



All About The Apple Watch (Series 4 & later)



Tony Crawford
tonyc4321@gmail.com
(352) 321-7845



1
September 1, 2020



zoom

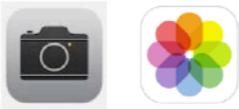
2020 Tutorial Program

All classes are held via Zoom from 9:30am to 11:30 am



Tony Crawford
tonyc4321@gmail.com
(352) 321-7845



	Create Your Own Photo Books	Sat Sep 12/19 \$40 (two classes)
	Apple Notes	Fri Sep 11 \$20
	Apple Watch (Series 4 & later)	Fri Sep 18 \$20
	iPhone Made Easy	TBD \$40 (two classes)
	Apple Camera & Photos	TBD \$20
	A Road Map for Cutting the Cord	TBD \$40 (two classes)
	Contacts & Calendars	TBD \$20
	Apple TV	Sat Sep 5 \$20

For more info on each class, and to register, contact Tony Crawford at (352) 321-7845 or tonyc4321@gmail.com



Tutorial Program

Fall/Winter Session



Tony Crawford
 tonyc4321@gmail.com
 (352) 321-7845

	<h3>Create Your Own Photo Books</h3>	<p>Lake Miona Recreation Center Residents \$50 General Public \$56 2020: Tue Oct 13/20, 2:30pm to 4:30pm Wed November 4/11, 1:30pm to 3:30pm 2021: Wed Jan 13/20, 1:30pm to 3:30 pm</p>
	<h3>Apple Notes</h3>	<p>Lake Miona Recreation Center Days/Time: TBD Residents \$25 General Public \$31 Dates: TBD</p>
	<h3>Apple Watch (Series 4 & later)</h3>	<p>Lake Miona Recreation Center Residents \$25 General Public \$31 Saturdays 11:30am - 1:30pm 2020: Oct 24, Nov 7 2021: Jan 16, Feb 6, Mar20</p>
	<h3>iPhone Made Easy</h3>	<p>Lake Miona Recreation Center Residents \$50 General Public \$56 Sunday 1:30pm to 3:30pm (2 classes) 2020: October 18/25 2021: March 21/28</p>
	<h3>Apple Camera & Photos</h3>	<p>Lake Miona Recreation Center 11:30am - 1:30pm Residents \$25 General Public \$31 2020: Oct 3, Oct 10, Nov 21, Dec 19 2021: Feb 27</p>
	<h3>A Road Map for Cutting the Cord</h3>	<p>Lake Miona Recreation Center 9am - 11am (Two Classes) Residents \$50 General Public \$56 2020: Oct 3/10, Nov 7 /14. 2021: Jan 16 /23, Feb 6 /13, Mar 20 /27</p>
	<h3>Contacts & Calendars</h3>	<p>Lake Miona Recreation Center Days/Time: TBD Residents \$25 General Public \$31 Dates: TBD</p>
	<h3>Apple TV</h3>	<p>Lake Miona Recreation Center Days/Time: TBD Residents \$25 General Public \$31 Dates: TBD</p>

For more info on each class, and to register (after Sep 10, 2020) : <https://www.districtgov.org/departments/recreation/enrichment-academy/>

All About The Apple Watch (Series 4 & later)

Agenda



1. Apple Watch Overview
2. Apple Watch Help Resources
3. Emergency SOS
4. Fall Detection
5. Apple Watch Features and Demo

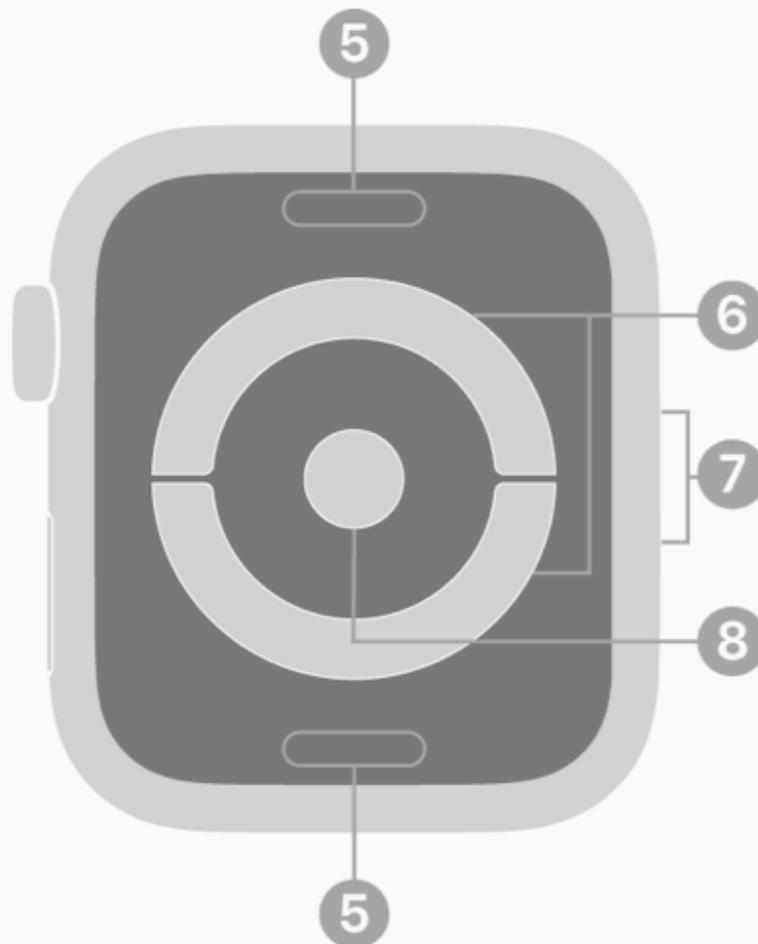
SURGEON GENERAL'S WARNING
Watching this presentation may
be injurious to your wallet.

Apple Watch: Series 4 & 5

#1



1. Display
2. Digital Crown
3. Microphone
4. Side button



5. Band release button
6. Electrical heart sensor
7. Speaker/air vents
8. Optical heart sensor

Apple Watch gestures

You use several basic gestures to interact with Apple Watch.



Tap: Touch one finger lightly on the screen.



Press: Press the screen firmly with one finger.



Swipe: Move one finger across the screen—up, down, left, or right.

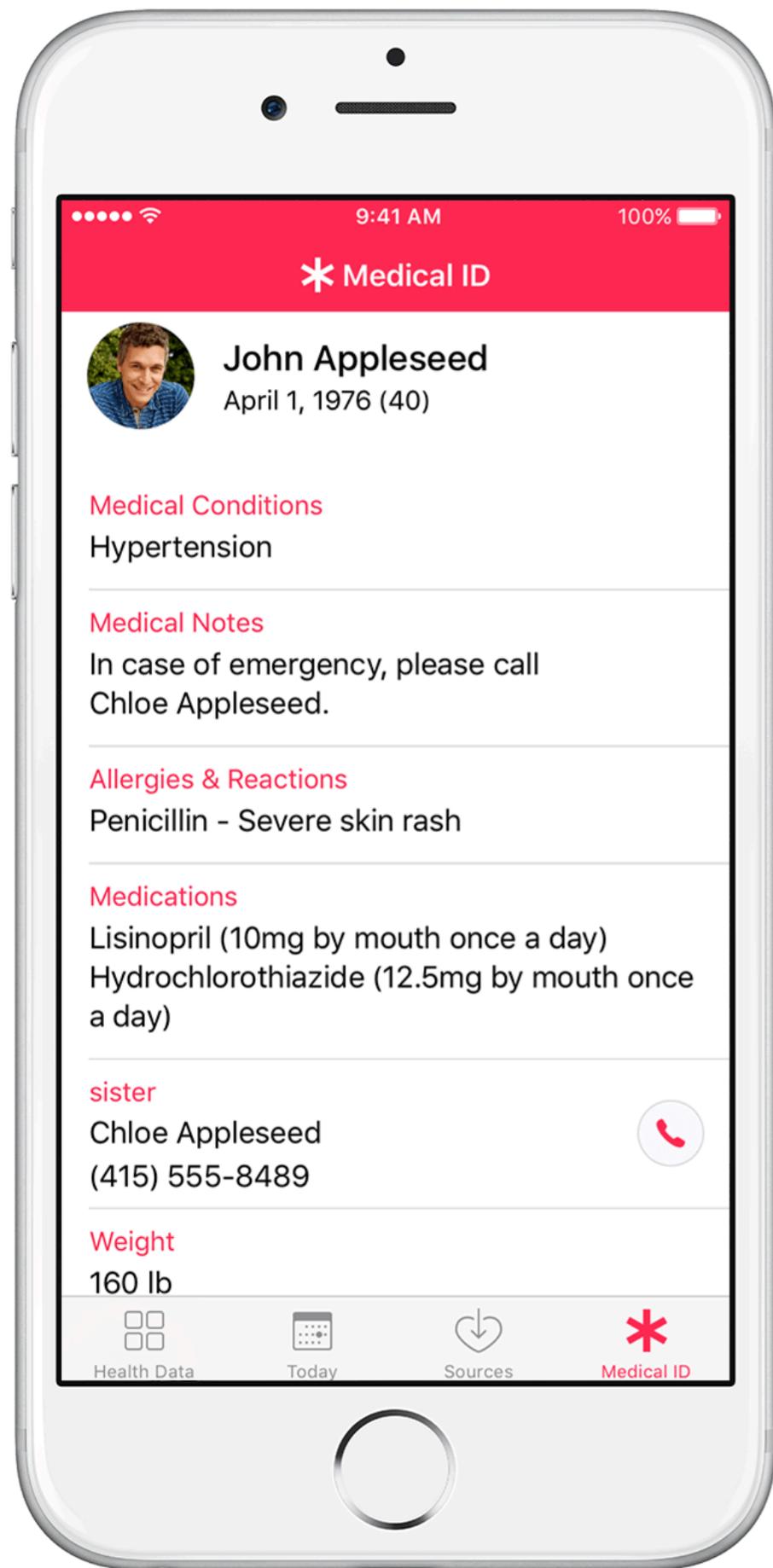


Drag: Move one finger across the screen without lifting.

Apple Watch uses Force Touch technology to sense how hard you press the display. Press firmly to change the watch face, see commands and options in apps, and more.

How to set up your Medical ID

HT207021



1. Open the Health app and tap the Summary tab.
2. Tap your profile picture in the upper-right corner.
3. Under Medical Details, tap Medical ID.
4. Tap Edit in the upper-right corner.
5. To make your Medical ID available from the Lock screen on your iPhone, turn on Show When Locked. In an emergency, this gives information to people who want to help. To share your Medical ID with emergency responders, turn on Share During Emergency Call. When you make a call or send a text to emergency services on your iPhone or Apple Watch, your Medical ID will automatically be shared with emergency services.*
6. Enter health information like your date of birth, allergies, and blood type.
7. Tap Done.



Mac

iPad

iPhone

Watch

TV

Music

Support



Apple Watch Series 5



Apple Watch Studio



Apple Watch Nike



Apple Watch Hermès



Apple Watch Edition



Apple Watch Series 3



Compare



Bands



AirPods



Accessories



watchOS

Evaluate COVID-19 symptoms and understand next steps >



Space Gray Aluminum Case with Sport Loop
From \$399



40mm

Case fits 130–200mm wrists.

From \$399

44mm

Case fits 140–220mm wrists.

From \$429

+ \$100 for Cellular Version



APPLE WATCH SERIES 5

The most advanced Apple Watch yet, featuring the Always-On Retina display, the ECG app, international emergency calling, fall detection, and a built-in compass.

Starting at \$399

WatchOS 7

for Series 3 and up, coming in the Fall

- New faces
- Sleep App
- Maps for Cycling
- Handwashing monitoring
- Siri translation into 10 languages

<https://www.apple.com/watch/>



Mac

iPad

iPhone

Watch

TV

Music

Support



Apple Watch Support



[Update >](#)



[Transfer to a new iPhone >](#)



[Can't connect to iPhone >](#)



[Can't charge >](#)



Get started with Apple Watch

Grab your iPhone and follow these simple steps to get up and running with your new Apple Watch.

[Set up your Apple Watch >](#)

<https://support.apple.com/watch>

Apple WATCH
User Guide



watchOS 6.2

Available in
Apple Books
online, iPhone,
iPad and Mac

(and in the Links
section of the
TVAUG.ORG
web site).

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Emergency SOS



Do one of the following:

- Press and hold the side button until the sliders appear, then drag the Emergency SOS slider to the right.
- Press and keep holding the side button until your Apple Watch beeps and starts a countdown. When the countdown ends, your Apple Watch calls emergency services. The Apple Watch beeps even if it's in silent mode, so if you're in an emergency situation where you don't want to make noise, use the Emergency SOS slider to call emergency services without a countdown.

Your Apple Watch calls the emergency services in your region. After the call ends, your Apple Watch alerts your emergency contacts that you made a call and sends them your current location (if available).

Fall Detection



With fall detection enabled, if Apple Watch Series 4 or later detects a hard fall, it can help connect you to emergency services and send a message to your emergency contacts. If Apple Watch detects that you have been immobile for about a minute, it will make a call to emergency services automatically.

If you entered your age when you set up your Apple Watch or in the Health app and you're age 55 and over, this feature is turned on automatically. If you're younger than 55, you can turn on fall detection on Apple Watch Series 4 and later by following these steps:

1. Open the Apple Watch app on your iPhone.
2. Tap My Watch, tap Emergency SOS, then turn on fall detection.

Note: If you turn off wrist detection, Apple Watch Series 4 and later won't automatically make an emergency call even after it has detected a hard impact fall.

For more information, see the Apple Support article:

[Use fall detection with Apple Watch Series 4 and later HT208944.](#)

Apple Watch Features and Demo



Apple Watch Features and Demo

1. **Watch Faces**

Add a Face

- iPhone Watch app>Face Gallery
- Select Face and Complications

Example: Infograph Modular

Top Left: Heart Rate or ECG

Date: Day and Date

Middle: Weather Conditions

Bottom Left: Activity

Bottom Middle: Timer or Workout

Bottom Right: Battery

2. **Dock** [HT206992](#)

Tap the Side Button to show the Dock, for your most recently used apps or up to 10 of your favorite apps.

Settings: iPhone Watch app>My Watch>Dock. Select Recents or Favorites. To adjust the order of Favorites, tap Edit, then tap next to the apps you want to add or remove. Drag to adjust their order.

3. **Control Center** [HT206951](#)

Swipe up on a Home Screen on your Watch

5. **Siri** [HT205184](#)

Press and hold the Digital Crown.

6. **Health Profile**

Important to keep this updated.

- iPhone Watch app>My Watch>Health>Health Profile>Edit (to update).

[HT204351: Manage Health Data](#)

7. **Settings**

General

- iPhone Watch app>My Watch>General

8. **Screenshot** [HT204673](#)

- Open the Settings app on your Apple Watch, go to General > Screenshots, then turn on Enable Screenshots.

- Press the Digital Crown and the side button at the same time to take a picture of the screen.

Screenshots are saved in the Screenshots Album in the Photos app on your devices.

Apple Watch Features and Demo: APPS

8. Add/Remove Apps

Add Apps (those you have on other devices)

- iPhone Watch app>My Watch>Available Apps>Install

Add Apps from the App Store

- Tap Digital Crown to see Apps>App Store>Available Apps>Use Dictation or Scribble to search for apps

Remove Apps

- iPhone Watch app>My Watch>Installed on Apple Watch>Select app>Turn off “Show on Apple Watch”.

9. Activity

- Make sure your Health Profile is updated.



Goal: Close the Rings “MES”

Move: Active Calories burned.

Exercise: Minutes of brisk activity.

Stand: Times you stand for at least one minute per hour

Adjust Your Move Goal: Press on Activity Display

10. Breathe

Settings: - iPhone Watch app>MyWatch>Breathe> Set Breathe Reminders & Breath Rate

11. Calculator

12. Camera

13. ECG

14. Heart Rate

15. Stocks

16. Timer

17. Voice Memos

18. Wallet/Apple Pay

19. Workout