

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

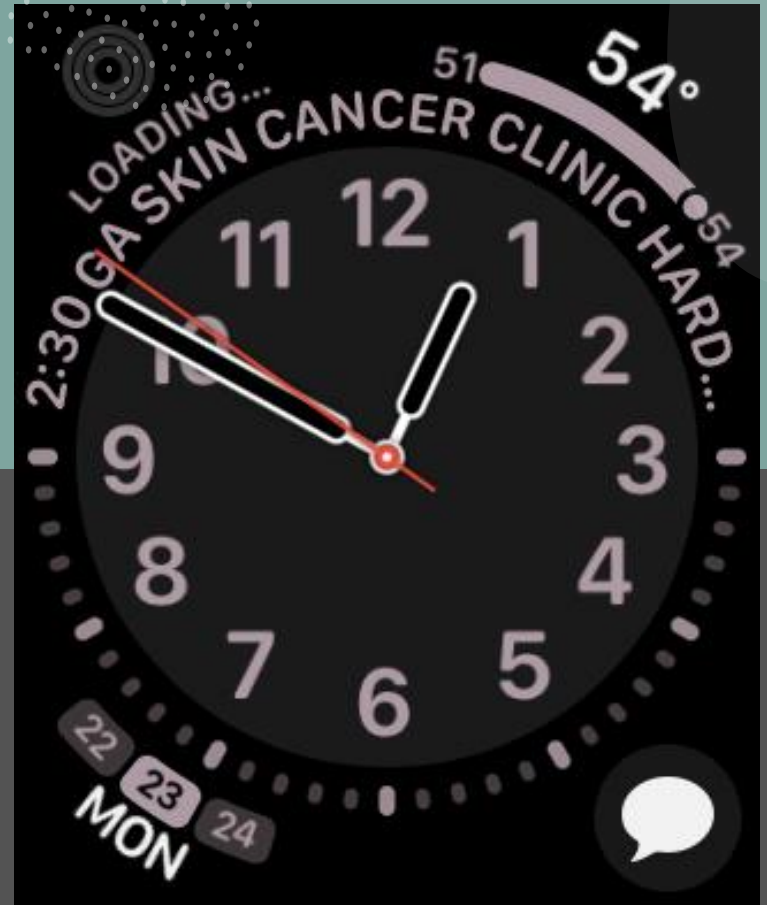
Do not buy gift cards for anyone other than your own family and friends

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

All Things Apple®

Apple Watch Series

October 9, 2022



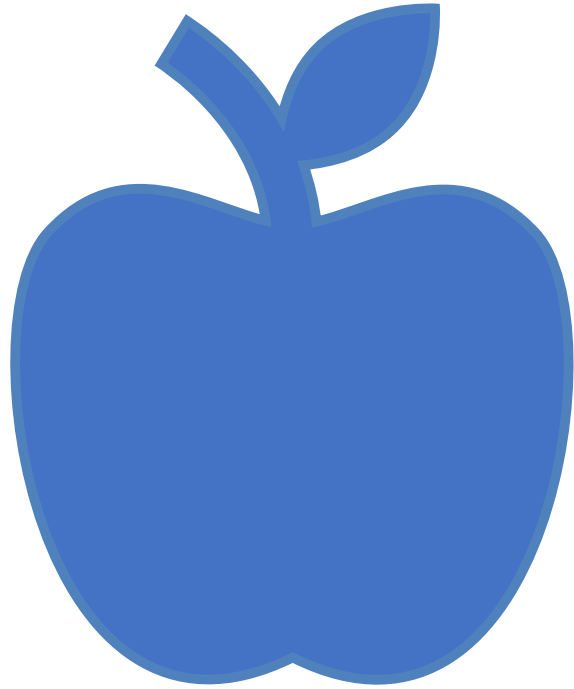
Before we begin

• •

iPhone should be up to date,
currently running iOS 16.0.2

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



New

Apple Watch Series 8



New

Apple Watch SE



New

Apple Watch Ultra

Apple Watch Models

45mm or 41mm

Swimproof¹

IP6X dust resistant¹

-

-



Always-On Retina display
Up to 1000 nits



Blood Oxygen app²



ECG app³

44mm or 40mm

Swimproof¹

-

-

-



Retina display
Up to 1000 nits



49mm

Swimproof¹¹

IP6X dust resistant¹²

MIL-STD 810H certification¹³

Action button



Always-On Retina display
Up to 2000 nits



Blood Oxygen app²



ECG app³



High and low heart rate notifications

Irregular rhythm notification⁴



High and low heart rate notifications

Irregular rhythm notification⁴



High and low heart rate notifications

Irregular rhythm notification⁴



Temperature sensing⁵

Cycle tracking with retrospective ovulation estimates⁶



-

Cycle tracking⁶



Temperature sensing⁵

Cycle tracking with retrospective ovulation estimates⁶



Emergency SOS⁷

International emergency calling⁸

Fall Detection

Crash Detection⁷

-



Emergency SOS⁷

International emergency calling⁸

Fall Detection

Crash Detection⁷

-



Emergency SOS⁷

International emergency calling⁸

Fall Detection

Crash Detection⁷

86-decibel Siren to attract attention



Cellular available⁹

Family Setup — pair multiple watches with one iPhone¹⁰



Cellular available⁹

Family Setup — pair multiple watches with one iPhone¹⁰



Cellular⁹

Family Setup — pair multiple watches with one iPhone¹⁰

Blood oxygen sensor
Electrical heart sensor
Third-generation optical heart sensor
Temperature sensor
Dual-core S8 SiP
Digital Crown with haptic feedback

—

L1 GPS

Compass with redesigned app

Always-on altimeter

High-g accelerometer

Gyroscope

—

—

Second-generation speaker and mic

—

—

Second-generation optical heart sensor

—

Dual-core S8 SiP

Digital Crown with haptic feedback

—

L1 GPS

Compass with redesigned app

Always-on altimeter

High-g accelerometer

Gyroscope

—

—

Second-generation speaker and mic

Blood oxygen sensor
Electrical heart sensor
Third-generation optical heart sensor
Temperature sensor
Dual-core S8 SiP
Digital Crown with haptic feedback

Customizable Action button

Precision dual-frequency (L1 and L5) GPS

Compass with redesigned app

Always-on altimeter

High-g accelerometer

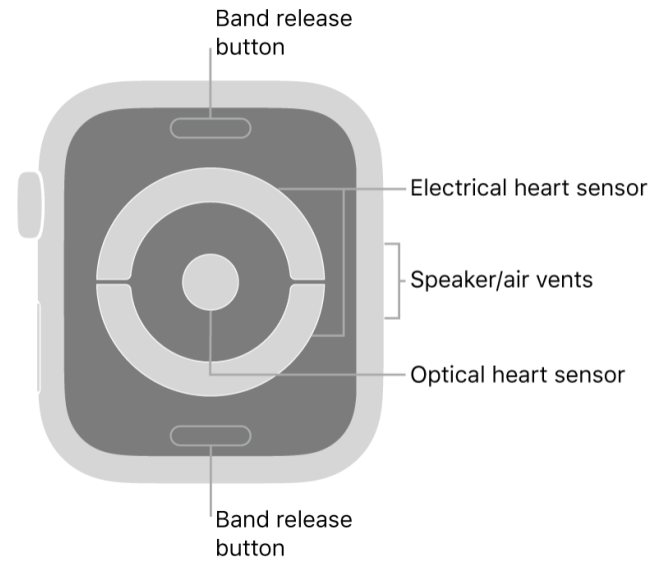
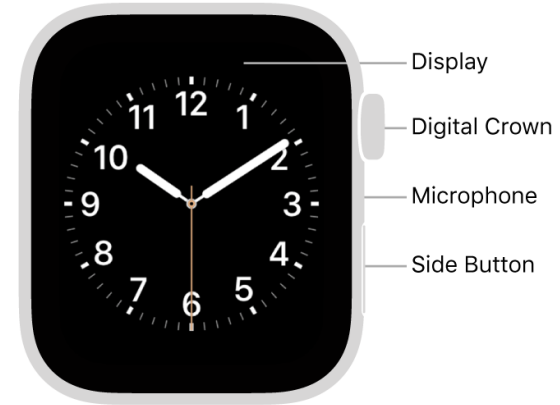
Gyroscope

Depth gauge and water temperature sensor

Dive computer app (available on App Store)¹¹

Dual speakers and three-mic array with beamforming

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 9.0

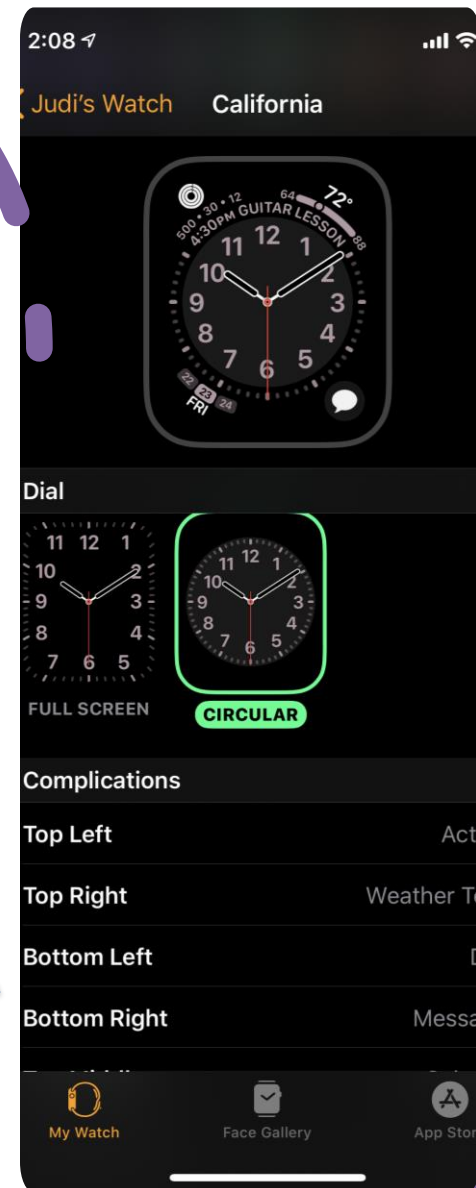
- AccuWeather
- Audiobooks
- Calcbot
- Cardiograph
- CNN
- Dark Sky
- Equalizer
- GasBuddy
- Hilton Honors
- Human
- iTranslate
- JetBlue
- Just Press Record

Complications

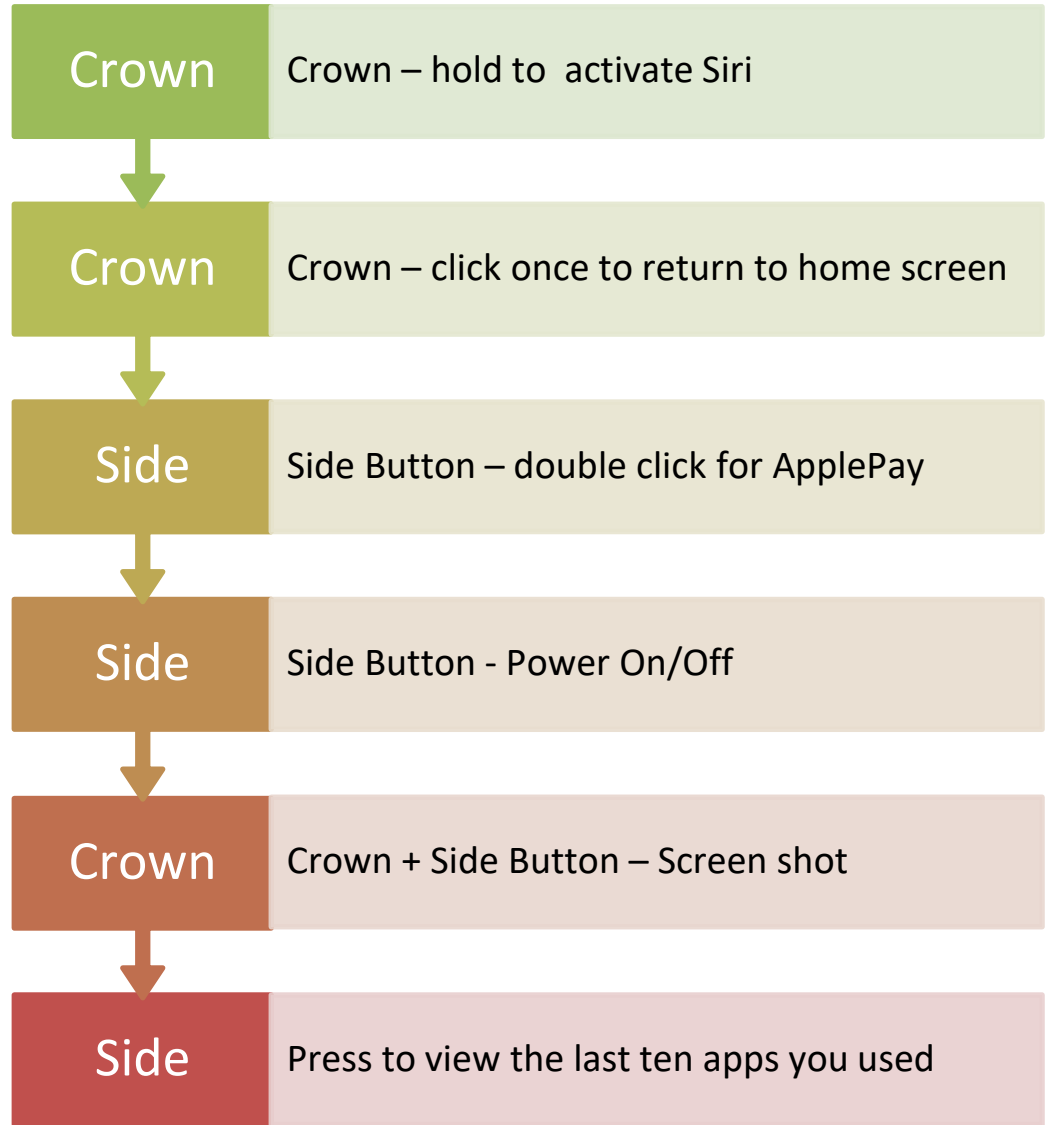
- These are some of the options you can add to your watch face for immediate information
- Not all watch faces will accommodate all complications

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

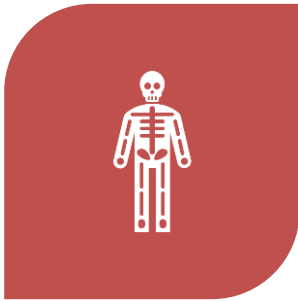


The background features a dark green field with a complex pattern of bright green, multi-lined geometric shapes. These shapes include diamonds, zig-zags, and wavy lines, some of which are interconnected to form a grid-like structure. A solid blue horizontal bar is positioned in the lower half of the image, containing white text. To the right of this bar, a blue rectangular shape extends further right, partially overlapping the bar's edge.

Switch to Mirroring iPhone

Show Watch App on iPhone

Activity App on the Apple Watch



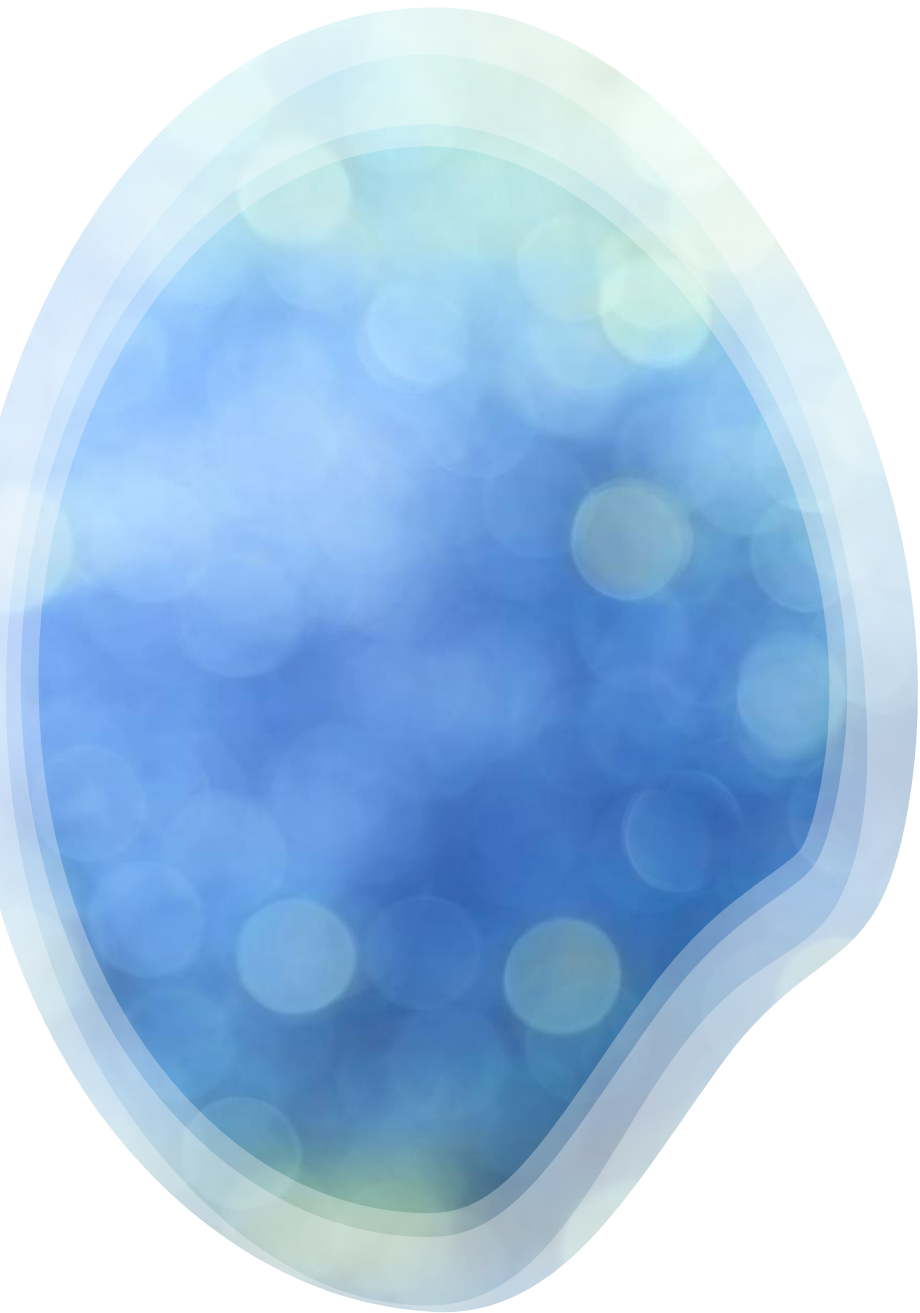
KEEPS TRACK OF YOUR ACTIVITY: HOW MUCH YOU MOVE (RED RING), HOW MANY TIMES YOU STAND (BLUE RING), HOW MANY MINUTES OF EXERCISE (GREEN RING)



APPLE MONITORS YOUR HEART RATE AND CAN DO AN ECG



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



Activity App



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

How to view your Watch Apps



Open the Watch App on your iPhone



Scroll to App View



Select Grid or List View



Helpful hint when answering your Watch:

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

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.

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.

Ask Siri FIRST!

Caller needs to be in your
CONTACTS for this feature

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?



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

?!!

- When all else fails, remember to 'Ask the Google'
- Apple Assistance – 800-275-2273 (1-800—MY-APPLE)



Fond Adieu

- After 34 years on this beautiful island and 13+ years with this wonderful computer club, I am bowing out
- It has been both a pleasure and an honor to work with the wonderful members and our special volunteers
- I hope I can duplicate a similar experience in our new hometown of Huntsville AL aka Rocket City!