

# Apple Watch Basics and Introduction

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# Why Apple? Why Watch?

- Apple, w/my mainframe/Windows history?
  - iPad “tablet experience” was only/best choice
  - Then iPhone (and HomePods and AirTags!)
- Watch, when I had nice high-tech one?
  - Light powered, two time zones, resets nightly



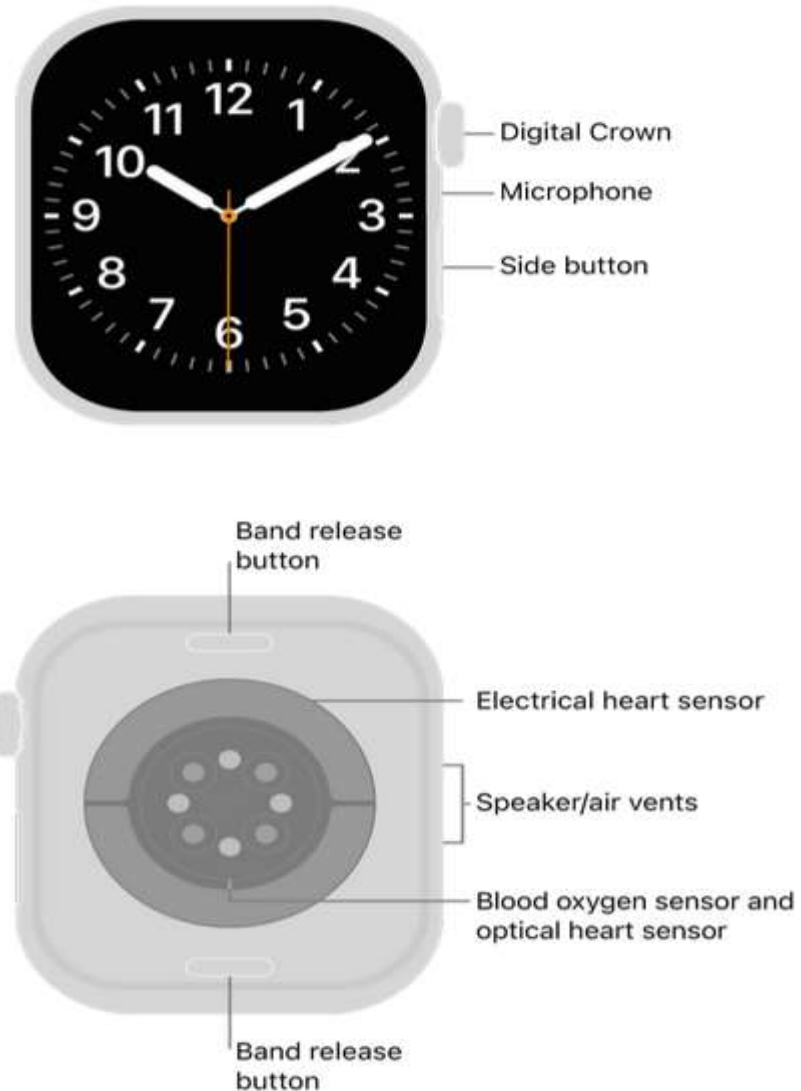
# Heartline Study

- Heard about cardiac health study, applied
- Participation required having iPhone
- Subjects: half use iPhone, half also Watch
- Options: buy Watch for \$49 or loaner for three years
- Without study, wouldn't have bought
- Wasn't sure I'd like it, so took loaner
  - Plan return if they wanted, buy newer model
  - Or keep if they didn't

# Models

- Study loaner was Series 6
- Study wanted returned (sent \$20 gift card)
- Bought Series 9 — more features
- Several models, common basic features
  - Series 10, Ultra 2, SE, Nike, Hermes, Studio
- These are my experiences; not a product pitch
- 150-page Take Control book
  - Best ratio of manual length to product size!
- Other brands may have similar features

# Hardware



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# Hardware (Continued)

- Cellular — optional, not my Watches
- Digital crown
  - Scroll, zoom, options
  - Smart Stack, Notifications
- Side button — context actions
  - Control Center, Apple Pay
  - Power, Medical ID, SOS
  - With Crown, take screen shots (seen here)
- Action button
  - Ultra models, configurable

# Hardware (Continued)

- Screen — raise hand or tap to activate
  - Tap, drag, scroll, swipe
  - Capture — press Crown and Side buttons
- Double tap fingers — Series 9 and Ultra
  - Answer phone, dismiss timer, Smart Stack
- Talk and listen
  - Siri, answer/make calls, voice memos
  - With AirPods, hear messages
- Haptic feedback taps wrist to signal

# Software

- WatchOS on Watch and iOS on iPhone
  - Work together
  - iOS sets up Watch, nice but not needed later
  - iPhone Watch app configures main options
    - Choose Watch face, add “complications”
    - Pick apps to install, set app options
    - Select Watch apps list or grid view
  - On-Watch options, settings, Control Center
  - Notifications: apps/events/messages/timers...



# Software (Continued)

- iPhone Watch App

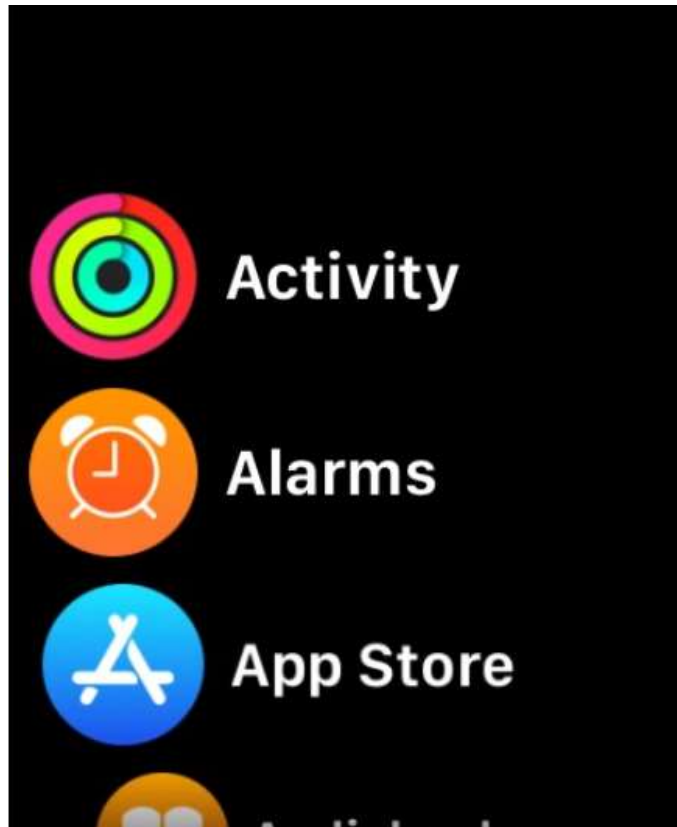


# Battery (Hardware and Software!)

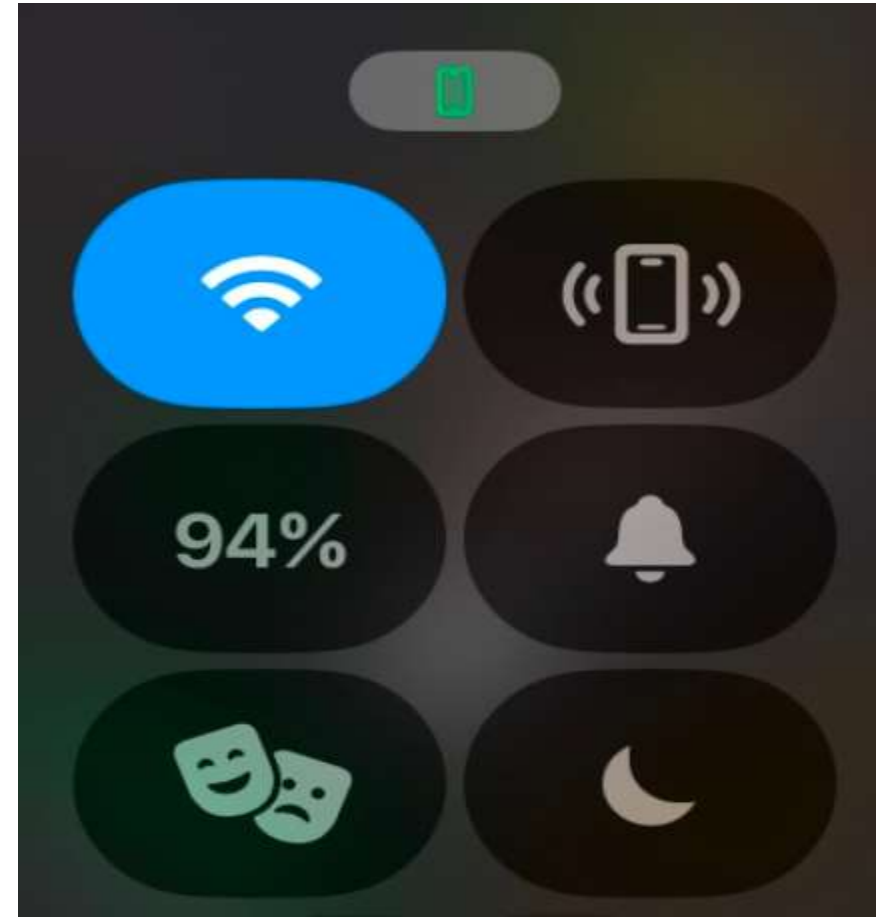
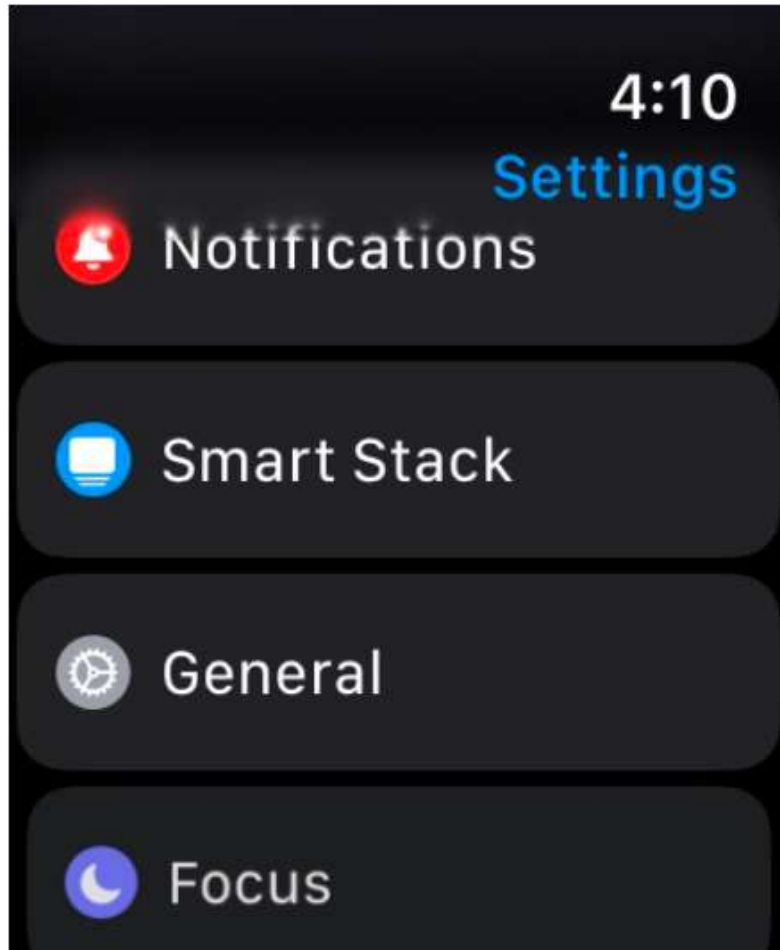
- Series 9 (WiFi, no cellular) battery lasts about 27 hours
- Takes 30-45 minutes to charge from low to full (shower!)
- Watch signals iPhone when fully charged
- iPhone custom shortcut alerts Watch when battery 25%
- Nuisances:
  - Alerts when down to 10%, can't change
  - Alerts at midnight if less than 30%, can't change
- AllMyBatteries app — supposedly shares status (didn't)

# Software (Continued)

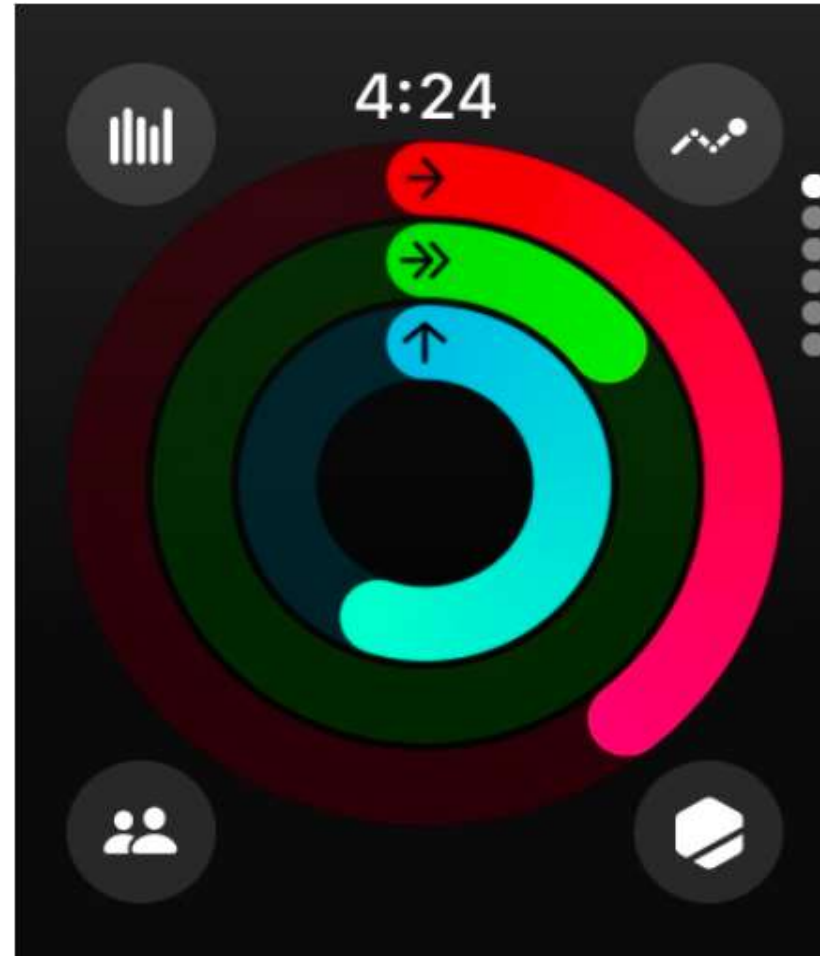
- Apps display — List and Grid formats



# Settings & Control Center



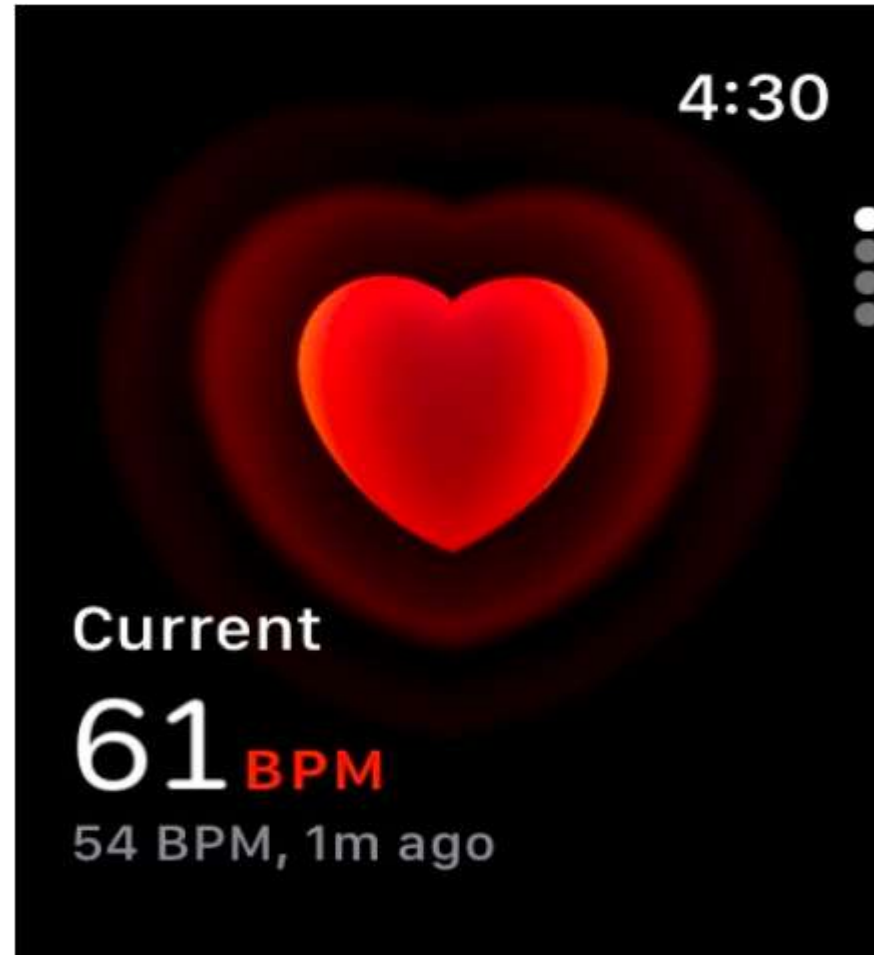
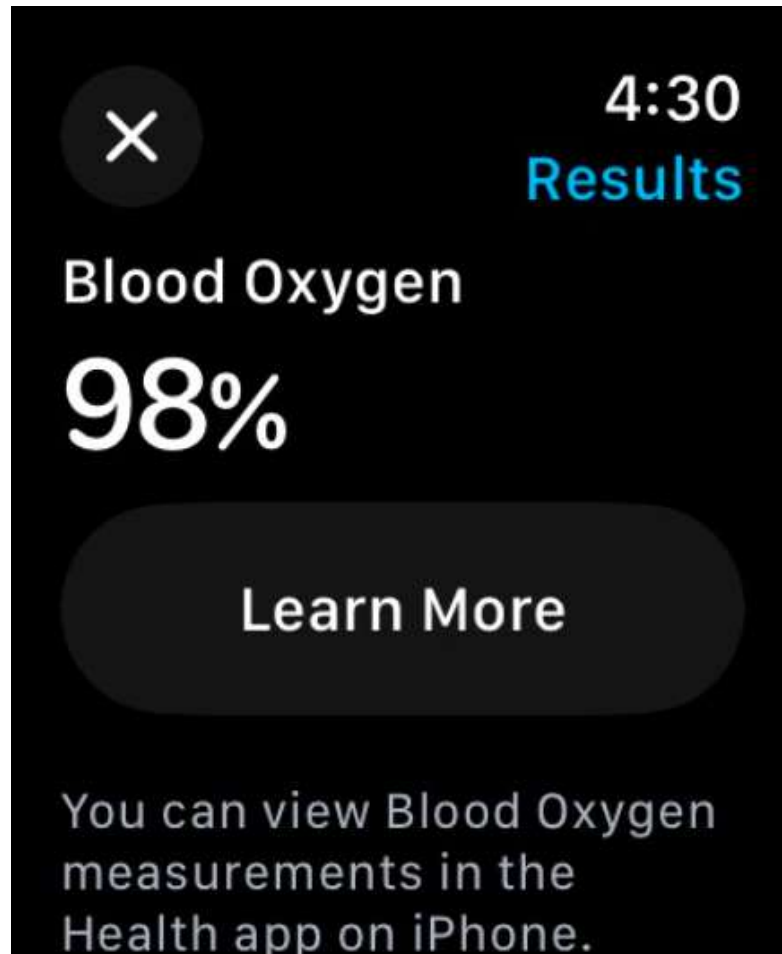
# Medical ID and Activity Apps



# Health Apps

- Activity, ECG, Heart Rate, Workout
- Blood oxygen
- Mindfulness
- Noise
- Sleep
- Vitals
- Oticon Hearing Aids

# Blood Oxygen & Heart Rate Apps



# Smart Stack

- Summon by swiping up or rotating Crown
- Holds default or selected app widgets
- Live info: weather, exercise, calendar...
- Access app list
- Travel internationally, adds Translate app

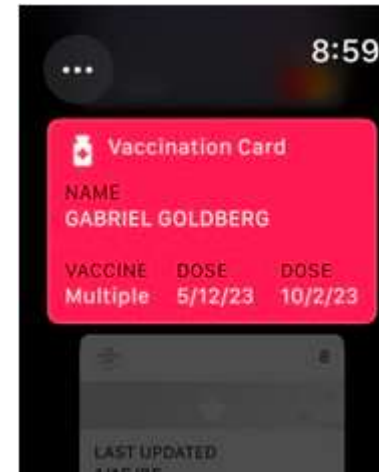


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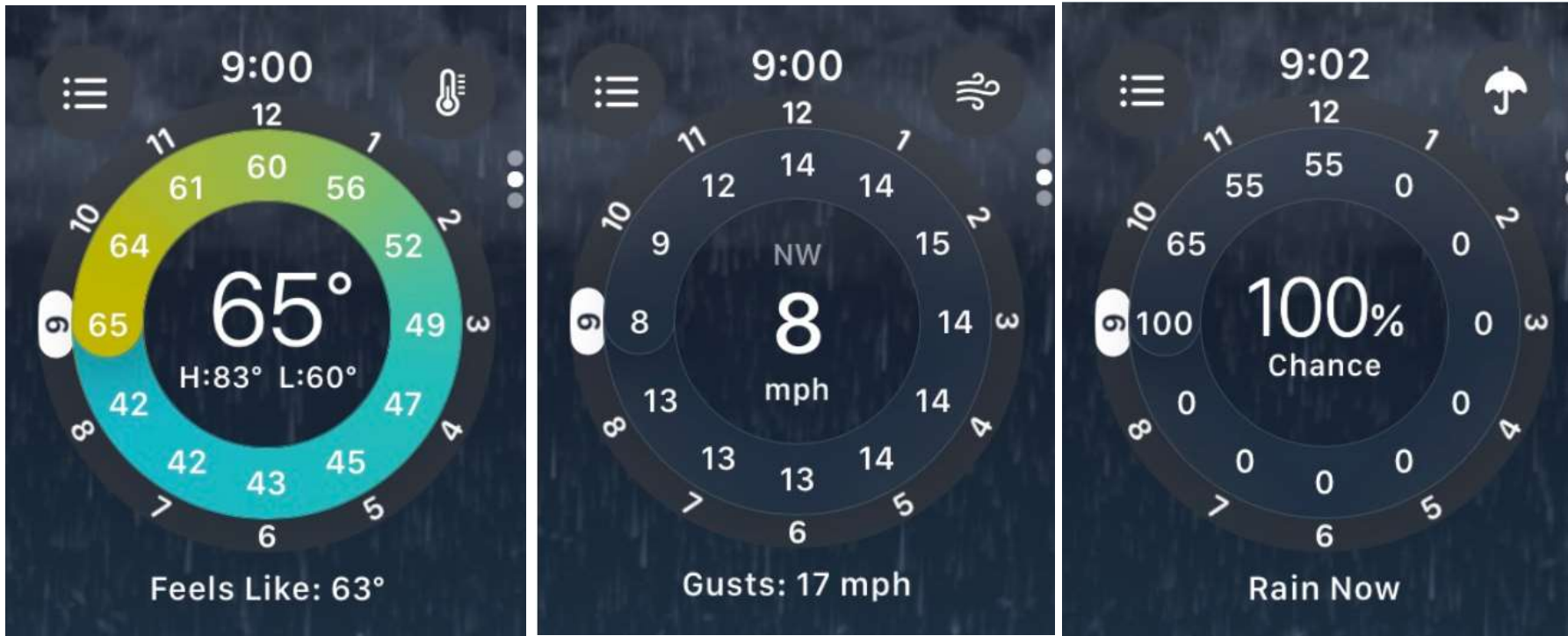


# Wallet App

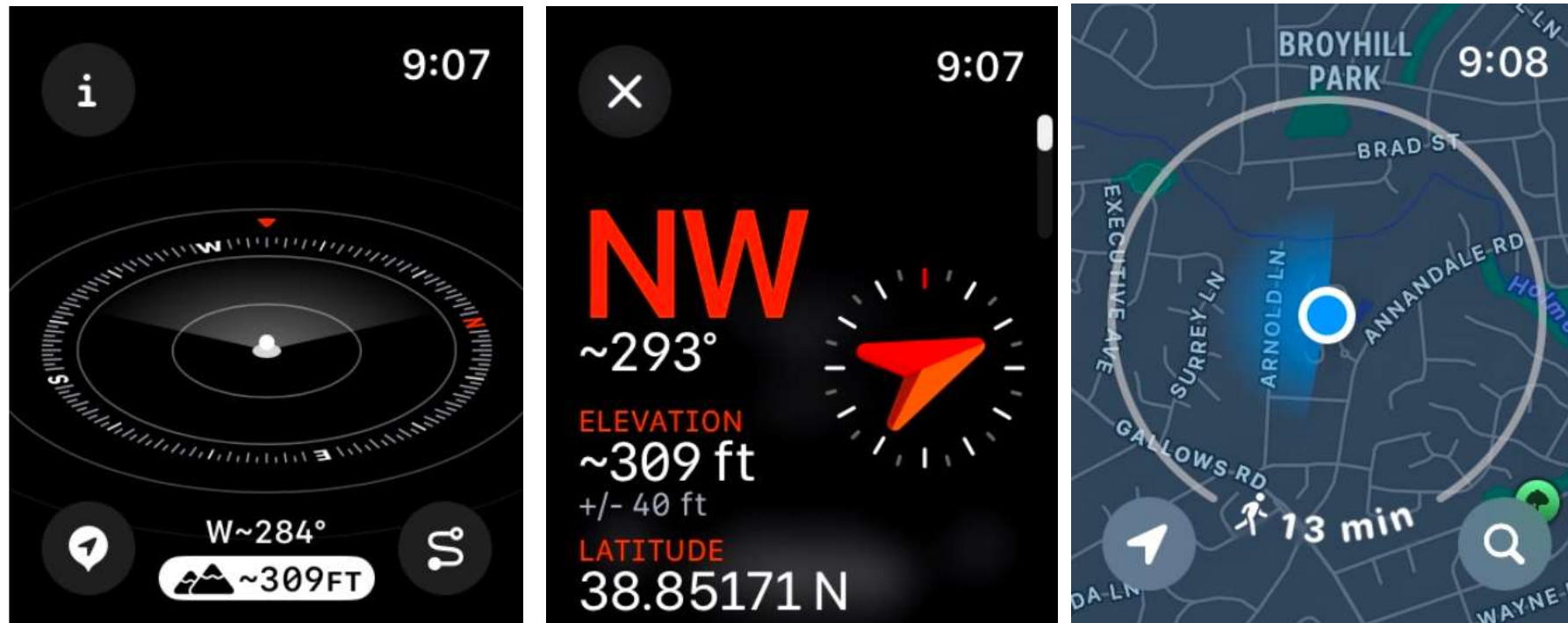
- Holds diverse credentials
  - Credit cards
  - Metro farecard
  - Covid vaccinations
  - Starbucks card
  - Vienna Sandwich Shop bonus
  - AARP
  - Geico



# Weather app

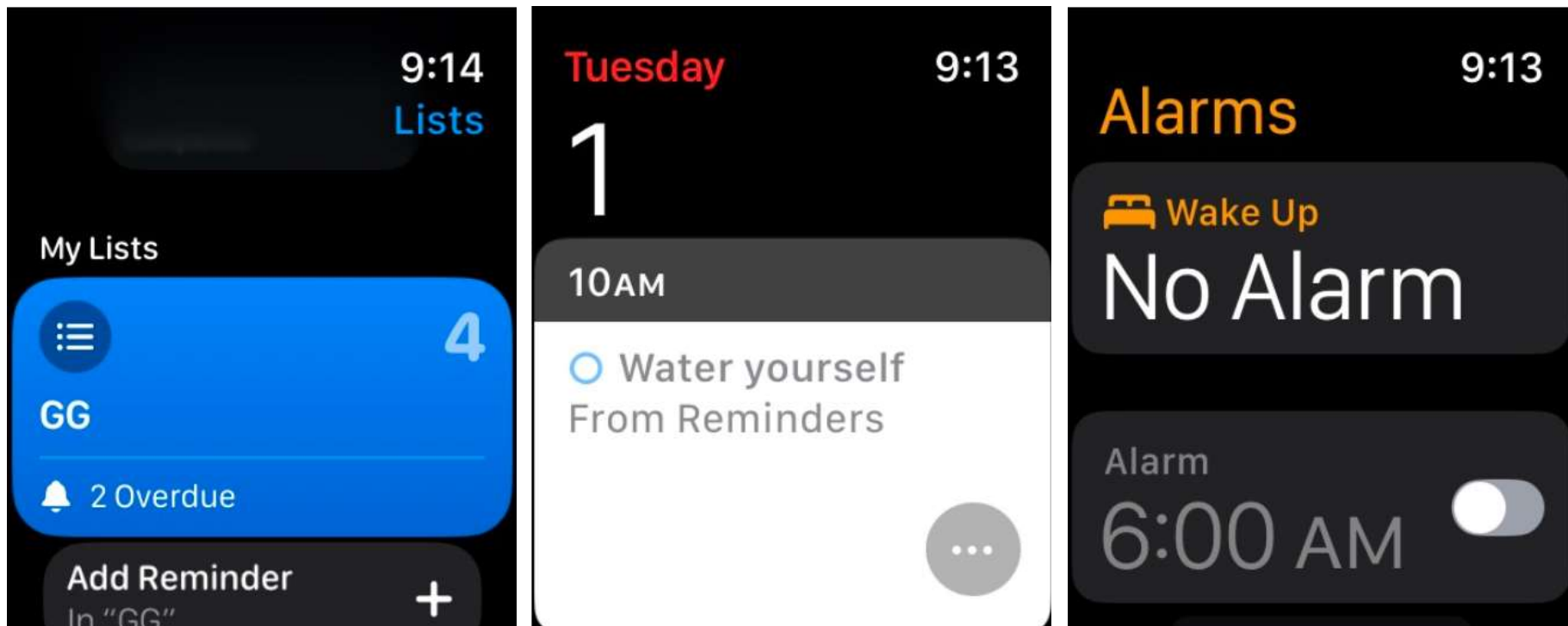


# Maps/Compass Apps



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# Reminders/Calendar/Alarms Apps



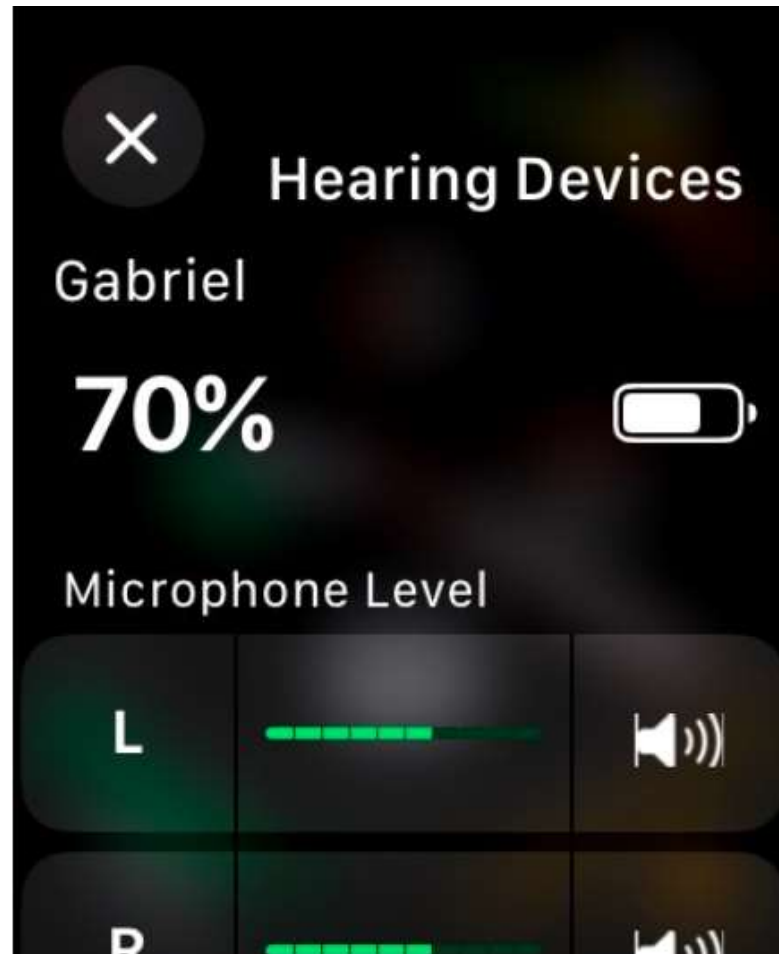
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# Voice Memo App



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# Oticon Hearing Aid App



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# Even More!

- Find My app triggers “Left Behind” alerts
- Email: read/reply/write
- Home app: control lights, switches, intercom
- Media: now playing, music, podcasts, audiobooks, photos
- Family Setup: initialize Watch, use without paired iPhone; reduced function, especially without cellular plan

# Watch Summary

- Impressive function from small device
- Powerful WatchOS and apps combination
- Like iPad, Watch became essential tool for me
- Impressive/powerful needs study/practice
- Customize/set for needs/preferences
- References
  - <https://www.takecontrolbooks.com/apple-watch/>
  - <https://support.apple.com/guide/watch/welcome/watchos>