



Apple Watch

Quick Reference Guide

watchOS 9

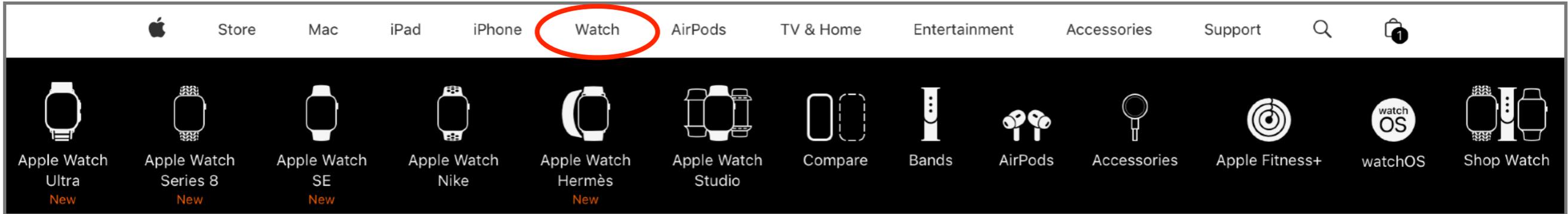
Tony Crawford

23-02-14

Introduction

1 Which Watch Should I Get?

1	Should I get/upgrade Apple Watch?	Yes/No
2	Which Model should I get?	Series 8, SE, Ultra, Nike, Hermès
3	What Size should I get?	45/41mm (Series 8), 44/40mm (SE), 49mm (Ultra)
4	What Case should I get?	Aluminum, Stainless Steel Ultra: Titanium
5	What Band should I get?	Solo Loop, Braided Solo Loop, Sport Band, Nike Sport Band, Sport Loop, Nike Sport Loop, Leather, Stainless Steel, Hermès Ultra: Alpine Loop, Trail Loop, Ocean Band
6	Should I get Cellular	GPS or GPS+Cellular Ultra: Cellular only
7	Should I get a warranty	Yes/No



Ultra

Adventure awaits.

\$799
Available starting 9.23

[Order now](#)

[Learn more >](#) [Watch the film](#)

Series 8

A healthy leap ahead.

From \$399

[Buy](#)

[Learn more >](#) [Watch the film](#)

SE

A great deal to love.

From \$249

[Buy](#) [Learn more >](#)

Which Apple Watch is right for you?

[Compare all models](#)

Get help choosing. [Contact us >](#)

New Series 8	New SE	New Ultra
S8 chip	S8 chip	S8 chip
Your essential companion for a healthy life. Advanced health sensors with new temperature sensing for insights into women's health. ¹ Innovative safety features including Crash Detection. ² All in a stunning, durable design.	Feature packed at a better value than ever. Powerful sensors to monitor your fitness, health, and safety. A faster dual-core processor for added performance. Perfect for family members without an iPhone thanks to Family Setup. ³	The most rugged and capable Apple Watch ever. An all-new robust titanium case design. Precision dual-frequency GPS. Up to 36 hours of battery life. ⁴ And three specialized bands for athletes and adventurers.
GPS + Cellular From \$499	GPS From \$399	GPS + Cellular \$799

3 Download the Apple Watch User Guide



Apple provides User Guides for all their major devices.

You can download the Apple Watch User Guide from the Apple Books store, and read it in the Books app, even if you are not connected to the Internet.

Best viewed on an iPad or Mac/MacBook. You can also view it online, through your Safari browser.

Download the User Guide from Apple Books

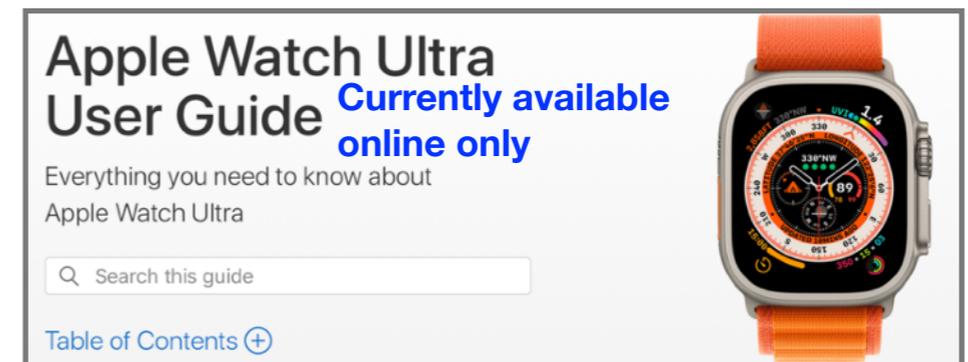
- Open the Books app  (download it on your iPad from the App Store, if you do not have it already installed).
- Tap Search, then enter “Apple Watch User Guide”, and download the latest version that matches your watchOS.
- Tap Get, then wait for the book to download (or tap Open, if you already have the Apple Watch User Guide downloaded).

View the Apple Watch User Guide online

- Apple Watch User Guide: <https://support.apple.com/guide/watch/welcome/watchos>
- Apple Watch Ultra User Guide: <https://support.apple.com/guide/watch-ultra/welcome/watchos>

Control your reading in the Books app

- Tap the center of your screen on your iPhone to open and close the controls while reading.
- Tap the  button at the bottom right, then select Contents to skip to a different chapter or topic, see bookmarks & highlights you've made and search the book.
- Tap  at the top right, to return to the Books Home Screen.



For Further Reference:

[HT201478](#) Read Books and more with Apple Books
[Apple Books Support](#)

4

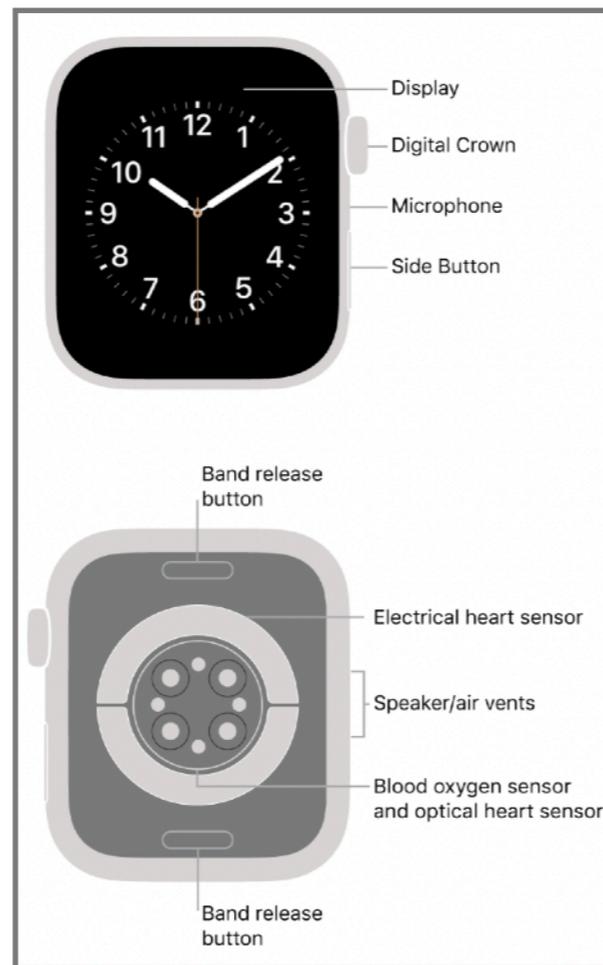
Your Apple Watch

Ultra



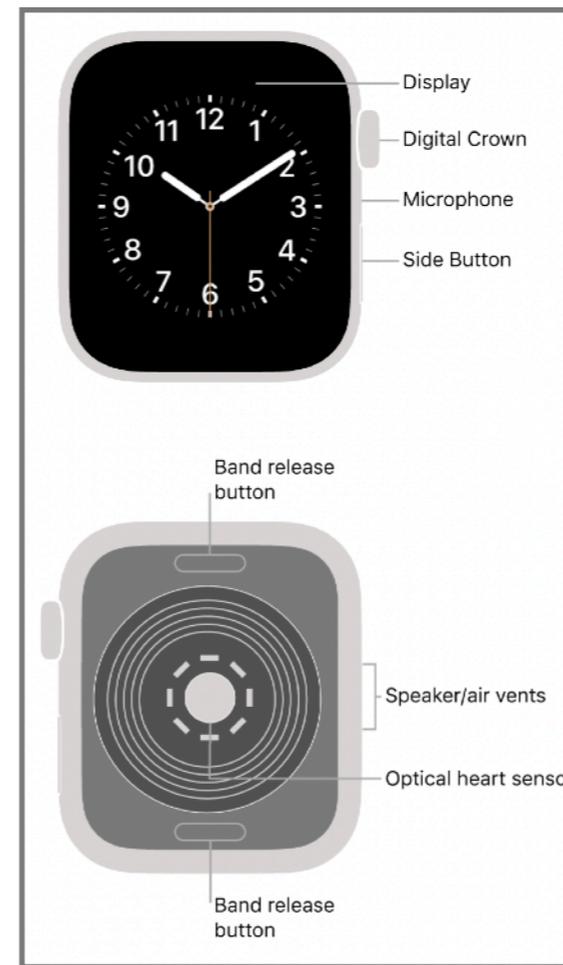
- Emergency SOS
- Crash Detection
- Fall Detection
- ECG app
- Blood Oxygen

Series 6, 7 & 8



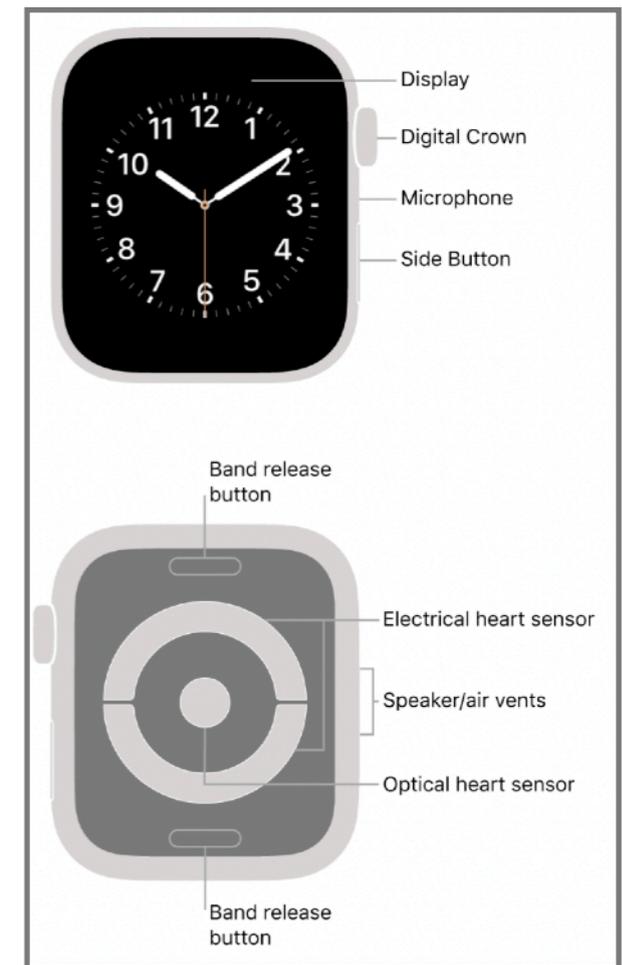
- Emergency SOS
- Crash Detection (Series 8 only)
- Fall Detection
- ECG app
- Blood Oxygen

SE (2nd Generation)



- Emergency SOS
- Crash Detection
- Fall Detection

Series 4 & 5



- Emergency SOS
- Fall Detection
- ECG app

Note: All the above models are compatible with, and able to upgrade to the latest watchOS 9.

For Further Reference:

[Your Apple Watch](#) [WatchOS 9 Overview](#)
[HT204507 Identify your Apple Watch](#)
[Remove, change and fasten Apple Watch bands](#)
[Compare Apple Watch models](#)
[Set up and pair your Apple Watch with iPhone](#)
[Here's everything the Apple Watch buttons do](#)

5 Your Apple Watch Ultra

First steps

You can set up and start using your Apple Watch Ultra in a matter of minutes.

[Get Started](#)



Keep tabs on your health

Your Apple Watch Ultra can help you track important health information, including your menstrual cycle, high and low heart rates, and irregularities in heart rhythm. You can also take an ECG recording to check your heart rhythm using the ECG app on Apple Watch Ultra.

[Track important health information](#)



Take it to the limit

Apple Watch Ultra, the most rugged and capable Apple Watch yet, is a versatile tool designed to help you run your longest race, explore the back country, and dive the world's oceans.

[Apple Watch Ultra, built for the outdoors](#)



Keep in touch

With the Messages, Mail, Phone, and Walkie-Talkie apps, it's easy to communicate with family, friends, and coworkers.

[Stay Connected](#)



Apple Watch Ultra User Guide

Everything you need to know about Apple Watch Ultra

[Currently available online only](#)



Get a move on

Apple Watch Ultra can track your activity and workouts, and encourage you to lead a more active life through gentle reminders and friendly competitions.

[Stay Fit](#)



For Further Reference:
[Your Apple Watch Ultra](#)
[Compare Apple Watch models](#)
[Apple Watch Ultra User Guide](#)
[Customize the Action button on Apple Watch Ultra \(video\)](#)

Basics

6 Open apps from the Home Screen

The Home Screen lets you open any app on your Apple Watch.

To access the Home Screen: Tap the Digital Crown.



Display your apps on a grid or list

The Home Screen can display apps in a grid or list view. To choose one, follow these steps:

- Touch and hold the Home Screen.
- Choose Grid View or List View.

Open apps from the Home Screen

Grid View



From the watch face, press to see the Home Screen.

Tap to open an app.

List View



Turn the Digital Crown to browse the apps.

Tap to open an app.

To return to the Home Screen from an app

- Press the Digital Crown once, then press it again to switch to the watch face (or, in grid view, tap  on the Home Screen).

To quickly open the last app you used while viewing another app or the watch face

- Double-click the Digital Crown.

For Further Reference:

[Organize apps on Apple Watch](#)

- Rearrange your apps in grid view
- Remove an app from Apple Watch
- Adjust app settings
- Check storage used by apps

[Get more apps on Apple Watch](#)



Turn the Digital Crown to see more apps. Tap one to open it.

The Dock gives you access to up to ten apps that you use the most.

To access the Dock: Go to the Watch Face and tap the side button.

Open an app from the Dock

- Turn the Digital Crown to scroll through the apps in the Dock.
- Tap an app to open it.

Choose which apps appear in the Dock

You can choose to show the most recently used apps in the Dock or up to 10 of your favorite apps.

See recently used apps: Open the Apple Watch app on your iPhone, tap My Watch, tap Dock, then tap Recents. The most recently used app appears at the top of the Dock with other apps below, in the order they were last opened.

You can also open the Settings app  on your Apple Watch, tap Dock, then tap Recents.

See your favorite apps: Open the Apple Watch app on your iPhone, tap My Watch, then tap Dock. Select Favorites, tap Edit, then tap  next to the apps you want to add. Drag  to adjust their order.

Remove an app from the Dock: Press the side button, then turn the Digital Crown to the app you want to remove. Swipe left on the app, then tap X.

Switch from the Dock to the Home Screen: Scroll to the bottom of the Dock, then tap All Apps.

Tip: You can also add the apps you use most as complications to your watch face. See [Customize the watch face](#).

8

Apple Watch status icons



You have an unread notification. Swipe down on the watch face to read it.



Apple Watch is charging.



Apple Watch battery is low.



Apple Watch is locked. Tap to enter the passcode and unlock.



Water Lock is on, and the screen doesn't respond to taps. Turn the Digital Crown to unlock.



Do Not Disturb is turned on. Calls and alerts won't sound or light up the screen, but alarms are still in effect.



Gaming Focus is turned on.



Personal Focus is turned on.



Sleep Focus is turned on.



Work Focus is turned on.



Airplane mode is turned on. Wireless is turned off but non-wireless features are still available.



Theater mode is turned on. Apple Watch is silenced and its display won't light up when you raise your wrist.



You have a workout in progress.



Apple Watch with cellular has lost the connection to a cellular network.



Apple Watch has lost the connection with its paired iPhone. This happens when Apple Watch isn't close enough to iPhone, or when airplane mode is enabled on iPhone. For more information, see the [Apple Support article](#)



Apple Watch is connected to its paired iPhone.



An app on Apple Watch is using location services.



Apple Watch is connected to a known Wi-Fi network.



There's wireless activity or an active process happening.



The microphone is on.



Apple Watch is connected to a cellular network. The number of green bars indicates signal strength.



Audio is playing on Apple Watch. Tap the icon to open Now Playing.



A phone call is in progress. Tap the icon to open the Phone app.



Maps is providing directions. Tap the icon to open the Maps app.



You've made yourself available to be reached on Walkie-Talkie. Tap the icon to open the Walkie-Talkie app.

For Further Reference:

[HT205550](#) Status icons and symbols on Apple Watch
[Apple Watch status icons](#)

9 Use Control Center on Apple Watch

Control Center gives you an easy way to check your battery, silence your watch, choose a Focus, turn your Apple Watch into a flashlight, put your Apple Watch in airplane mode, turn on theater mode, and more.



Touch and hold the bottom, then swipe up to open Control Center.

Open Control Center: Swipe up from the watch face

Close Control Center: Swipe down from the top of the screen, or press the Digital Crown.

Rearrange Control Center: Tap Edit (at the bottom Control Center), drag to new location.

Remove Control Center buttons: Tap Edit (at the bottom Control Center), tap  on the button you want to remove. Tap  on the button you want to restore.

	Turn cellular on or off—Apple Watch models with cellular only. For more information
	Disconnect from Wi-Fi. For more information
	Turn on Schooltime—managed Apple Watch models only. For more information
	Ping your iPhone. For more information
	Check your battery percentage. For more information HT213336 Use Low Power Mode
	Silence Apple Watch. For more information
	Lock your watch with a passcode. For more information

	Turn on theater mode. For more information
	Make yourself available for Walkie-Talkie. For more information
	Choose a Focus/Do Not Disturb. For more information
	Turn off Gaming Focus. For more information
	Turn off Personal Focus. For more information
	Turn off Sleep Focus. For more information
	Turn off Work Focus. For more information

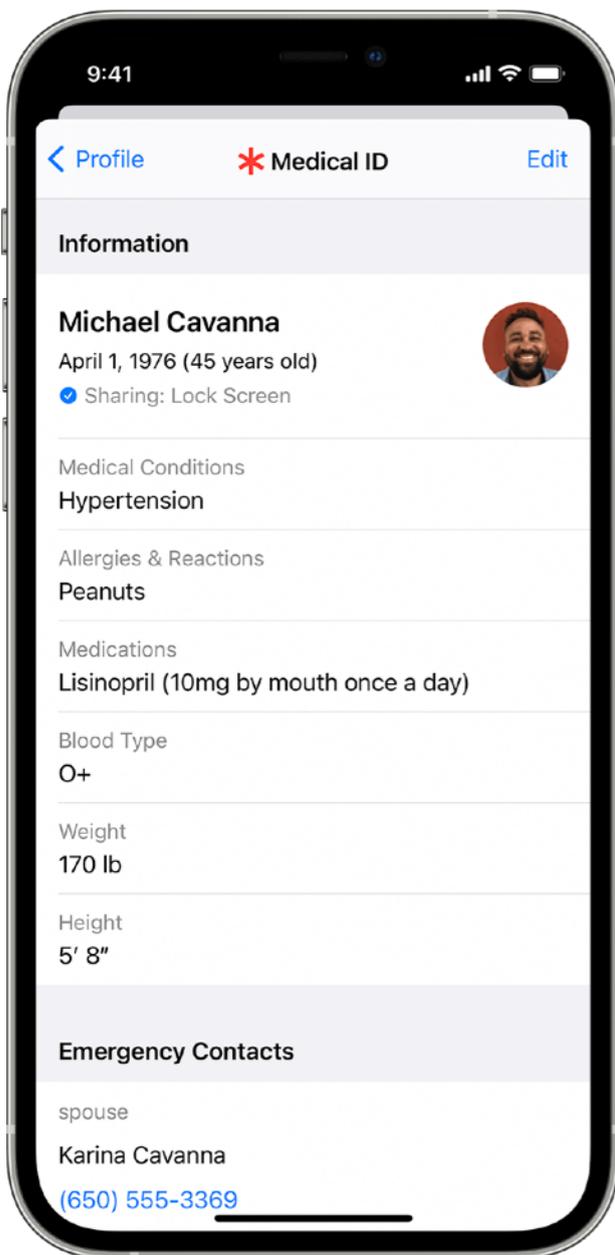
	Turn on the flashlight. For more information
	Turn on airplane mode. For more information
	Turn on Water Lock. For more information
	Choose audio output. For more information
	Check headphone volume. For more information
	Turn Announce Notifications on or off. For more information

For Further Reference:
[Use Control Center on Apple Watch](#)

10 Create an emergency Medical ID

A Medical ID provides information about you that may be important in an emergency, like allergies and medical conditions. Your Apple Watch can display this information so that it's available for someone attending to you in an emergency.

Tip: Having an emergency Medical ID that includes your date of birth is particularly important for those who are 55 and older. Apple Watch SE and Apple Watch Series 4 and later include fall detection, which is turned on if you are 55 and older (and can also be turned on for those who are 18 years and older).



Setup your Medical ID

- Open the Health app on your iPhone.
- Tap your profile picture at the top right, then tap Medical ID.
- Tap Get Started, then enter your information.



View your Medical ID on Apple Watch

- On your Apple Watch, hold the side button until the sliders appear.
- Drag the Medical ID slider to the right.

If you don't see your Medical ID when you hold the side button on your Apple Watch, open the Apple Watch app on your iPhone, tap My Watch, tap Health, tap Medical ID, tap Edit, then turn on Show When Locked.

To hide your Medical ID when your Apple Watch is locked, turn off Show When Locked.

Tip: Add emergency contacts to your Medical ID, and your Apple Watch alerts them if it makes an Emergency SOS call to emergency services.

See [Make an emergency phone call on Apple Watch](#).

For Further Reference:

[HT207021](#) Setup your Medical ID in the Health app on your iPhone

11 Manage fall detection on Apple Watch

(SE and Series 4 and later only)



With fall detection enabled, if Apple Watch SE or 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 a hard fall and that you have been immobile for about a minute, it will tap your wrist, sound an alarm, and then attempt to call emergency services.

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 by default.

However, anyone 18 years and older can also turn on fall detection on Apple Watch SE and Apple Watch Series 4 and later by following these steps:

- Open the Settings app on your Apple Watch.
- Go to SOS > Fall Detection, then turn on Fall Detection.

You can also open the Apple Watch app on your iPhone, tap My Watch, tap Emergency SOS, then turn on Fall Detection.

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

For Further Reference:

[HT208944](#) Use fall detection with Apple Watch

12 Manage crash detection on Apple Watch

If your iPhone or Apple Watch detects a severe car crash, your device can help connect you to emergency services.

iPhone and Apple Watch models that work with Crash Detection

Crash Detection is turned on by default, and works on these iPhone and Apple Watch models:

- iPhone 14 and iPhone 14 Pro models with [the latest version of iOS](#)
- Apple Watch Series 8, Apple Watch SE (2nd generation), and Apple Watch Ultra with [the latest version of watchOS](#)

Emergency calls use a cellular connection or Wi-Fi Calling with an Internet connection from your Apple Watch or iPhone.

How Crash Detection works on your iPhone and Apple Watch

Crash Detection is designed to detect severe car crashes—such as front-impact, side-impact, and rear-end collisions, and rollovers—involving sedans, minivans, SUVs, pickup trucks, and other passenger cars. When a severe car crash is detected, your iPhone or Apple Watch sounds an alarm and displays an alert¹.

- Your iPhone reads the alert, in case you can't see the screen. If you have only your phone, the screen displays an Emergency Call slider and your phone can call emergency services.
- Your Apple Watch chimes and taps your wrist, and checks in with you on the screen. If you have only your watch, the screen displays an Emergency Call slider. If you have a watch with cellular or your watch is connected to Wi-Fi, it can call emergency services.
- If you have your iPhone and Apple Watch, the Emergency Call slider appears only on your watch, and the call is connected and the call audio plays from your watch.
- If you're able, you can choose to call emergency services or dismiss the alert.
- If you're unable to respond, your device automatically calls emergency services after a 20-second delay.
- If you've added emergency contacts, your device sends a message to share your location and let them know that you've been in a severe car crash.
- If you've set up your Medical ID, your device displays a Medical ID slider, so that emergency responders can access your medical information.



Turn Crash Detection off

iPhone: Settings>Emergency SOS>Turn off Call after Severe Crash

Apple Watch: Apple Watch app>My Watch tab>Emergency SOS>Turn off Call After Severe Crash.

For Further Reference:

[Manage Crash Detection on Apple Watch](#)

HT213225 Use Crash Detection on iPhone or Apple Watch to call for help in an accident

13 Make an emergency phone call

With Emergency SOS, you can quickly and easily call for help and alert your emergency contacts from your Apple Watch.



Here's how it works

For Emergency SOS on an Apple Watch that doesn't have cellular, your iPhone needs to be nearby. If your iPhone isn't nearby, your Apple Watch needs to be connected to a known Wi-Fi network and you must set up Wi-Fi Calling.

When you make a call with Emergency SOS, your Apple Watch automatically calls local emergency services and shares your location with them.

How to call emergency services on your Apple Watch

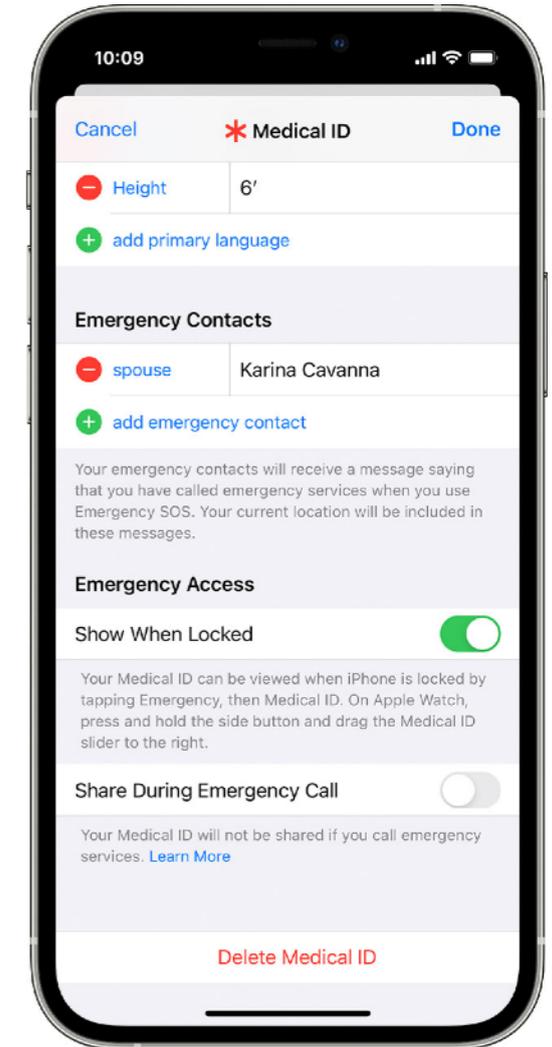
- Press and hold your watch's side button (the button below the Digital Crown) until the Emergency SOS slider appears.
- Drag the Emergency SOS slider to start the call immediately. Alternatively, you can keep holding the side button. After a countdown, your watch calls emergency services automatically.

When the call ends, your Apple Watch sends your emergency contacts a text message with your current location, unless you choose to cancel.

End a call that you started accidentally

If you start the Emergency SOS countdown by accident, just release the side button.

If you start an emergency call by accident, tap the End Call button, then tap Yes to confirm that you want to stop the call. After that, your watch asks if you still want to send a text message to your emergency contacts. Tap No if you want to cancel the text.



Add or Remove Emergency Contacts in your Medical ID

For Further Reference:

[HT206983](#) Use Emergency SOS on your Apple Watch

14 About Wallet and Apple Pay

About Wallet on Apple Watch

The Wallet app  on your Apple Watch lets you easily access the cards, passes, and keys you added to the Wallet app on your iPhone. Supported cards and passes include the following:

- **Cards for Apple Pay:** [Apple Cash](#), credit, debit, store, transit, and prepaid cards
- **Passes:** Boarding passes, movie tickets, coupons, rewards cards, and more
- **Keys:** Car keys, home keys

About Apple Pay on Apple Watch

Apple Pay offers an easy, secure, and private way to pay on your Apple Watch. With your cards stored in the Wallet app on your iPhone and added to Apple Watch, you can use Apple Pay in the following ways:

- **Contactless payments and apps:** Use the credit, debit, and prepaid cards you add to the Wallet app to make purchases in stores that accept contactless payments, and in apps that support Apple Pay.
Once you set up Apple Pay in the Apple Watch app on your iPhone, you're ready to make store purchases—even when you don't have your iPhone with you.
- **Person to person payments:** In watchOS 4 and later you can easily and securely send and request money, right in Messages or by using Siri.
- **Transit cards:** You can add [transit](#) cards; they appear at the top of the collection in the Wallet app , above your passes.



Hold Near Reader—You feel a gentle tap and hear a beep when your card info is sent.

Double-click the side button.

Make purchases with Apple Watch

For Further Reference:

[Apple Pay](#)

[Setup Apple Pay](#)

[Set up Apple Pay on Apple Watch](#)

[Make purchases with Apple Watch](#)

[Send, receive and request money with Apple Watch](#)

[Manage Apple Cash with Apple Watch](#)

[Unlock your car or home with keys in Wallet on Apple Watch](#)

Apple Watch Faces

15 Add a face from the Face Gallery on Apple Watch Exercise

The Face Gallery in the Apple Watch app is the easiest way to see all of the available watch faces. When you find one that looks interesting, you can customize it, choose complications, then add the face to your collection—all from the gallery.



Tap a face to customize it and add it to your collection.

Settings for Apple Watch.

Open the Face Gallery

- Open the Apple Watch app on your iPhone, then tap Face Gallery.

Choose features for a face

- In the Face Gallery, tap a face, then tap a feature such as color or style. As you play around with different options, the face at the top changes so you can make sure the design is just right.

Add complications in the Face Gallery

- In the Face Gallery, tap a face, then tap a complication position
 - Swipe to see which complications are available for that position, then tap the one you want.
 - If you don't want a complication in that position, scroll to the top of the list and tap Off.
- For a complete list of available complications for each watch face, see [Apple Watch faces and their features](#).

Add a face

- After you customize a face in the Face Gallery, tap Add.
- To switch to the new face on your Apple Watch, swipe left across the watch face until you see it.

View your collection on the Apple Watch app

- Open the Apple Watch app on your iPhone.
- Tap My Watch, then swipe through your collection below My Faces.

To rearrange the order of your collection, tap Edit, then drag  next to a watch face up or down.



Swipe up to delete a watch face, then tap Remove.

Delete a face from your collection

- With the current watch face showing, touch and hold the display.
- Swipe to the face you don't want, then swipe it up and tap Remove.

For Further Reference:
[Customize the watch face](#)
[Share Apple Watch faces](#)

Apps on Apple Watch

16 Apps on Apple Watch (1 of 2)

Your Apple Watch comes with a collection of helpful apps.



Activity
[For more information](#)



Alarms
[For more information](#)



App Store
[For more information](#)



Audiobooks
[For more information](#)



Blood Oxygen
Apple Watch Series 6, 7, 8 only
[For more information](#)



Calculator
[For more information](#)



Calendar
[For more information](#)



Camera Remote
[For more information](#)



Compass (Apple Watch SE and Apple Watch Series 5 and later)
[For more information](#)



Contacts
[For more information](#)



Cycle Tracking
[For more information](#)



ECG (Series 4 & later)
[For more information](#)



Find Devices
[For more information](#)



Find Items
[For more information](#)



Find People
[For more information](#)



Heart Rate
[For more information](#)



Home
[For more information](#)



Mail
[For more information](#)



Maps
[For more information](#)



Medications
[For more information](#)



Memoji
[For more information](#)



Messages
[For more information](#)



Mindfulness
[For more information](#)



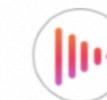
Music
[For more information](#)



News (not available in all regions)
[For more information](#)



Noise (Apple Watch SE and Apple Watch Series 4 and later only)
[For more information](#)



Now Playing
[For more information](#)



Phone
[For more information](#)

17 Apps on Apple Watch (2 of 2)

Your Apple Watch comes with a collection of helpful Apple apps.

 Photos [For more information](#)
[For more information](#)

 Podcasts
[For more information](#)

 Reminders
[For more information](#)

 Remote [For more information](#)
[For more information](#)

 Settings
Also accessible from the My Watch tab in the Watch app on the iPhone.

 Shortcuts
[For more information](#)

 Sleep
[For more information](#)

 Stocks
[For more information](#)

 Stopwatch
[For more information](#)

 Timers
[For more information](#)

 Tips
[For more information](#)

 Voice Memos
[For more information](#)

 Walkie-Talkie (not available in all regions) [For more information](#)

 Wallet
[For more information](#)

 Weather
[For more information](#)

 Workout
[For more information](#)

 World Clock
[For more information](#)

Apple Apps also available

 Siren

[For more information](#)

 Depth

[For more information](#)

For Further Reference:
[Retrace your steps with Backtrack \(in Compass\)](#)

Siri

18 Use Siri on Apple Watch



You can use Siri to perform tasks and get answers right on your Apple Watch.

For example, use Siri to translate what you say into another language, identify a song and provide an instant Shazam result, or, after you ask a general question, display the first few search results along with a brief excerpt from each page. Just tap Open Page to view the page on Apple Watch.

Try using Siri to do things that usually take you a couple of steps.

Ask Siri Say something like:

- “What is my next appointment”
- “Call my brother”
- “How do you say ‘How are you?’ in Chinese?”
- “Start a 30-minute outdoor run”
- “Open the Sleep app”
- “What song is this?”

How to use Siri To make a Siri request, do any of the following:

- Raise your wrist and speak into your Apple Watch.
To turn off the Raise To Speak feature, open the Settings app on your Apple Watch, tap Siri, then turn off Raise to Speak.
- Say “Hey Siri” followed by your request.
To turn off “Hey Siri,” open the Settings app on your Apple Watch, tap Siri, then turn off Listen for “Hey Siri.”
- Tap the Siri button on the Siri watch face.
- Press and hold the Digital Crown until you see the listening indicator, then speak your request.
To turn off the Press Digital Crown feature, open the Settings app on Apple Watch, tap Siri, then turn off Press Digital Crown.

Tip: After you activate Siri, you can lower your wrist. You’ll feel a tap when there’s a response.

To reply to a question from Siri or to continue the conversation, hold down the Digital Crown and speak.

Siri can speak responses to you, as it does on iOS, iPadOS, and macOS.

Note: To use Siri, Apple Watch must be connected to the internet. Cellular charges may apply.

Delete Siri history When you use Siri or dictation, your requests are stored for six months on Apple servers to help improve Siri responses to you. Your requests are associated with a random identifier, not with your Apple ID or email address.

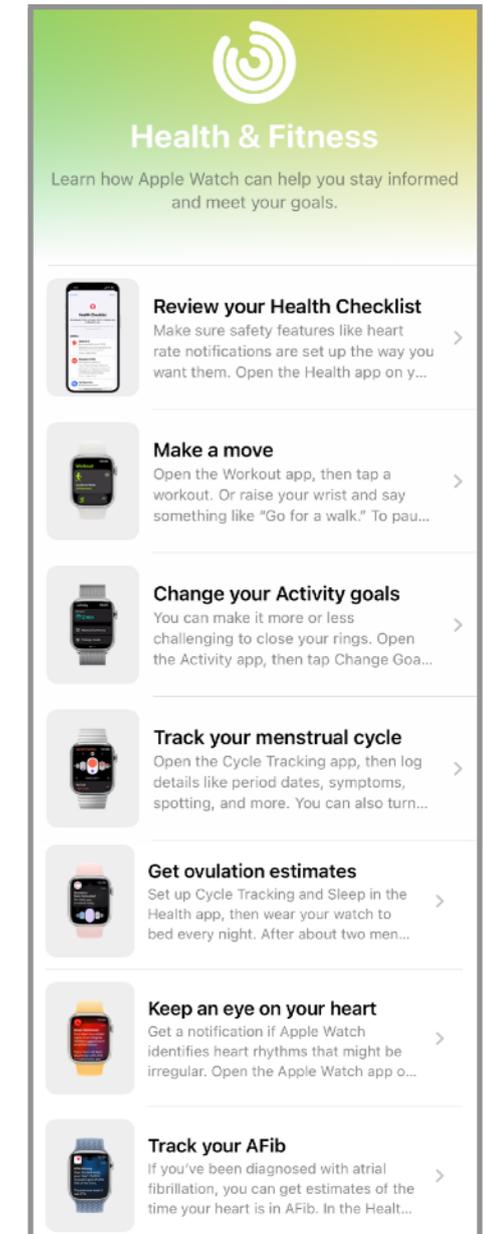
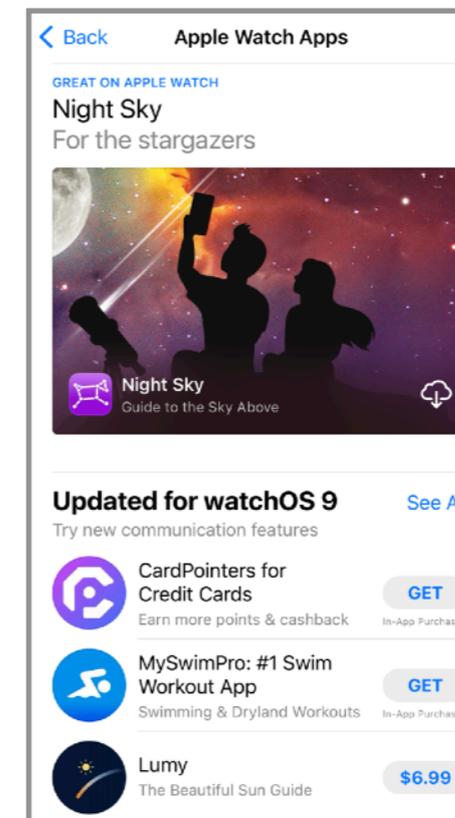
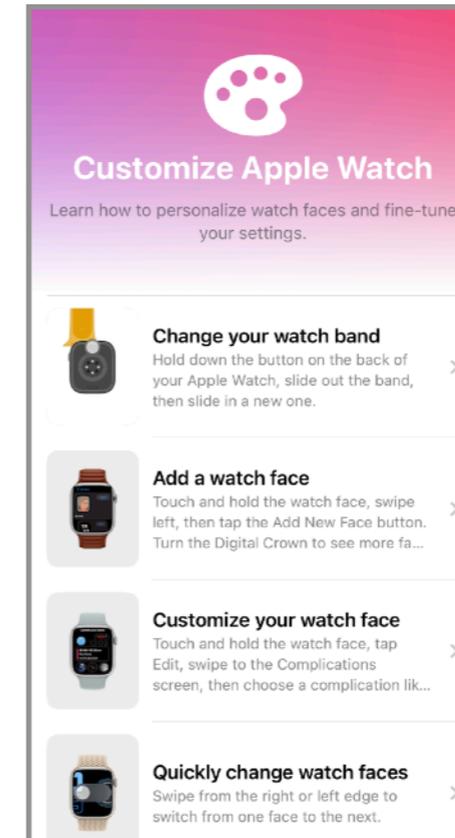
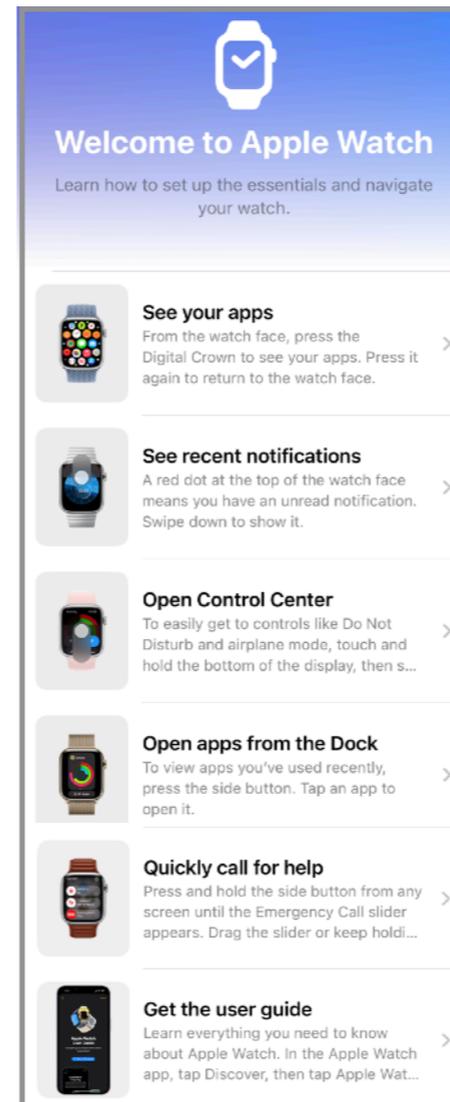
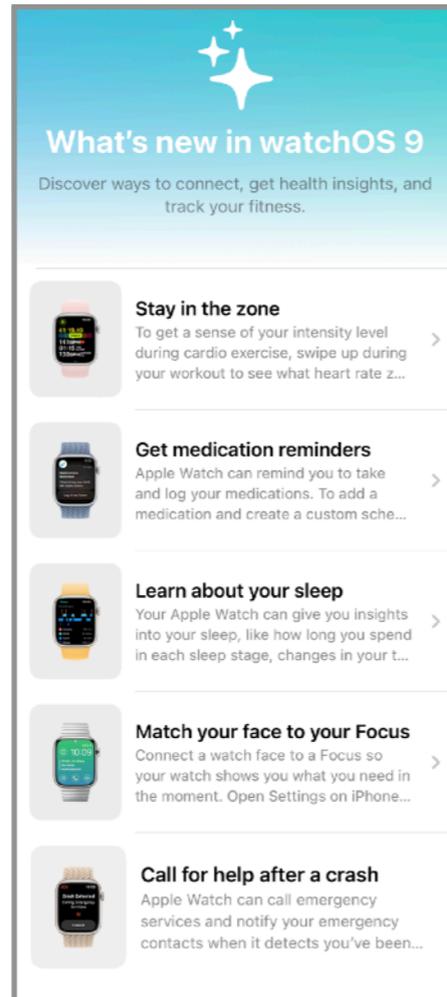
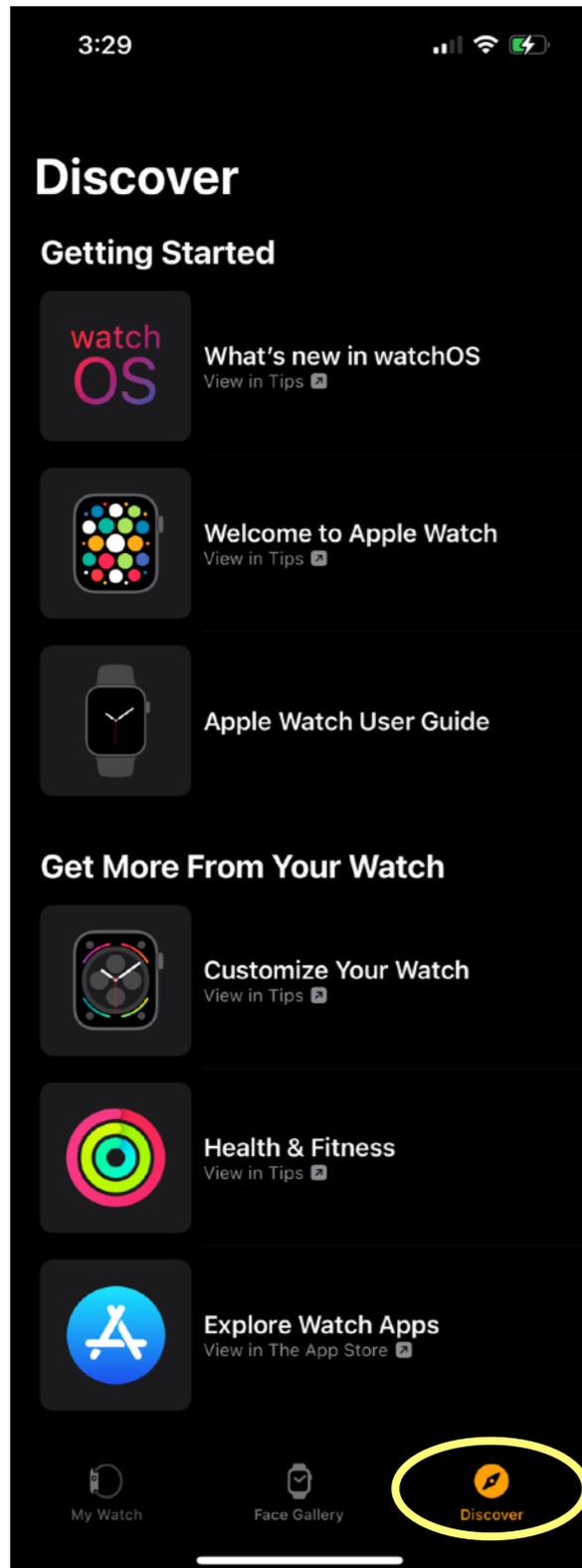
To delete this history:

- Open the Settings app on your Apple Watch, tap Siri, tap Siri History, then tap Delete Siri History.

Help Resources

19 Discover what your Apple Watch can do

Learn about the various features of your Apple Watch with the **Discover** tab in the Apple Watch app on your iPhone.



**Apple Support** [Visit Support](#)

Find answers to common questions, watch video tutorials, download user guides, and share solutions with the Apple community.

Today at Apple [Visit Today at Apple](#)

Take part in interesting and inspiring sessions in photography, art, music, and coding at an Apple store near you.

Accessories [Visit Accessories](#)

From the Apple accessories page, you can learn about all kinds of new and innovative products that work with iPhone, iPad, Mac. e.

AppleCare Phone Number (800) 275–2273 = (800) MY-APPLE

Apple Watch User Guide <https://support.apple.com/guide/watch/welcome/>

How to use your Apple Watch <https://support.apple.com/en-us/HT205552>

Apple Support Youtube Channel <https://www.youtube.com/applesupport>

Apple Support <https://getsupport.apple.com>

Apple Watch Support <https://support.apple.com/watch>

Today At Apple <https://www.apple.com/today/>

How to clean your Apple Watch <https://support.apple.com/en-us/HT204522>

Notifications on your Apple Watch <https://support.apple.com/en-us/HT204791>

Send messages from Apple Watch <https://support.apple.com/en-mide/guide/watch/apd92a90f882/watchos>

Set up your Apple Watch <https://support.apple.com/en-us/HT204505>

Set up cellular on Apple Watch <https://support.apple.com/en-us/HT207578>

Use Apple Watch with a cellular network <https://support.apple.com/guide/watch/use-your-apple-watch-with-a-cellular-network-apd9a168c68b/watchos>

Make phone calls on Apple Watch <https://support.apple.com/guide/watch/make-phone-calls-apdc38d7a95e/watchos>

21 Apple Help Resources

The following are useful resources for getting help, learning more and working with your Apple Watch.

Get Help for your Apple Watch

Sell, give away, or protect a lost Apple Watch

Get information about Apple Watch

Apple Watch Support Site

Learn more, Service and Support



Call 1-800-MY APPLE (1- 800-275-2273)
Free telephone support for all Apple products and services



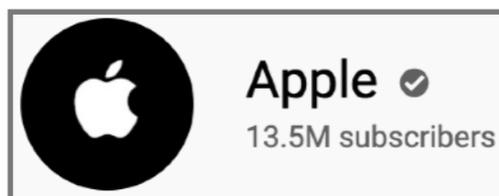
Apple Watch User Guide



Apple Support app (available free, from the App Store)

Apple Support

Apple Support web site <https://support.apple.com/>



Apple YouTube channel <https://www.youtube.com/user/Apple>

22 My Apple Tutorials and NC Apple Club

My in-person Apple tutorials are available through the Enrichment Academy in The Villages, FL, from October to May each year. Registration information and the current tutorial schedule can be found in the “TEC” section of the Course Catalog, at <https://theenrichmentacademy.org/>

You are also invited to join my NC Apple Club, held via Zoom every Thursday at 7:30 pm from June to September (free to join).

Tutorial Program



Lake Miona Regional Rec Center

October to May

Tony's NC Apple Club

Held via Zoom every Thursday at 7:30pm from June to September. Free to join. Recordings of the meetings are available on Facebook.

June to September

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

	A Road Map for Cutting the Cord	Are you looking for a way to reduce your ever increasing Internet, TV, Landline & Mobile bills? You will learn how to save hundreds (if not thousands) of dollars every year with this practical Road Map for Cutting the Cord. The Pros and Cons of various streaming devices and streaming options will be examined and the cost saving steps that you can follow will be identified, taking into account your very specific needs in all the areas. A soft copy of the key slides and worksheets is provided to the class.
	Create Your Own Photo Books	Learn how to create your very own personalized Photo Books and Calendars in two fully hands-on learning sessions. Document and share the photo memories of your family, pets, vacations, weddings, anniversaries and the many other special events in your life. Using free and easy to use web based software (no downloads required) on your MacBook laptop (required for the classes), you can turn your chosen photos into an awesome custom Calendar, or treasured Photo Book suitable for your coffee table, and for sharing memories with your family and friends.
	Apple Camera & Photos for the iPhone and iPad	Learn how to use all the features of the camera in your iPhone, and then how to access those photos in the Photos app on your iPad, edit and enhance them, organize them into albums, and share your photos with family and friends. A Reference Guide for all covered topics is provided to the class.
	Apple Contacts & Calendars for the iPhone and iPad	Learn how to use the many useful features in the Apple Contacts and Calendars apps on your iPhone and iPad, sync them and access them across all your devices, and easily share appointments and calendars with your family and close friends, using iCloud. A Reference Guide for all covered topics is provided to the class.
	Apple Notes for the iPhone and iPad	The Apple Notes app is the best place to jot down quick thoughts or to save longer notes with miscellaneous information, to-do lists, a secure record of all your passwords, images, web links, scanned documents, and sketches. By using iCloud, it's easy to keep all your devices in sync so you will always have your notes with you. A Reference Guide for all covered topics is provided to the class.
	Apple Watch	The latest Apple Watch has been re-designed and re-engineered to help you be more active, healthy, and connected. Learn how you can use and benefit from all the new productivity, health, and fitness features in your Apple Watch. A Reference Guide for all covered topics is provided to the class.
	Apple iPhone & iPad Made Easy	Learn how to customize the key Settings on both your iPhone and iPad, sync and back them up to iCloud, and how to use the many useful and free Apple apps and tools (including Mail, Safari, Messages, Phone, Camera, Photos, Notes, Contacts, Calendars, Find My, Magnifier, Screenshot and many more). Bring your fully charged iPhone and iPad, as well as your Apple and email passwords. A free and easy to use iPhone and iPad Made Easy Reference Guide (in ePub format) will be provided to all attendees.
	Apple Mac Made Easy	Are you new to Mac? Or would you like to learn how you can work with your Mac more productively and effectively? In these four sessions, you will learn how to customize and navigate your Mac, work with key apps, files and folders, ensure your information privacy and security, and how best to use iCloud to sync and backup all your information. A free and easy to use Mac Made Easy Reference Guide (in ePub format) will be provided to participants, detailing all covered course topics and more. Bring your fully charged MacBook (and iPhone and iPad if you have one), Apple and email passwords.
	About the Instructor	Tony Crawford has been working with virtually all aspects of Information Technology for his whole career, in both the US and Canada, in positions up to Chief Information Officer (CIO). For the last twenty years, he has provided Information Technology consulting and training services, and more recently, has been providing consulting and training in the use of Apple products and services. He is a member of the Advisory Board of The Villages Apple User Group and the Cord Cutters Club and is a regular presenter at both groups.