

WatchOS 7

Features and Watch Face Sharing

WatchOS 7

Requirements

- iPhone 6S + : 6S, 6S+, 7, 7 +, 8, 8 +, SE, X, XR, SX, XS Max, 11, 11 Pro, 11 Pro Max, 12, 12 Mini, 12 Pro, 12 Pro Max
- Apple Watch Series 3 or later : Series 3, 4, 5, 6, SE (only runs WatchOS 7)
- Human Being with heart beat (all ages)
- I recommend you *ALWAYS* buy the cellular component for the watch!!

WatchOS 7

Features - Family Setup

- One iPhone to rule them all, one phone to bind them.
- Setup and modifications all on one iPhone
- Pair watches for children or elderly
- Each watch has separate phone number
- <https://support.apple.com/guide/watch/set-up-a-family-members-apple-watch-apd54d0a51fb/watchos>
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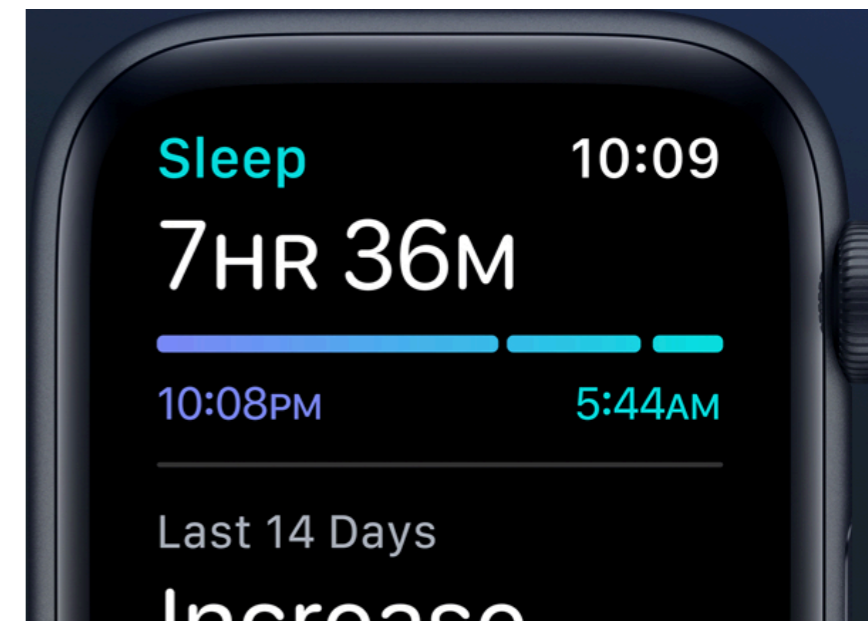
WatchOS 7

Features - Siri

- Redesigned Siri look
- Siri can now announce incoming messages
- Siri can run shortcuts that you create on your phone
- Siri now can translate 10 different languages on your watch
- Dictation now handled on the watch and is faster & more reliable
- Microphone use indicator

WatchOS 7

Features - Health



- Track and chart your Sleep - turn on on watch
- Sleep Mode - Simplifies & dims Lock Screen, Hides Notifications, turns on DND (turn on/off in control center)
- Bedtime reminders (when you have passed your bedtime)
- Wind down feature (in Options, initiates Sleep Mode)
- Wake up sounds
- Charge & recharge battery reminders (<30% battery remaining)
- iPhone/Health App/Sleep Category for summary

WatchOS 7

Features - Health

- Hand Washing auto detection and completion (iPhone setup)
- Reminder to wash hands when arriving home (iPhone setup)
- Monitor your hearing with weekly summaries (iPhone/Health App)
- Headphone audio notifications
- New Mobility Metrics: Cardio fitness, walking speed, stair ascent & descent speed, step length & asymmetry
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WatchOS 7

Features - Health



- Activity app renamed Fitness App (on iPhone) and redesigned
- New Workout types (dance, functional and core training, cool down)
- Change Activity goals (Watch/Activity/scroll to bottom)
- New VO2 data called Cardio Fitness on iOS 14.3
- Apple Fitness + (\$11/mo) - uses iPhone/iPad & Watch

WatchOS 7

Features - Cycling

- New Cycling directions in a few cities
- Get directions from Siri
- Larger easy to read directions
- Choose to avoid hills
- Choose to avoid busy roads
- Lets you know when to dismount and walk the bike or climb the stairs



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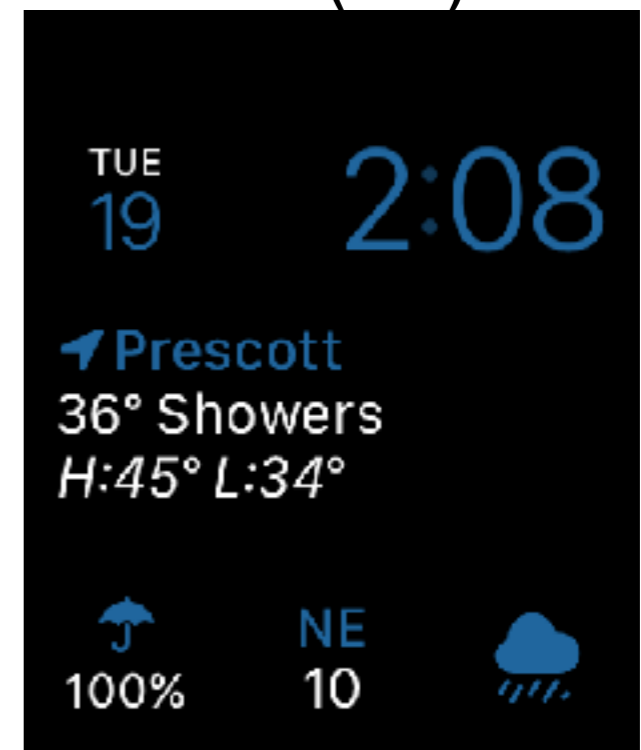
Features - Misc.

- Improved DND
- Improved privacy
- Battery health now a complication
- New Message button for Messages
- Send location from Messages App (scroll to bottom)
- View contact details in Messages App (scroll to bottom)
- Redesigned Wallet App

WatchOS 7

Features - Faces

- Customize watch faces on the watch with new Edit button
- Each app can now have several complications (see wx face)
- New way of listing and choosing complications
- Tapping on complication displays full app information (wx)
- More watch faces
- Share your watch face from watch
- Share your watch face from the phone



WatchOS 7

Features - Faces



- Before you share:
- Must have a Series 3 or later or an SE
- Must be using WatchOS 7 or later
- If you share an App or Complication that requires purchase, they will see the price of it (if they do not have it)
- If you share an App or Complication that is free and they do not have, they will see “Get”

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Features - Share Face from Apple Watch

- Select the face on your watch
- Press and hold the face then tap the Share button
- Choose Add Contact and select the one to share with
- Tap the Name of the watch face, and chose to share all complications with or without data, or exclude one.
- Default is to share ALL COMPLICATIONS WITH DATA
- Tap Done

WatchOS 7

References

- <https://www.macrumors.com/how-to/share-apple-watch-faces/>
- <https://appleinsider.com/articles/20/09/23/how-to-share-apple-watch-faces-in-watchos-7>
- <https://support.apple.com/guide/watch/share-apple-watch-faces-apdb3107c16a/watchos>
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