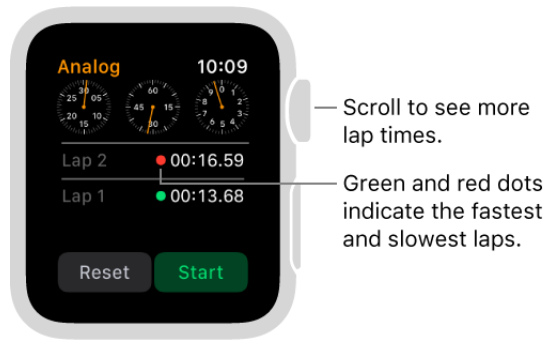
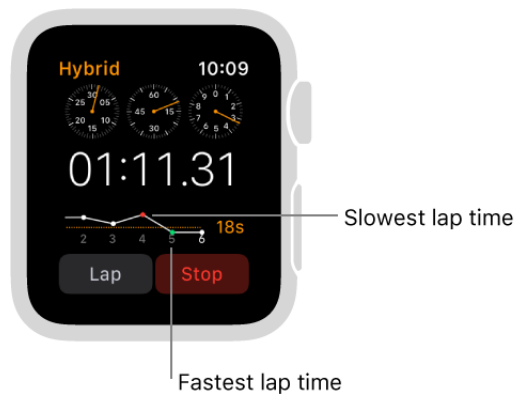


**Switch between analog 1-dial and 3-dial with splits.** Swipe up on the 1-dial analog stopwatch display to see separate minute, second, and tenths dials above a scrolling list of lap times.



**Review results.** Review results on the display you used for timing, or change displays to analyze your lap times and fastest/slowest laps (marked with green and red) in the format you prefer. If the display includes a list of lap times, turn the Digital Crown to scroll.



**Monitor timing from the watch face.** To keep an eye on a timing session from your regular watch face, add a stopwatch to the face. Your current elapsed time is visible on the face, and you can tap it to open to the Stopwatch app 🕒 to check lap times.



## Check the time in other locations

Use the World Clock app 🌐 to check the time in cities around the globe. Add cities to your watch face for quick reference.

**Ask Siri.** Say something like: "What time is it in Auckland?"

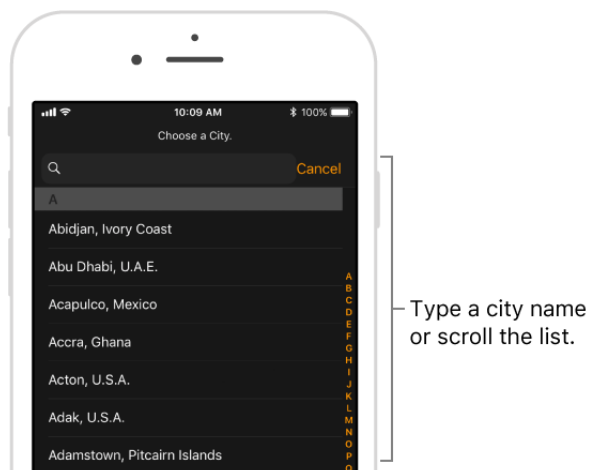
**Check the time in another city.** Open World Clock 🌐, then turn the Digital Crown or swipe the screen to scroll the list. If there's a city whose time you'd always like to see, you can add the world clock to your watch face and choose the city to display.



**See additional information.** To see more information about a city, including time of sunrise and sunset, tap the city in the World Clock list. Scroll to see the next city in your list. When you're finished, tap < in the top-left corner, or swipe right to return to the city list. As always, you can press the Digital Crown to return to the watch face.



**Add a city to World Clock.** The cities you add on iPhone appear in World Clock 🌐 on Apple Watch. Open the Clock app on iPhone, tap World Clock, then tap +.



**Remove a city from World Clock.** Open the Clock app on iPhone, tap World Clock, tap Edit, then tap - next to a city.

**Add a world clock to your watch face.** You can add a world clock to several watch faces—some faces let you add more than one. Firmly press the display, then tap Customize. Swipe left until you can select individual complications, tap the one you'd like to use for a world clock, then turn the Digital Crown to choose a city. When you're finished, press the Digital Crown. To see which faces you can add a world clock to, see [Faces and features](#).

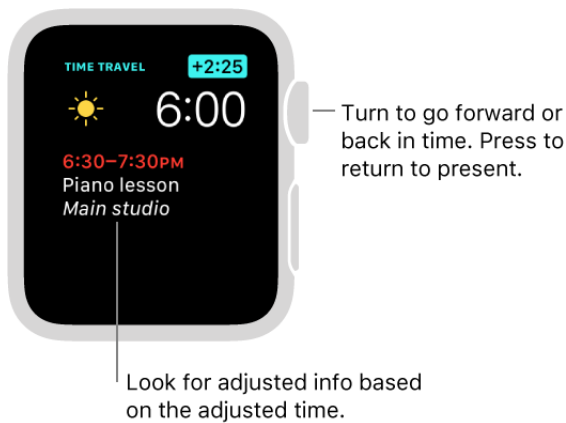


**Change city abbreviations.** If you want to change a city abbreviation used on Apple Watch, open the Apple Watch app on iPhone, tap My Watch, then go to Clock > City Abbreviations. Tap any city to change its abbreviation.



## Scan your day with Time Travel

Use Time Travel to get a glimpse of the recent past and near future. On many watch faces, turn the Digital Crown to see time-adjusted information.



**Turn on Time Travel.** Open the Apple Watch app on iPhone, tap My Watch, tap Clock, then turn on Time Travel.

**Check another time.** While viewing the current time on your watch face, turn the Digital Crown.

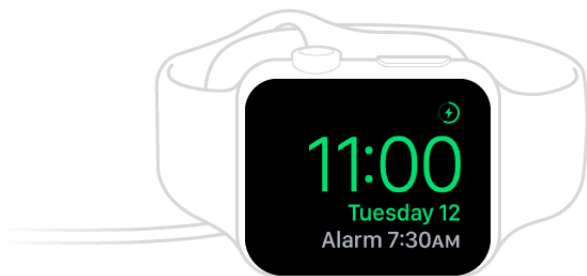
As you turn the Digital Crown, the watch face shows the adjusted time, plus information from supported complications including weather, calendar, world time, and more.

**Tip:** While using the Astronomy watch face, tap the moon button in the bottom left, then turn the Digital Crown to observe past and future phases of the moon. Tap the solar system button on the bottom right, then turn the Digital Crown to see the changing positions of the planets.

**Return to the present.** Press the Digital Crown or tap the blue time offset indicator.

## See the time on your nightstand

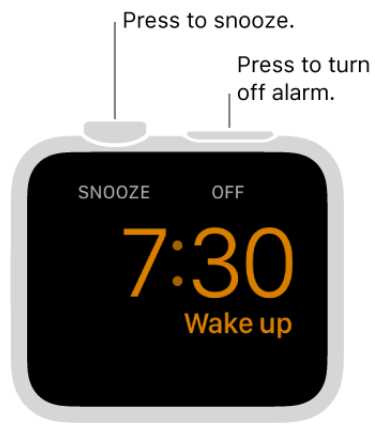
Apple Watch becomes a convenient bedside alarm clock while it's charging.



**Set up as a nightstand clock.** Connect Apple Watch to its charger, then set Apple Watch on its side, buttons facing up.

**Check the time by your bedside.** To see the time, tap the display or lightly nudge Apple Watch. Even nudging or tapping the table might work—try it.


**Use Apple Watch as an alarm clock.** If you set an alarm using the Alarms app 🕒, Apple Watch in nightstand mode will gently wake you with a unique alarm sound.




When the alarm sounds, press the side button to turn it off, or press the Digital Crown to snooze for another 9 minutes.

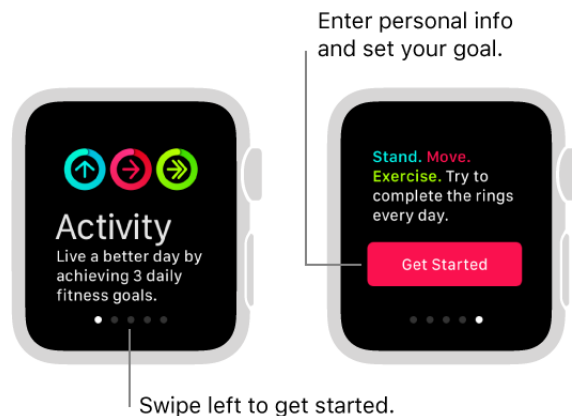
# Activity, Heart Rate, and Breathe

## Track daily activity


The Activity app  on Apple Watch keeps track of your movement throughout the day and encourages you to meet your fitness goals. The app tracks how often you stand up, how much you move, and how many minutes of exercise you do. Three colored rings summarize your progress. The goal is to sit less, move more, and get some exercise by completing each ring every day. The Activity app on iPhone keeps a long-term record of all your activity.

**WARNING:** Apple Watch and the included Apple Watch apps are not medical devices and are intended for general wellness purposes only. For important information about using the wellness apps safely, see [Important safety information](#).

**Get started.** The first time you open Activity  on Apple Watch, swipe left to read the Move, Exercise, and Stand descriptions, then tap Get Started. Use the Digital Crown to set your sex, age, height, weight, and whether you use a wheelchair. Then, choose an activity level and start moving.



**Tip:** You can enter your birthdate, sex, height, weight, and wheelchair status in the Apple Watch app on iPhone. In the Apple Watch app, tap My Watch, then tap Health.

**Check your progress.** Open the Activity app  at any time to see how you're doing. The Move ring shows how many active calories you've burned. The Exercise ring shows how many minutes of brisk activity you've done. The Stand ring shows how many times in the day you've stood for at least one minute per hour. If you specified that you use a wheelchair, the Roll ring shows how many times in the day you've rolled for at least one minute per hour.

Turn the Digital Crown to see your current totals—keep scrolling to see your progress as a graph, your total steps, total distance, and workouts. On Apple Watch Series 3 (GPS + Cellular) and Apple Watch Series 3 (GPS), you can also see

the number of flights of stairs you've climbed.

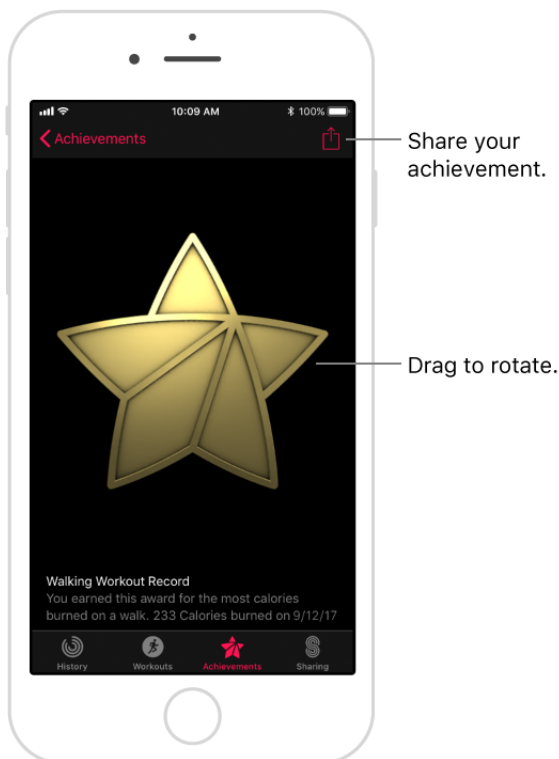



An overlapping ring means you exceeded your goal. Firmly press the display to see your weekly summary or change your move goal.

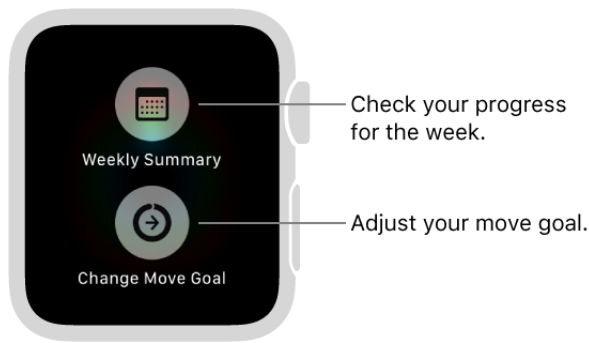


A partial ring shows progress toward your goal. A completed ring means you reached your goal.

**Check your activity history and see your achievements.** Open the Activity app on iPhone, then tap a date in the calendar to see a breakdown for that day. Watch for achievement awards—when you get an achievement notification, scroll down to see the award, then drag your finger on the award to see it from all angles.

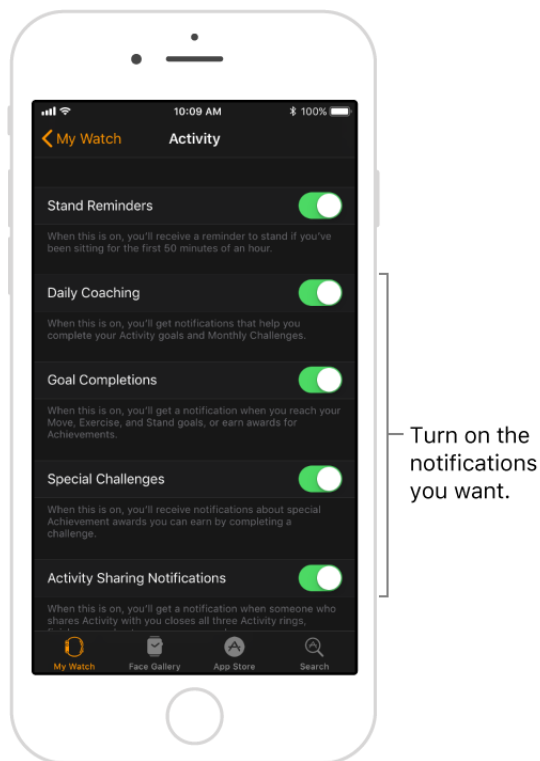


**Adjust your move goal.** Open the Activity app  and firmly press the display until you see the prompt to change your Move goal.



Every Monday, you're notified about the previous week's achievements, and you can adjust your daily Move goal for the next week. Apple Watch suggests goals based on your previous performance.

**Control activity reminders.** Reminders can help when it comes to meeting goals. Apple Watch lets you know if you're on track or falling behind your activity goals. To choose which reminders and alerts you'd like to see, open the Apple Watch app on iPhone, tap My Watch, then tap Activity.



**Suspend coaching for the day.** To turn off activity reminders for the rest of the day, open the Apple Watch app on iPhone, tap My Watch, tap Activity, then turn off Daily Coaching.

**See your Activity progress on the watch face.** While viewing the watch face, firmly press the display, then tap Customize. Swipe left until you can select individual face features, tap the one you'd like to use, then turn the Digital Crown to choose Activity. When you're finished, press the Digital Crown. To see which faces you can add Activity info to, see [Faces and features](#).




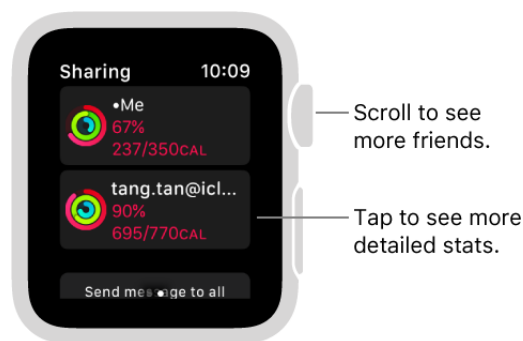
# Share your activity


Keep your fitness routine on track by sharing your activity with your family and friends—you can even share with a trainer or coach. You get notifications when your friends meet their goals, finish workouts, and earn achievements.


**Add a friend.** Open the Activity app on iPhone, tap Sharing, then tap + in the top-right corner. Enter your friend's name, then tap Send. After your friend accepts your invitation, you can see their activity and they can see yours.

**Tip:** Don't see the Sharing tab? If you have more than one Apple Watch paired with your iPhone, make sure all of your paired watches are updated to watchOS 3 or later.

**How are your friends doing?** Open the Activity app , then swipe left. Turn the Digital Crown to scroll your friends list. Tap friends to see their stats for the day.



**Sort your friends list.** Open the Activity app , swipe left, then firmly press the display. Tap Sort List, then tap a sorting option.

**Challenge a friend...or two.** Send your friends an encouraging message. Open the Activity app , swipe left, then turn the Digital Crown to scroll to the bottom. Tap "Send message to all," then compose your message. If you want to send a message to a specific friend, tap the friend in your friends list, scroll to the bottom, then tap Send Message.

**Remove a friend.** Open the Activity app on iPhone, tap the Sharing tab, tap a friend, then tap Remove Friend.

**Hide your activity from a specific friend.** Open the Activity app on iPhone, tap the Sharing tab, tap a friend, then tap Hide my Activity.

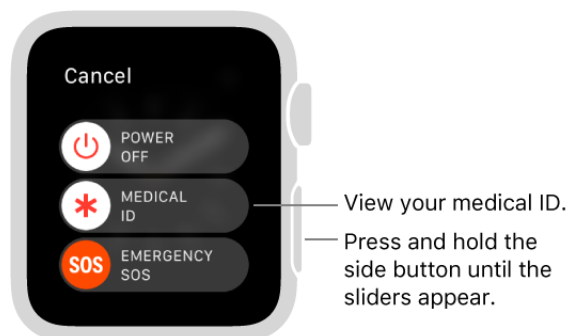
**Mute notifications for a friend.** Open the Activity app on iPhone, tap the Sharing tab, tap a friend, then tap Mute Notifications.

# Create an emergency medical ID

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

**Set up your medical ID.** Open the Health app on iPhone, tap Medical ID on the bottom right, then tap Create Medical ID.

**View your ID.** On Apple Watch, hold the side button until the sliders appear, then drag the Medical ID slider to the right.




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

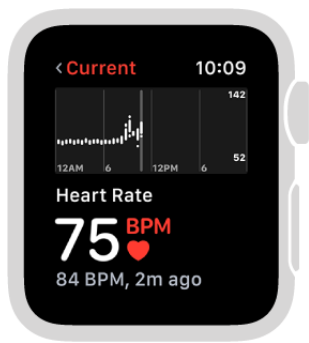
**Hide your medical ID when Apple Watch is locked.** Open the Health app on iPhone, tap Medical ID, tap Edit, then turn off Show When Locked.

**Tip:** Add emergency contacts to your medical ID, and Apple Watch alerts them if you make an emergency phone call. For more information, see [Make an emergency phone call](#).

# Check your heart rate

Your heart rate is an important way to monitor how your body is doing. You can check your heart rate during a workout; see your resting, walking, breathe, workout, and recovery rates throughout the day; or take a new reading at any time.

**See your heart rate.** Open the Heart Rate app  to view your current heart rate, resting rate, and walking average rate. Apple Watch continues measuring your heart rate as long as you're wearing it.



**Check your heart rate during a workout.** By default, your current heart rate shows on the Multiple Metric workout view. To customize which metrics appear during a workout, open the Apple Watch app. Tap My Watch, tap Workout, tap Workout View, then tap a workout. For more information, see [Start your workout](#).



Monitor your heart rate with a glance.

**See a graph of your heart rate data.** Open the Health app on iPhone, tap Health Data, then tap Heart. You can see your heart rate over the last hour, day, week, month, or year; and your resting, recovery, workout, walking average, and breathe rates.

**Turn on heart rate data.** By default, Apple Watch monitors your heart rate for the Heart Rate app, workouts, and Breathe sessions. If you've turned off heart rate data, you can turn it back on—just open the Apple Watch app on iPhone, tap My Watch, go to Privacy > Motion & Fitness, then turn on Heart Rate.


**Receive heart rate notifications.** Apple Watch can notify you if your heart rate remains above a chosen threshold after you've been inactive for at least 10 minutes. You can turn on heart rate notifications when you first open the Heart Rate app, or at any time later: Open the Apple Watch app on iPhone, tap My Watch, tap Heart Rate, tap Elevated Heart Rate, then choose a heart rate.


**Add heart rate to your watch face.** While viewing the watch face, firmly press the display, then tap Customize. Swipe left until you can select individual face features, tap the one you'd like to use, then turn the Digital Crown to choose Heart Rate. When you're finished, press the Digital Crown. To see which faces you can add heart rate info to, see [Faces and features](#).


**Note:** For best results, the back of Apple Watch needs skin contact for features like wrist detection, haptic notifications, and the heart rate sensor. Wearing Apple Watch with the right fit—not too tight, not too loose, and with room for your skin to breathe—keeps you

comfortable and lets the sensors do their job. You may want to tighten Apple Watch for workouts, then loosen the band when you're done. Water may prevent, or reduce the accuracy of, heart rate monitoring. In addition, the sensors work only when you wear Apple Watch on the top of your wrist. For more information, see the Apple Support article [Your heart rate. What it means, and where on Apple Watch you'll find it.](#)

## Relax and breathe mindfully

The Breathe app  on Apple Watch encourages you to set aside a few minutes a day to relax and focus on your breathing.

**Start a breathe session.** Open the Breathe app , then tap Start. Inhale slowly as the animation grows, then exhale as it shrinks.

**Set the duration of a breathe session.** Open the Breathe app , then turn the Digital Crown to increase the duration. You can choose a time between one and five minutes. To set this as your default duration, open the Apple Watch app on iPhone, tap My Watch, tap Breathe, then tap Use Previous Duration.



**Set breathe reminders.** Open the Apple Watch app on iPhone, tap My Watch, tap Breathe, then tap Breathe Reminders. You can choose how frequently you want to be prompted to breathe mindfully.

**Mute breathe reminders.** Open the Apple Watch app on iPhone, tap My Watch, tap Breathe, then turn on "Mute for today."


**Change your breathing rate.** Open the Apple Watch app on iPhone, tap My Watch, tap Breathe, then tap Breathe Rate to change the number of breaths per minute.

**See your heart rate during breathing sessions.** Open the Health app on iPhone, tap Health Data, then tap Heart. Swipe left on heart rate to see Breathe.

**See breathe info on your watch face.** While viewing the watch face, firmly press the display, then tap Customize. Swipe left until you can select individual face features, tap the one you'd like to use, then turn the Digital Crown to choose Breathe. When you're finished, press the Digital Crown. To see which faces you can add breathe info to, see [Faces and features.](#)

# Workout


## Workout overview

The Workout app  on Apple Watch gives you tools to manage your individual workout sessions. You can set specific goals, such as time, distance, or calories, and Apple Watch tracks your progress, nudges you along the way, and summarizes your results. You can also create a workout that contains multiple activities, such as a run, swim, and bike ride. You use the Activity app on iPhone to review your complete workout history. See [Calibrating your Apple Watch for improved Workout and Activity accuracy](#) for information on how Apple Watch is calibrated.

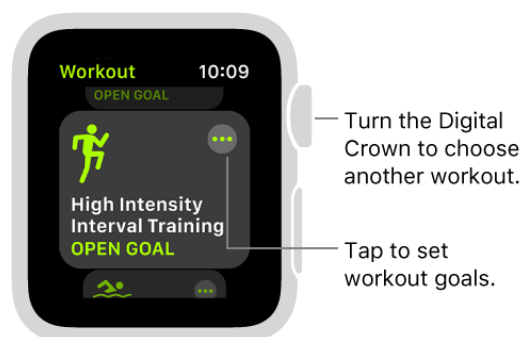
**Ask Siri.** Say something like:

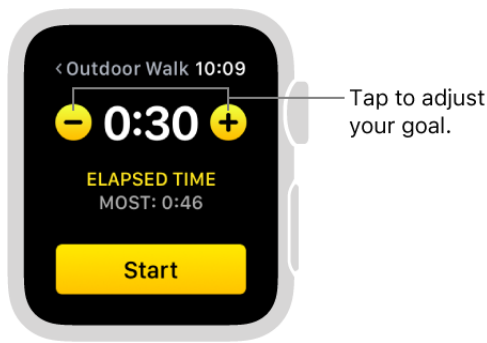
- “Hey, Siri, start a 30-minute run”
- “Go for a 5-mile walk”
- “Start a 300-calorie bike ride”

## Start your workout

**Start a workout.** Open Workout , then tap the workout type you’re going for—a run, walk, or outdoor cycle. As you use the app and choose workouts, the order of workouts reflects your preferences.

**Tip:** Use “Other” for sessions like yoga, strength training, or dance.





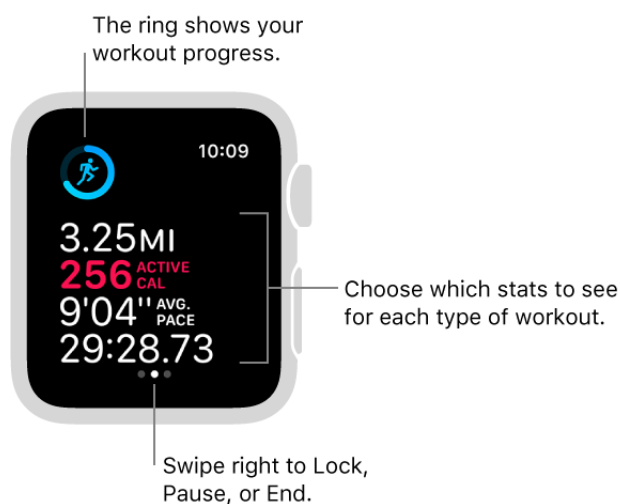
**Set a goal.** Tap ●●●, then choose a calorie, time, distance, or open goal (meaning that you've set no particular goal but still want Apple Watch to track your workout). Turn the Digital Crown or tap + / - to set. When you're ready to go, tap Start.

**Tip:** While viewing the Workout app's distance or calorie goal screen, firmly press the display, then tap MI or KM to select miles or kilometers, or CAL or KJ to select calories or kilojoules. For a pool swim, firmly press the display, then tap YD or M to select yards or meters.

**Perform a multi-activity workout.** Begin your first workout—an outdoor run, for example. When you're ready to start a different activity—like an outdoor bike ride—swipe right, tap +, then choose the workout. When you finish all your activities, swipe right, then tap End. Turn the Digital Crown to scroll through the results summary. Scroll to the bottom and tap Done to save the workout.

**Tip:** When you do an outdoor workout with Apple Watch Series 2 and later, you can leave your iPhone at home—the built-in GPS gives you accurate distance measurements.

**Check your progress.** Raise your wrist to see your workout stats, including your goal completion ring, elapsed time, average pace, distance covered, calories consumed, and heart rate. (There's no goal ring if you haven't set a goal.) Using the Apple Watch app, you can [choose the metrics that appear during your workout](#).



**Pause and resume.** To pause the workout at any time, press the side button and the Digital Crown at the same time. For all workouts except swimming workouts you can also swipe right on the workout screen, then tap Pause. To continue, tap Resume.

**Mark a segment of your workout.** Double-tap the screen to indicate a segment of your workout. You briefly see the stats for that segment. To see all your segment stats after the workout, open the Activity app on iPhone, tap Workouts, tap the workout, then scroll down.

**Rock out while you work out.** During a workout, swipe left to the Now Playing screen to choose music and control the volume on your Bluetooth headphones. To choose a playlist that plays automatically when you begin a workout, open the Apple Watch app on iPhone, then tap My Watch. Tap Workout, tap Workout Playlist, then choose a playlist. For more information see [Play music](#).

**Note:** Music or other audio you're already listening to when you begin your workout continues to play.

**Quickly start a workout from the watch face.** While viewing the watch face, firmly press the display, then tap Customize. Swipe left until you can select individual face features, tap the one you'd like to use, then turn the Digital Crown to choose Workout. When you're finished, press the Digital Crown. To see which faces you can add Workout to, see [Faces and features](#).

**Tip:** Check your Activity often? Use the Activity Analog or Activity Digital watch face for at-a-glance activity tracking.

For more information, see the Apple Support article [Work out with your Apple Watch](#).


## Go for a swim

**Start a swimming workout.** Open Workout , then choose Open Water Swim or Pool Swim.

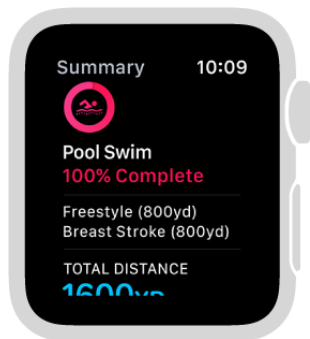
When you start a swimming workout, Apple Watch automatically locks the screen with Water Lock to avoid accidental taps. When you're out of the water to rest or because you've finished your workout, turn the Digital Crown to unlock the screen and clear any water from the speaker. You hear sounds and may feel some water on your wrist.


Apple Watch Series 1 and Apple Watch (1st generation) aren't suitable for swimming. See [Important handling information](#).

**Pause and resume a swim.** Press the Digital Crown and side button at the same time.

**Monitor your heart rate.** By default, heart rate information isn't displayed during swimming workouts. Water may prevent, or reduce the accuracy of, heart rate monitoring. To show heart rate, open the Apple Watch app on iPhone, tap My Watch, go to Workout > Workout View, then tap Multiple Metric. Tap the workout type, tap Edit, then tap  next to Heart Rate.

**View your swimming workout summary.** Unlock Apple Watch, then tap End. The pool swim workout automatically tracks your sets and when you rest. The summary on Apple Watch displays the kinds of strokes you used and the total distance you swam. You can find the pace for each set in the workout summary on iPhone.



**Manually clear water after swimming.** Swipe up from the bottom of the watch face to open Control Center, tap , then turn the Digital Crown to unlock the screen and clear water from the speaker.

## End and review your workout

**End the workout.** When you reach your goal, you hear a tone. If you're feeling good and want to continue, go ahead—Apple Watch continues to collect data until you tell it to stop. When you're ready, swipe right, then tap End. Turn the Digital Crown to scroll through the results summary, then tap Done at the bottom.

**Tip:** The heart rate sensor stays active for three minutes after you end a workout to measure your heart rate recovery. After completing a workout, you can tap the heart icon on your workout summary to view your recovery in real time.

**Name a custom workout.** Start a workout with the type Other. When you're done, swipe right, then tap End. Tap Name Workout, tap the type of workout you've finished—tennis or Tai Chi, for example—scroll to the bottom of the workout summary, then tap Done.

**Review your workout history.** Open the Activity app on iPhone, tap Workouts, then tap a workout.

**Tip:** To see a particular type of workout—Walking or Swimming, for example—tap All Workouts, tap a workout type, then tap Done.



**Review your workout route and pace.** Open the Activity app on iPhone, tap Workouts, tap a workout, then tap the map thumbnail that appears below Route. Route is available for outdoor walk, run, open water swim, or cycle workouts.

The colors found in your route indicate your pace, with green the fastest pace and red, the slowest.

**Note:** To see the route, you must have Apple Watch Series 2 and later or have your iPhone with you during the workout. You must also turn on route tracking. You can turn on route tracking when you set up Apple Watch, or at any time later: On iPhone, go to Settings > Privacy > Location Services, tap Apple Watch Workout, then tap While Using the App.

## Adjust your workout settings

**Change your workout view.** Open the Apple Watch app on iPhone, tap My Watch, go to Workout > Workout View, then tap Multiple Metric or Single Metric. Multiple Metric shows you multiple stats on one screen. To choose which stats are shown for each workout type—for example, if you want to see more pace information while you run—tap the workout type, tap Edit, then add or delete stats and drag to reorder.


During your workout, turn the Digital Crown to highlight a different metric—distance or your heart rate, for example.


**Pause running workouts automatically.** Open the Apple Watch app on iPhone, tap My Watch, tap Workout, then turn on Running Auto Pause. Apple Watch automatically pauses and resumes your outdoor running workout—for example, if you stop to cross the street or get a drink of water.

**Avoid accidental taps.** If the exercise you're doing or the gear you're wearing causes accidental taps on Apple Watch, lock the screen so your workout record isn't interrupted. Swipe right, then tap Lock. To dismiss a notification, press the Digital Crown. To unlock the screen, turn the Digital Crown.

**Conserve power during a long workout.** You can save power by disabling the heart rate sensor during long walking and running workouts, although your calorie burn estimates might not be as accurate. Open the Apple Watch app on iPhone, tap My Watch, tap Workout, then turn on Power Saving Mode.

# Keep your data accurate

Apple Watch uses the information you provide about your height, weight, gender, age, and wheelchair status to calculate how many calories you burn, how far you travel, and other data. The more you run with the Workout app , the more Apple Watch learns your fitness level—and the more accurately it can estimate the calories you burned during aerobic activity.

Your iPhone GPS allows Apple Watch to achieve even more distance accuracy. For example, if you carry iPhone while using the Workout app  on a run, Apple Watch uses the iPhone GPS to calibrate your stride. Then later, if you're not carrying iPhone, or if you're working out where GPS is unavailable (for example, indoors), Apple Watch uses the stored information about your stride to measure distance.

Apple Watch Series 2 and later may use the built-in GPS to calibrate your movement.

**Update your height and weight.** Open the Apple Watch app on iPhone, tap My Watch, tap Health, then tap Edit. Tap Height or Weight, then adjust.

For more information, see the Apple Support article [Calibrating your Apple Watch for improved Workout and Activity accuracy](#).


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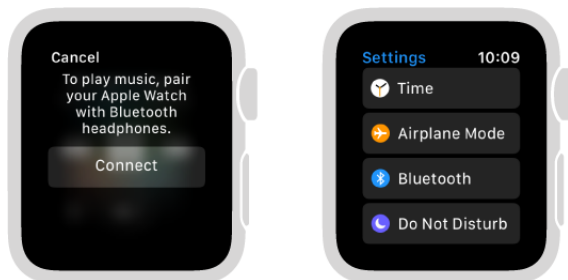
# Music


## Connect Bluetooth headphones or speakers

You can store music on Apple Watch, then listen to it with Bluetooth headphones or speakers without your iPhone nearby.

**Tip:** If you have AirPods that you set up with your iPhone, they're ready to use with your Apple Watch—just press play.

**Pair Bluetooth headphones or speakers.** You need Bluetooth headphones or speakers to listen to music or other audio on Apple Watch. Follow the instructions that came with the headphones or speakers to put them in discovery mode. When the Bluetooth device is ready, open the Settings app  on Apple Watch, tap Bluetooth, then tap the device when it appears.



**Choose audio output.** Swipe up from the bottom of the watch face to open Control Center, tap , then choose the device you want to use.

**WARNING:** For important information about avoiding hearing loss, see [Important safety information](#).

## Add music to Apple Watch

If you add music to Apple Watch, you can listen to music wherever you go, even when you don't have your iPhone with you.


**Choose which playlists are automatically added to Apple Watch.** Open the Apple Watch app on iPhone, tap My Watch, then tap Music. If you're an Apple Music member, My Favorites Mix and My New Music Mix playlists are automatically added to Apple Watch when it's connected to power. Other playlists by Apple Music experts may appear as well. Turn off any playlists you don't want to add.


Apple Music members and non-member can also choose to have Heavy Rotation added to Apple Watch. Heavy Rotation is a collection of albums and playlists selected based on your iPhone listening habits.

**Add albums and playlists to Apple Watch.** Open the Apple Watch app on iPhone, tap My Watch, then tap Music. Under Playlists & Albums, tap Add Music. Select albums and playlists to add them to Apple Watch.

**Tip:** Use the Music app on iPhone to create playlists specifically for music you want to listen to on Apple Watch—music that motivates you during a workout, for example.


**Add a workout playlist to Apple Watch.** Open the Apple Watch app on iPhone, tap My Watch, then tap Workout. Tap Workout Playlist, then choose a playlist. This playlist plays automatically when you start a workout unless you're currently listening to other music or audio.

**See how much music is stored on Apple Watch.** On Apple Watch, open the Settings app , go to General > About, then look under Songs.

**Remove music from Apple Watch.** Open the Apple Watch app on iPhone, tap My Watch, then tap Music. Turn off any automatically added playlists you don't want on Apple Watch. To remove playlists and albums you've added to Apple Watch, tap Edit, then tap  next to the unwanted items. Music you remove from Apple Watch remains on iPhone.


**Add Music to your watch face.** While viewing the watch face, firmly press the display, then tap Customize. Swipe left until you can select individual face features, tap the one you'd like to use, then turn the Digital Crown to choose Music. When you're finished, press the Digital Crown. To see which faces you can add Music to, see [Faces and features](#).

## Play music

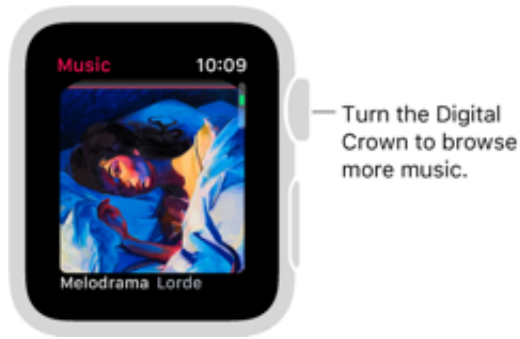
Use the Music app  to choose and play music on Apple Watch.

**Ask Siri.** Say something like:

- "Play Panda Bear"
- "Play more songs from this album"
- "Play my workout playlist"


**Play music stored on Apple Watch.** After you add music and [pair Bluetooth headphones or speakers](#), open Music  on Apple Watch. Turn the Digital Crown to scroll through album artwork, then tap a playlist or album to play it. Use the Apple Watch app

on iPhone to choose which songs to [add to Apple Watch](#).

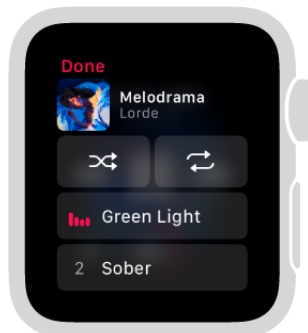


**Control playback.** Use the following controls:

- ▶ to play
- || to pause
- ►► to skip to the next song
- ◀◀ to skip to the beginning of the song; double-tap to skip to the previous song

**Shuffle or repeat songs.** While viewing the playback controls, tap , then tap Shuffle or Repeat.

**Tip:** Tap Repeat twice to repeat a song.



**Shuffle albums, songs, or artists.** Tap Library, tap Albums or Songs, then tap Shuffle All. To shuffle an artist, tap an artist, then tap Shuffle All.

## Now Playing

Now Playing lets you control audio playback on Apple Watch, iPhone, and other devices.

**Add Now Playing to the watch face.** While viewing the watch face, firmly press the display, then tap Customize. Swipe left until you can select individual face features, tap the one you'd like to use, then turn the Digital Crown to choose Now Playing. When you're finished, press the Digital Crown. To learn which faces you can add Now Playing to, see [Faces and features](#).

**Open Now Playing.** Press the side button, then tap Now Playing in the Dock. Or tap the Now Playing button if you've added it to the watch face.



**Control music on iPhone with Apple Watch.** Open the Music app on iPhone, then start playing some music. Open Now Playing on Apple Watch and use its controls to rewind, play, or skip a song. Tap ●●● to see the Delete From Library, Love, and Dislike options.

**Quickly open Music from Now Playing.** Tap the song title in Now Playing.

**Use Now Playing with a different device.** If more than one device is available to play audio—Apple Watch and iPhone, for example—the name of the device you currently control appears in the top-left corner. Tap < to see a list of devices, then tap one to control it.

## News

The News app helps keep you up to date with current events, presenting stories selected with your interests in mind.

**Note:** The News app is not available in all areas.

**View stories.** You can view news stories in several ways:

- Open the News app on Apple Watch.
- Tap the News complication on a watch face.
- Tap a news heading on the Siri watch face
- Tap a notification from News.

**Go to the next or previous story.** Swipe left to read the next story, if one is available. Swipe right to see the previous story.


**Read a story summary.** Swipe up or down or turn the Digital Crown.



**Read a full story.** Scroll to the bottom of the story, then tap Save for Later. Open the News app on an iOS device with iOS 10 or later, tap Saved, then tap the story.

**Read stories from just the channels you follow.** Open the Settings app on iPhone, tap News, then turn on Restrict Stories in For You.

**Note:** Restricting stories significantly limits the variety of stories that appear on iPhone and Apple Watch. When you restrict stories, you won't see Top Stories, Trending Stories, and Featured Stories.

**Use Handoff to open stories on an iOS device.** Open News  on Apple Watch, then, on iPhone, iPad, or iPod touch, swipe up on the News icon on the Lock screen.

**Add News to a watch face.** While viewing the watch face, firmly press the display, then tap Customize. Swipe left until you can select individual face features, tap the one you'd like to use, then turn the Digital Crown to choose News. When you're finished, press the Digital Crown. To see which faces you can add stock info to, see [Faces and features](#).

# Messages

## Read messages


Read incoming text messages right on Apple Watch, then dictate a reply, choose a smart reply, or switch to iPhone to type a response.

**WARNING:** For important information about avoiding distractions that could lead to dangerous situations, see [Important safety information](#).

**Read a message.** You feel a tap or hear an alert sound when a message arrives—just raise Apple Watch to read it. Turn the Digital Crown to scroll to the bottom of the message.


If the message arrived a while ago, swipe down on the watch face to see the message notification, then tap it. To mark the message as read, scroll down, then tap Dismiss or swipe the message. To dismiss the notification without marking the message as read, press the Digital Crown.



**Open a conversation in the Messages app.** Tap the Messages icon  in the notification.

**See a photo in the message.** Tap the photo to view it, double-tap it to fill the screen, and drag it to pan. When you're finished, tap < in the top-left corner to return to the conversation. If you want to save the photo, open the message in the Messages app on iPhone, and save it there.

**Listen to an audio clip in a message.** Tap the clip to listen. The clip is deleted after two minutes to save space—if you want to keep it, tap Keep below the clip. The audio remains for 30 days, and you can set it to remain longer on iPhone: go to Settings > Messages, scroll to Audio Messages, tap Expire, then tap a value.

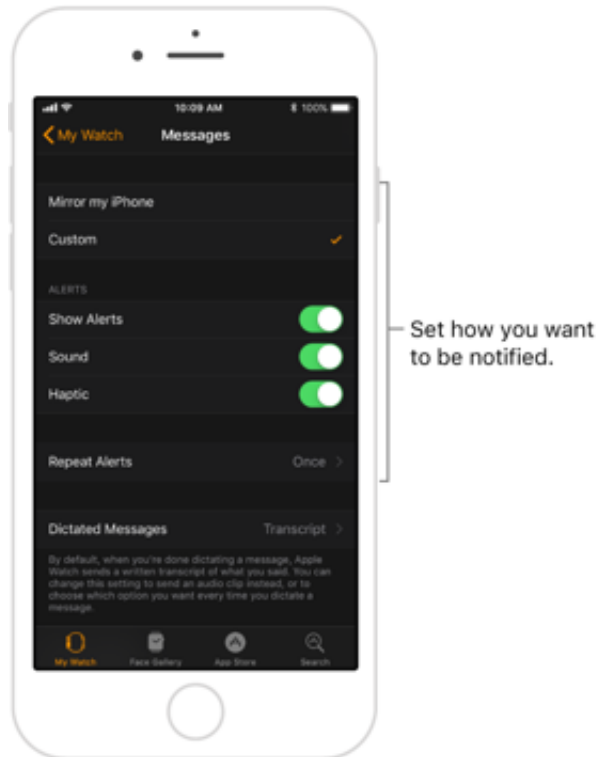
**View a video in a message.** In the Messages app , tap a video in a message to start playing the video full-screen. Tap once to display the playback controls. Double-tap to zoom out and turn the Digital Crown to adjust the volume. Swipe or tap the Back button



to return to the conversation. To save the video, open the message in the Messages app on iPhone, and save it there.

**Jump to the top.** In the Messages app , tap the top of the display.


**Decide how to be notified.** Open the Apple Watch app on iPhone, tap My Watch, then tap Messages. Tap Custom to set options for how you want to be notified when you receive a message.



**Delete a conversation.** Swipe left on the conversation, then tap Trash.

## Send messages

**Ask Siri.** Say something like: “Tell Pete I’ll be there in 20 minutes.” Then lower your wrist to send.


**Send a new message.** Open Messages , firmly press the list of conversations, then tap New Message. Tap Add Contact, then tap a contact in the list of recent conversations that appears, tap + in the bottom left to choose from your full list of contacts, or tap the Microphone button to search for someone in your contacts or to dictate a phone number.

**Reply to a message.** Turn the Digital Crown to scroll to the bottom of the message, then choose how to reply.

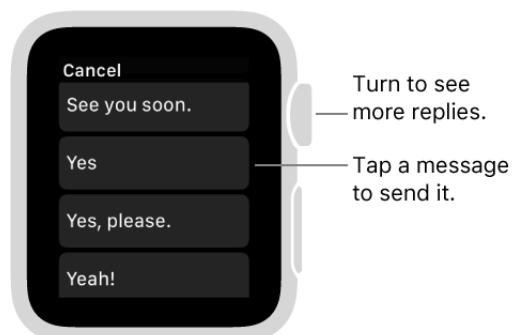


There are many ways to compose a message:

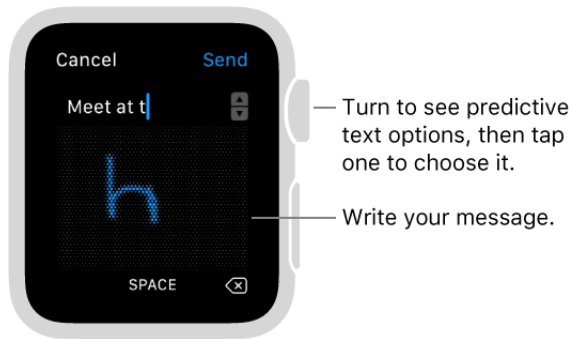
- Use smart replies
- Scribble a message
- Dictate text
- Record an audio clip
- Send emoji
- Send a handwritten message or sticker
- Send a map showing your location (if you have your iPhone with you)
- Switch to iPhone and use the full keyboard to type a message
- [Send a Digital Touch](#)


**Send a smart reply.** Scroll to see a list of handy phrases that you can use—just tap one to send it. To add your own phrase, open the Apple Watch app on iPhone, tap My Watch, go to Messages > Default Replies, then tap Add Reply. To customize the default replies, tap Edit, then drag to reorder them or tap  to delete one.

If the smart replies aren't in the language you want to use, press the display, then tap Choose Language. The available languages are those you enabled on iPhone in Settings > General > Keyboard.

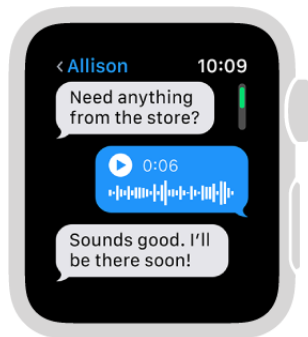


**Scribble a message.** Tap the Scribble button, then write your message. As you write, turn the Digital Crown to see predictive text options, then tap one to choose it. Tap Send to send the message. (Scribble isn't available in all languages.)




**Dictate text.** Tap , say what you want to say, then tap Done. You can speak punctuation, too—for example, "did it arrive question mark." You can choose to send the message as a text message or an audio clip—just tap your choice. If you choose audio clip, the recipient gets a voice message to listen to, not a text message to read.

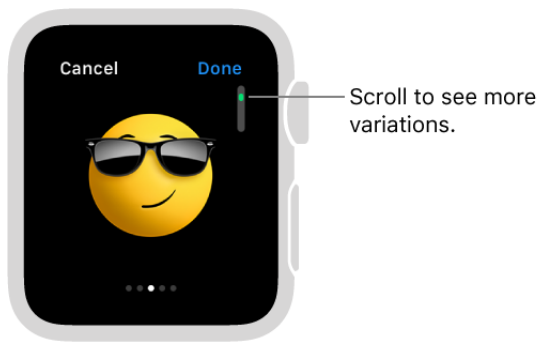
If you use more than one language and your dictation isn't transcribed in the right language for a conversation, you can still send it as an audio clip. Or, change the dictation language: press the display, then tap Choose Language. For more information, see the Apple Support article [Use Dictation on your Apple Watch](#).



**Always send dictated text as an audio clip.** If you like to send all your dictated text as an audio clip, you don't need to choose it every time—open the Apple Watch app on iPhone, tap My Watch, go to Messages > Dictated Messages, then tap Audio.

**Include emoji.** Tap , then swipe to browse available images. To see other types of images, swipe to the next pages. When you find the right symbol, tap it to add it to your message, then tap Send.

**Tip:** With animated emoji, you can turn the Digital Crown to scroll and modify the image (to select a fist bump hand gesture, for example). On faces, drag left or right across the eyes or mouth to change the expression further.



**Send a handwritten message or sticker.** Tap 😊, then swipe to the right until you see your recent handwritten messages and recent stickers. Tap one to send it. To create new messages or see all your stickers, use Messages on iPhone.



**Share your location.** To send someone a map showing your current location, firmly press the display while viewing the conversation, then tap Send Location.



**Tip:** On your paired iPhone, make sure Share My Location is turned on in Settings > [your name] > iCloud > Share My Location. Or, on Apple Watch Series 3 (GPS + Cellular), open Settings ⚙️, go to General > Location Services, then turn on Share My Location.

**Quickly respond with a Tapback.** In Messages 🟢, double-tap a specific message in a conversation, then tap a Tapback—like thumbs-up or a heart.



Double-tap a message, then tap to choose a Tapback.

**See when messages were sent.** Swipe left on the conversation in the Messages conversation list.

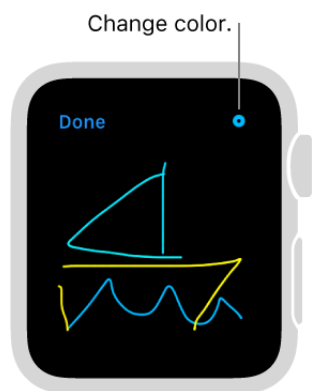
**Call the person you're messaging.** Firmly press the display while viewing a conversation, tap Details, then tap . You can also swipe left on a conversation in the list of conversations to see details.

## Send a Digital Touch

You can use Digital Touch to send sketches, taps, or your heartbeat to friends who have an Apple Watch or iPhone with iOS 10 or later.

To see (or feel) a sketch, tap, or heartbeat someone has sent you, tap the notification.

**Send a sketch.** Tap to open the drawing canvas, then use your finger to draw on the screen. Tap the color picker in the top-right corner to choose a different color. The sketch is sent when you stop drawing or changing colors.



**Express your feelings.** Tap to open the drawing canvas, then use gestures to send any of the following:

- *Tap:* Tap the screen to send a single tap or tap repeatedly to send a tap pattern.
- *Kiss:* Tap two fingers on the display one or more times. Stop tapping to send.
- *Heartbeat:* Place two fingers on the display until you feel your heartbeat and see it animated on the screen.

- *Heartbreak*: Place two fingers on the display until you feel your heartbeat, then drag them down to send.
- *Fireball*: Touch and hold one finger on the display until you see a flame. Lift to send.

For more information, see the Apple Support article [Use Digital Touch](#).

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# Mail


## Read mail

Read mail on Apple Watch, then dictate a reply, choose a prepared response, or switch to iPhone to type a response.

**WARNING:** For important information about avoiding distractions that could lead to dangerous situations, see [Important safety information](#).

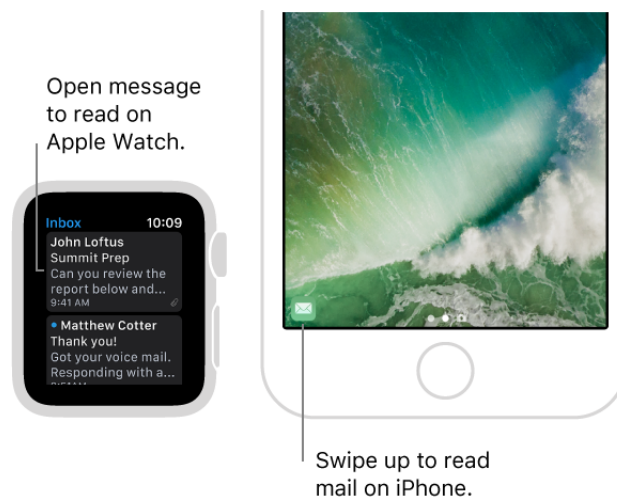
**Read mail in a notification.** To read a new message, just raise your wrist when the notification arrives. To dismiss the notification, swipe down from the top or tap Dismiss at the end of the message. If you miss the notification, swipe down on the watch face later to see unread notifications, then tap it there.

To control email notifications on Apple Watch, open the Apple Watch app on iPhone, tap My Watch, then tap Mail.

**Read mail in the Mail app.** On Apple Watch, open the Mail app , turn the Digital Crown to scroll the message list, then tap a message.

**Note:** You can see most text styles and some types of formatting correctly when you view mail on Apple Watch. Quoted text is colored but not indented. If you receive an HTML message with complex elements, Apple Watch tries to display a text alternative of the message. To see the formatted message, read it on iPhone.

**Switch to iPhone.** When you receive a message you want to read on iPhone, just wake iPhone, then swipe up on the Mail icon in the bottom-left corner of the Lock screen. You can also [switch from Apple Watch to your Mac](#) to read the email.




**Jump to the top of a long message.** Turn the Digital Crown to scroll quickly, or tap the top of the display.




**Tip:** You can make a call or open a map from a mail message—just tap a phone number or an address.

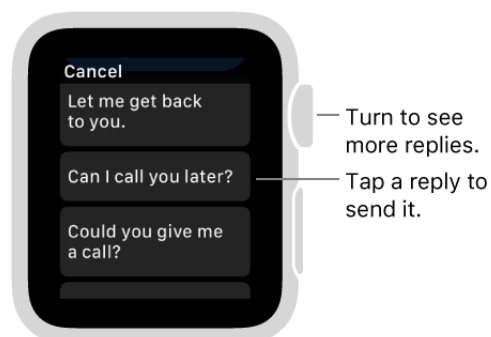
## Write and reply to mail

**Write a mail message on Apple Watch.** On Apple Watch, open the Mail app , firmly press the display, then tap New Message. Tap Add Contact to add a recipient, tap Add Subject to create a subject line, then tap Create Message to compose your mail. You can choose a smart reply, scribble a message, dictate text or an audio message, or send emoji.

**Reply from Apple Watch.** Scroll to the bottom and tap Reply. You can choose a smart reply, scribble a message, dictate text or an audio message, or send emoji.

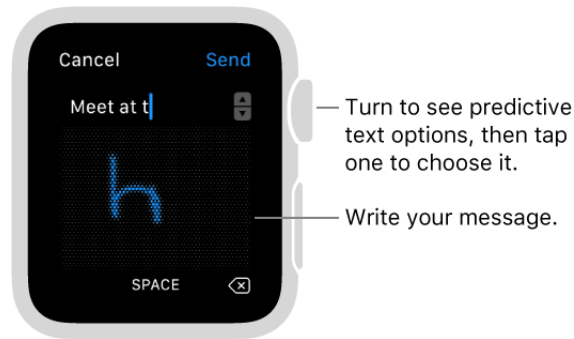
**Send a smart reply.** Scroll to see a list of handy phrases that you can use—just tap one to send it. To add your own phrase, open the Apple Watch app on iPhone, tap My Watch, go to Mail > Default Replies, then tap Add Reply. To customize the default replies, tap Edit, then drag to reorder them or tap  to delete one.


If the smart replies aren't in the language you want to use, press the display, then tap Choose Language. The available languages are those you enabled on iPhone in Settings > General > Keyboard.






**Scribble a message.** Tap Scribble, then write your message. As you write, turn the Digital Crown to see predictive text options, then tap one to choose it. Tap Send to send the message.



**Dictate text.** Tap , say what you want to say, then tap Done. You can speak punctuation, too—for example, “did it arrive question mark.”

If you use more than one language and your dictation isn’t transcribed in the right language for a conversation, you can still send it as an audio clip. Or, change the dictation language: press the display, then tap Choose Language.


**Include emoji.** Tap , tap a category, then scroll to browse available images. When you find the right symbol, tap it to add it to your message, then tap Send.


**Reply from iPhone.** If you prefer to type a reply, wake iPhone and swipe up on the Mail icon in the bottom-left corner of the Lock screen. You can also [switch from Apple Watch to your Mac](#) to type a reply.

## Manage mail

**Choose which mailboxes appear on Apple Watch.** Open the Apple Watch app on iPhone, tap My Watch, then go to Mail > Include Mail. You can specify multiple accounts—for example, iCloud and the account you use at work. By default you see messages from all inboxes. You can also choose to view messages from VIPs, flagged messages, unread messages, and more.


To access the contents of specific mailboxes within an account, tap the account name under Accounts—iCloud, for example—then tap the mailboxes.

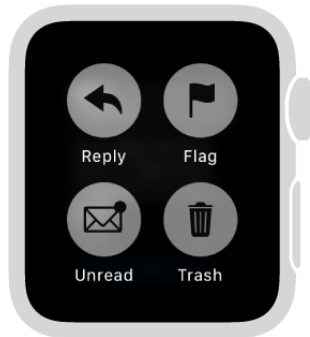
**View specific accounts on Apple Watch.** In the Mail app , tap < in the top-left corner to see a list of accounts and special mailboxes, such as Flagged and Unread. Tap an account or mailbox to view its contents. To see your email from all accounts, tap All Inboxes.

**Delete a message.** In the Mail app , tap the message, firmly press the display, then tap Trash. If you’re looking at the message list, swipe left on the message, then tap Trash.

Deleting a message on Apple Watch also deletes it from iPhone.


**Note:** If your account is set to archive messages, you see an Archive button instead of a Trash button.

**Flag a mail message.** In the Mail app , tap the message, firmly press the display, then tap Flag. If you're looking at the message list, swipe left on the message, then tap Flag. You can also unflag a message that's already been flagged.



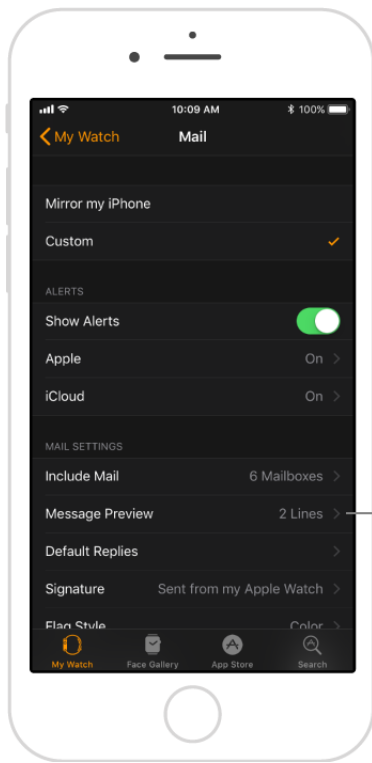
**Tip:** If you swipe left on a message thread, the action you choose (Flag or Trash) applies to the entire thread.

**Change the flag style.** Open the Apple Watch app on iPhone, tap My Watch, then go to Mail > Custom > Flag Style.

**Mark email as read or unread.** In the Mail app , tap the message, firmly press the display, then tap Unread or Read. If you're looking at the message list, swipe right on the message, then tap Read or Unread.

**Customize alerts.** Open the Apple Watch app on iPhone, tap My Watch, tap Mail, tap Custom, then turn on Show Alerts. Tap each account or group, turn on the option to be alerted, then choose Sound or Haptic.

**Shorten your message list.** To make your mail list more compact, reduce the number of preview text lines shown for each email in the list. Open the Apple Watch app on iPhone, tap My Watch, go to Mail > Message Preview, then choose to show only 1 line, or none.



Customize alerts for accounts or VIPs.

See 0, 1, or 2 lines of a message.

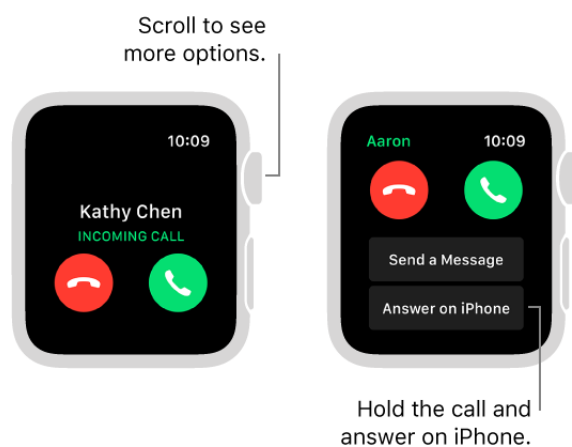
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# Phone Calls

## Answer phone calls

**WARNING:** For important information about avoiding distractions that could lead to dangerous situations, see [Important safety information](#).

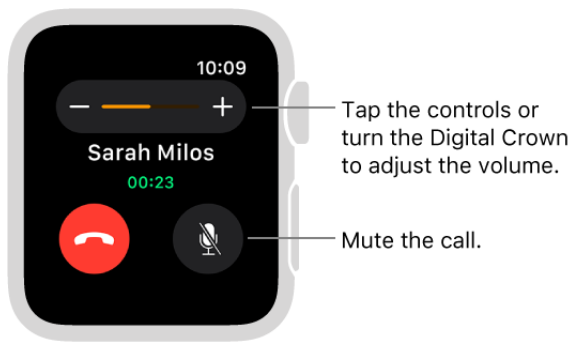
**Answer a call.** When you hear or feel the call notification, raise your wrist to see who's calling. Tap the Answer button on Apple Watch to talk using the built-in microphone and speaker. To answer using iPhone or send a text message instead, turn the Digital Crown to scroll down, then tap an option.



**Hold a call.** Tap Answer on iPhone to place the call on hold until you can continue it on your paired iPhone. The caller hears a repeated sound until you pick up the call. If you can't find your iPhone, swipe up from the bottom of the watch face to open Control Center, then tap the Ping iPhone button on Apple Watch to locate it.


**Switch a call from Apple Watch to iPhone.** While talking on Apple Watch, just swipe up on the Phone icon in the bottom-left corner of the iPhone Lock screen. Or, if iPhone is unlocked, tap the green bar at the top of the screen.

**Adjust call volume.** To adjust the speaker volume when talking on Apple Watch, turn the Digital Crown or tap the volume symbols on the screen. Tap the Mute button to mute your end of the call (if you're listening on a conference call, for example).



**Tip:** You can quickly silence an incoming call by pressing the palm of your hand on the watch display for three seconds. Just make sure you have Cover to Mute turned on—open the Apple Watch app on iPhone, tap My Watch, tap Sounds & Haptics, then tap Cover to Mute.


**Send a call to voicemail.** Tap the red Decline button in the incoming call notification.

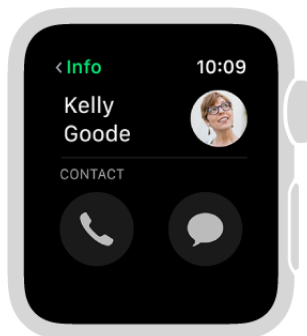
**Listen to voicemail.** If a caller leaves voicemail, you get a notification—tap the Play button in the notification to listen. To listen to voicemail later, open the Phone app , then tap Voicemail.



## Make phone calls

**Ask Siri.** Say something like:

- “Call Max”
- “Dial 555 555 2949”
- “Call Pete FaceTime audio”

**Make a call.** Open the Phone app , tap Contacts, then turn the Digital Crown to scroll. Tap the contact you want to call, then tap the phone button.



**Enter a phone number on Apple Watch.** Open the Phone app , tap Keypad, enter the number, then tap . You also use the keypad to enter a phone extension during a call.

**See call info on Apple Watch.** While you're talking on iPhone, you can view call information on Apple Watch in the Phone app 📞. You can also end the call from Apple Watch (for example, if you're using earphones or a headset).

## Make calls over Wi-Fi

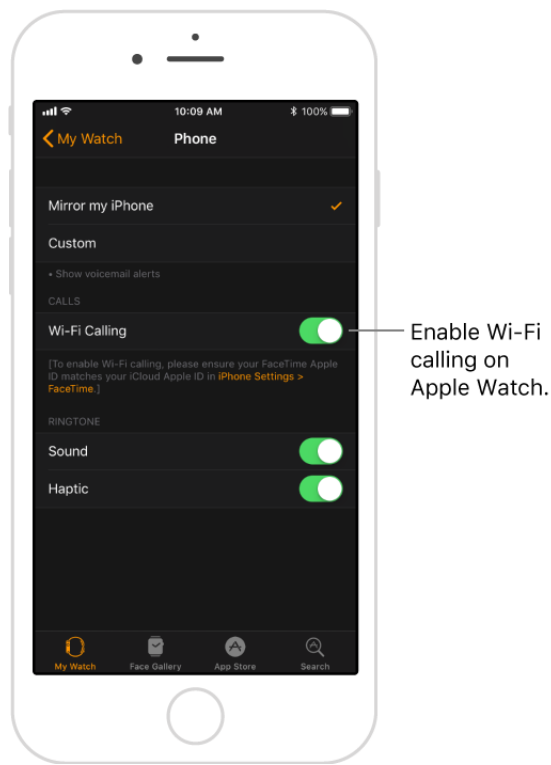
If your cellular carrier offers Wi-Fi calling, you can use Apple Watch to make and receive calls over Wi-Fi instead of the cellular network—even when your paired iPhone is not with you or is turned off. Apple Watch just has to be within range of a Wi-Fi network that your iPhone has connected to in the past.

To see if your carrier offers Wi-Fi calling, see the Apple Support article [Make a call with Wi-Fi calling](#), and enable Wi-Fi calling on both your iPhone and Apple Watch.

**Note:** You can make emergency calls over Wi-Fi, but when possible, use iPhone over a cellular connection instead—your location information is more accurate.

**Enable Wi-Fi calling on iPhone.** On iPhone, go to Settings > Phone and turn on both Wi-Fi Calling and Calls on Other Devices.

**Enable Wi-Fi calling on Apple Watch.** Open the Apple Watch app on iPhone, tap My Watch, tap Phone, then turn on Wi-Fi Calls. If you don't see the setting, make sure you enabled Wi-Fi calling on iPhone.



**Tip:** Make sure your emergency address is up to date—on iPhone, go to Settings > Phone > Wi-Fi Calling, then tap Update Emergency Address. If emergency services can't locate you, they go to your emergency address.

# Make an emergency phone call

In case of emergency, use Apple Watch to quickly call for help.

**Make an emergency call.** Press and hold the side button until the sliders appear, then drag the Emergency SOS slider to the right. Apple Watch calls the emergency services in your region—for example, 911. (In some countries, you may be required to press a keypad number to complete the call.) After the call ends, Apple Watch alerts your emergency contacts that you made a call and sends them your current location (if available).

**Tip:** You can also press and keep holding the side button until Apple Watch beeps and starts a countdown. When the countdown ends, Apple Watch calls emergency services. 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.



**Note:** To make a call on an Apple Watch other than Apple Watch Series 3 (GPS + Cellular), your iPhone needs to be nearby, or your Apple Watch needs to be connected to a known Wi-Fi network and you need to have [Wi-Fi calling enabled](#).

**Cancel an emergency call.** If you started an emergency call by accident, firmly press the display, then tap End Call to cancel.


**Turn off Auto Call.** If you don't want Apple Watch to automatically start the emergency countdown when you press and hold the side button, turn off Auto Call. Open the Apple Watch app on iPhone, tap My Watch, go to General > Emergency SOS, then turn off Hold to Auto Call. You can still make an emergency call with the Emergency SOS slider.

**Add an emergency contact.** Open the Health app on iPhone, tap Medical ID, tap Edit, then tap "add emergency contact." Tap Done to save your changes.


**Provide medical information in case of an emergency.** See [Create an emergency medical ID](#).

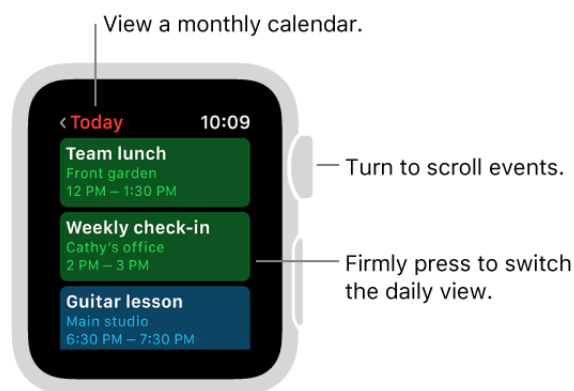
# Calendars and Reminders


## Check and update your calendar

The Calendar app  on Apple Watch shows events you've scheduled or been invited to today and for the next week. Apple Watch shows events for all calendars on your iPhone.

**Ask Siri.** Say something like: "What's my next event?"

**View your calendar.** Open Calendar , or tap the date or a calendar event on your watch face if you added it.



**Review today's events.** Open Calendar , then turn the Digital Crown to scroll. To see event details, including time, location, invitee status, and notes, tap the event.

**Switch between the daily calendar views.** Firmly press the display while viewing a daily calendar, then tap List or Day.

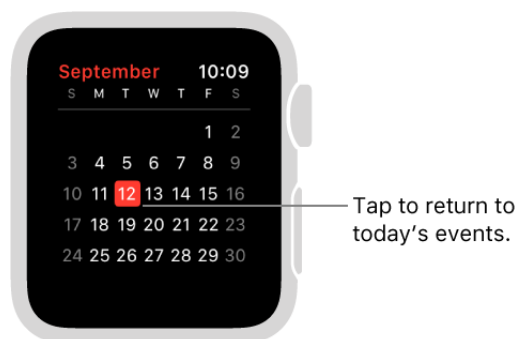
**See what's up next.** Firmly press the display while viewing a daily calendar, then tap Up Next. Turn the Digital Crown to scroll through all your events for the next week.



**View a different day.** In Day view, swipe left on today's calendar to see the next day, and swipe right to go back. (You can see from yesterday to the next six days.) In List view or Up Next, just turn the Digital Crown. To jump back to the current day and time, firmly press the display, then tap Today.



**See a full month calendar.** Tap < in the top-left corner of any daily calendar. Tap the monthly calendar to return to Day view.

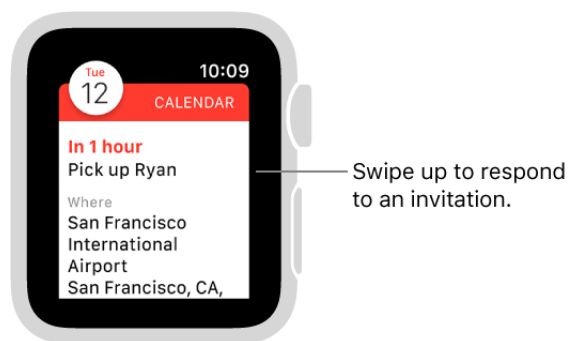


**Add or modify an event.** Switch to the Calendar app on iPhone, then add the event there. If you're looking at your calendar on Apple Watch, just wake iPhone and swipe up on the Calendar icon in the bottom-left corner of the Lock screen to open Calendar.

**Ask Siri.** Say something like: "Create calendar event titled Gym for May 20 4PM."

**Display the date or an upcoming event on the watch face.** While viewing the watch face, firmly press the display, then tap Customize. Swipe left until you can select individual face features, tap the one you'd like to use, then turn the Digital Crown to choose Date (to see the day and date) or Calendar (to see your next event). When you're finished, press the Digital Crown. To see which faces you can add date and calendar info to, see [Faces and features](#).

**Respond to an invitation.** If you see the invitation when it arrives, scroll to the bottom of the notification, then tap Accept, Maybe, or Decline. If you discover the notification later, tap it in your list of notifications, then scroll and respond. If you're already in the Calendar app, tap the event to respond.




**Contact an event organizer.** To email the event organizer, firmly press the display while you're looking at the event details. To send a voice message or call, tap the organizer's name in the event details.

**Time to leave.** If the event includes a location, you get a "leave now" alert on Apple Watch based on estimated travel time and traffic conditions. To adjust, open the Calendar app on iPhone, tap the event, then tap Alert.

**Get directions to an event.** See [Get directions](#).

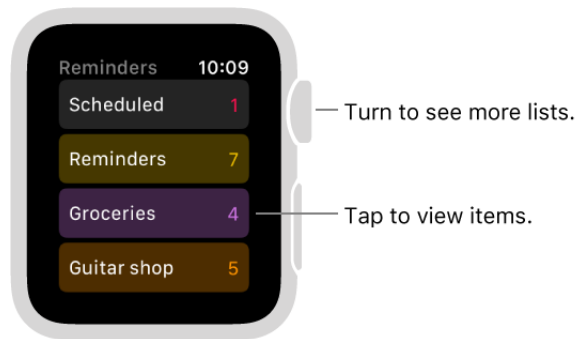
**Adjust settings.** Open the Apple Watch app on iPhone, tap My Watch, then tap Calendar.


**Tip:** If you don't see the Calendar app  on Apple Watch, you may have deleted the app from iPhone. To restore the app, download it to your iPhone from the App Store.

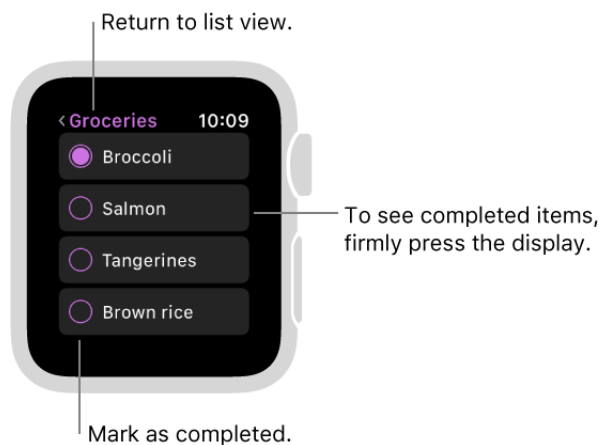
## Set and respond to reminders

Apple Watch notifies you of reminders you create in the Reminders app on your iPhone—and on any other iOS device or Mac that's signed in to iCloud using your Apple ID. You can also create reminders with Siri on Apple Watch.

**Ask Siri.** Say something like: "Remind me to pick up my dry cleaning at 5 PM."




**See your reminders.** Open the Reminders app , then tap a list. Tap an item to mark it as completed. To return to your list view, tap < in the top-left corner.




**Respond to a reminder notification.** If you see the reminder notification when it arrives, just swipe (or turn the Digital Crown to scroll) to the bottom of the reminder, then tap Snooze, Completed, or Dismiss. If you discover the notification later, tap it in your list of notifications, then scroll and respond.

**Set a reminder.** Use Siri on Apple Watch. Press and hold the Digital Crown, then speak. Or just raise your wrist and say “Hey Siri, set a reminder.” You can also set reminders on iPhone or another iOS device or Mac that’s signed in to iCloud using the same Apple ID.

**Show reminders you completed.** While viewing a reminders list in the Reminders app , firmly press the display, then tap Show Completed.

**Change the order of your lists.** Open the Reminders app on iPhone, touch and hold a list, then drag it to a new location.


**Add Reminders to the watch face.** While viewing the watch face, firmly press the display, then tap Customize. Swipe left until you can select individual face features, tap the one you’d like to use, then turn the Digital Crown to choose Reminders. When you’re finished, press the Digital Crown. To see which faces you can add Reminders to, see [Faces and features](#).

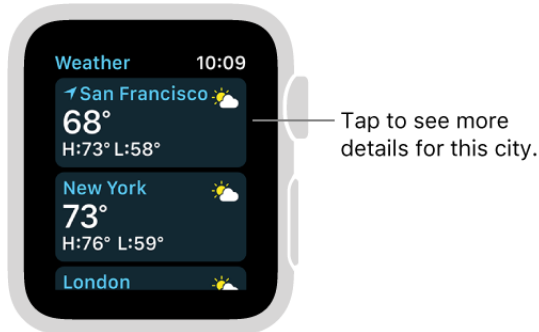
**Tip:** If you don’t see the Reminders app  on Apple Watch, you may have deleted the app from iPhone. To restore the app, download it to your iPhone from the App Store.


# Weather

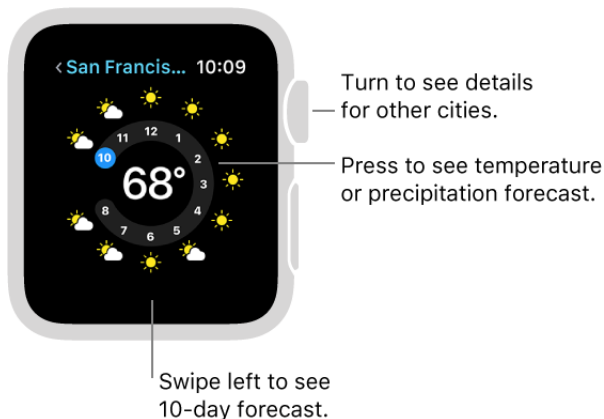
## Check the weather


**Ask Siri.** Say something like: “What’s tomorrow’s forecast for Honolulu?”


**Check current conditions.** Open the Weather app  on Apple Watch to see the current temperature and conditions for the day for all the cities in your list.




**See more details.** Open the Weather app  on Apple Watch and tap a city. Press firmly to see hourly forecasts of conditions, precipitation, or temperature. Scroll down to see details for other cities in your list.




**See a 10-day forecast.** Open the Weather app  on Apple Watch and tap a city. Swipe left to see a 10-day forecast. Tap < in the top-left corner to return to the list of cities.

**Add a city.** Open the Weather app on iPhone, tap , tap + at the bottom of the list of cities, then select a city. The Weather app on Apple Watch shows the same cities, in the same order, that you add to the Weather app on iPhone.

**Remove a city.** Open the Weather app on iPhone, tap , swipe left on the city you want to remove, then tap Delete. The city is removed from iPhone and Apple Watch.

**Choose your default city.** Open the Apple Watch app on iPhone, tap My Watch, then go to Weather > Default City. Conditions for that city are shown on the watch face, if you've added weather to the face.


**Tip:** If you don't see the Weather app  on Apple Watch, you may have deleted the app from iPhone. To restore the app, download it to your iPhone from the App Store.

## See weather on your watch face

**Add weather to your watch face.** While viewing the watch face, firmly press the display, then tap Customize. Swipe left until you can select individual face features, tap the one where you'd like to see weather info, then turn the Digital Crown to choose Weather. When you're finished, press the Digital Crown. To see which faces you can add weather to, see [Faces and features](#).



**Open the Weather app.** Tap the temperature on the watch face.


**Choose which city's weather you see on the watch face.** Open the Apple Watch app on iPhone, tap My Watch, then go to Weather > Default City. If you don't see the city you're looking for, first add the city to your list. Open the Weather app on iPhone, tap , tap + at the bottom of the list of cities, then select a city.

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# Apple Pay and Wallet

## Apple Pay overview

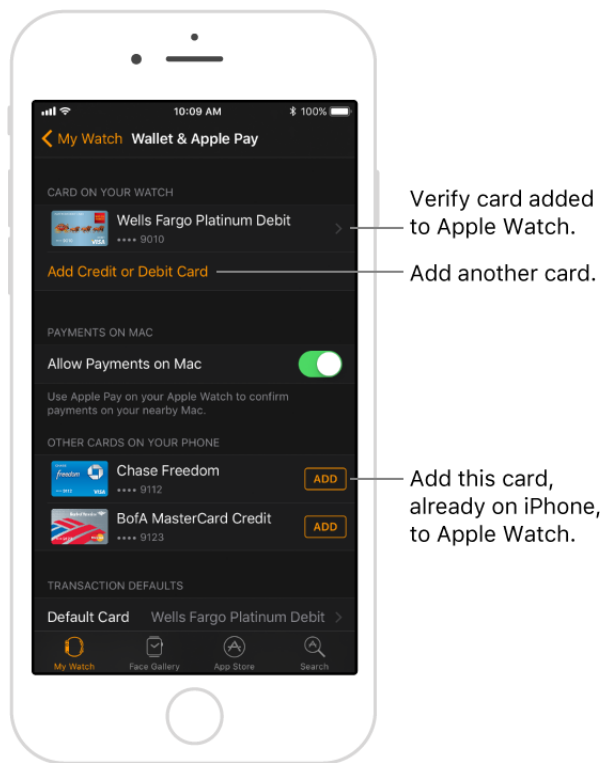
Apple Pay lets you use the cards you add to Wallet to make purchases in stores that accept contactless payments, and in apps that support Apple Pay. Once you set up Apple Pay in the Apple Watch app on iPhone, you're ready to make store purchases—even when you don't have your iPhone with you. (Apple Pay isn't available in all regions.)

You can add credit or debit cards, including store cards; they appear at the top of the stack in the Wallet app , above your passes. Many credit and debit cards, including store cards, can be used with Apple Pay. For information about Apple Pay availability and current card issuers, go to the Apple Support article [Apple Pay participating banks and store cards](#).

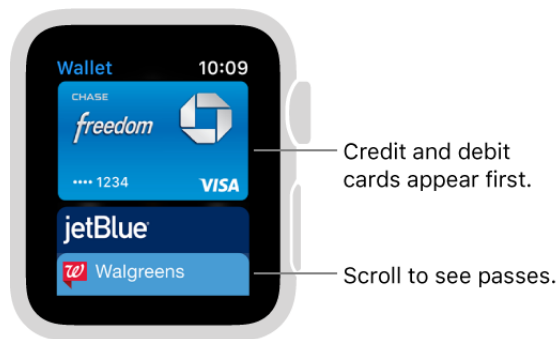
**Note:** You can't use Apple Pay, and any cards you added to Wallet are removed, if you unpair Apple Watch or turn off your passcode. Apple Pay is disabled on Apple Watch (1st generation) if you turn off wrist detection. If you turn off wrist detection on other models, you must enter your passcode when using Apple Pay.

## Set up Apple Pay on Apple Watch

**Add a card to Apple Watch.** Open the Apple Watch app on iPhone, tap My Watch, tap Wallet & Apple Pay, then tap Add Credit or Debit Card. If you have cards on your other Apple devices, or previously added cards that you removed, select the cards you want to add, tap Continue, then enter the CVV of each card. If not, tap Add Credit or Debit Card then enter the security code for any supported card on file with the iTunes Store or the App Store. For any other card, including a store card, tap Add a Different Card, use the iPhone camera to capture the information on your card, then follow the onscreen instructions. Your card issuer may require additional steps to verify your identity.




**Add another credit or debit card.** Open the Apple Watch app on iPhone, tap My Watch, tap Wallet & Apple Pay, tap Add Credit or Debit Card, then follow the onscreen instructions.



**Choose your default card.** In the Apple Watch app on iPhone, tap My Watch, tap Wallet & Apple Pay, tap Default Card, then select the card.

**Find the Device Account Number for a card.** When you make a payment with Apple Watch, the Device Account Number of the card is sent with the payment to the merchant. To find the last four or five digits of this number, open the Apple Watch app on iPhone, tap My Watch, tap Wallet & Apple Pay, then tap the card.

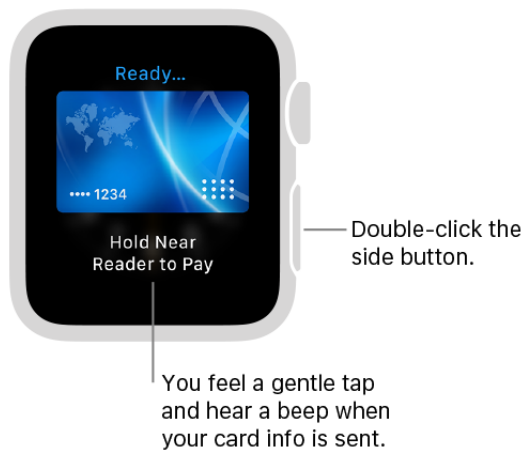
**Change your default transaction details.** To change your in-app transaction details—including default card, shipping address, email, and phone number—open the Apple Watch app on iPhone, tap My Watch, tap Wallet & Apple Pay, then scroll down to see Transaction Defaults. Tap an item to edit it.

**Remove a card from Apple Pay.** Open Wallet  on Apple Watch, tap to select a card, firmly press the card, then tap Delete. Or open the Apple Watch app on iPhone, tap My Watch, tap Wallet & Apple Pay, tap the card, then tap Remove.

**If Apple Watch is lost or stolen.** If your Apple Watch is lost or stolen, [put your Apple Watch in Lost Mode](#) to suspend the ability to pay from your Apple Watch. You can also sign in to [iCloud.com](https://www.icloud.com) using your Apple ID and remove the ability to pay using your credit and debit cards in Wallet. Go to Settings > My Devices, choose the device, and click Remove All. You can also call the issuers of your cards.

## Make purchases with Apple Watch

**Pay for a purchase in a store.** Double-click the side button, swipe to choose a card, then hold Apple Watch within a few centimeters of the contactless card reader, with the display facing the reader. A gentle tap and beep confirm that the payment information was sent.



**Make a purchase within an app.** When you're shopping in an app on Apple Watch, choose the Apple Pay option during checkout. Review the payment, shipping, and billing information, then double-click the side button to pay with Apple Watch. Apple Watch must be connected to your iPhone, Wi-Fi, or a cellular network to make purchases.

## Use rewards passes

If you have a rewards card from a supporting merchant, you can add it to Wallet, then present it to a contactless reader as part of your transaction using Apple Watch.

**Add a rewards pass.** Look for "Add to Apple Wallet" in an email or on a website.

After paying with Apple Pay and providing your rewards card information, you may get a notification on your iPhone that lets you add that card as a rewards pass. Swipe the notification, then tap Add.




**Use a rewards pass.** When you're prompted to provide your rewards information (and you see the Apple Pay logo), double-click the side button, swipe to select your preferred payment card, then hold Apple Watch within a few centimeters of the contactless reader, with the display facing the reader.

Your rewards pass is provided along with your credit or debit card when supported by the merchant.

Some merchants may require you to provide your rewards pass separately from your credit or debit card. Follow the guidance provided by the cashier when paying.


**Use your rewards pass without paying using Apple Pay.** Double-click the side button, swipe to the rewards card, then hold Apple Watch to the reader.

## Use Wallet for passes and tickets

The Wallet app  on Apple Watch can keep your passes—including boarding passes, tickets, rewards passes, and more—all in one place. Passes in Wallet on iPhone automatically sync to Apple Watch. Scan a pass on Apple Watch to check in for a flight, get into a movie, or redeem a coupon. To set options for your passes on Apple Watch, open the Apple Watch app on iPhone, tap My Watch, then tap Wallet & Apple Pay.



**Add a pass.** Follow the instructions in the email sent by the issuer, open their app, or tap Add in the notification.

**Use a pass.** If a notification for a pass appears on Apple Watch, tap the notification to display the pass. You might have to scroll to get to the barcode. Or open Wallet , select the pass, then present the barcode to the scanner.

**Rearrange passes.** On iPhone, open the Wallet app, and drag to rearrange passes. The new order is reflected on Apple Watch.

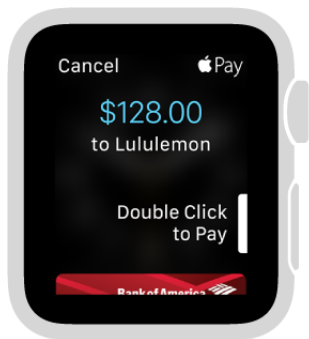
**Get a notification if your pass changes.** Open the Apple Watch app, tap My Watch, tap Wallet & Apple Pay, then tap Mirror my iPhone below notifications. If your pass changes—for example, the gate on your boarding pass—then your pass on Apple Watch updates, too.

**Done with a pass?** Delete the pass on iPhone. Open the Wallet app, tap the pass, tap ⓘ, then tap Delete.

## Pay with Apple Pay on your Mac

On websites that support Apple Pay, you can start a purchase in Safari on your Mac and complete the payment with Apple Watch.

**Shop on your Mac and pay on Apple Watch.** When you're shopping online in Safari on your Mac, choose the Apple Pay option during checkout. Review the payment, shipping, and billing information on your Mac and ensure that it displays "Confirm with Apple Watch." If it does, double-click the side button to pay with Apple Watch. If it doesn't, from your Mac, choose a card you use on Apple Watch.



You need to be signed in to iCloud with the same Apple ID on your iPhone and your Mac. Your Apple Watch and Mac need to be near each other and connected to Wi-Fi.

**Turn off Apple Pay payments on Mac.** Open the Apple Watch app on iPhone, tap My Watch, tap Wallet & Apple Pay, then turn off Allow Payments on Mac.

## Add Suica to Apple Watch (Japan only)

With Apple Watch Series 2 purchased in Japan or any Apple Watch Series 3 (GPS + Cellular) or Apple Watch Series 3 (GPS), you can use Suica for transit and to pay in stores anywhere Suica is accepted. If you already have a Suica, you can transfer your card balance and commuter pass from your Suica card to Apple Watch. Or, you can get a new Suica using the Suica iOS app.



For more information, see the Apple Support article, [Using Suica on iPhone or Apple Watch in Japan](#).

# Maps and Directions


## Find places and explore


Apple Watch has a Maps app  for exploring your surroundings and getting directions.

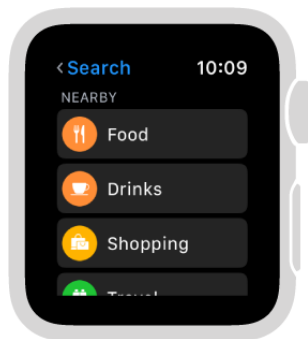
**Ask Siri.** On Apple Watch Series 3 (GPS + Cellular) or on other models of Apple Watch with iPhone nearby, say something like:

- “Where am I?”
- “Find coffee near me”

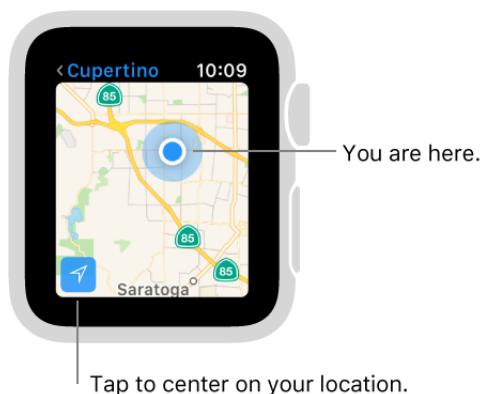
**WARNING:** For important information about avoiding distractions that could lead to dangerous situations, see [Important safety information](#).


**Search the map.** Open the Maps app , tap Search, then tap Dictation and say what you’re looking for.


**Find nearby places.** Open Maps , tap Search, then, under Nearby, tap a category such as Food or Shopping. Tap a result, then turn the Digital Crown to scroll the information. Tap < in the top-left corner to return to the map. (Nearby suggestions aren’t available in all areas.)



**See your current location and surroundings.** Open Maps , then tap Location.

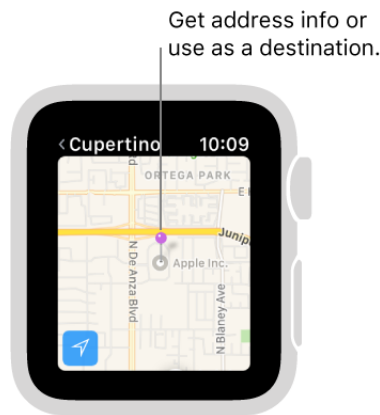


**Get driving directions for frequent and recent locations.** Open Maps , then turn the Digital Crown to scroll to Suggestions and Recents. Tap an entry to get driving directions.

**Pan and zoom.** To pan the map, drag with one finger. To zoom in or out, turn the Digital Crown. You can also double-tap the map to zoom in on the spot you tap. Tap  in the bottom left to get back to your current location.


**Get info about a landmark or marked location.** Tap the location marker on the map, then turn the Digital Crown to scroll the information. Tap < in the top-left corner to return to the map.


**Drop a pin.** Touch and hold the map where you want the pin to go, wait for the pin to drop, then let go. To move the pin, just drop a new one in the new location. To remove the pin, tap it to see address information, turn the Digital Crown to scroll, then tap Remove Marker.



**Find the approximate address of any spot on the map.** Drop a pin on the location, then tap the pin to see address info.

**Call a location.** Tap the phone number in the location info. To switch to iPhone, swipe up on the Phone icon in the bottom-left corner of the Lock screen, then tap the green bar at the top of the screen.


**See a contact's address on the map.** Open Maps , tap Search, tap Contacts, turn the Digital Crown to scroll, then tap the address.

**Tip:** If you don't see the Maps app  on Apple Watch, you may have deleted the app from iPhone. To restore the app, download it to your iPhone from the App Store.

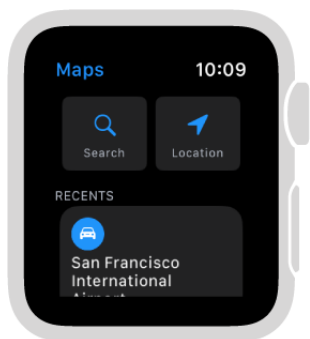
# Get directions


**Ask Siri.** Say something like:


- “Directions to the nearest gas station?”
- “Get directions home”
- “How far to the airport?”

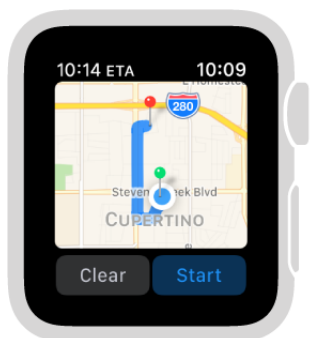
**Get quick directions to recent locations.** Open the Maps app , then tap a recent location.

**Tip:** As with other directions, you may see alternate routes, each with a travel time estimate and distance. Turn the Digital Crown to view the routes, then tap the one you want to take.



**Get directions to a landmark or map pin.** Open Maps , tap Location, then tap the destination landmark or map pin. Scroll the location information until you see Directions, then tap Walking, Driving, or Transit (if available). When you’re ready to go, tap a route, then follow the directions.

**Tip:** Tap  to see an overview of your trip—with turns, distance between turns, and street names.



**See transit details.** While viewing the map, firmly press the display, then tap Transit to see bus and train stops and schedules—even detailed station information for some cities.

To turn off transit details, firmly press the display, then tap Standard.

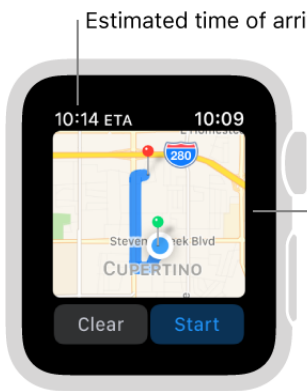


Firmly press to see detailed transit info.

**Follow directions.** After you head off on your first leg, Apple Watch uses taps to let you know when to turn. A steady series of taps means turn right at the intersection you're approaching; intermittent taps mean turn left. Not sure what your destination looks like? You'll feel a vibration when you're on the last leg, and again when you arrive.

**Find out when you'll arrive.** Look in the top-left corner to see your estimated time of arrival. Tap the estimated arrival time to see how long your journey will take. Current time is at the top right.

**Ask Siri.** Say something like, "How long will it take me to get home?"



Estimated time of arrival

Firmly press to stop directions.

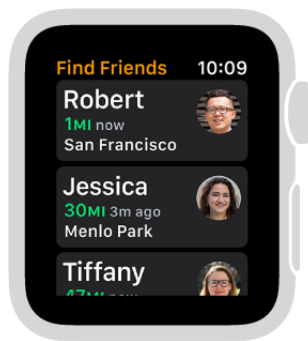
**End directions before you get there.** Firmly press the display, then tap End.

# Find My Friends

## See a friend's location

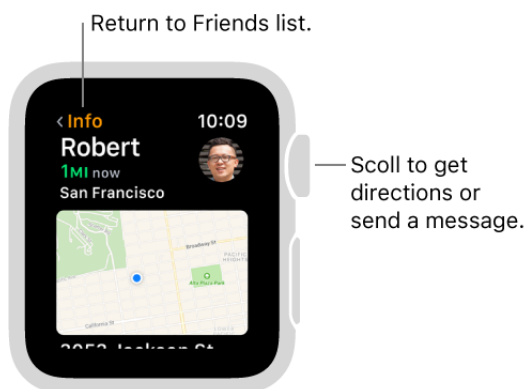
Meeting up with a friend? If you've shared your location and asked to follow a friend, you can see where they are in the Find My Friends app on Apple Watch.

**Who's nearby?** Open Find My Friends 📍 to see a list of your friends, with each friend's approximate location and distance from you. Turn the Digital Crown to see more.



**See a friend's location.** Open Find My Friends 📍, then tap a friend to see their location on a map. Tap < in the top-left corner to return to your Friends list.

**Note:** If your friend is wearing Apple Watch Series 3 (GPS + Cellular) and they don't have their iPhone with them, their location will be tracked using their Apple Watch.






**Add a friend.** First, use the Find My Friends app on iPhone to share your location with a friend. Then, you can ask to see their location. Friends you add on iPhone appear in the Find My Friends app 📍 on Apple Watch.



**Tip:** If you don't see the Find My Friends app 📍 on Apple Watch, you may have deleted the app from iPhone. To restore the app, download it to your iPhone from the App Store.



# Get directions or contact a friend

Use Find My Friends to quickly get directions to a friend.


**Get directions to a friend.** Open Find My Friends , tap your friend, scroll down, then tap . After the Maps app  opens, tap Start to get step-by-step directions from your current location to your friend's location.

**Contact a friend.** Open Find My Friends , tap your friend, scroll down, then tap  to send a message. Or tap Contact to open a friend's contact card—for example, if you want to call them.

# Remote Control

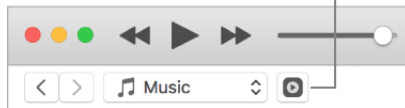
## Control music on a Mac or PC


You can use the Remote app  on Apple Watch to play music in iTunes on a computer that's on the same Wi-Fi network.

**Add an iTunes library.** Open the Remote app  on Apple Watch, then tap Add Device. In iTunes on your computer, click the Remote button near the top of the iTunes window, then enter the 4-digit code displayed on Apple Watch.





The Remote button appears only when a remote is trying to connect. In iTunes 12 and later, the Remote button is at the top left, below the Volume slider. In iTunes 11 and earlier, the Remote button is at the top right, below the Search field.

The Remote button appears in iTunes after you tap Add Device on Apple Watch.




**Choose a library to play from.** If you have only one library, you should be good to go. If you added more than one library, tap the one you want when you open Remote  on Apple Watch. If you're already playing music, tap the Back button at the top left of the playback controls, then tap the library.

**Control playback.** Use the playback controls in the Remote app. Turn the Digital Crown to adjust volume.


**Remove a library.** In the Remote app  on Apple Watch, tap the  at the top left to view your devices, firmly press the display, then tap Edit. When the device icons jiggle, tap X on the one you want to remove, then tap . If that was your only remote device, you're finished—otherwise, tap  to finish editing.

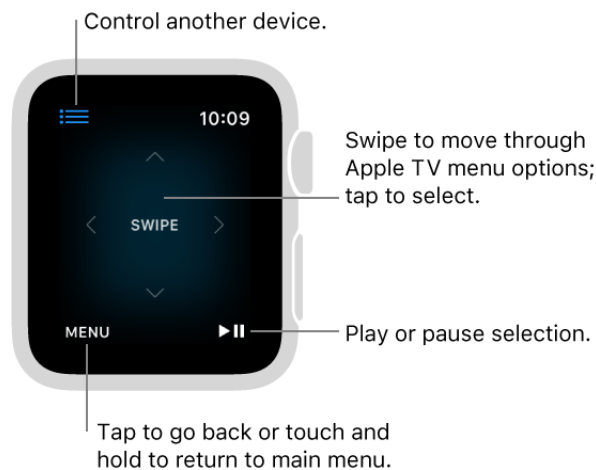
## Control Apple TV


You can use Apple Watch as a remote control for your Apple TV when you're connected to the same Wi-Fi network.

**Pair Apple Watch with Apple TV.** If your iPhone has never joined the Wi-Fi network that Apple TV is on, join it now. Then, open the Remote app  on Apple Watch and tap Apple TV.

If you don't see Apple TV listed, tap Add Device. On your Apple TV, go to Settings > General > Remotes and Devices, select your Apple Watch, then enter the passcode displayed on Apple Watch. When the pairing icon appears next to Apple Watch, it's ready to control Apple TV.

**Control Apple TV.** Make sure Apple TV is awake. Open the Remote app  on Apple Watch, choose Apple TV, then swipe up, down, left, or right to move through Apple TV menu options. Tap to choose the selected item. Tap the Menu button to go back, or touch and hold it to return to the main menu. Tap the Play/Pause button to pause or resume playback.

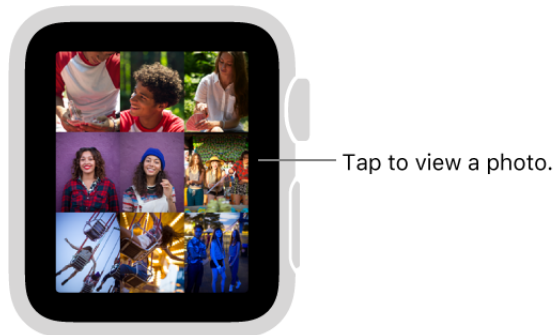


**Unpair and remove Apple TV.** On your Apple TV, go to Settings > General > Remotes and Devices > Remote App and Devices, then select your Apple Watch under iOS Remotes to remove it. Then, open the Remote app  on Apple Watch and, when the "lost connection" message appears, tap Remove.

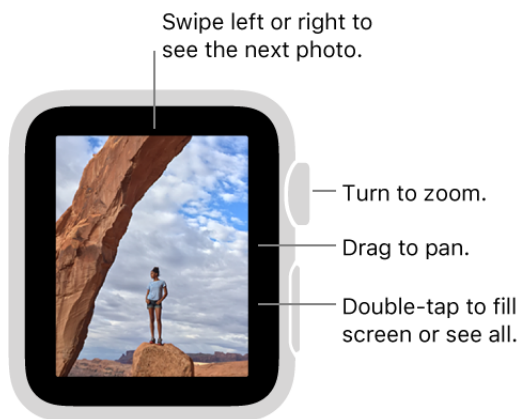
# Photos

## View photos on Apple Watch

Photos from the iPhone album of your choice are stored on Apple Watch, and appear in the Photos app 📷 on Apple Watch. When you first get Apple Watch, it's set to use your Favorites album—photos you tagged as favorites—but you can change the album it uses. And, you can show a photo on your watch face.



**Browse photos on Apple Watch.** Open the Photos app 📷 on Apple Watch, then tap a photo. Swipe left or right to see others. Turn the Digital Crown to zoom or drag to pan. Zoom all the way out to see the entire album.



**View a Live Photo.** Look for the Live Photo symbol 📷 in the bottom-right corner of a photo, then touch and hold the photo. For more information about Live Photos, see the *iPhone User Guide*.

**Show a photo on your watch face.** While browsing in the Photos app on Apple Watch, firmly press any photo, then tap Create Watch Face. Or, add a new Photos watch face. For more information see [Customize your watch face](#).

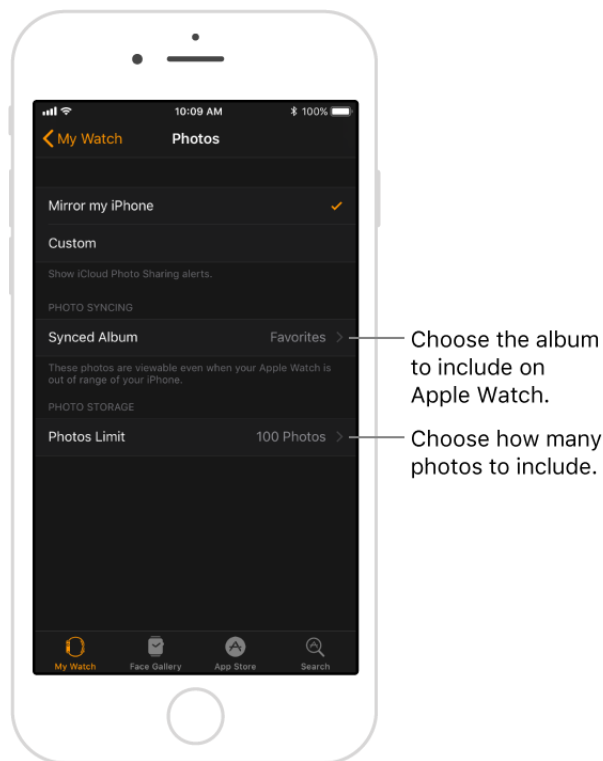
**Tip:** You can easily create a watch face on iPhone with iOS 11. Open the Photos app on iPhone, tap a photo, tap 📷, then tap Create Watch Face.

**Take a screenshot.** In the Apple Watch app on iPhone, tap My Watch, tap General, then turn on Enable Screenshots. To take a picture of the screen, press the Digital Crown and the side button at the same time. Screenshots are saved in Photos on your iPhone.

## Choose your album and manage storage


Apple Watch stores photos from a single synced photo album on your iPhone.

**Choose the album to store on Apple Watch.** Open the Apple Watch app on iPhone, tap My Watch, go to Photos > Synced Album, then choose the album. To create a new album for Apple Watch photos, use the Photos app on iPhone.



The number of photos stored on Apple Watch depends on available space. To save space on Apple Watch for songs or other content, you can limit the number of photos stored on Apple Watch.

**Limit photo storage.** Open the Apple Watch app on iPhone, tap My Watch, then go to Photos > Photos Limit.

**How many photos?** To see how many photos are on Apple Watch, open Settings  on Apple Watch, then go to General > About. Or, open the Apple Watch app on iPhone, tap My Watch, then go to General > About. To see how much space is used for your photos, go to General > Usage in the Apple Watch app.


# Use camera remote and timer

If you want to position your iPhone for a photo and then take the photo from a distance, you can use Apple Watch to view the iPhone camera image and take the photo. You can also use Apple Watch to set a shutter timer—this gives you time to lower your wrist and raise your eyes when you're in the shot.

To function as a camera remote, Apple Watch needs to be within normal Bluetooth range of iPhone (about 33 feet or 10 meters).



**Ask Siri.** Say something like: "Take a picture."







**Take a photo.** Open the Camera app , then position iPhone to frame the shot using Apple Watch as your viewfinder. To adjust exposure, tap the key area of the shot in the preview on Apple Watch. To take the shot, tap the Shutter button.



The photo is captured in Photos on your iPhone, but you can review it on Apple Watch.

**Choose a different camera mode.** Open the Camera app on iPhone, then swipe to choose Time-Lapse, Slo-Mo, Video, Portrait, or Square.


**Use a different camera.** To switch between the rear-facing camera and the front-facing FaceTime camera on iPhone, open the Camera app , firmly press the display, then tap Flip .

**Take a Live Photo.** Open the Camera app , firmly press the display, then tap Live . To see which devices support Live Photos, see the *iPhone User Guide*.

**Turn the flash on or off.** Open the Camera app , firmly press the display, tap Flash , then tap Auto, On, or Off.

**Use HDR.** *HDR* (High Dynamic Range) helps you get great shots in high-contrast situations. When shooting with HDR on, iPhone takes multiple photos in rapid succession, at different exposure settings—and blends them together. The resulting photo has better detail in the bright and midtone areas. To use HDR, open the Camera app , firmly press the display, tap HDR , then tap Auto, On, or Off.

**Note:** HDR is available with the rear-facing camera on iPhone and the front-facing FaceTime camera on iPhone 5s and later.

**Use the shutter timer.** Open the Camera app , then tap the Timer button in the bottom right. A beep, a tap, and flashes from iPhone let you know when to expect the shot.

The timer takes a burst of shots, so you're sure to get a good one. To pick the best shot, view the photo in Photos on iPhone, then tap Select (below the photo).

**Review your shots.** Tap the thumbnail in the bottom left. Swipe right or left to see other shots. While viewing a shot, turn the Digital Crown to zoom. To pan, drag with your finger. Tap anywhere to hide or show the Close button and the shot count. Double-tap to fill the screen or see the whole shot. When you're finished, tap Close.

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# Home

## Home basics

Home provides a secure way to control and automate HomeKit-enabled accessories, such as lights, locks, thermostats, window shades, smart plugs, cameras, and more. With Apple Watch, all your controls are right on your wrist.

The first time you open the Home app on iPhone, the setup assistant helps you create a home. Then you can define rooms, add HomeKit-enabled accessories, and create scenes. Accessories and scenes that you add as Favorites on iPhone are available on Apple Watch.

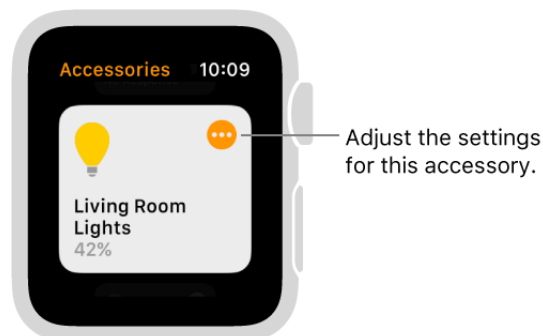
## Control your home

Use the Home app 🏠 on Apple Watch to quickly turn on a light, control a switch, set the thermostat, or lock the door.

**Ask Siri.** Say something like: “Turn off the lights in the office.”

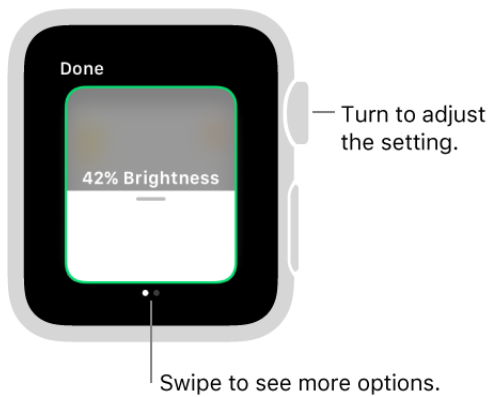
**Add a new accessory or scene.** Use the Home app on iPhone to add a HomeKit-enabled accessory or create a scene. Your Favorite accessories and scenes are available on Apple Watch. To set an item as a Favorite, go to the Home app on iPhone, then tap Rooms. Swipe left or right to find the accessory or scene, then touch and hold it. Tap Details, then turn on Include in Favorites.

After you add a new accessory or scene to your Favorites, it appears in the Home app 🏠 on Apple Watch.

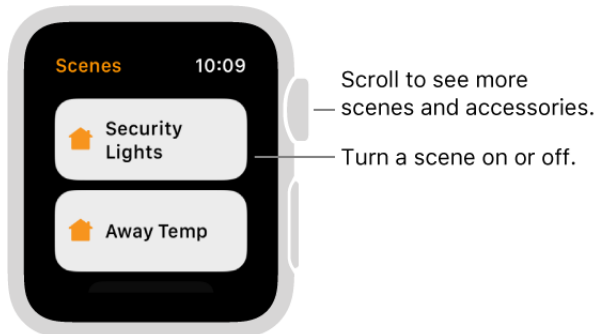


**Adjust settings.** Open the Home app 🏠, tap ⋯ for an accessory, then adjust your settings. Swipe left to see more options. To return to the accessories list, tap Done.





**Set the scene.** Open the Home app 🏠, then tap a scene to turn it on or off.




**View a different home.** If you have more than one home set up, you can choose which one to view on Apple Watch. Open the Home app 🏠, firmly press the display, tap Change Home, then tap the home you want to see.

**Tip:** If you don't see the Home app 🏠 on Apple Watch, you may have deleted the app from iPhone. To restore the app, download it to your iPhone from the App Store.

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# Stocks

## Track stocks


Use the Stocks app  on Apple Watch to see info on the stocks you follow on your iPhone.

**Ask Siri.** Say something like: “What was today’s closing price for Apple stock?”


**Follow the market.** To browse your stocks, open the Stocks app  on Apple Watch.


**See details about a stock.** Tap it in the list. Tap < in the top-left corner to return to the stocks list, or turn the Digital Crown to scroll to the next stock in the list.



**Choose the data you see.** While viewing the stocks list in the Stocks app , firmly press the display, then tap Points, Market Cap, or Percentage. You can also open the Stocks app on iPhone, then tap the Points Change for any stock to see Percentage Change or Market Cap.

**Add, delete, or reorder stocks.** Add, delete, or change the order of stocks using the Stocks app on iPhone. Changes you make there are reflected on Apple Watch.

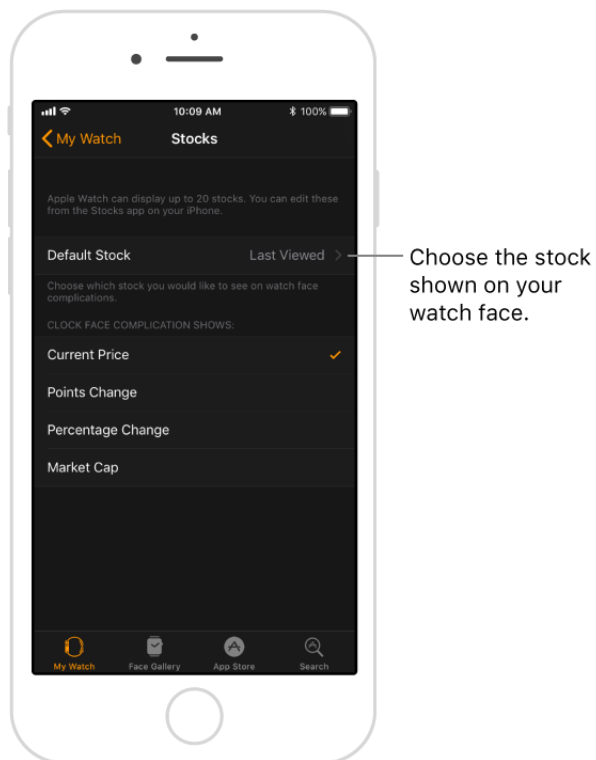
**Switch to Stocks on iPhone.** While looking at the Stocks app  on Apple Watch, swipe up on the Stocks icon in the bottom-left corner of the iPhone Lock screen.

**Tip:** If you don’t see the Stocks app  on Apple Watch, you may have deleted the app from iPhone. To restore the app, download it to your iPhone from the App Store.

# Add stock info to your watch face

**Add stock info to a watch face.** While viewing the watch face, firmly press the display, then tap Customize. Swipe left until you can select individual face features, tap the one you'd like to use, then turn the Digital Crown to choose Stocks. When you're finished, press the Digital Crown. To see which faces you can add stock info to, see [Faces and features](#).

**Choose the stock shown on the watch face.** Open the Apple Watch app on iPhone, tap My Watch, tap Stocks, then choose a default stock.



**Choose the data you see on the watch face.** Open the Apple Watch app on iPhone, tap My Watch, tap Stocks, then tap Current Price, Points Change, Percentage Change, or Market Cap.


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# Accessibility and Related Settings

## VoiceOver

VoiceOver helps you use Apple Watch even if you can't see the display. Use simple gestures to move around the screen and listen as VoiceOver speaks each item you select.

**Ask Siri.** "Turn VoiceOver on."

**Turn on VoiceOver.** On Apple Watch, open the Settings app , then turn on General > Accessibility > VoiceOver. You can also use iPhone to turn on VoiceOver for Apple Watch—open the Apple Watch app on iPhone, tap My Watch, then tap the VoiceOver option in General > Accessibility. Or, use the [Accessibility Shortcut](#).

**Turn off the display for privacy.** Turn on the screen curtain so no one can see what's on Apple Watch while you use VoiceOver. Open the Apple Watch app on iPhone, tap My Watch, tap the VoiceOver option in General > Accessibility, then turn on Screen Curtain.

**Tip:** Screen Curtain turns the display off. To turn the display on again, open the Apple Watch app in iPhone, go to General > Accessibility, tap VoiceOver, then tap Screen Curtain.

**Explore the screen.** Move your finger around on the display and listen as the name of each item you touch is spoken. You can also tap with one finger to select an item, or swipe left or right with one finger to select an adjacent item. Swipe left or right, up or down with two fingers to see other pages.

**Go back.** Gone down a path you didn't expect? Do a two-finger scrub: use two fingers to trace a "z" shape on the display.

**Act on an item.** With VoiceOver on, use a double tap instead of a single tap to open an app, switch an option, or perform any action that would normally be done with a tap. Select an app icon, list item, or option switch by tapping it or swiping to it, then double-tap to perform its action. For example, to turn VoiceOver off, select the VoiceOver button, then double-tap anywhere on the display.

**Perform additional actions.** Some items offer several actions—listen for "actions available" when you select an item. Swipe up or down to choose an action, then double-tap to perform it.


**Pause reading.** To have VoiceOver stop reading, tap the display with two fingers. Tap again with two fingers to resume.

**Adjust speaking rate.** Open the Apple Watch app on iPhone, tap My Watch, then go to General > Accessibility > VoiceOver and drag the slider.

**Adjust VoiceOver volume.** Double-tap and hold with two fingers, then slide up or down. Or, open the Apple Watch app on iPhone, tap My Watch, then go to General > Accessibility > VoiceOver and drag the slider.

**Feel the time in wrist taps.** Open the Apple Watch app on iPhone, tap My Watch, go to General > Accessibility > VoiceOver, then tap Taptic Time. Turn on Enable Taptic Time, then tap a Taptic Style. To test a style, tap Preview.

**Hear the time when you raise your wrist.** Open the Apple Watch app on iPhone, tap My Watch, go to General > Accessibility > VoiceOver, then turn on Speak on Wrist Raise.

**Turn off VoiceOver.** Open the Settings app , go to General > Accessibility > VoiceOver, then double-tap the VoiceOver button.

**Ask Siri.** "Turn VoiceOver off."

**VoiceOver for Setup.** VoiceOver can help you set up your Apple Watch—triple-click the Digital Crown during setup. For step-by-step instructions, see [Set up Apple Watch using VoiceOver](#).

## Set up Apple Watch using VoiceOver

VoiceOver can help you set up Apple Watch and pair it with your iPhone. To highlight a button or other item, swipe left or right on the display with one finger. Tap to activate the highlighted item.

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### Set up Apple Watch using VoiceOver

1. If Apple Watch isn't on, turn it on by holding down the side button (below the Digital Crown).
2. On Apple Watch, turn on VoiceOver by triple-clicking the Digital Crown.
3. Swipe right or left on the display to choose a language, then double-tap to select it.
4. Swipe right to highlight the Start Pairing button, then double-tap.
5. On iPhone, turn on VoiceOver by going to Settings > General > Accessibility > VoiceOver.
6. To open the Apple Watch app, go to the iPhone Home screen, swipe right to select the Apple Watch app, then double-tap.

7. To get iPhone ready to pair, swipe right to select the Start Pairing button, then double-tap.

The “Hold Apple Watch up to the Camera” screen appears.

8. To try automatic pairing, point the iPhone camera at the watch from about 6 inches away.

When you hear the pairing confirmation, you can skip to step 14. If you have difficulty, you can try manual pairing, steps 9 through 13.

9. Swipe right to select the Pair Apple Watch Manually button, then double-tap.
10. On Apple Watch, find your Apple Watch ID: swipe right to the Info About Pairing Apple Watch Manually button, then double-tap. Swipe right once to hear the unique identifier for your Apple Watch—it’s something like “Apple Watch 52345”.
11. On iPhone, select your Apple Watch: swipe right until you hear the same Apple Watch identifier that you just heard on Apple Watch, then double-tap.
12. To get your pairing code, on Apple Watch, swipe right until you hear the six-digit pairing code.
13. Enter the pairing code from Apple Watch on iPhone using the keyboard.

When pairing succeeds, you hear “Your Apple Watch is paired.” If pairing fails, tap to respond to the alerts, then Apple Watch and the Apple Watch app on iPhone reset so you can try again.

14. When pairing is complete, on iPhone, swipe right to the Set Up Apple Watch button, then double-tap.
15. To choose your wrist preference, swipe right on the Wrist Preference screen to select Left or Right, then double-tap.
16. Review the terms and conditions, swipe right on the Terms and Conditions screen to select Agree, then double-tap. Select and double-tap Agree in the alert that appears.
17. To enter the password for your Apple ID, swipe right to the Enter Password button, double-tap, then enter the password for the Apple ID you use on your iPhone. Then double-tap the Return key in the bottom-right corner of the keyboard.
18. To choose a Location Services option, swipe to your choice, then double-tap.
19. To choose a Siri option, swipe to your choice, then double-tap.
20. To create an Apple Watch passcode, swipe right on the Passcode screen to select Create a Passcode, then double-tap. On Apple Watch, enter a four-digit passcode of your choice, then reenter to confirm. Swipe, tap, or drag your finger around the

display to select a number, then double-tap.

21. On Apple Watch, choose whether to unlock Apple Watch when you unlock iPhone.
22. To choose whether to install additional apps on Apple Watch, swipe to highlight Install All or Choose Later on iPhone, then double-tap.

Apple Watch syncs with iPhone. This takes a few moments—swipe to Sync Progress on iPhone to hear progress. When you hear “sync complete” Apple Watch is ready to use, displaying the watch face. Swipe left or right to explore watch face features. For information about using VoiceOver with Apple Watch, see [VoiceOver](#).

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## Apple Watch basics with VoiceOver

**Change the watch face.** While viewing the current watch face, firmly press the display, then swipe left or right with two fingers to browse available faces. When you find one you like, double-tap to select it.

**Customize a watch face.** While viewing the watch face, firmly press the display, swipe down to choose Customize, then double-tap. Swipe left or right to browse the customizable features. Turn the Digital Crown to customize the selected feature. When you finish, press the Digital Crown, then double-tap the face to save your changes.

**Check notifications.** While viewing the watch face, swipe down with two fingers.

**Open the Dock.** Press the side button, then turn the Digital Crown to scroll through your favorite apps. Double-tap an app to open it.


**Open an app.** With the watch face showing, press the Digital Crown once to go to the Home screen. Swipe left or right, tap, or drag your finger to highlight an app, then double-tap to open it. Or have Siri open it for you: hold down the Digital Crown until you feel the double tap, then say “launch” followed by the app name (for example, “launch Mail”).

**Read mail.** With the watch face showing, press the Digital Crown once to go to the Home screen. Swipe to highlight the Mail app, then double-tap (or hold down the Digital Crown, then ask Siri to “launch Mail”). When the Mail app opens, swipe left or right to read messages.

**Navigate with the Digital Crown.** Triple-tap with two fingers, then turn the Digital Crown to select an item. Triple-tap with two fingers to turn off Digital Crown Navigation.

# Zoom

Use Zoom to magnify what's on the Apple Watch display.

**Turn on Zoom.** On Apple Watch, open the Settings app , go to General > Accessibility, tap Zoom, then turn on Zoom. You can also use iPhone to turn on Zoom for Apple Watch—open the Apple Watch app on iPhone, tap My Watch, tap Settings, then tap the option in General > Accessibility. Or, use the Accessibility Shortcut; see [The Accessibility Shortcut](#).

**Zoom in or out.** Double-tap the Apple Watch display with two fingers.

**Tip:** Double-tap with two fingers while setting up Apple Watch to get a better look.

**Move around (pan).** Drag the display with two fingers. You can also turn the Digital Crown to pan over the entire page, left-right and up-down. The small Zoom button that appears shows you where you are on the page.


**Use the Digital Crown normally instead of panning.** Tap the display once with two fingers to switch between using the Digital Crown to pan and using the Digital Crown the way it works without Zoom on (for example, to scroll a list or zoom a map).


**Adjust magnification.** Double-tap and hold with two fingers, then drag your fingers up or down on the display. To limit magnification, open the Apple Watch app on iPhone, tap My Watch, go to General > Accessibility > Zoom, then drag the Maximum Zoom Level slider.

## Adjust text size and weight

To make text on Apple Watch easier to read, you can display it as boldface type, and adjust the size of the text that appears in any area that supports Dynamic Type, such as the Settings app.

**Turn on grayscale.** Open the Apple Watch app on iPhone, tap My Watch, go to General > Accessibility, then turn on Grayscale. You need to restart Apple Watch for the change to take effect.


**Turn on bold text.** On Apple Watch, open the Settings app , go to Brightness & Text Size, then turn on Bold Text. You need to restart Apple Watch for the change to take effect. You can also use iPhone to turn on Bold Text for Apple Watch—open the Apple Watch app on iPhone, tap My Watch, go to General > Accessibility, then turn on Bold Text.

**Adjust text size.** Open Settings  on Apple Watch, go to Brightness & Text Size > Text Size, then rotate the Digital Crown to adjust.



## On/Off button labels

Turn on button labels to see an additional position indicator. With labels on, you see a one (1) on any option that is on, and a zero (0) on options that are turned off.

**Add labels to On/Off buttons.** On Apple Watch, open the Settings app , go to General > Accessibility, then turn on On/Off Labels. You can also use iPhone to turn on labels for Apple Watch—open the Apple Watch app on iPhone, tap My Watch, go to General > Accessibility, then turn on On/Off Labels.

## Mono Audio and audio balance

If you prefer to hear a combined left+right audio signal out of both audio channels on speakers or headphones connected to Apple Watch, turn on Mono Audio. You can also adjust the left-right balance of Apple Watch audio, whether stereo or mono.

**Switch to mono audio.** Open the Apple Watch app on iPhone, tap My Watch, go to General > Accessibility, then turn on Mono Audio.

**Adjust the balance.** Drag the slider below the Mono Audio setting.

## The Accessibility Shortcut

You can set the Digital Crown to turn either VoiceOver or Zoom on or off with a triple-click.

**Set the Accessibility Shortcut.** Open the Apple Watch app on iPhone, tap My Watch, go to General > Accessibility > Accessibility Shortcut, then choose VoiceOver or Zoom.

**Use the shortcut.** Press the Digital Crown quickly three times. Triple-click the Digital Crown again to turn off the accessibility feature.

**Set the side button speed.** On Apple Watch Series 3 (GPS + Cellular) and Apple Watch Series 3 (GPS), open the Apple Watch app on iPhone, tap My Watch, go to General > Accessibility, tap Side Button Click Speed, then choose a speed.

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# Restart, Reset, Restore, and Update

## Restart Apple Watch

If something isn't working right, try restarting Apple Watch and its paired iPhone.

**Restart Apple Watch.** To turn off Apple Watch, press and hold the side button until the sliders appear, then drag the Power Off slider to the right. To turn Apple Watch back on, hold down the side button until the Apple logo appears.

**Note:** You can't restart Apple Watch while it's charging.


**Restart the paired iPhone.** To turn off iPhone, press and hold the side or top button until the slider appears, then drag the slider to the right or go to Settings > General > Shut Down. To turn iPhone back on, hold down the side or top button until the Apple logo appears.

If you can't turn off Apple Watch or if the problem continues, you may need to force Apple Watch to restart. Do this only if you're unable to restart your Apple Watch.

**Force Apple Watch to restart.** Hold down the side button and the Digital Crown at the same time for at least ten seconds, until the Apple logo appears.

## Erase Apple Watch

If you got a new iPhone and you didn't unpair your Apple Watch from your old iPhone, you need to reset your Apple Watch settings before you can pair your watch with your new iPhone. You may also need to reset your Apple Watch settings if you forgot your passcode.

**Reset Apple Watch settings.** On Apple Watch, open the Settings app  from the Home screen, go to General > Reset, then tap Erase All Content and Settings. Or, open the Apple Watch app on iPhone, tap My Watch, go to General > Reset, then tap Erase Apple Watch Content and Settings.

After the reset finishes and Apple Watch restarts, you need to pair Apple Watch with iPhone again—open the Apple Watch app on iPhone, then follow the instructions shown on iPhone and Apple Watch.

For more information, see the Apple Support article [Switch your Apple Watch to a new iPhone](#).

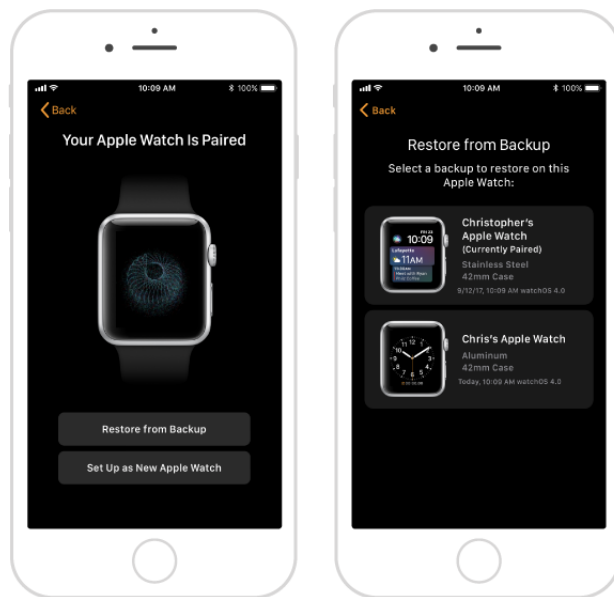
# Restore Apple Watch from a backup

Apple Watch content backs up automatically to your paired iPhone, and you can restore it from a stored backup. Apple Watch backups are included as part of your iPhone backups to iCloud or iTunes, but you can't view information in the backups in iCloud.

**Backing up Apple Watch.** When paired with an iPhone, Apple Watch content is backed up continuously to iPhone. If you unpair the devices, a backup is performed first.

For more information, see the Apple Support article [Back up your Apple Watch](#).

**Restoring Apple Watch from a backup.** If you pair Apple Watch with the same iPhone again, or get a new Apple Watch, you can choose Restore from Backup and select a stored backup on your iPhone.



# Update Apple Watch software

You can update your Apple Watch software by checking for updates in the Apple Watch app on iPhone.

**Check for software updates.** Open the Apple Watch app on iPhone, tap My Watch, then go to General > Software Update. Download the software to the iPhone, then continue on Apple Watch.

**Update wirelessly on Apple Watch.** Follow the prompts on Apple Watch to install the software update.

For more information, see the Apple Support article [Update the software on your Apple Watch](#).

# If you forget your passcode

If Apple Watch is disabled because you forgot your passcode or entered an incorrect passcode too many times, you can use the Apple Watch app on iPhone to allow you to enter the passcode again. If you still can't remember your passcode, you can [reset Apple Watch settings](#), reset the passcode, then [restore Apple Watch from a backup](#). Restoring erases the content and settings on Apple Watch, but uses a backup to replace your data and settings.

**Important:** If Erase Data is turned on, the data on your Apple Watch is erased after 10 failed passcode attempts.

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# Get Help

## Sell, give away, or protect a lost Apple Watch

Before you sell or give away your Apple Watch, be sure to unpair it from your iPhone. This erases its contents, including payment cards, and removes Activation Lock (which prevents someone else from activating it). If you lose your Apple Watch, you can put it in Lost Mode.

**Unpair Apple Watch and remove Activation Lock.** Open the Apple Watch app on iPhone, tap My Watch, then tap your Apple Watch at the top of the screen. Tap the Info button, then tap Unpair Apple Watch. Apple Watch is erased and removed from your iCloud account, and Activation Lock is removed. For more information, see the Apple Support article [About Activation Lock on your Apple Watch](#).

**Locate your Apple Watch.** Open the Apple Watch app on iPhone, tap My Watch, then tap your Apple Watch at the top of the screen. Tap the Info button, then tap Find My Apple Watch. In the Find My iPhone app on iPhone, tap your watch to see its location on a map.

**Put Apple Watch in Lost Mode.** Open the Apple Watch app on iPhone, tap My Watch, then tap your Apple Watch at the top of the screen. Tap the Info button, then tap Find My Apple Watch. In the Find My iPhone app on iPhone, tap your watch, tap Actions, then tap Lost Mode.

Lost Mode locks your device with a passcode so that others can't access your personal information, and suspends the ability to pay with any credit or debit cards you have in Wallet for Apple Pay.


**Erase a lost Apple Watch.** Before you erase your device, try to locate it or play a sound on it. After you erase it, you can't use Find My iPhone to do either. Open the Apple Watch app on iPhone, tap My Watch, then tap your Apple Watch at the top of the screen. Tap the Info button, then tap Find My Apple Watch. In the Find My iPhone app on iPhone, tap your watch, tap Actions, then tap Erase Watch.

**Tip:** For more help, open Find My iPhone, then tap Help in the top-left corner.

**Remove payment cards using a web browser.** If your Apple Watch is lost or stolen, you can sign in to [iCloud.com](https://www.icloud.com) using your Apple ID and remove your cards. Go to Settings > My Devices, choose the device, then click Remove in the Apple Pay section of the device info. You can also call the issuers of your cards. For more information, see the Apple Support article [If your Apple Watch is lost or stolen](#).

If your iPhone and Apple Watch are no longer connected, or if one of them isn't functioning as expected, erase the contents of Apple Watch first, and then unpair it using the Apple Watch app on iPhone (if available).

## Get information about your Apple Watch

**See information about Apple Watch.** On Apple Watch, open the Settings app , then go to General > About. The items you can view include:

- Name
- Number of songs, photos, and apps
- Capacity and available storage space
- Software version
- Carrier—Apple Watch Series 3 (GPS + Cellular) only
- Model number
- IMEI, ICCID, EID, MEID, and modem firmware—Apple Watch Series 3 (GPS + Cellular) only
- Serial number
- Wi-Fi and Bluetooth addresses
- SEID
- Legal Info

To view regulatory marks, open Settings , then go to General > Regulatory.


You can also view this information on the paired iPhone—open the Apple Watch app on iPhone, tap My Watch, then go to General > About. Scroll to the bottom and tap Legal to view Legal Notices, License, information on where to find the Warranty, and RF Exposure information.

## Other ways to view this user guide

You can view the *Apple Watch User Guide* on iPhone in the Apple Watch app, Safari, or iBooks.

**View the user guide from the Apple Watch app.** Open the Apple Watch app on iPhone, tap My Watch, go to General > About, then scroll down and tap View the Apple Watch User Guide.

**View the user guide in Safari.** Go to [help.apple.com/watch](https://help.apple.com/watch).

- *Add an icon for the user guide to the iPhone Home screen:* Tap , then tap Add to Home Screen.
- *View the user guide in a different language:* Tap Change Language at the bottom of the home page.

**View the user guide in iBooks.** Open iBooks, then search for “Apple Watch user guide” in the iBooks Store.



## Apple Watch Support site

Comprehensive support information is available online at [www.apple.com/support/watch](https://www.apple.com/support/watch). To contact Apple for personalized support, see [www.apple.com/support/contact](https://www.apple.com/support/contact) (not available in all areas).

## Learn more, service, and support

Refer to the following resources to get more Apple Watch-related safety, software, and service information.

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<b>Using Apple Watch safely</b>	See <a href="#">Important safety information</a> .
<b>Apple Watch service and support, tips, forums, and Apple software downloads</b>	Go to <a href="http://www.apple.com/support/watch">www.apple.com/support/watch</a> .
<b>The latest information about Apple Watch</b>	Go to <a href="http://www.apple.com/watch">www.apple.com/watch</a> .
<b>Managing your Apple ID account</b>	Go to <a href="http://appleid.apple.com">appleid.apple.com</a> .
<b>Using iCloud</b>	Go to <a href="http://help.apple.com/icloud">help.apple.com/icloud</a> .
<b>Using iTunes</b>	Open iTunes and choose Help > iTunes Help. For an online iTunes tutorial, go to <a href="http://www.apple.com/support/itunes">www.apple.com/support/itunes</a> (may not be available in all areas).
<b>Finding your Apple Watch serial number</b>	You can find your Apple Watch serial number on the Apple Watch packaging. Or, on Apple Watch, open the Settings app  , then go to General > About. To learn more, see the Apple Support article <a href="#">Find the serial number for your Apple Watch</a> .
<b>Obtaining warranty service</b>	First follow the advice in this guide. Then go to <a href="http://www.apple.com/support/watch">www.apple.com/support/watch</a> .
<b>Viewing Apple Watch regulatory information</b>	On Apple Watch, open the Settings app  , then go to General > Regulatory.
<b>Battery service</b>	Go to the <a href="#">Battery Service and Recycling</a> website and the <a href="#">Apple Watch Service Answer Center website</a> .

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# Safety and Handling

## Important safety information

**WARNING:** Failure to follow these safety instructions could result in fire, electric shock, injury, or damage to Apple Watch or other property. Read all the safety information below before using Apple Watch.

**Handling** Handle Apple Watch with care. Apple Watch cases are made of various materials that include the following:

- Aluminum Apple Watch case—7000 series aluminum, Ion-X glass (strengthened glass), composite back (plastic)
- Stainless Steel Apple Watch case—Stainless steel, sapphire crystal, ceramic back
- Ceramic Apple Watch case—Ceramic, sapphire crystal, ceramic back
- 18-karat gold Apple Watch case—18-karat gold, sapphire crystal, ceramic back

Apple Watch contains sensitive electronic components and can be damaged if dropped, burned, punctured, or crushed. Apple Watch cases made of ceramic may chip or crack if dropped or subjected to forceful impact. Don't use a damaged Apple Watch, such as one with a cracked screen or case, visible water intrusion, or a damaged band, as it may cause injury. Avoid heavy exposure to dust or sand.

**Repairing** Don't open Apple Watch and don't attempt to repair Apple Watch yourself. Disassembling Apple Watch may damage it, result in loss of water resistance, and may cause injury to you. If Apple Watch is damaged or malfunctions, contact Apple or an Apple Authorized Service Provider. You can find more information about getting service at [www.apple.com/support/watch/service/faq](http://www.apple.com/support/watch/service/faq).

**Battery** Don't attempt to replace the Apple Watch battery yourself—you may damage the battery, which could cause overheating and injury. The lithium-ion battery in Apple Watch should be serviced only by Apple or an authorized service provider. You may receive a replacement Apple Watch (in place of your original device) when ordering battery service. Batteries must be recycled or disposed of separately from household waste. Don't incinerate the battery. For information about battery service and recycling, see [www.apple.com/batteries/service-and-recycling](http://www.apple.com/batteries/service-and-recycling).

**Distraction** Using Apple Watch in some circumstances can distract you and may cause a dangerous situation (for example, avoid reading a text message while driving a car). Observe rules that prohibit or restrict the use of mobile devices.

**Navigation** Maps, directions, and location-based apps depend on data services. These data services are subject to change and may not be available in all areas, resulting in maps, directions, or location-based information that may be unavailable, inaccurate, or incomplete. Some Maps features require Location Services. Compare the information provided on Apple Watch to your surroundings and defer to posted signs to resolve any discrepancies. Do not use these services while performing activities that require your full attention. Always comply with posted signs and the laws and regulations in the areas where you are using Apple Watch, and always use common sense.

**Charging** To charge Apple Watch, use the Apple Watch Magnetic Charging Cable and power adapter (and, for Apple Watch Edition, the Apple Watch Magnetic Charging Case with cable or Apple Watch Magnetic Charging Dock, as applicable, or the Apple Watch Magnetic Charging Cable). You may also use third-party 5W power adapters featuring an MFi logo. It's important to keep Apple Watch, the Apple Watch Magnetic Charging Cable, and the power adapter in a well-ventilated area when charging. When charging Apple Watch Edition in the Apple Watch Magnetic Charging Case, keep the case open. Using an Apple Watch Magnetic Charging Cable, Apple Watch Magnetic Charging Case, or Apple Watch Magnetic Charging Dock that's damaged, using a third-party charging solution that doesn't feature an MFi logo, or charging Apple Watch when moisture is present, can cause fire, electric shock, injury, or damage to Apple Watch or other property. Be sure Apple Watch and the Apple Watch Magnetic Charging Cable, Apple Watch Magnetic Charging Case, or Apple Watch Magnetic Charging Dock are dry before charging. When you use the Apple Watch Magnetic Charging Cable, Apple Watch Magnetic Charging Case, or Apple Watch Magnetic Charging Dock to charge Apple Watch, make sure that the USB plug is fully inserted into the adapter before you plug the adapter into a power outlet. Avoid charging Apple Watch in direct sunlight. Don't wear Apple Watch while it is charging.

**Prolonged heat exposure** Apple Watch, the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Case, the Apple Watch Magnetic Charging Dock, and the power adapter comply with applicable surface temperature standards and limits. However, even within these limits, sustained contact with warm surfaces for long periods of time may cause discomfort or injury. Apple Watch, the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Case, the Apple Watch Magnetic Charging Dock, and the power adapter will become warm when plugged in to a power source. Use common sense to avoid situations where your skin is in contact with Apple Watch, the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Case, the Apple Watch Magnetic Charging Dock, or the power adapter for long periods of time when they're plugged in. For example, while Apple Watch is charging or while the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Case, the Apple Watch Magnetic Charging Dock, or the power adapter are plugged in to a power source, don't sleep on them or place them under a blanket, pillow, or your body. Take special care if you have a physical condition that affects your ability to detect heat against the body. Remove Apple Watch if it becomes uncomfortably warm.

**Hearing loss** Listening to sound at high volumes may damage your hearing. Background noise, as well as continued exposure to high volume levels, can make sounds seem quieter than they actually are. Turn on audio playback and check the volume before inserting a Bluetooth connected headset in your ear. For more information about hearing loss, see [www.apple.com/sound](http://www.apple.com/sound).

**WARNING:** To prevent possible hearing damage, do not listen at high volume levels for long periods.

**Radio frequency exposure** Apple Watch uses radio signals to connect to wireless networks. For information about radio frequency (RF) energy resulting from radio signals and steps you can take to minimize exposure, open the Apple Watch app on iPhone, tap My Watch, then tap General > About > Legal > RF Exposure or visit [www.apple.com/legal/rfexposure](http://www.apple.com/legal/rfexposure).

**Radio frequency interference** Observe signs and notices that prohibit or restrict the use of electronic devices (for example, in healthcare facilities or blasting areas). Although Apple Watch, the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Case, and the Apple Watch Magnetic Charging Dock are designed, tested, and manufactured to comply with regulations governing radio frequency emissions, such emissions from Apple Watch, the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Case, and the Apple Watch Magnetic Charging Dock can negatively affect the operation of other electronic equipment, causing them to malfunction. Unplug the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Case, and the Apple Watch Magnetic Charging Dock, and turn off Apple Watch or use Airplane Mode when use is prohibited, such as while traveling in aircraft, or when asked to do so by authorities.

**Medical device interference** Apple Watch contains components and radios that emit electromagnetic fields. Apple Watch, some of the bands, the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Case, and the Apple Watch Magnetic Charging Dock contain magnets. These electromagnetic fields and magnets may interfere with pacemakers, defibrillators, or other medical devices. Maintain a safe distance of separation between your medical device and Apple Watch, its bands, the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Case, and the Apple Watch Magnetic Charging Dock. Consult your physician and medical device manufacturer for information specific to your medical device. Stop using Apple Watch, its bands, the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Case, and the Apple Watch Magnetic Charging Dock if you suspect they are interfering with your pacemaker, defibrillator, or any other medical device.

**Not a medical device** Apple Watch, the heart rate sensor, and the included Apple Watch apps are not medical devices and are intended for fitness purposes only. They are not designed or intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease.

**Medical conditions** Before starting or modifying any exercise program using Apple Watch, consult your physician. Be careful and attentive while exercising. Stop exercising immediately if you feel pain, or feel faint, dizzy, exhausted, or short of breath. By exercising, you assume all associated inherent risks including any injury that may result from such activity. If you have any medical condition that you believe could be affected by Apple Watch (for example, seizures, blackouts, eyestrain, or headaches), consult with your physician prior to using Apple Watch.

**Explosive atmospheres** Charging or using Apple Watch in any area with a potentially explosive atmosphere, such as in areas where the air contains high levels of flammable chemicals, vapors, or particles (such as grain, dust, or metal powders), may be hazardous. Obey all signs and instructions.

**High-consequence activities** Apple Watch is not intended for use where the failure of the device could lead to death, personal injury, or severe environmental damage.

**Choking hazard** Some Apple Watch bands may present a choking hazard to small children. Keep these bands away from small children.

**Skin sensitivities** Some people may experience reactions to certain materials used in jewelry, watches, and other wearable items that are in prolonged contact with their skin. This can be due to allergies, environmental factors, extended exposure to irritants like soap, sweat, or other causes. You may be more likely to experience irritation from any wearable device if you have allergies or other sensitivities. If you have known skin sensitivities, please take special care when wearing Apple Watch. You may be more likely to experience irritation from Apple Watch if you wear it too tightly. Remove Apple Watch periodically to allow your skin to breathe. Keeping Apple Watch and the band clean and dry will reduce the possibility of skin irritation. If you experience redness, swelling, itchiness, or any other irritation or discomfort on your skin around, or beneath, your Apple Watch, please remove Apple Watch and consult your physician before resuming wear. Continued use, even after symptoms subside, may result in renewed or increased irritation.

Apple Watch models with a stainless steel or aluminum case, the stainless steel portions of some Apple Watch bands, the metallic portions of Hermès bands, and the magnets in the watch and bands contain some nickel. Nickel exposure from these materials is unlikely, but customers with known nickel allergies should be attentive when wearing them until they can determine they are not experiencing an allergic reaction.

Apple Watch, the Woven Nylon, Milanese Loop, Modern Buckle, and Leather Loop bands contain trace amounts of methacrylates from adhesives. Methacrylates are commonly found in many consumer products that come in contact with the skin, including adhesive bandages, but some people may be sensitive to them, or develop sensitivities over time.

Methacrylate exposure from Apple Watch and the bands listed above is unlikely, but customers with known methacrylate allergies should be attentive when wearing the bands until they can determine they are not experiencing an allergic reaction.

The materials used in Apple Watch and the Apple Watch bands meet the standards set for jewelry by the U.S. Consumer Product Safety Commission, applicable European regulations, and other international standards.

## Important handling information

**Exposure to liquid** Apple Watch is water resistant but not waterproof. You may, for example, wear and use Apple Watch during exercise (exposure to sweat is OK), in the rain, and while washing your hands. If water splashes onto the watch, wipe it off with a nonabrasive, lint-free cloth. Try to minimize exposing Apple Watch to perfume, soap, solvents, detergent, acids or acidic foods, soapy water, insect repellent, lotions, sunscreen, oil, or hair dye. Follow the instructions below in the “Cleaning and care” section if Apple Watch comes into contact with them.

Apple Watch Series 1 and Apple Watch (1st generation) have a water resistance rating of IPX7 under IEC standard 60529. Apple Watch Series 1 and Apple Watch (1st generation) are splash and water resistant, but submerging Apple Watch Series 1 and Apple Watch (1st generation) is not recommended.

Apple Watch Series 2 and Apple Watch Series 3 have a water resistance rating of 50 meters under ISO standard 22810:2010. This means that they may be used for shallow water activities like swimming in a pool or ocean. However, Apple Watch Series 2 and Apple Watch Series 3 should not be used for scuba diving, water skiing, or other activities involving high velocity water or submersion below shallow depth.

Water resistance is not a permanent condition and may diminish over time. Apple Watch cannot be rechecked or resealed for water resistance. The following may affect the water resistance of Apple Watch in particular and should be avoided:

- Dropping Apple Watch or subjecting it to other impacts.
- Exposing Apple Watch to soap or soapy water, for example while showering or bathing.
- Exposing Apple Watch to perfume, solvents, detergent, acids or acidic foods, insect repellent, lotions, sunscreen, oil, or hair dye.
- Exposing Apple Watch to high velocity water, for example while water skiing.
- Wearing Apple Watch in the sauna or steam room.

Not all bands are appropriate for water use. For example, the stainless steel and leather bands are not water resistant and should not be exposed to liquids.

**Cleaning and care** Keep Apple Watch clean and dry. Clean and dry Apple Watch, the band, and your skin after workouts or heavy sweating. Dry Apple Watch and the band thoroughly if they are exposed to fresh water. Clean Apple Watch if it comes in contact with anything that may cause stains or other damage, such as dirt or sand, makeup, ink, soap, detergent, acids or acidic foods, or comes in contact with liquids other than fresh water, including those that may lead to skin irritation such as sweat, salt water, soapy water, pool water, perfume, insect repellent, lotions, sunscreen, oil, adhesive remover, hair dye, or solvents. The Apple Watch and band colors may vary or fade over time.

After swimming with Apple Watch Series 2 or Apple Watch Series 3, gently rinse it with warm tap water.

How to clean Apple Watch:

- Turn off Apple Watch. Press and hold the side button, then drag the Power Off slider to the right.
- Depress the band release buttons and remove the band. See [Remove, change, and fasten bands](#).
- Wipe Apple Watch clean with a nonabrasive, lint-free cloth. If necessary, you can also lightly dampen the cloth with fresh water.
- Dry Apple Watch with a nonabrasive, lint-free cloth.
- Apple Watch Edition (gold) models benefit the most if you clean them regularly. Clean with a nonabrasive, lint-free cloth to remove surface oil, perfumes, lotions, and other substances, especially before storing Apple Watch Edition.

To help avoid damaging Apple Watch, observe the following:

- Don't clean Apple Watch while it's charging.
- Don't dry Apple Watch or the bands using any external heat source (for example, a hair dryer).
- Don't use cleaning products, ultrasonic cleaners, or compressed air when cleaning your Apple Watch.

The front of Apple Watch is made of Ion-X glass (strengthened glass) or sapphire crystal, each with a fingerprint-resistant oleophobic (oil repellent) coating. This coating wears over time with normal usage. Cleaning products and abrasive materials will further diminish the coating, and may scratch the glass or the sapphire crystal.

**Using buttons, Digital Crown, connectors, and ports** Never apply excessive pressure to a button or the Digital Crown on Apple Watch, or force a charging connector into a port, because this may cause damage that is not covered under the warranty. If the connector and port don't join with reasonable ease, they probably don't match. Check for obstructions and make sure that the connector matches the port and that you have positioned the connector correctly in relation to the port.

Certain usage patterns can contribute to the fraying or breaking of cables. The cable attached to a charging unit, like any other metal wire or cable, is subject to becoming weak or brittle if repeatedly bent in the same spot. Aim for gentle curves instead of angles in the cable. Regularly inspect the cable and connector for any kinks, breaks, bends, or other damage. Should you find any such damage, discontinue use of the cable.

**Magnetic Charging Cable, Magnetic Charging Case, and Magnetic Charging**

**Dock** Discoloration of the charging surface of the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Case, and the Apple Watch Magnetic Charging Dock may occur after regular use due to dirt and debris that come in contact with the magnetic surface. This is normal. Cleaning the magnetic charging surface may reduce, or prevent, such discoloration, and will help to prevent damage to your charger and Apple Watch. To clean the charging surface, disconnect the charger from both Apple Watch and the power adapter and wipe with a damp, nonabrasive cloth. Dry with a nonabrasive, lint-free cloth before resuming charging. Do not use cleaning products when cleaning the charging surface.

**Operating temperature** Apple Watch is designed to work best in ambient temperatures between 32° and 95° F (0° and 35° C) and be stored in temperatures between -4° and 113° F (-20° and 45° C). Apple Watch can be damaged and battery life shortened if stored or operated outside of these temperature ranges. Avoid exposing Apple Watch to dramatic changes in temperature or humidity. If the interior temperature of Apple Watch exceeds normal operating temperatures (for example, in a hot car or in direct sunlight for extended periods of time), you may experience the following as it attempts to regulate its temperature:

- Charging may slow or stop.
- The display may dim.
- A temperature warning screen may appear.
- Some data transfer may be paused or delayed.
- Some apps may close.
- Use of cellular on Apple Watch Series 3 (GPS + Cellular) may increase temperature of Apple Watch, causing calls to disconnect.

**Important:** You may not be able to use Apple Watch while the temperature warning screen is displayed. If Apple Watch can't regulate its internal temperature, it goes into Power Reserve or a deep sleep mode until it cools. Move Apple Watch to a cooler location out of direct sunlight and wait a few minutes before trying to use Apple Watch again. For more information, see the Apple Support article [Keep Apple Watch within acceptable operating temperatures](#).

**Magnets** Keep key cards and credit cards away from Apple Watch, the bands, the Apple Watch Magnetic Charging Cable, the Apple Watch Magnetic Charging Case, and the Apple Watch Magnetic Charging Dock.

## Band care information

Many third parties make accessory bands for Apple Watch. Such bands may not fit properly; may interfere with the Apple Watch Wrist Detect feature; may contain materials that cause skin sensitivities or other health concerns; and may even damage Apple Watch. For best results, use only Apple branded or Apple authorized bands.

**How to clean Apple-branded bands** Remove the band from Apple Watch before cleaning. See [Remove, change, and fasten bands](#).

**Note:** This cleaning information applies to Apple-branded bands only. For all other bands, follow the care information provided with the band.

For the leather portions of the bands, wipe them clean with a nonabrasive, lint-free cloth, lightly dampened with fresh water (if necessary). After cleaning, let the band air dry thoroughly before re-attaching to Apple Watch. Don't store leather bands in direct sunlight, at high temperatures, or in high humidity. Don't soak leather bands in water. Leather bands are not water resistant.

For all other bands and clasps, wipe them clean with a nonabrasive, lint-free cloth, lightly dampened with fresh water (if necessary). Dry the band thoroughly with a nonabrasive, lint-free cloth before re-attaching to Apple Watch. Stainless steel bands are not water resistant.



# FCC regulatory statement for Apple Watch, Apple Watch Magnetic Charging Cable, Apple Watch Magnetic Charging Dock, and Apple Watch Magnetic Charging Case

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**Important:** Changes or modifications to this product not authorized by Apple could void the electromagnetic compatibility (EMC) and wireless compliance and negate your authority to operate the product.

This product has demonstrated EMC compliance under conditions that included the use of compliant peripheral devices and shielded cables between system components. It is important that you use compliant peripheral devices and shielded cables between system components to reduce the possibility of causing interference to radios, televisions, and other electronic devices.

Responsible party (contact for FCC matters only):

Apple Inc. Corporate Compliance

1 Infinite Loop, MS 91-1EMC

Cupertino, CA 95014

## Canadian regulatory statement for Apple Watch, Apple Watch Magnetic Charging Cable, Apple Watch Magnetic Charging Dock, and Apple Watch Magnetic Charging Case

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

CAN ICES-3 (B)/NMB-3(B)

## Hallmarks and fineness marks for Apple Watch Edition

The watch case for gold models of Apple Watch Edition and the gold portions of its bands are crafted from 18-karat gold (750 parts per thousand).

Hallmarks and fineness marks for gold models of Apple Watch Edition are located on Apple Watch Edition under the band. Remove the band to view them. Hallmarks for the Apple Watch Edition bands that contain gold are on the band clasps or the lugs.

Hallmarks and fineness marks may vary by country.

Hallmarks and fineness marks:

18K  750 Au750   

# Disposal and recycling information

**Apple Watch disposal and recycling** Your Apple Watch and/or battery should not be disposed of with household waste. Dispose of your Apple Watch and/or battery in accordance with local environmental laws and guidelines. For information about the recycling program at Apple and recycling collection points, visit [www.apple.com/recycling](http://www.apple.com/recycling). For information about restricted substances and other environmental initiatives at Apple, visit [www.apple.com/environment](http://www.apple.com/environment).



## European Union—Disposal Information

The symbol above means that according to local laws and regulations your product and/or its battery shall be disposed of separately from household waste. When this product reaches its end of life, take it to a collection point designated by local authorities. The separate collection and recycling of your product and/or its battery at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

## Brasil—Informações sobre descarte e reciclagem

O símbolo indica que este produto e/ou sua bateria não devem ser descartados no lixo doméstico. Quando decidir descartar este produto e/ou sua bateria, faça-o de acordo com as leis e diretrizes ambientais locais. Para informações sobre substâncias de uso restrito, o programa de reciclagem da Apple, pontos de coleta e telefone de informações, visite [www.apple.com/br/environment](http://www.apple.com/br/environment).

## Información sobre eliminación de residuos y reciclaje

El símbolo de arriba indica que este producto y/o su batería no debe desecharse con los residuos domésticos. Cuando decida desechar este producto y/o su batería, hágalo de conformidad con las leyes y directrices ambientales locales. Para obtener información sobre el programa de reciclaje de Apple, puntos de recolección para reciclaje, sustancias restringidas y otras iniciativas ambientales, visite [www.apple.com/la/environment](http://www.apple.com/la/environment) o [www.apple.com/mx/environment](http://www.apple.com/mx/environment).

**Battery service** The lithium-ion battery in Apple Watch should be serviced by Apple or an authorized service provider. You may receive a replacement Apple Watch when ordering battery service. Batteries must be recycled or disposed of separately from household waste. For more information about battery service and recycling, go to [www.apple.com/batteries/service-and-recycling](http://www.apple.com/batteries/service-and-recycling).

## California Battery Charger Energy Efficiency



## Türkiye

Türkiye Cumhuriyeti: AEEE Yönetmeliğine Uygundur.

## 台灣



廢電池請回收

## Taiwan Battery Statement

警告：請勿戳刺或焚燒。此電池不含汞。

## China Battery Statement

警告：不要刺破或焚燒。該電池不含水銀。

# Apple and the environment

At Apple, we recognize our responsibility to minimize the environmental impacts of our operations and products. For more information, go to [www.apple.com/environment](http://www.apple.com/environment).

Apple Inc.

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Some apps are not available in all areas. App availability is subject to change.