

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 5

June 16, 2020



Poll # 1

- Have you been to the beach?

Before we begin

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iPhone should be up to date,
currently running iOS 13.5.1

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

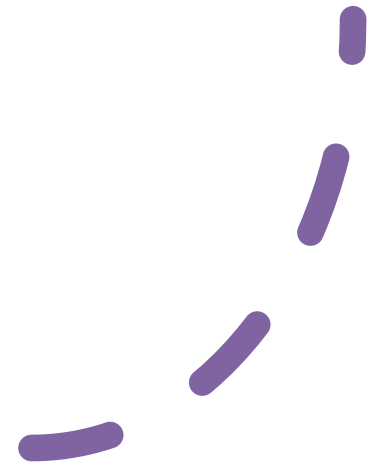
Apple Watch Models

- Apple Watch 1 and 2
- Apple Watch 3 - \$199 or \$299 - sale \$20 off
 - Alerts for High or Low Heart rate
 - Emergency SOS
 - GPS
 - shower proof, swim in shallow depths - ocean & pool
- Apple Watch 4 – No longer being sold
 - Slightly Larger
 - ECG
 - Fall Detection
- Apple Watch 5 - \$429/399 or \$529/499 – Amazon, Best Buy Sale - \$100 off
 - 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
 - **IE** you are near your phone (100 ft) of wifi or have a watch with cellular.
- Trade-Ins Available

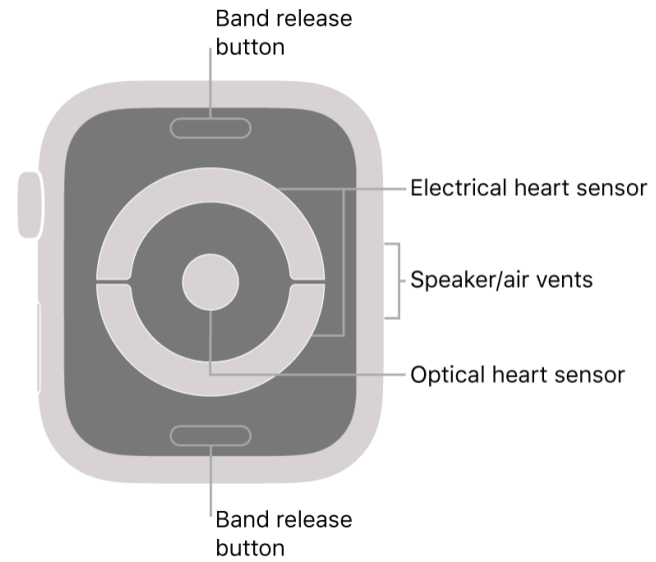
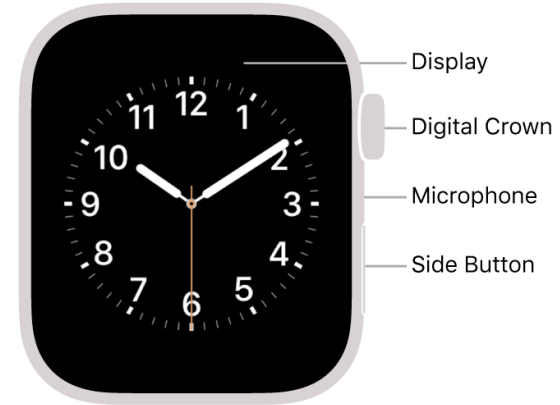


Poll #2

- What kind of watch do you have?



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

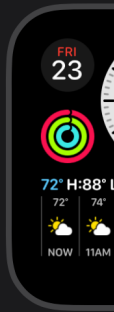
Edit



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 6.2.6

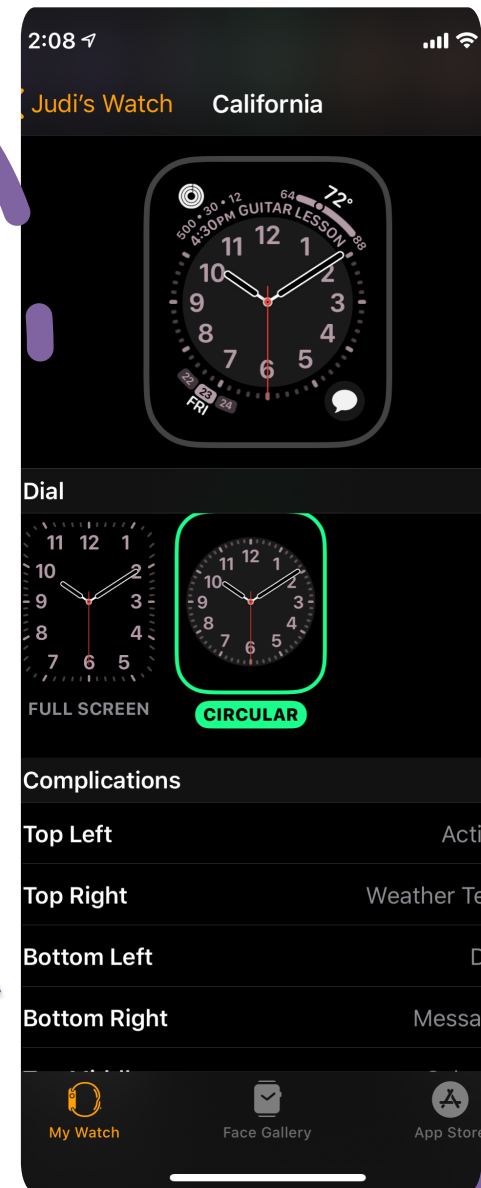
- AccuWeather
- Audiobooks
- Calcbot
- Cardiograph
- CNN
- Dark Sky
- Equalizer
- GasBuddy
- Hilton Honors
- Human
- iTranslate
- JetBlue
- Just Press Record

Complications

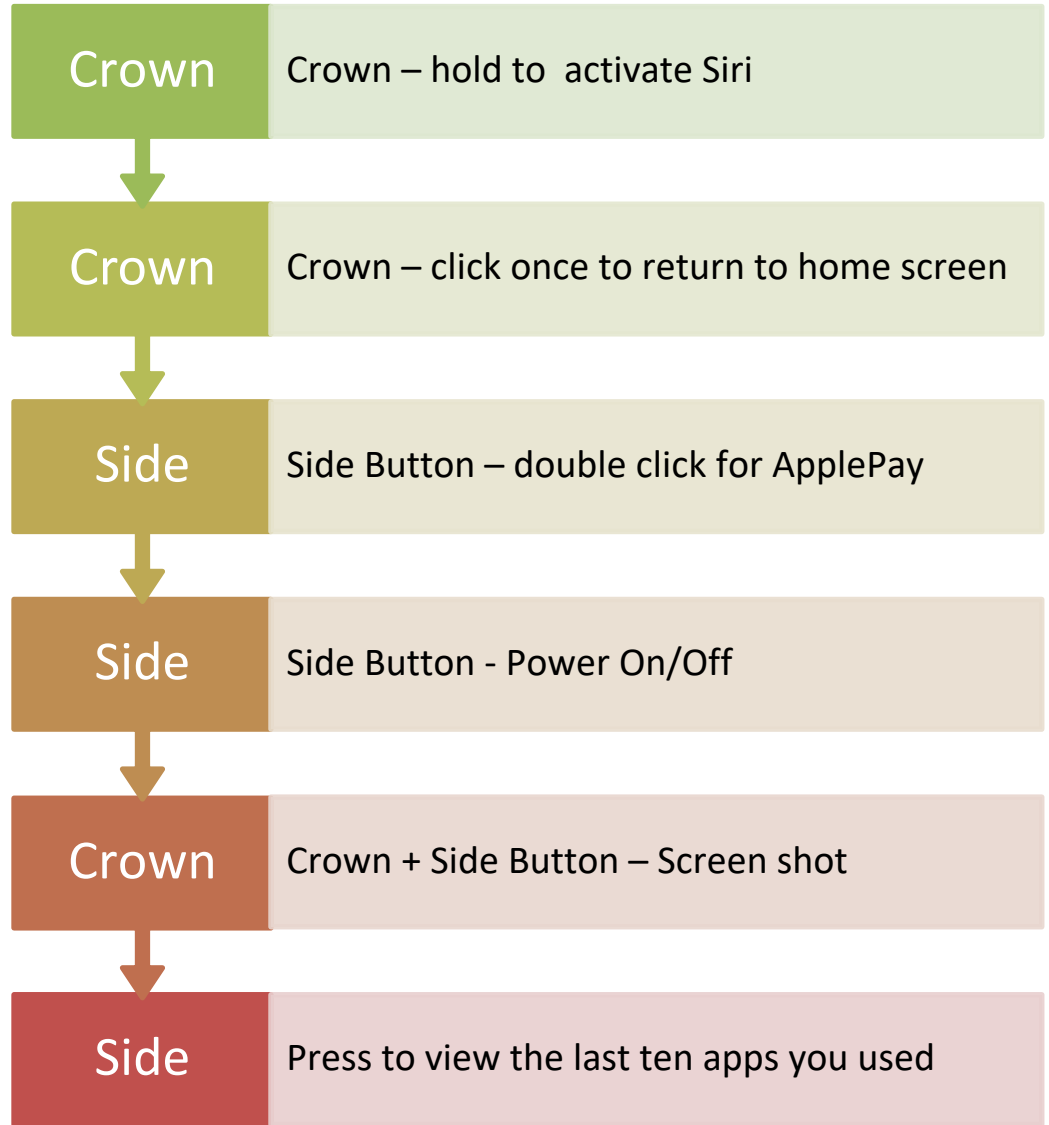
- These are some of the options you can add to your watch face for immediate information
- Not all watch faces will accommodate all complications

Adding Complications

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



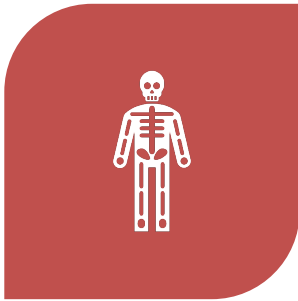
What Do the 'Buttons' Do



Switch to Mirroring iPhone

Show Watch App on iPhone

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



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 on the Watch Face and an option for "list" will appear (all complications/apps will be listed in alphabetical order)



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



Poll # 4

When will you be comfortable coming into the HHICC resource center for assistance or classes?

Poll # 5

Feedback

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