

Helpful Apple Watch Features

Control Apple Watch with your iPhone: Go to Settings on your **iPhone**. Scroll to Accessibility. Scroll to Apple Watch Mirroring and turn on.

Control Center: The Control Center can be accessed by swiping up from the bottom of the Watch. Scroll to the bottom and click Edit if you wish to add or delete an icon. Long hold if you wish to rearrange the icons.

Use the Dock as an App Launcher: The dock appears when you quickly press the side button. It defaults to showing RECENTS but can be changed to FAVORITES. Go to the **Watch App** on your **iPhone**. Scroll to Dock to choose Favorites. Click Edit (top right-hand of screen) to add or delete Favorites.

Take a Screen Shot: Simultaneously press the Digital Crown/Home button and Side button. The screen shot can be found in your Photos App on your iPhone.

Siri: In the **Watch App** on your **iPhone** scroll to Siri. Turn on all Siri Responses (Toggle on Always Show Siri Captions and Always Show Speech if you wish to see a written transcript of your requests).

On the Apple Watch long hold the Digital Crown/Home button or say, “Hey Siri” to make Siri requests.

Easiest Way to Text from Your Watch: Ask Siri to send a text to a name in your Contacts. Siri will ask you what you want to say. Say your message and send by tapping the Digital Crown/Home button.

Send an Audio Text from Watch: Ask Siri to send an audio message to a name in your Contacts. Siri will ask you what you want to say. The message is sent by tapping the Digital Crown/Home button.

Calculator App (can also be set up as a Complication on a Watch Face): Easy to use App on the Apple Watch. Also has a Tip Calculator. Scroll the Digital Crown/Home button to change tip percentage and number of people.

Camera Remote App (can also be set up as a Complication on a Watch Face): Camera Remote App allows you to use your iPhone camera shutter.

Weather App (can also be set up as a Complication on a Watch Face): Tap Weather App. App will show you the current temperature and the temperature throughout the day. Tap the current temperature again for sun/cloud/wind information. Tap again for precipitation. Scroll up on Watch face for more information. Tap the back button on upper left-hand corner for more locations you have set up or wish to set up.

Timer App (can also be set up as a Complication on a Watch Face): Set timer from menu or customize time. You can also ask Siri to set your timer.

Calendar App (can also be set up as a Complication on a Watch Face) Tap on Calendar to view events. Tap the back arrow on upper left-hand side of screen for monthly, daily and hourly views. Note: Easiest way to add an event? Just tell Siri to do it.

Apple Watch and Your Health

Note: Readings are kept in the Health App on your iPhone.



Blood Oxygen App: Blood oxygen is a measure of the amount of oxygen in the protein. Tap on App to start a reading.



Electrocardiogram (ECG) App: An ECG records the timing and strength of electrical signals that make the heart beat. Tap on App and place finger on Digital Crown/Home button for reading.



Heart Rate App: Can be used as an App or Complication on your Watch face. Go to the **Watch App** on your **iPhone** scroll to HEART and set a high and low resting heart rate. Your Watch will notify you if you have gone beyond these limits.



Noise App: Go to **Watch App** on your **iPhone**. Scroll to Noise to turn on Environmental Sound Measurements. You will get a notice on your Watch if noise is above the set threshold.



Workout App & Complication: Records your workouts and sends all data to your iPhone in the Health app.



Fall Detection: Open the **Watch app** on your **iPhone**, then tap the My Watch tab -> Tap Emergency SOS -> Turn Fall Detection on. In case of a fall, fall detection will give emergency crews your exact latitude and longitude. It will also notify your emergency contacts where you are located. Note: Crash Detection is also available for Apple Watch 8.

Main Controls



Control Center:

Access by sliding up from bottom of Watch



Complications:

Added to Watch faces in Watch App



Apps:

Access by quick click of Digital Crown/Home button



