12:22 12:22 15m 12:22

LOVETT OR LEAVE IT
Double Double, Bre...

All Episodes
ON YOUR PHONE

ON YOUR PHONE

All Episodes

LOVETT OR LEAVE IT
Double Double, Brett's in Trouble

The Book Review

IT'S BEEN A MINUTE WI...
Weekly Wrap:

Overcast, a third-party podcast app, on watchOS 5.

Valentina Palladino

Apple Watch

Running Watch OS 6.0

10:19 10:19 10:38

WORKOUT WORKOUT

It looks like you're working out.

03:14.53

17 ACTIVE CAL
21 TOTAL CAL
109 BPM ♥

Finished your work-out?

Record Elliptical Workout

End Workout

Change Workout

Pause

What you'll see when the Series 4 automatically detects a workout, and when it detects the end of that workout.

Valentina Palladino
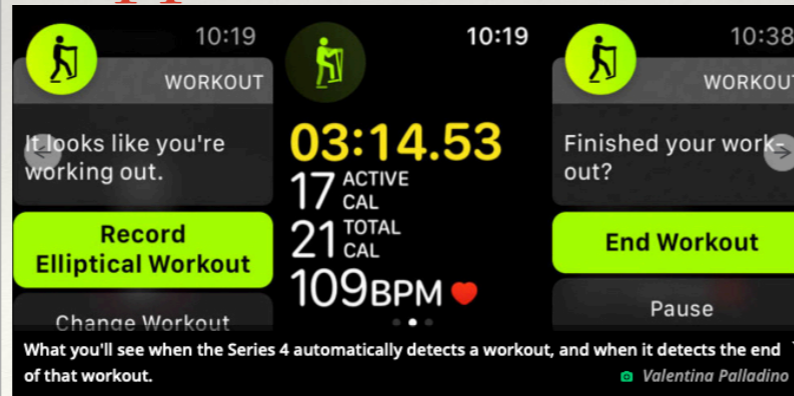
Apple Watch Series

- Series 1 - Watch
- Series 2 added GPS
- Series 3 - Solid red crown face
- Series 3 added:
  - Cellular
  - Altimeter

- Series 4 - ring around crown
- Series 4 added:
  - Fall detection
  - ECG
  - Second generation heart sensor
  - Digital crown with haptics
  - Larger sized watches

- Series 5 - ring around crown
- Series 5 added:
  - Always on display
  - Compass

Apple Watch Series 5

❖ New Complications

❖ Up to 8 Complications per face

❖ New UI design utilizing larger face

❖ Speakers 50% louder

❖ Improved Gyroscope, 2x better

❖ Improved Accelerometer, 2x better

Apple Watch Series 5

- ❖ 2nd generation optical heart monitor
- ❖ Fall, trip, slip monitor
- ❖ Trigger Emergency services alert if no movement for 1 min.
- ❖ ECG approved by FDA & AHA
- ❖ Compass
- ❖ Always on display

Series 5   Series 3

44mm case   40mm case   42mm case   38mm case

977 sq mm   759 sq mm   740 sq mm   563 sq mm
display area   display area   display area   display area

10.7mm thin   11.4mm thin

• S4 64bit vs S3 32 bit chip, both dual core   • Edge to Edge Display
• W3 vs W2 wireless chip   • 30% larger screen area
• Bluetooth 5.0 vs 4.2   • 37% more pixels

Apple Watch Studio

# Any case. Any band.
Any style you want.

Create your style

Setting Up Using iPhone

❖ Requires an iPhone 6s+ to set up and sync

❖ https://support.apple.com/en-us/HT204505

❖ Cellular watches require add-on to phone cellular plan

❖ https://support.apple.com/en-us/HT207578
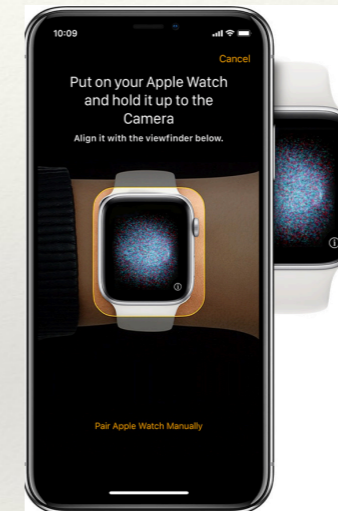
Setting Up Using iPhone

❖ Most settings are input from the Apple Watch app on iPhone (except for Siri which is done on watch/general)

❖ Create a passcode for the watch if you use Apple Pay and to stay secure (can access ALL info on your iPhone)

❖ Choose the feature settings and apps you want on the watch

❖ iPhone now syncs all data with watch
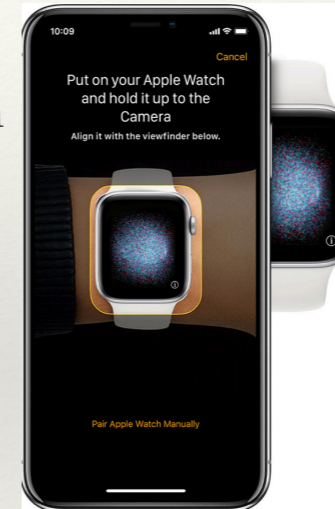
Using the Crown & Side Button

Press or rotate the Digital Crown

- Press to see the watch face or Home screen.
- Double-click to return to the last app.
- Press and hold to use Siri.
- Turn to zoom, scroll, or adjust what's on the screen.
- On Apple Watch Series 2 or later,* turn to unlock the screen during a swimming workout.

Digital Crown/
Home button

Side button

Press the side button

- Press to show or hide the Dock.
- Press and hold to use SOS.
- Double-click to use Apple Pay.
- Press and hold to turn your watch on or off.

Select Calendar, scroll the crown to show different events/days
Press the side button to show the dock (I have recent apps shown)
Press the side button twice to bring up Apple Pay and hold near NFC reader
Press and hold to display power off, or emergency 911 call.

Using Gestures

Press

Firmly press the screen to change the watch face, see options in an app, and more.

Tap

Tap the screen to select a button or item.

Drag

Drag your finger across the screen to scroll or adjust a slider.

Swipe

Swipe up, down, left, or right to see different screens.

Battery & Charging

❖ Battery saving settings

❖ Night stand mode

❖ Wireless charging

❖ When do you <u>not</u> move much? (sleeping, working, watching TV, etc) - CHARGE TIME!

❖ Fast charge (½ battery in 1 hour).

❖ Battery life is 18 hours after an overnight charge, factoring in things like checking the time, receiving notifications, using apps, and doing a 60-minute workout

Watch App/Brightness, /General/Wake,
Watch App/General/Nightstand,

Let's go Live...

Heart Friendly
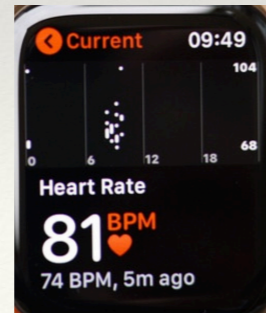
❖ Heart monitor built in, second gen in Series 4 & 5

❖ Use of Health App on iPhone

❖ Stanford study with over 400,000 participants to detect atrial fibrillation

❖ Series 4&5 Watch with one point ECG

❖ Cardiogram my favorite third party App

❖ HeartWatch & Zones next favorite

Show Health App: Click on Heart, Scroll down to point out adding Blood Pressure msrmts, then click on ECG and show all readings

Open Cardiogram, show day summaries, scroll to right on msmts under graph to show comparisons with same age individuals
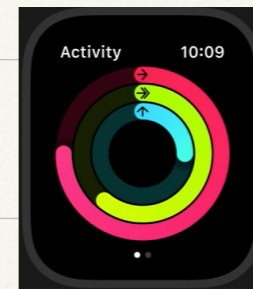
Sleeping with the Watch

- ❖ DND set up - set on iPhone

- ❖ Theatre Mode - no light, no buzzes

- ❖ Sleep tracking - Several good ones

- ❖ Getting up at night? Use the flashlight (white or red)

- ❖ Review all data on iPhone
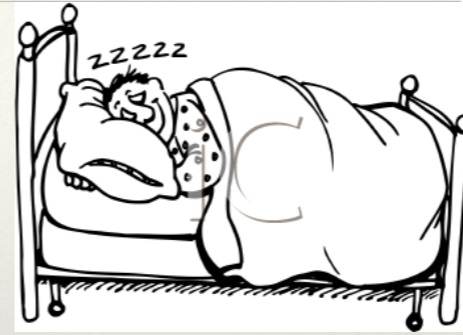
Show AutoSleep - Heart rate, times I got up and for how long, How long I slept
I charge while sitting watching TV in evening. Wear watch rest of time

The Activity Rings

- Red - Move: tracks & counts active calories burned by doing all sorts of movements during the day.

- Green - Exercise: close by doing 30 minutes of activity at or above a brisk walk. Track using Workout complication. Modify stats to monitor for each for workout using iPhone Watch App/Workout

- Blue - Stand: get up and move around for 1 minute during 12 different hours in the day

- Coaching, awards, sharing, competitions (swipe right)

- Monitor progress using Activity App on iPhone
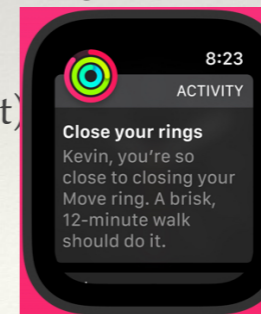
Change move goals: open Activity App on watch, firmly press display, tap "change move goal", tap + or _ to update to new goal.

Extra Tips & Tricks

❖ Ping your phone from Control Center

❖ Mute phone when you forgot to silence it (hand cover)

❖ Force close frozen apps

❖ Theatre mode to silence the buzz, and keep screen dark

❖ DND in Control Center - based on time, place, event

❖ Unlock watch using iPhone

❖ Clear all notifications

Mute phone by covering the face for 3 seconds IF you have turned on the settings in Sounds & Haptics on Watch App.
Force close: Press side button to reveal the dock (dock must be set to show recent Apps), then swipe left and tap the "X" to quit
Go to iPhone Watch App, then Passcode, and turn on Unlock with iPhone.
Scroll down for Notification screen, press and hold (force touch), then press Clear all.

References

❖ Heart Notifications - https://support.apple.com/en-us/HT208931

❖ Install Apps - https://support.apple.com/en-us/HT204784

❖ Workouts - https://support.apple.com/watch/workout

❖ Fall Detections - https://support.apple.com/en-us/HT208944

❖ User Guide - https://support.apple.com/guide/watch/welcome/watchos

❖ GREAT Book - https://www.takecontrolbooks.com/apple-watch/