

Apple Watch



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Agenda

- Intro to Apple Watch - Features (Generation/ Series)
- Pairing to your iPhone
- Parts of the Watch
- Apple Watch App
- Using The Watch
- Tips and Tricks



Introduction

- The Apple Watch was released in April 2015 and quickly became the best-selling wearable device. There have been multiple Generations/Series released since 2015.
- The Watch incorporates fitness tracking, health-oriented capabilities, and wireless telecommunication, and integrates with the Apple's iOS operating system
- Currently up to Series 6 - Released September 2020 – new processor, brighter display, and the following apps were added:

Blood oxygen app - Echocardiogram app - Sleep monitoring app – Always on - Altimeter

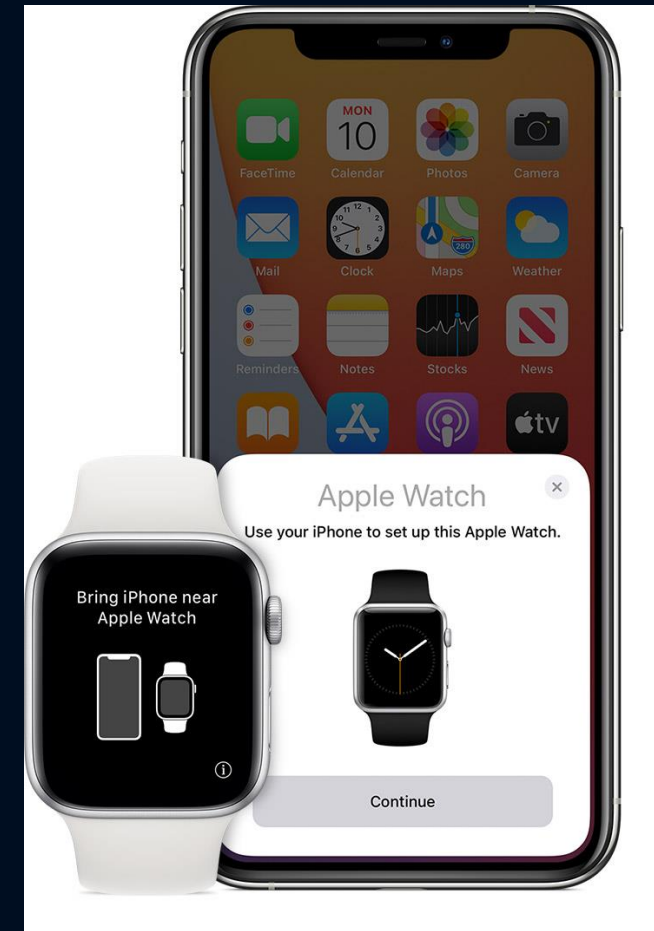
What you can do with your Watch



- Make calls
- Read Messages
- Warn of abnormal heart rate
- Heart Rate Monitor
- ECG Readings - Series 4/5/6
- GPS tracking for Workouts
- Siri
- Fitness Tracking
- Blood Oxygen – Series 6
- Much more

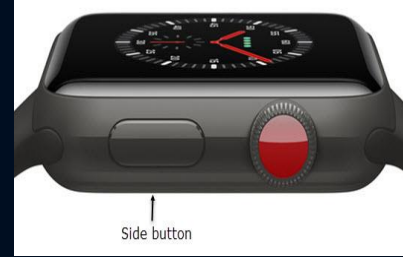
Pairing your Watch to your iPhone

- Only Apple Watch Series 3 or later works with Apple Watch OS 7 and you need to pair your Apple Watch with an iPhone 6s or later with iOS 14
- Please note – make sure both your iPhone and Watch are **updated with the latest iOS**
- Pairing your watch will sync content from your iPhone; such as calendar contacts, mail, messages and more.
- This link will provide details on how to Pair <https://support.apple.com/guide/watch/set-up-and-pair-your-apple-watch-with-iphone-apdde4d6f98e/watchos>



Steps for Pairing -

1. Turn on the Apple Watch by holding the flat side button down until the Apple Logo appears

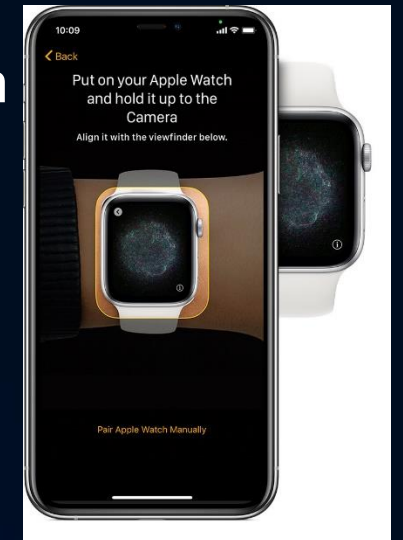


2. Place your iPhone near the Watch and wait for the Apple Watch pairing screen to appear on your iPhone.
OR open Apple Watch App on your iPhone and tap Pair New Watch



3. When prompted, **position your iPhone over your watch** until the Watch face appears in the viewfinder.

4. Once Paired, tap Set Up Apple Watch and follow instructions.





Parts of the Watch

- Buttons
- Tapping
- Swiping
- Sensors

The Screen and Buttons



1. **Display/Screen**: This is the face of your Apple Watch. Tapping, swiping, and pressing firmly on the display are all gestures the display will respond to.
2. **Digital Crown “DC” (home button)**: This is the rotating button on the side of Apple Watch. Press and hold the Digital Crown to use Siri, turn it to scroll or zoom, press it to view the Watch face or Home Screen, or double press to access the last used app.
3. **Side button**: This flat oval button is located underneath the Digital Crown. Press it to see the Dock (a list of recently used apps), double press it to use Apple Pay, and press and hold the button to turn your Watch on or off or make an emergency phone call.

4. Band release buttons: These are thin oval buttons at the very top and bottom of the back side of Apple Watch used to change the band.
5. Optical heart sensor: The dots on the back of your Apple Watch are multiple sensors for heart rate monitoring, blood oxygen monitoring, and ECGs



This link will give details on how to use these features and tap, press drag and swipe the Apple Watch
<https://support.apple.com/en-us/HT205552>

Gestures

Use gestures

You can use gestures to interact with your Apple Watch. Your watch performs different functions when you tap its screen or press it for a longer time.

Tap



Tap the screen to select a button or item. On Apple Watch models with Always On, a tap brings the screen to full brightness.

Tap and hold



Tap the screen and keep your finger in place to change the watch face, see options in an app, and more.

Drag



Drag your finger across the screen to scroll or adjust a slider.

Swipe



Swipe up, down, left, or right to see different screens.

Always On - started in Series 5.

On will display the watch's face and the time, even when your wrist is down.

The Watch App



Apple Watch

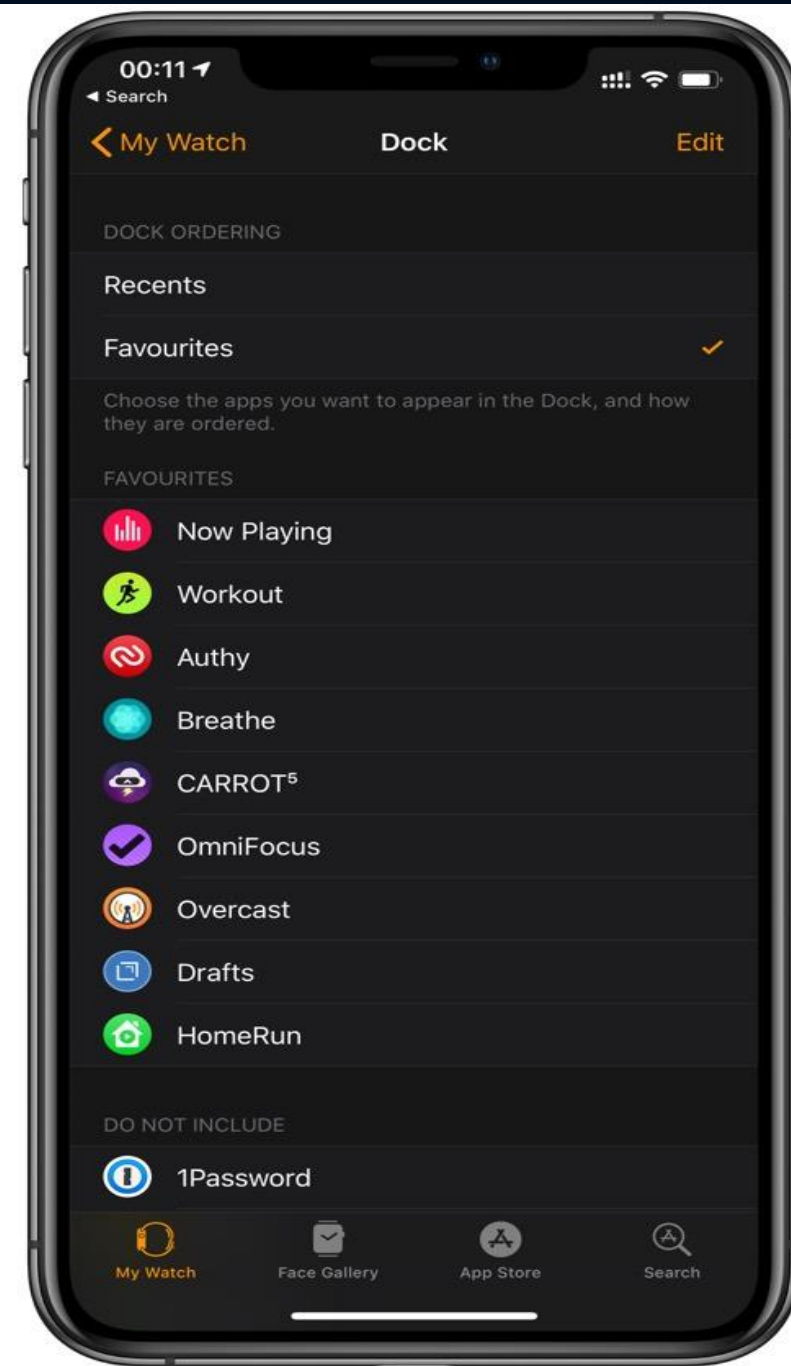
Popular Apps

1. Calendar
2. Reminders
3. Messages/Text
4. Activity
5. Mail
6. Timers
7. Maps
8. Music (must use wireless earbuds or it will play through your iPhone)
9. Calls



The Watch App

The Apple Watch App controls a lot of what you can do with your Watch



The Watch App – What can it do?

- The Face Gallery – change out your watch's face
- Set up how you want to view your Apps – List or Grid →
- Manage Notifications
- General – software update, watch orientation
- Display – Always On, Text Size and Watch brightness
- Emergency SOS – Side Button calls 911 and Fall detection
- Breath App – set daily reminder
- Set Up your Dock – show Recent Apps or Favorites →
- Complications – next slide



What is a Complication?

Complications in traditional **watches** are a lot like the ones on the Apple **Watch** — they are typically anything that adds information beyond the time. They're **called complications** because they "complicate" the **watch** and watchmaking process

- The following complications are already used on the Watch Face:

Weather, Date, Battery life

- You can add complications to some watch faces. You can also add complications from some third-party apps.
- To see which apps have complications:
 1. Open the Apple Watch app on your iPhone.
 2. Tap the My Watch tab, then tap Complications.

To choose the Complications you want, tap Edit, then use these steps:

1. To add a complication, tap the add button  .

After you add the complication in the Apple Watch app on your iPhone, you can add it to your watch.

2. Go back to your **watch face**, **touch and hold the display**, then tap **Edit**. Swipe left to the Complications screen. Then tap a complication and turn the Digital Crown to choose the information that you want to appear.

When you're finished, press the Digital Crown to save your changes. Tap the watch face to set it as your current face.

To remove a complication, tap the delete button  . Then tap Remove



Moving Around your Watch

- Hold Side Button to turn on and turn off
(hold side button until Power Off appears)

- Emergency – Hold Side Button



- Press Digital Crown "DC" aka Home Button - to return to Watch Face
- Double Tap DC to go back to your last app used

- To Scroll through an app and use it's features – roll the DC
- To use Apple Pay – Double click Side button then hold Watch near checkout.
- Press and Hold DC for Siri
- Press Side Button for your Dock (Dock settings can be changed in the app)



Notifications – swipe down from the top. Delete Notifications by tapping the X.
(Red dot at the top of watch face means a notification is waiting).

Tips and Tricks

1. To change watch Face – first go to app and add faces to your collection. Then go to your watch and swipe left or right for the new face.
2. Your watch has a Control Center - hold finger down on the bottom edge, then swipe up. Turn Wi-Fi on and off, airplane mode, do not disturb, flashlight etc
1. Place 2 fingers on Watch face to hear current time
2. Noise App – tells you the decibels in your area.



5. Calculator App – new Tip Feature – adjust % and number of people splitting the bill
6. To wake up your Watch- simply raise your wrist up toward you
7. Scroll the DC to zoom in on a photo
8. Screenshot – Hold the DC while simultaneously pressing the Side Button
9. Mute - lightly slapping, or covering your Apple Watch's display will dim it and mute your settings.



Let's Go Live

