

# Introduction to the Apple Watch

We'll start by looking at how we get around the Apple Watch including Complications, switching Watch Faces, viewing Notifications, Control Center, Digital Crown and the Dock Button. See my slideshow at: [rmug.weebly.com](http://rmug.weebly.com)

## Complications

Each Apple Watch face has a number of Complications. Complications is an old term used by watchmakers describing features such as the date or moon phase. So when you see the date or temperature on your Apple Watch, you are viewing that as a complication. The number of complications vary, depending on what Apple Watch face you have showing. You can customize these complications on the Apple Watch (or in the iPhone Watch app). They can be the Date, Events, Temperature, Heart Rate, Activity, or even information from third party apps.

## Switching Apple Watch Faces

To switch to a different watch face on your Apple Watch, you just swipe to the left or right. These other watch faces can have a completely different look or just different complications. We can easily customize these through the Watch app on your iPhone or even on your Apple Watch itself.

## Viewing Notifications

Your Apple Watch can receive Notifications, such as a text message or news notification, just like on your iPhone. If you have any unread notifications, you'll see a red dot at the top of your Apple Watch face, indicating you have unread notifications. To view your unread notifications you just swipe down from the top and twist the digital crown. To get back to your watch face, you swipe up on the watch face or tap the digital crown. When you do this, you'll notice the red dot is now gone at the top of your watch face. You can always get back to your notifications by swiping back down from the top, even if you do not have any new or unread notifications.

## Control Center

Your Apple Watch also has a Control Center, again just like your iPhone. Here we have easy access to various controls including Wi-Fi, Airplane mode, Battery Level, Do Not Disturb, Muting, and much more. To access the control center on your Apple Watch, you just swipe up from the bottom while on a watch face. Once there, you can use the digital crown or swipe up and down to view all your various controls. To get back to your watch face, you just swipe down.

## Digital Crown

The Digital Crown on your Apple Watch controls a number of features.

- If you are in an app or a collection of them, the digital crown will scroll through the apps.
- If you are in an app on your Apple Watch, when you press in the digital crown, it takes you back to your watch face.
- If you are on a watch face and you press in the digital crown, it shows you all of your apps you have on your Apple Watch.
- If you press and hold it, the digital crown brings up Siri.
- Once you add the ECG app to your iPhone, you can take an electrocardiogram by opening the ECG app on your watch and holding the digital crown for 30 seconds with your finger tip. (The new Series 4 watch only)

### **Dock Button**

When you press the large button below the digital crown, it gives you access to the Dock. The Dock shows recent apps or favorite apps depending on how you have it set in the Watch app on your iPhone. If we press and hold the button we have access to powering the Apple Watch off or triggering SOS features.

## **Using the Watch App on your iPhone or iPad**

### **My Watch Tab**

When you open the Watch app on your iPhone, you'll see four tabs across the bottom. The first is My Watch tab on the lower left. This is where you will find various settings for your Apple Watch. This includes the installed watch faces, complications, notifications, app layout, and dock settings. We also have General Settings which include brightness, sound, passcode, and privacy settings. If you scroll down, you'll also see the many various apps available for your Apple Watch that you can install. Tap on any one of these apps to see the settings for that specific app.

### **Face Gallery Tab**

The second tab from the left is the Face Gallery. This is where we can view the multitude of watch faces available to your Apple Watch. These are not the faces that are installed, you'll see those on the My Watch tab. These are where we can view and customize a watch face and then install it on our Apple Watch. Once you add a face from the gallery to your Apple Watch, it shows in your My Watch tab.

### **App Store Tab**

Our next category is for the App Store. When you tap on this you are taken to the App store. But this is not the normal Apple App store, it is only showing apps that you can install on your Apple Watch. Explore them, lots of fun options. The final tab is the Search Button for apps in the Apple Store, why it is a separate tab and not just located on the App Store tab I don't know!

## My Favorite Watch Apps

**Activity** - In my opinion the Activity app is the most fun feature of my watch! Measuring my daily Move, Exercise and Standing time along with my Total Steps and Distance. Closing those circles is satisfying! This app is built-in to watchOS 5.

**Workout** - Monitors my walking, biking and swimming and ties it back to the Activity app that tracks my every move. And it gives me reminders to start (and stop) recording my exercise when I forget to do so. Built-in to watchOS 5.

**Walkie-Talkie** - Whether you're out shopping or trying to find someone in a crowd, use the Walkie-Talkie app to get in touch with just a tap.

**AutoSleep** - One major feature missing from the Apple Watch, is automatic sleep tracking. For \$2.99 this program does a good job - but you will need to charge your watch for a few hours during the day.

**PCalc Lite** - It's weird that there's no calculator app built in to the Apple Watch. You might recall, calculator watches were sort of the first "smart watches." The PCalc Lite version is free and works great on my watch.

**ESPN Sports** - Sports fans - this free app offers scoring and highlights for major sports and your favorite teams. Supports College Basketball and Football, MLB, NFL, NBA, and MLS teams.

**Shazam** - Shazam has been the 'Go To' app for identifying a tune on your iPhone forever. Now owned by Apple and available free on the watch. No more fumbling for your iPhone to quickly identify a song before it ends.

**Hole 19 Golf GPS** - Free Golf GPS Range Finder and Scorekeeper.

**Heart Rate** - Built into watchOS 5 and it works on all Apple Watch models back to Series 1. See your resting, walking, breathe, workout, and recovery heart rates anytime. Be notified of high heart rates or Irregular Rhythm that can lead to atrial fibrillation (AFib). If you have a new Series 5 watch, also try the new **ECG app**.

**Breathe** - Set aside a few minutes a day to set back, relax and just breathe to the rhythm on the screen. This app is built-in to watchOS 5.

**Just Press Record** - Records and then transcribes speech to text, syncs to iCloud and works on your iPhone too. \$4.99