a fairly pricy model.</p>	<p>Cannot monitor blood oxygen levels.</p>	<p>Its display is noticeably smaller than other Apple Watches.</p>	<p>No sleep tracking feature.</p>	<p>Best for active runners.</p>

# Apple Watch®



## Turn on, pair, and set up your Apple Watch



1. Put your Apple Watch on your wrist. Adjust the band so your Apple Watch fits closely but comfortably on your wrist.

For information about resizing or changing the band on your Apple Watch, see [Remove, change, and fasten Apple Watch bands](#).

2. To turn on your Apple Watch, press and hold the side button until you see the Apple logo.
3. Bring your iPhone near your Apple Watch, wait for the Apple Watch pairing screen to appear on your iPhone, then tap Continue.

Or open the Apple Watch app on your iPhone, then tap Pair New Watch.



# Pairing with your iPhone

- Remember that everything you do to or for your watch is easily done using your phone

# Now the Fun Begins . .

Choose your Watch Face – this is very important and can be time consuming

Watch Face shape and style will determine the Complications you can add and where you can add them

Complications are the ‘other’ items on your Watch Face such as date, weather, activity, heart rate, etc.



12:53



# Judi's Watch

Search



Judi's Apple Watch  
40mm

MY FACES

Edit



Infograph



Infograph Modular



Modular



Complications



Notifications



App Layout

# Where to Start

- Choose Watch Face
- Explore as many options as you wish
- Select color that is easy to read
- Current iOS for watch is 7.5

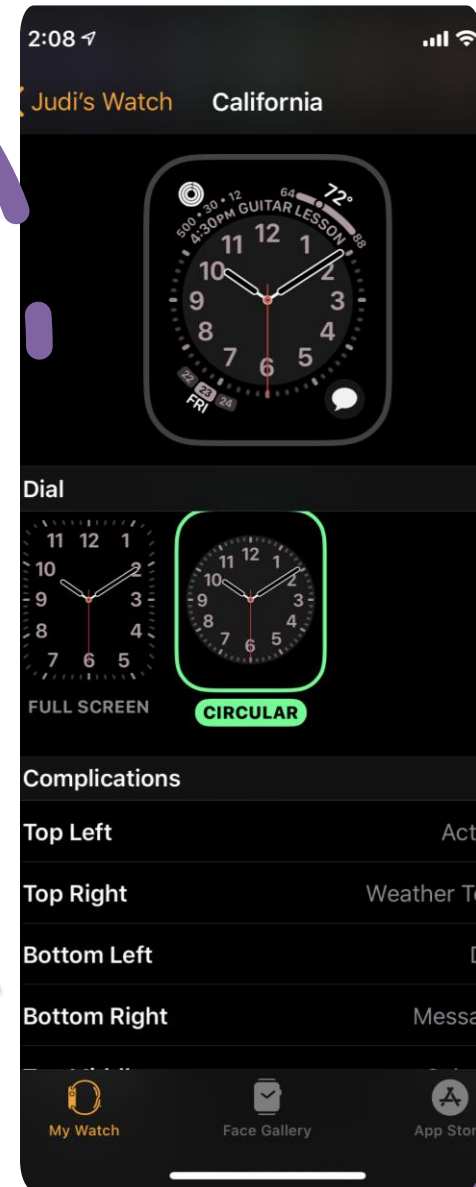
- AccuWeather
- Audiobooks
- Calcbot
- Cardiograph
- CNN
- Dark Sky
- Equalizer
- GasBuddy
- Hilton Honors
- Human
- iTranslate
- JetBlue
- Just Press Record

# Complications

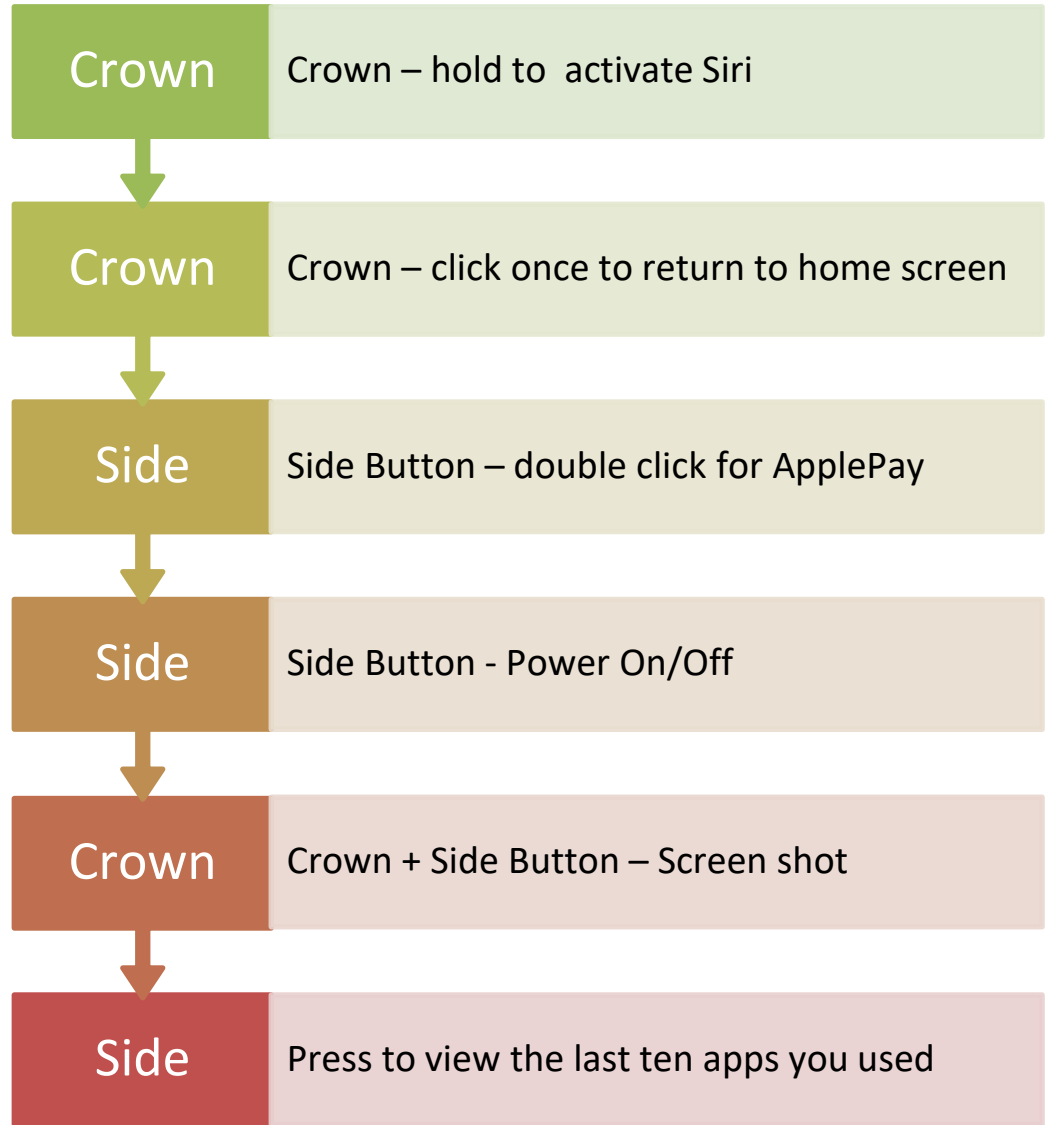
- These are some of the options you can add to your watch face for immediate information
- Not all watch faces will accommodate all complications

# Adding Complications

- After a Watch Face is selected, scroll down to Complications and you can select what ones you want and where



# What Do the 'Buttons' Do

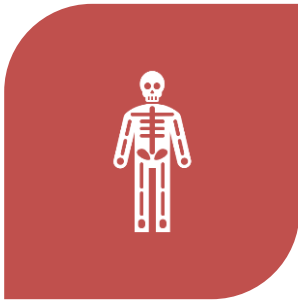


# Switch to Mirroring iPhone

Show Watch App on iPhone

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# Activity App on the Apple Watch



KEEPS TRACK OF YOUR ACTIVITY: HOW MUCH YOU MOVE (RED RING), HOW MANY TIMES YOU STAND (BLUE RING), HOW MANY MINUTES OF EXERCISE (GREEN RING)



APPLE MONITORS YOUR HEART RATE AND CAN DO AN ECG



HAS 'FALL' DETECTION AND WILL ALERT 911 IF YOU FALL AND CANNOT RESPOND



# The future of health is on your wrist.

Measure your blood oxygen level with a revolutionary new sensor and app. Take an ECG anytime, anywhere. See your fitness metrics at a glance with the enhanced Always-On Retina display. With Apple Watch Series 6 on your wrist, a healthier, more active, more connected life is within reach.

# Activity App



Change Move Goal



Adjust using + and -



Update



Launch



Scroll down under rings for more  
info



# Workout Function



Auto detect workout and will tap you to say "Are You A Doing Workout"



Tap to confirm, change workout type, record, etc.



Settings on watch to turn off Workout Auto Detect



Walk, Run, Swim, Elliptical Rower, Cycling, Yoga

# Don't Like all those "Circle" Apps?



Open the Apps by pressing the Crown



Press digital crown to go to Home Screen> Settings>View>Select List View



Press Crown again and List be displayed from then on



Away from your phone? Touch the 3 dots on bottom right corner to put call on hold until you get to your phone

# Ask Siri FIRST!

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Caller needs to be  
in your CONTACTS  
for this feature

## Make a call

1. Open the Phone app 📞 on your Apple Watch.
2. Tap Contacts, then turn the Digital Crown to scroll.
3. Tap the contact you want to call, then tap the phone button.
4. Tap FaceTime Audio to start a FaceTime audio call, or tap a phone number.
5. Turn the Digital Crown to adjust volume during the call.

💡 **Tip:** To call someone you've recently spoken with, tap Recents, then tap a contact. To call a person you've designated as a favorite in the Phone app on your iPhone, tap Favorites, then tap a contact.

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## Enter a phone number on Apple Watch

1. Open the Phone app 📞 on your Apple Watch.
2. Tap Keypad, enter the number, then tap 📞.

You can also use the keypad to enter additional digits during a call. Just tap \*\*, then tap the Keypad button.

# Answer a call

When you hear or feel the call notification, raise your wrist to see who's calling.

- *Send a call to voicemail:* Tap the red Decline button in the incoming call notification.
- *Answer on your Apple Watch:* Tap the Answer button to talk using the built-in microphone and speaker or a Bluetooth device paired with your Apple Watch.
- *Answer using your iPhone or send a text message instead:* Tap **⋮**, then tap an option. If you tap Answer on iPhone, the call is placed on hold and the caller hears a repeated sound until you answer on your paired iPhone.

If you can't find your iPhone, touch and hold the bottom of the screen, swipe up, then tap **📞** on your Apple Watch.



# Confused?

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The Apple Watch cannot make coffee or feed your cat, but there are almost limitless options



Do not be afraid to play with it; there is really nothing you can do to hurt it



Make a written list of your questions and then come into the Hilton Head Island Computer Club for help

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Questions/Comments

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- When all else fails, remember to 'Ask the Google'
- Apple Assistance – 800-275-2273