Introduction to the Apple Watch

We'll cover the basics today.

- Watch Faces
- Complications
- Notifications
- Control Center
- Digital Crown
- Dock Button
- My Favorite Apps!

New Apple Watch Series 4

watchOS 5 is the new operating system

The new Series 4 watches have larger faces and watchOS 5 has improvements for all models of the Apple watches.
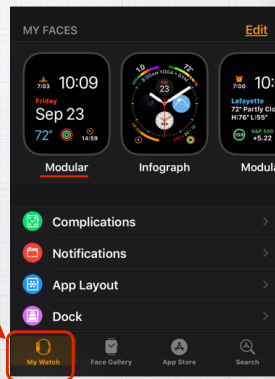
Let's take a look:

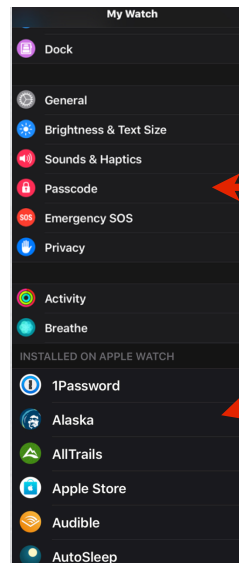## First, let's look at the Watch app on your iPhone.

Under the My Watch tab, you'll see your various Watch Faces & options for:

- Complications
- Notifications
- App Layout
- Dock

(We'll look at all of them)

MY FACES — Edit

Modular | Infograph | Modula

Complications
Notifications
App Layout
Dock

My Watch | Face Gallery | App Store | Search

My Watch

Dock
General
Brightness & Text Size
Sounds & Haptics
Passcode
Emergency SOS
Privacy
Activity
Breathe

INSTALLED ON APPLE WATCH

1Password
Alaska
AllTrails
Apple Store
Audible
AutoSleep

Below this first group on the My Watch tab are your **Settings**, like on your iPhone.

Next are all the optional **Apps** installed your watch. You'll want to check these as there are options for each app!

Face Gallery

New in watchOS

Infograph | Infograph Modular | Kaleidoscope

Activity

Astronomy

My Watch | Face Gallery | App Store | Search

The Face Gallery

is the second tab.

Dozens of Watch Faces to chose from. Browse through the selections and select some you like.
I have seven on my watch.
Once added, you just swipe left or right on any watch face to change them.

Ten popular Watch Faces

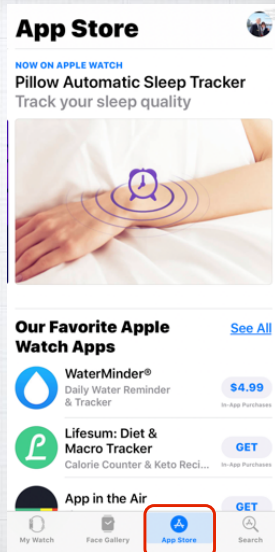| 10 X-Large	9 Modular	8 Color	7 Breathe	6 Solar
5 Utility	4 Mickey/Minnie	3 Simple	2 Astronomy	1 Chronograph

You get to browse and choose!

The **App Store**
is the third tab.

Not the normal Apple App Store, it only shows apps that you can install on your Apple Watch.
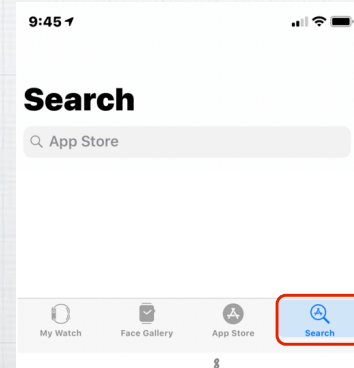
Choose from apps for: Exercise, Music, News, Sports, Golf GPS, Weather and Travel.

(My favorites coming up)

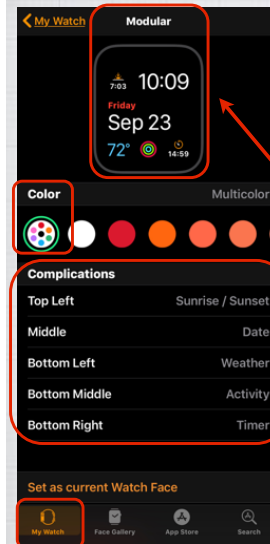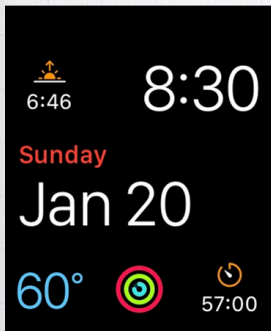
The final tab is for **Search**.
As it only searches for apps, why wasn't it just included on the App Store tab!?

My primary watch face is Modular

Time of Day plus it has five functions, that Apple refers to as **Complications**.
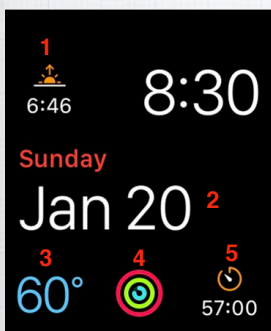For these I chose:

Sunrise/Sunset, Weather, Activity, Date and Timer.

You select your Complications by clicking on the My Watch tab in the Apple Watch app and selecting a face.

With my choice of the Modular Watch Face,

I get to pick the color

and five Complications (plus the time of day) from a pulldown list of a dozen choices.


Modular Watch Face

My 5 Complications:

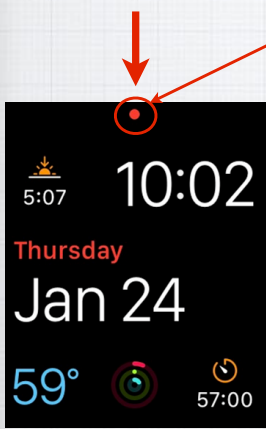| Complications		
Top Left	1	Sunrise / Sunset
Middle	2	Date
Bottom Left	3	Weather
Bottom Middle	4	Activity
Bottom Right	5	Timer

You get to choose Complications and the location of each one.

You can also change the Complications right on the watch face by pressing hard and tapping Customize. But doing so is more awkward for my fat fingers!
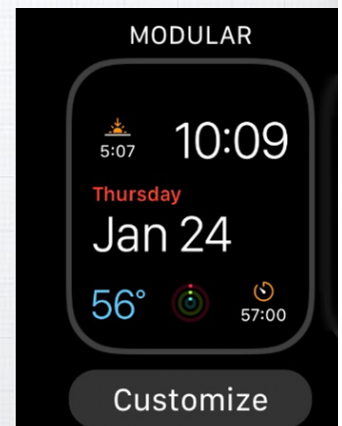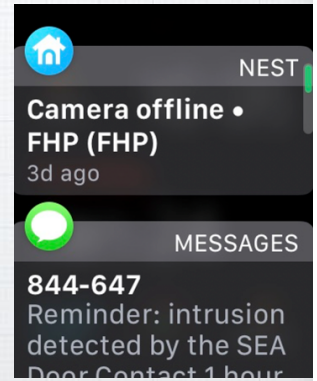
Notifications

Swipe Down

The Red Dot at the top of your watch face indicates you have notifications. Swipe down from the top of the screen to read them.

5:07 · 10:02
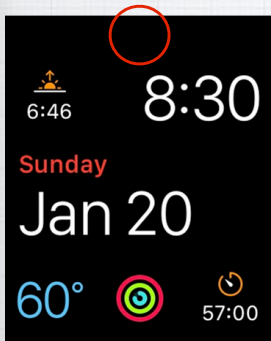
Thursday
Jan 24

59° · 57:00

Just like on your iPhone, Notifications keep you up to date on new emails, texts and any other apps you set up. You read them by scrolling up or down with your finger or by turning the digital crown.
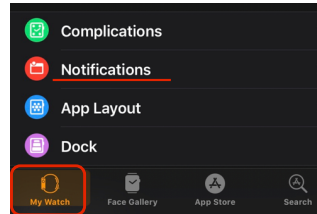
(Return to the watch face by pressing the digital crown.)

NEST
Camera offline •
FHP (FHP)
3d ago

MESSAGES
844-647
Reminder: intrusion detected by the SEA
Door Contact 1 hour

Note that the red dot disappears once you have read the new notifications.

6:46 · 8:30

Sunday
Jan 20

60° · 57:00

But you can still go back and read them at any time by scrolling down.

Complications
Notifications
App Layout
Dock

My Watch | Face Gallery | App Store | Search

You put Notifications on your Apple watch in the **My Watch** tab in the Watch app on your iPhone.

My Watch   **Notifications**

Notifications Indicator
When this is on, a red dot will appear at the top of your watch face when you have unread notifications.

Notification Privacy
When this is on, notification details will only appear when you tap on an alert.

Activity
Breathe
Calendar
Clock

In the Notifications screen, you've choices to add alerts for any of the apps you have installed on your iPhone.

(Best to choose 'Mirror my iPhone' to be consistent)
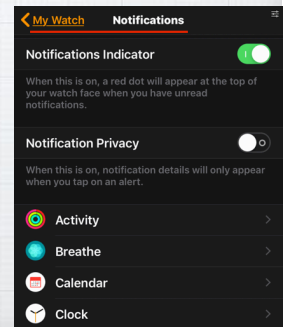
Control Center

The Apple Watch has a Control Center, just like your iPhone. Slide up from the bottom to access it.

It gives easy access to various controls including Wi-Fi, Airplane mode, Battery Level, Do Not Disturb, Muting, and more.

100%
Check your battery power or turn on Power Reserve.

Turn cellular on or off.[1]

Turn Airplane Mode on or off.

Turn Silent Mode on or off.

Turn Do Not Disturb on or off. Learn about Do Not Disturb.

Lock your Apple Watch.[4]

Turn availability for Walkie-Talkie on or off.

Play a sound if you can't find your iPhone. Or touch and hold to flash its light.

Turn on the flashlight. To turn off the flashlight, swipe down.

Turn Theater Mode, or Theatre Mode, on or off. This setting turns on Silent Mode, and the screen stays dark until you tap or press a button.[3]

Tap to disconnect from Wi-Fi.[1]

Connect to an audio device.

A DOZEN CHOICES

The **Digital Crown** controls a number of features on your watch.

- On a watch face, lightly pressing the digital crown, shows you all of the apps you have on your Apple Watch.

- If you are in an app or a collection of them, the digital crown will scroll up & down through the apps.

- Pressing the digital crown, while in an app, takes you back to your watch face.

- If you press and hold it, the digital crown brings up Siri.

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Pressing the Digital Crown opens your Apps Screen in Grid View.

I find it crowded and hard to navigate.

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Nice alpha organized list

Press & Hold

To switch from Grid View to List View, Just press and hold on the grid and chose List from the screen that pops up.

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On the Apple Watch, **Siri** is amazing!

Hey Siri what is the time in Auckland New Zealand

Just press & hold the Digital Crown and ask your question. On Series 3 & 4 watches, Siri talks to you - earlier models give a text reply.
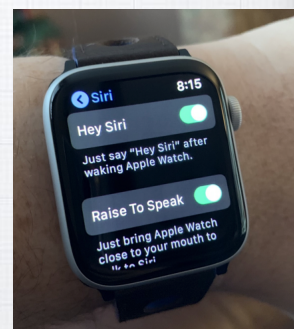
23

Better yet, just say 'Hey Siri'

On your watch, open Settings - General - Siri and click on Hey Siri.

Then just say: "Hey Siri - and ask your question"!

Great while driving - "call home"

Raise to Speak eliminates need to say "Hey Siri" on Series 3 & 4 watches

Phone Calls on your watch.

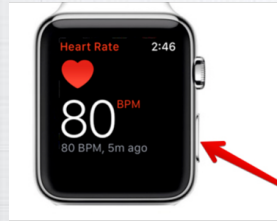**Answering calls is easy, just tap the green button to use the microphone & speaker.** (Tap red to send to Voice Mail)

Make calls with Siri
("Call Max" or "Dial 206-555-1212")
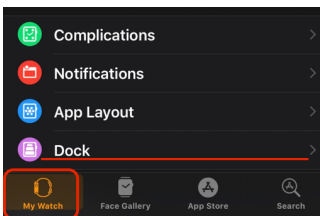- or open the Phone App 📞 and tap Contacts or Keypad to dial the number.

The Dock Button

The large button just below the Digital Crown.

The Dock, like on your Mac, shows recent or favorite apps, depending on how you set it up on the Apple Watch app on your iPhone.
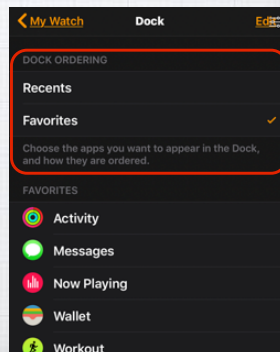
You organize your Dock on your watch in the My Watch tab in the Watch app on your iPhone.

In the Dock screen, you have choices how to order your Apps and which ones to include in your Dock.

Emergency SOS

Push and hold the Dock Button to send an Emergency SOS to 911 via your iPhone or via WiFi Calling (if set up).
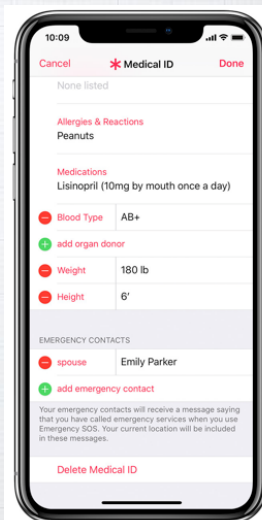
Medical staff know to also tap it for your Medical info.

Medical ID

Be sure to fill out your Medical ID on Apple's iPhone Health App.

Just open the Health 🩷 App and tap on the Medical ID tab.

EMTs know to check it. Your ID is on watch & iPhone

https://support.apple.com/en-us/HT206983
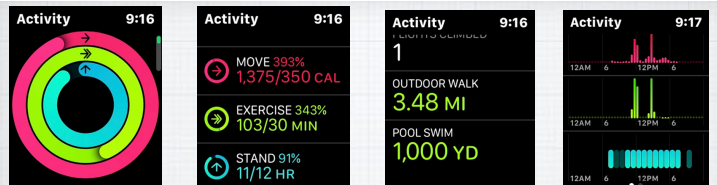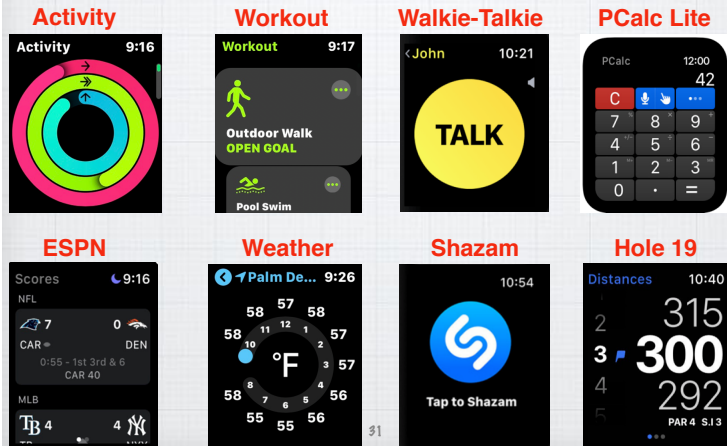
Fall Detection with Apple Watch Series 4

If the new Apple Watch Series 4 detects a hard fall while you're wearing your watch, it taps you on the wrist, sounds an alarm, and displays an alert. You can then choose to contact emergency services or dismiss the alert. If your watch detects that you have been immobile for a minute, it will make the call automatically and sound a loud alarm.

My Favorite Apple Watch Apps

Activity

Workout

Walkie-Talkie

PCalc Lite

| Activity 9:16 | Workout 9:17 — Outdoor Walk OPEN GOAL — Pool Swim | ‹John 10:21 — TALK | PCalc 12:00 — 42 — C 🎤 ••• 7 8 9 4 5 6 1 2 3 0 . = |

ESPN

Weather

Shazam

Hole 19

| Scores 🌙 9:16 NFL — CAR 7 DEN 0 0:55 – 1st 3rd & 6 CAR 40 MLB — TB 4 NY 4 | ‹ ⚲ Palm De... 9:26 — °F — 58 57 58 11 12 1 57 10 2 58 9 3 57 8 4 58 7 6 56 55 55 56 | 10:54 — Ⓢ — Tap to Shazam | Distances 10:40 — 2   315 3 ⚑ **300** 4   292 PAR 4 S.I 3 |
| 31 | | | |

Track your activity with Apple Watch

| Activity 9:16 | Activity 9:16 — MOVE 393% 1,375/350 CAL — EXERCISE 343% 103/30 MIN — STAND 91% 11/12 HR | Activity 9:16 FLIGHTS CLIMBED 1 — OUTDOOR WALK 3.48 MI — POOL SWIM 1,000 YD | Activity 9:17 12AM 6 12PM 6 |

Track your activity with Apple Watch

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!

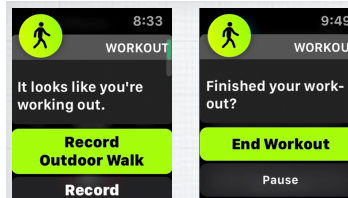support.apple.com/guide/watch/track-daily-activity-with-apple-watch-apd3bf6d85a6/watchos

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Workout App

Monitors my walking, biking and swimming and ties it back to the Activity app that tracks my every move.

Workout 9:17
🚶 ••• Outdoor Walk OPEN GOAL
🏊 ••• Pool Swim

Lots of other apps available to track your exercise, but I like Apple's version... Why?

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| 🚶 8:33 WORKOUT — It looks like you're working out. — **Record Outdoor Walk** — Record | 🚶 9:49 WORKOUT — Finished your work-out? — **End Workout** — Pause |

Because it gives me reminders to start (and stop) recording my exercise when I forget to do so.

Jan
1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 **29** 30 31
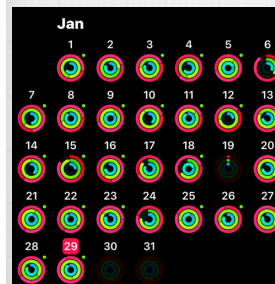
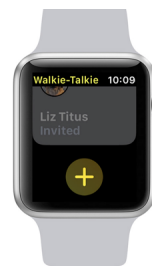And seeing my daily achievements on my iPhone give me great motivation!

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Add **Walkie-Talkie** as a Complication on a watch face or add it to your Dock.

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.

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First add your Friends

| Walkie-Talkie 10:09 — Liz Titus Invited — ➕ |

1. Open the Walkie-Talkie app.
2. Tap ➕ then choose a contact.
3. Wait for your friend to accept.

Or accept an invitation

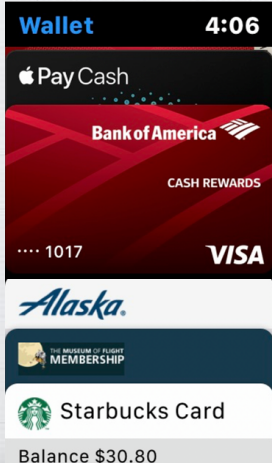| 10:09 WALKIE-TALKIE — Erin Steed wants to talk with you over Walkie-Talkie. — Always Allow |

1. Swipe down for Notification Center.
2. Look for a notification from Walkie-Talkie, then tap it.
3. Tap Always Allow.

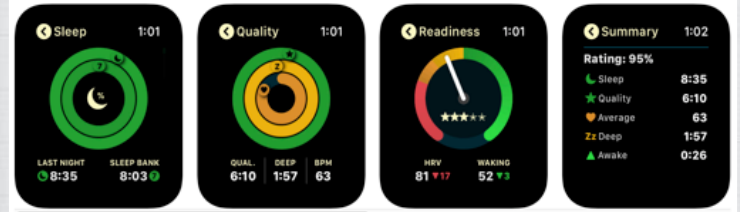support.apple.com/en-us/HT208917

Apple Wallet on your watch

You can add any number of Membership or Credit Cards to your Apple Watch. Use them to pay expenses, access museums or board airline flights.
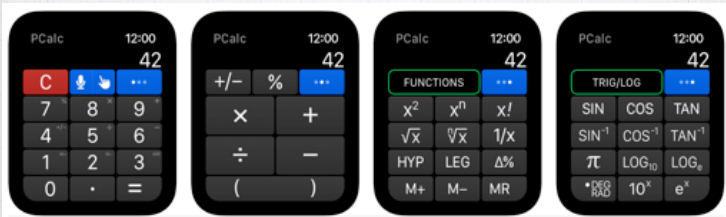
AutoSleep

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 during the day.
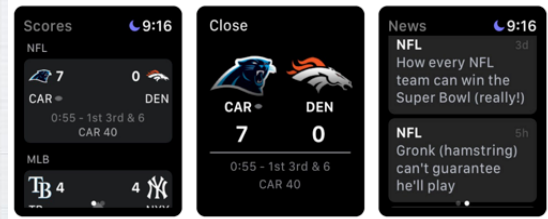
PCalc Lite

It's weird that there's no calculator app built in to the Apple Watch. Calculator watches were sort of the first "smart watches." This Lite version is free and works great on my watch.
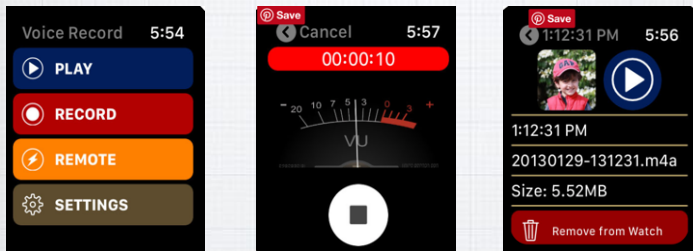
ESPN Sports

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.
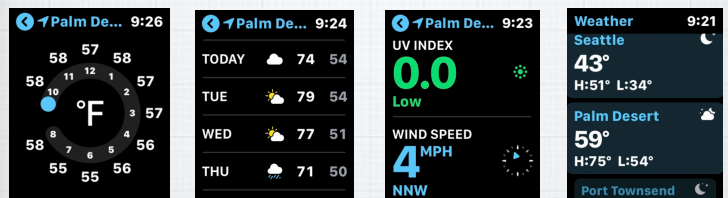
Voice Record Pro

It's an app where you press a button and it starts recording, press it again and it stops. Great for capturing your notes (shopping and To Do lists) and conversations too! It syncs to iCloud and works on your iPhone too.
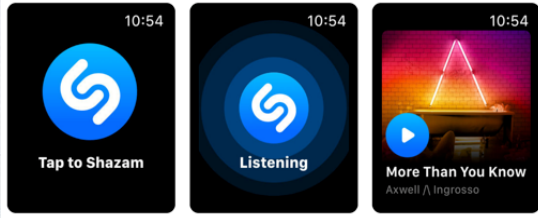
Apple's Weather App

I looked at a lot of weather apps on the watch but prefer Apple's own free version. Reliable, easy to read and accurate. 10 day forecast and multiple cities, same as iPhone.

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 when you hear a tune you like info on.
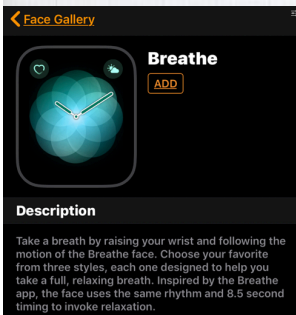
Hole 19 Golf GPS

<u>Free</u> Golf GPS Range Finder and Scorekeeper.

Breathe

Set aside a few minutes a day to relax and focus on your breathing. This app is built-in to watchOS 5.

Or add the Breathe Watch Face in the Face Gallery (in the Apple Watch App on your iPhone). Then set back, relax and just breathe to the rhythm on the watch face.

Heart Rate App

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).

ECG App

An electrocardiogram (also called an ECG or EKG) is a test that records the timing and strength of the electrical signals in a heart beat giving a doctor insights about your heart rhythm and irregularities.

Only works on the new Series 4 watch. Open app, press and hold your finger on the digital crown for 30 seconds to get a reading.   Read more at:

support.apple.com/en-us/HT208955

The official Apple Users Guide

support.apple.com/guide/watch/welcome/watchos

Apple Watch User Guide

Welcome

> Set Up and Get Started

> Basics

Faces and Features

> Customize the Watch Face

> Apps

> Accessibility and Related Settings

> Restart, Reset, Restore, and Update