

Sun Lakes Apple Club

- Welcome - Please mute your devices!
- Last Month
 - Passwords, Legacy and Recovery Contacts
- Agenda
 - Survey - Show of hands poll
 - Apple Watch
 - Brief History of Watch Features
 - Control Center Basics
 - A Couple of Nice Features
 - Health
 - Setup Medical ID on your phone
 - Eight Apple Watch Health Features
 - Using the Workout App (getting credit)
 - Faces Change, Modify and Add (Ken)
- Treasurer's Report



Watch Basics

Control Center

- Open by pressing the side button once (not the crown)
- Close by turning your wrist away from you or pressing the side button again
- All details can be found in the Apple Watch User Guide.








Apple Watch



Apple Watch with Cellular



Control Center Icons - Slide 1 of 3

Icon	Description	For more information
	Turn cellular on or off—Apple Watch models with cellular only.	See Set up and use cellular service on Apple Watch.
	Disconnect from Wi-Fi.	See Disconnect from Wi-Fi.
	Turn on Schooltime—managed Apple Watch models only.	See Set up Schooltime.
	Ping your iPhone.	See Ping your iPhone (Apple Watch Series 8 and earlier) and Ping and find your iPhone (Apple Watch Series 9 only) .
	Check your battery percentage.	See Charge Apple Watch.
	Silence Apple Watch.	See Turn on silent mode.
	Lock your watch with a passcode.	See Lock or unlock Apple Watch.

Control Center Icons - Slide 2 of 3



Turn on theater mode.

See [Use theater mode on Apple Watch.](#)



Make yourself available for Walkie-Talkie.

See [Use Walkie-Talkie on Apple Watch.](#)



Choose a Focus/Do Not Disturb.

See [Create a Focus schedule.](#)



Turn off Personal Focus.

See [Create a Focus schedule.](#)



Turn off Work Focus.

See [Create a Focus schedule.](#)



Turn off Sleep Focus.

See [Track your sleep with Apple Watch.](#)



Turn on the flashlight.

See [Use the flashlight on Apple Watch.](#)

Control Center Icons - Slide 3 of 3



Turn on Airplane Mode.

See [Turn on Airplane Mode.](#)



Turn on Water Lock.

See [Go for a swim with Apple Watch.](#)



Choose audio output.

See [Connect Apple Watch to Bluetooth headphones or speakers.](#)



Check headphone volume.

See [Connect Apple Watch to Bluetooth headphones or speakers.](#)



Change text size.

See [Adjust brightness and text on Apple Watch.](#)



Turn Accessibility Shortcuts on or off.

See [Set the Accessibility Shortcut.](#)




Turn Announce Notifications on or off.

See [Listen and respond to incoming notifications with AirPods and Beats headphones on Apple Watch.](#)

A Couple of Nice Features

Camera Remote


Take a photo

1. Open the Camera Remote app  on your Apple Watch.
2. Position your iPhone to frame the shot using your Apple Watch as a viewfinder.
To zoom, turn the Digital Crown. To adjust exposure, tap the key area of the shot in the preview image.
3. To take the shot, tap the Shutter button.

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

Record video

In watchOS 10, you can use the Camera Remote app to record video from your iPhone.

1. Open the Camera Remote app  on your Apple Watch.
2. Position your iPhone to frame the shot using your Apple Watch as a viewfinder.
To zoom, turn the Digital Crown.
3. Touch and hold the Shutter button to start recording.
4. Release the Shutter button to stop recording.



A Couple of Nice Features

Camera Remote

Choose a different camera and adjust settings

1. Open the Camera Remote app 📷 on your Apple Watch.
2. Tap ⋮, then choose from among these options:
 - Timer (3-second timer on or off)
 - Camera (front or rear)
 - Flash (auto, on, or off)
 - Live Photo (auto, on, or off)




By default photos triggered by your watch will record 10 quick images.

This works well in groups shots to be able to select the one photo

where everyone's eyes are open. To shoot only one photo turn on Live Photo

A Couple of Nice Features


Find My Phone using Apple Watch

Open the Find Devices app  on your Apple Watch, then tap a device.

- *If the device can be located:* It appears on the map so you can see where it is. The device's approximate distance, time it last connected to Wi-Fi or cellular, and charge level appears above the map. An approximate location appears below the map.
- *If the device can't be located:* You see "No location" below the device's name. Below Notifications, turn on Notify When Found. You receive a notification once it's located.

To see devices that belong to members of your family group, scroll down to the bottom and tap Show Family Devices.

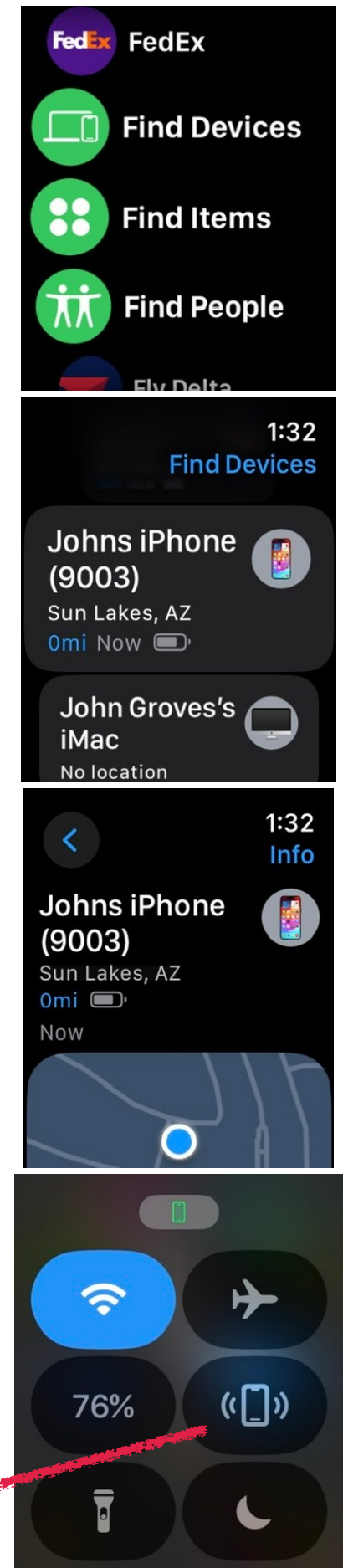
Play a sound on your iPhone, iPad, Mac, or Apple Watch

1. Open the Find Devices app  on your Apple Watch, then tap a device.
2. Tap Play Sound.

- *If the device is online:* A sound starts after a short delay and gradually increases in volume, then plays for about two minutes. The device vibrates (if applicable). A Find My [device] alert appears on the device's screen.

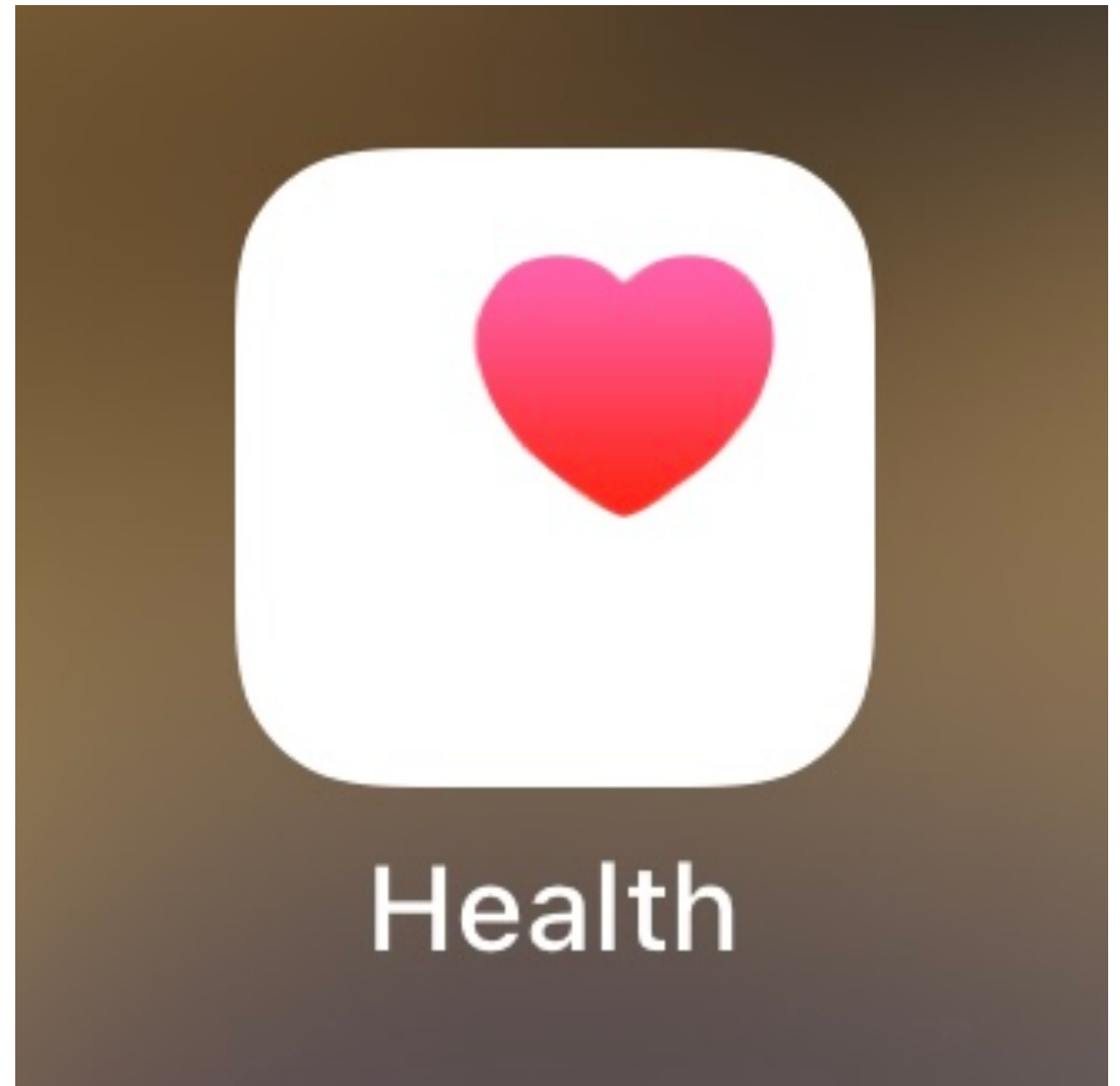
A confirmation email is also sent to your Apple ID email address.

- *If the device is offline:* You see Sound Pending. The sound plays the next time the device connects to a Wi-Fi or cellular network.

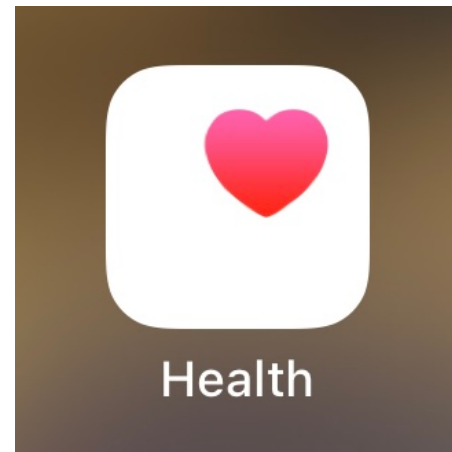


This Ping works great at home

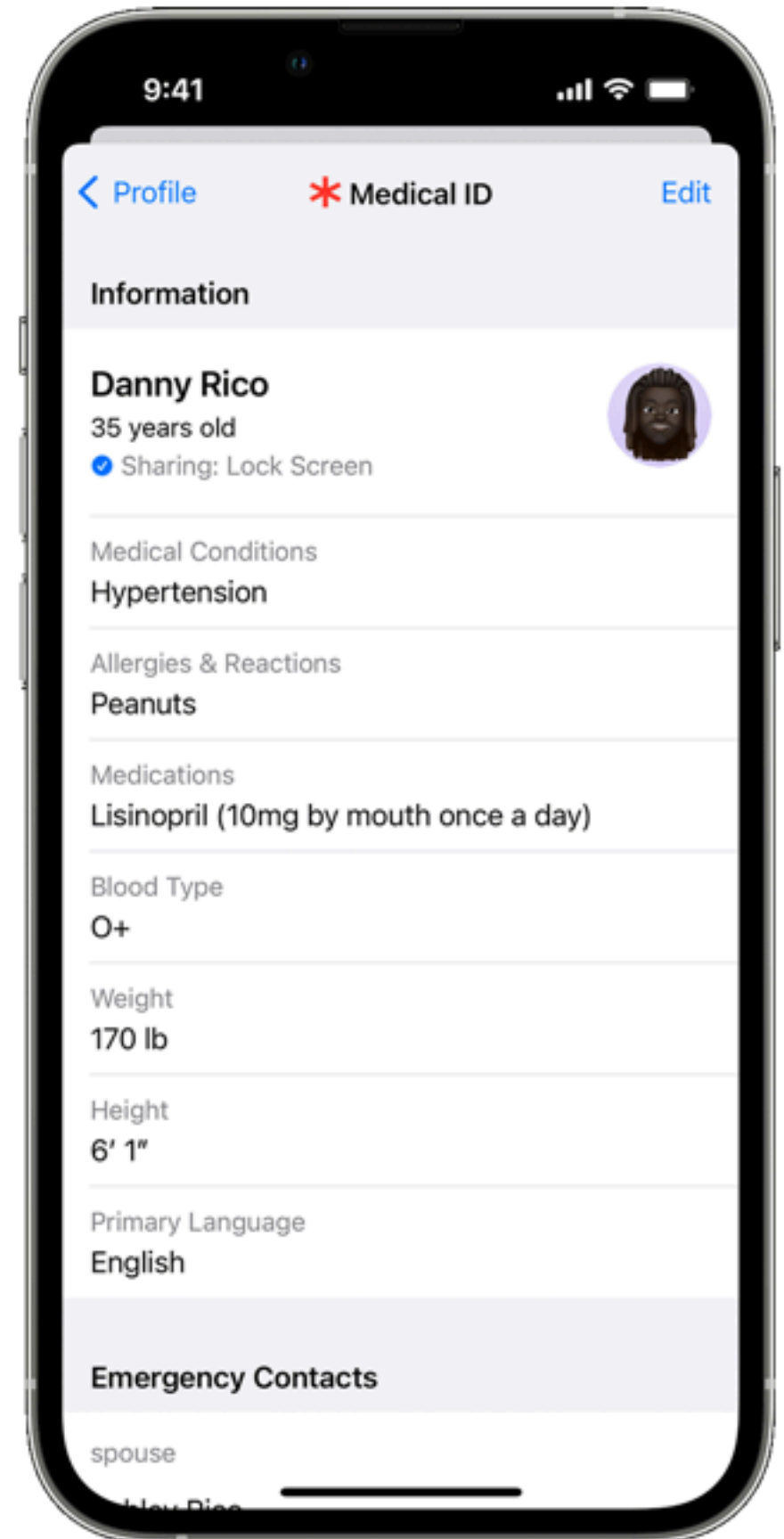
Health



Setup Medical ID On Your Phone

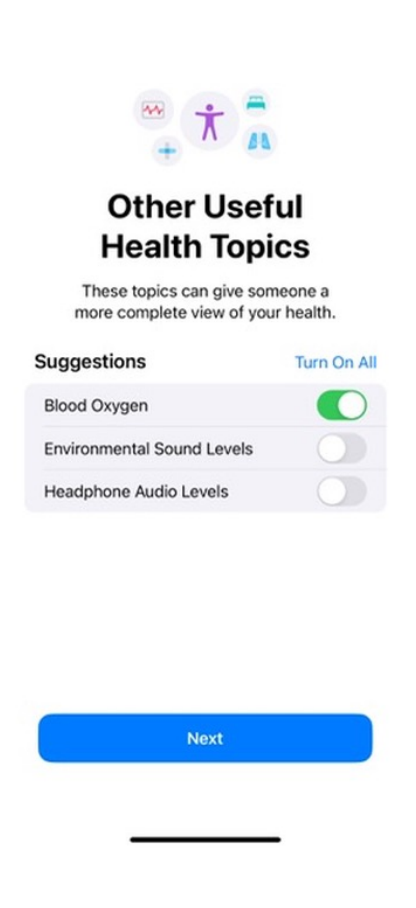
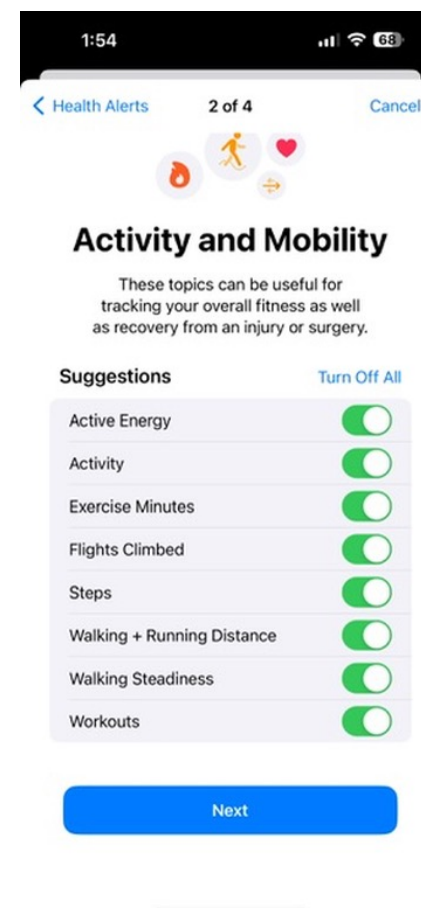
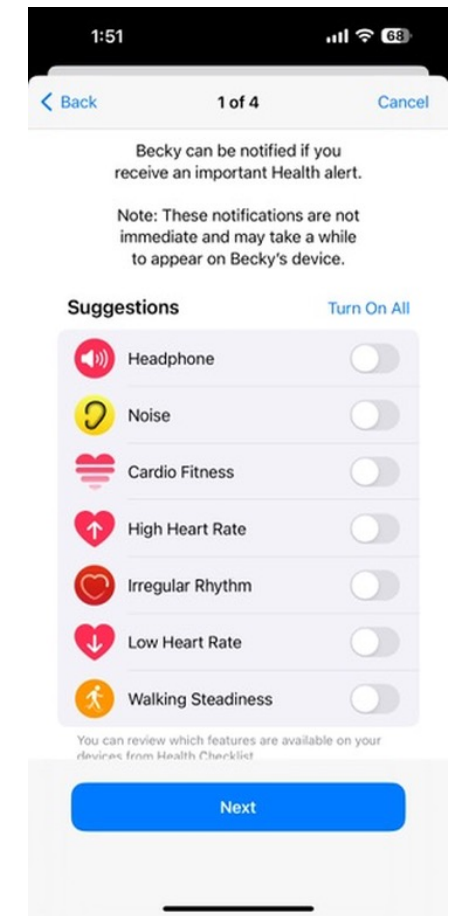
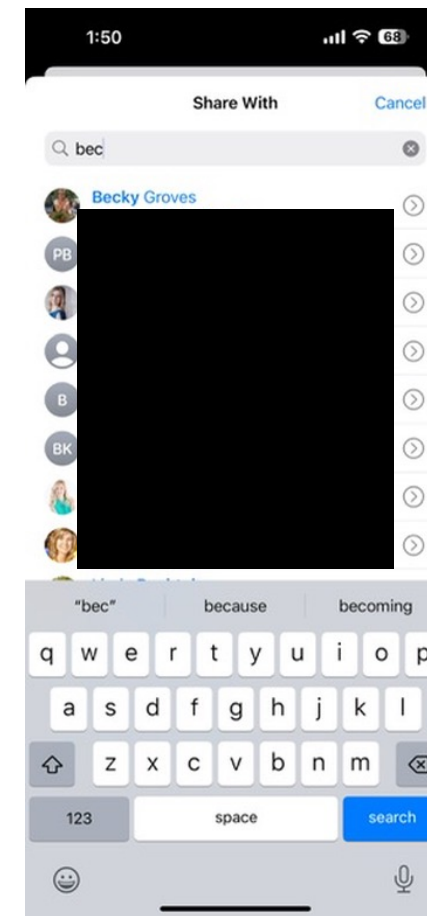
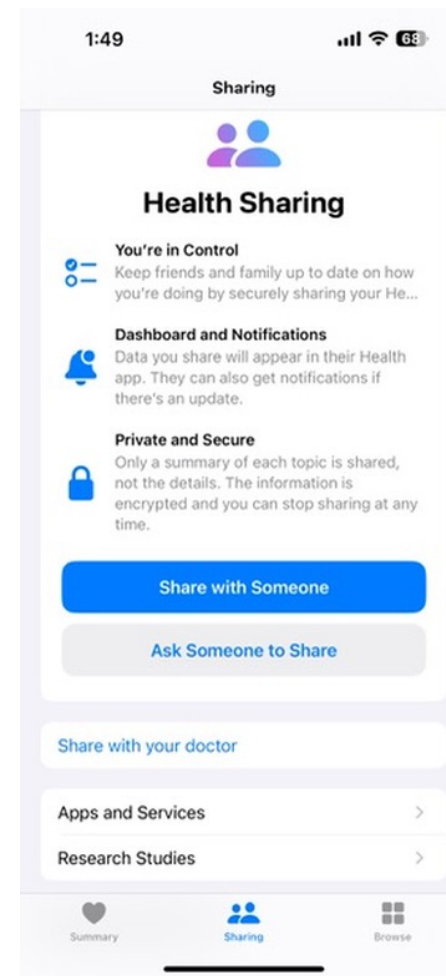


- Open the Health App and tap Summary
- Tap your profile picture
- Tap Medical ID then Edit
- edit/Share Medical ID with Emergency Responders
- Enter health info (DOB, Blood Type, Allergies, etc)
- Also enter personal emergency contacts, these will be automatically notified if your watch detects a fall or accident where you are not responding
- Set up health data sharing



Health Data Sharing

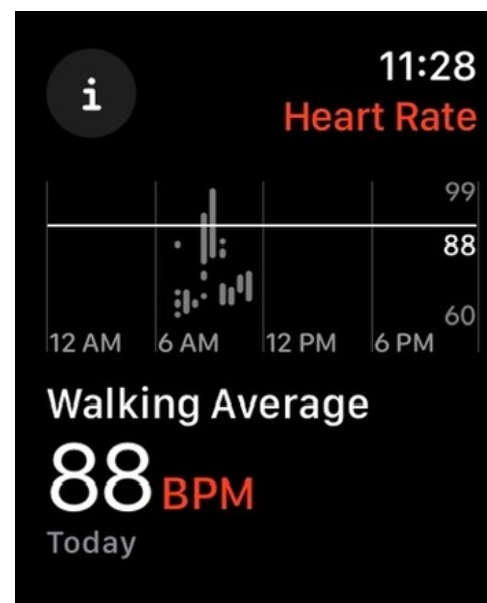
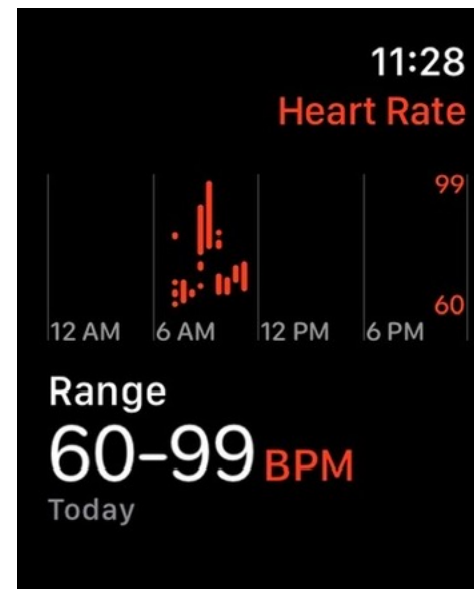
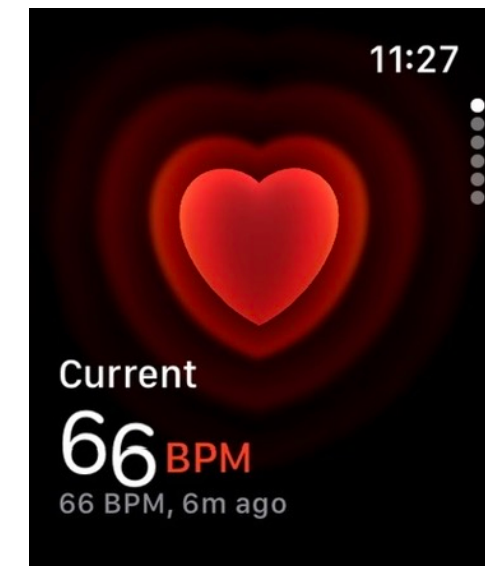
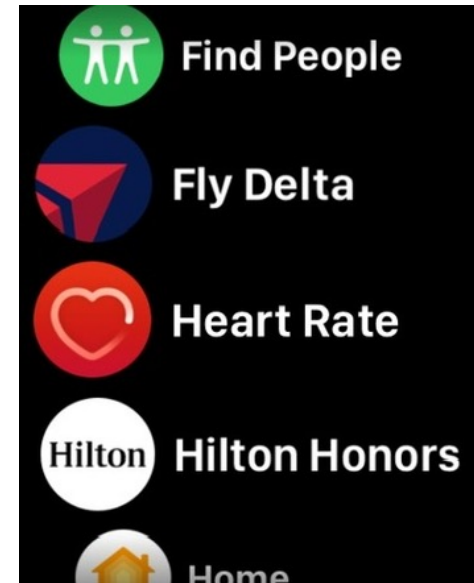
- You control when and who you share your health data
- Click Share with someone
- Your contacts opens
- Select one person to start
- Select what you want to share
- An invite is sent for the person to accept



8 Apple Watch Health Features

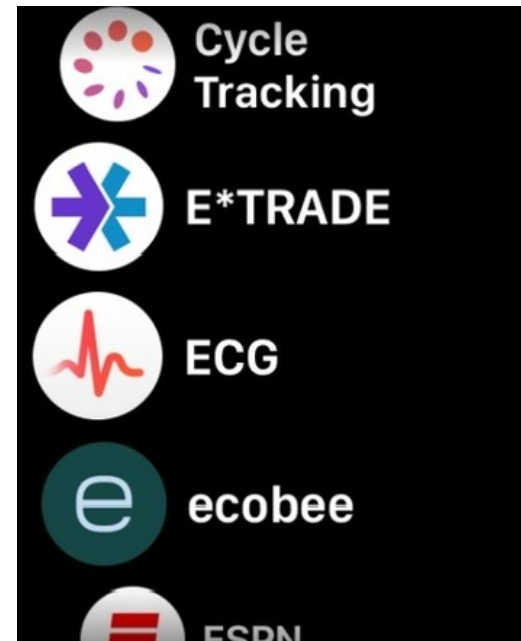
Heart Rate Monitor

- Using photodiodes on the back of the watch
- Tracks blood flow through arteries
- Thus charts heart BPM
- Always Active
- Scroll the crown to see recent detail
- Or open the Health App on your phone

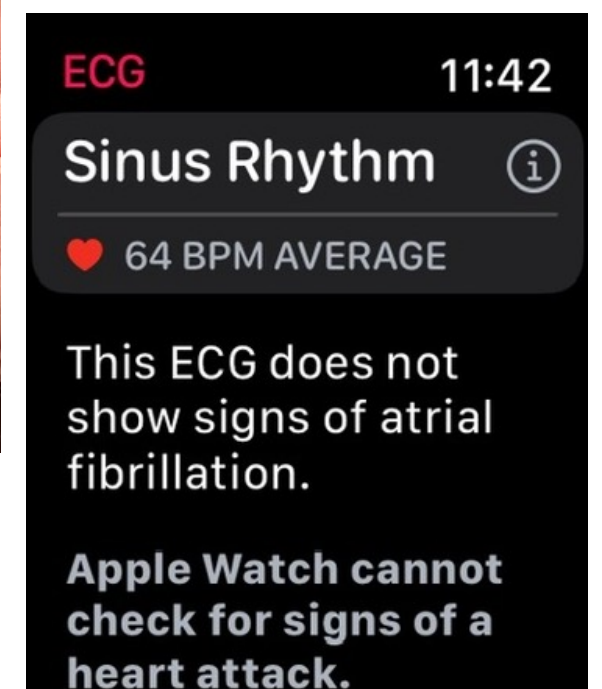


8 Apple Watch Health Features

ECG



- User runs the ECG manually
- Open the ECG App on your watch
- Rest your arm on a table
- Hold a finger on the digital crown for 30 seconds
- Results are immediate
- Great for monitoring murmurs and Afib



8 Apple Watch Health Features

Fall Detection

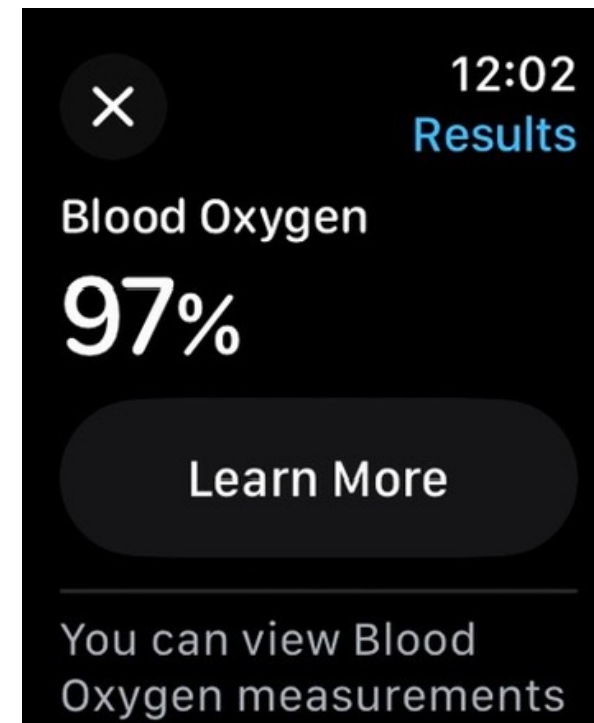
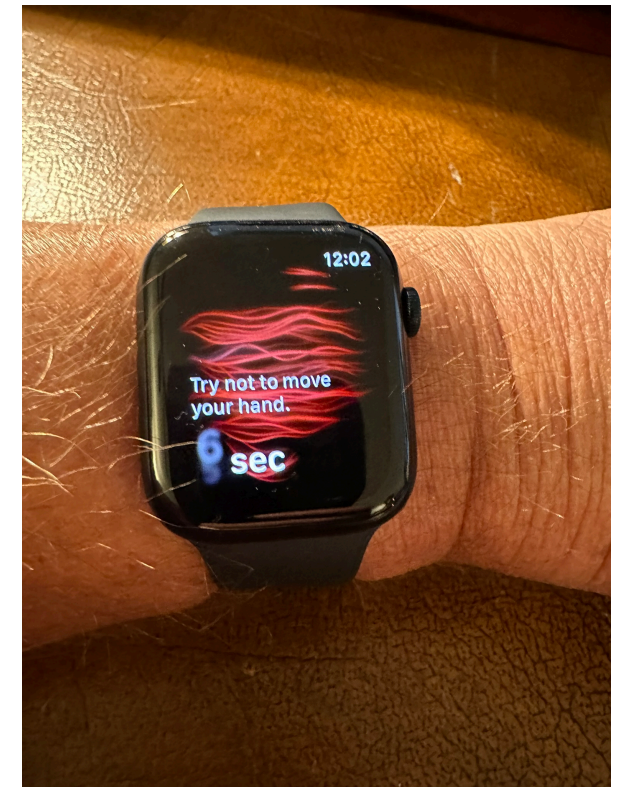
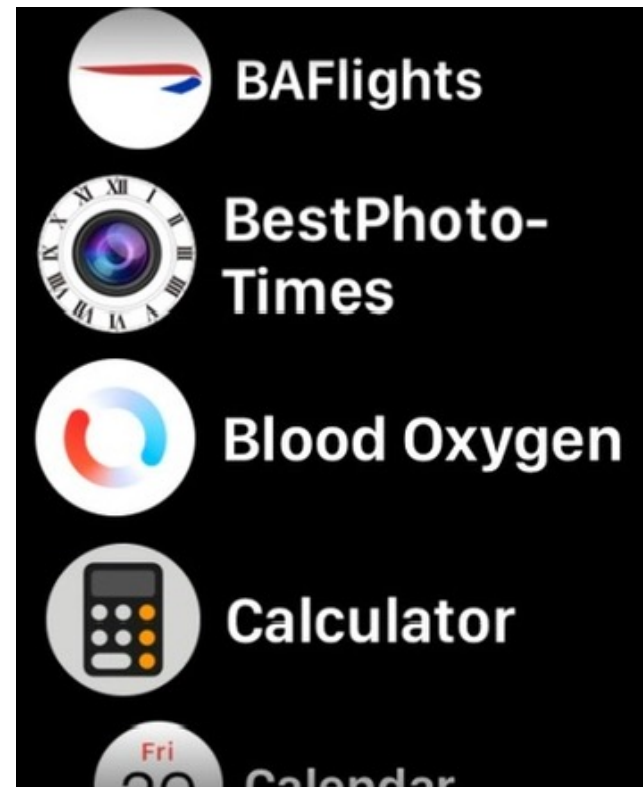
- What Happens?
 - Watch Vibrates and sounds an alarm on your wrist
 - If you are able you can choose to Notify emergency services or dismiss the alert altogether
 - If the watch detects no movement for a minute it starts a 30 second countdown with vibrations and sounds. if still no movement it automatically calls for help and sends an alert and location data to your emergency contacts



8 Apple Watch Health Features

Blood Oxygen Readings

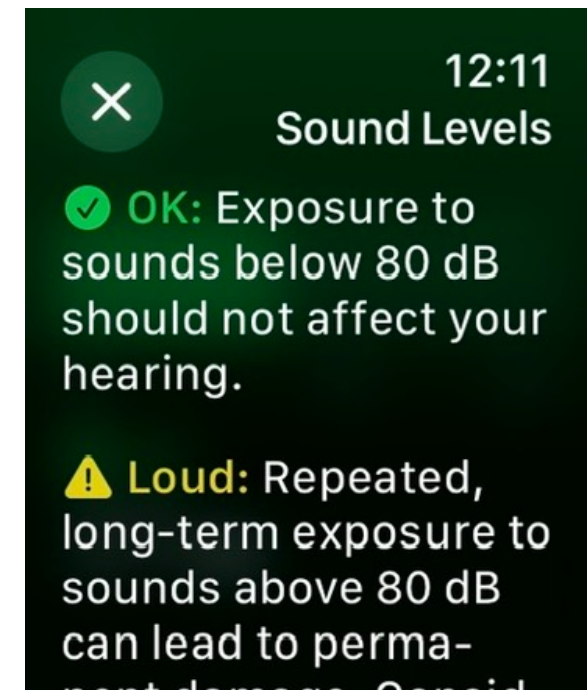
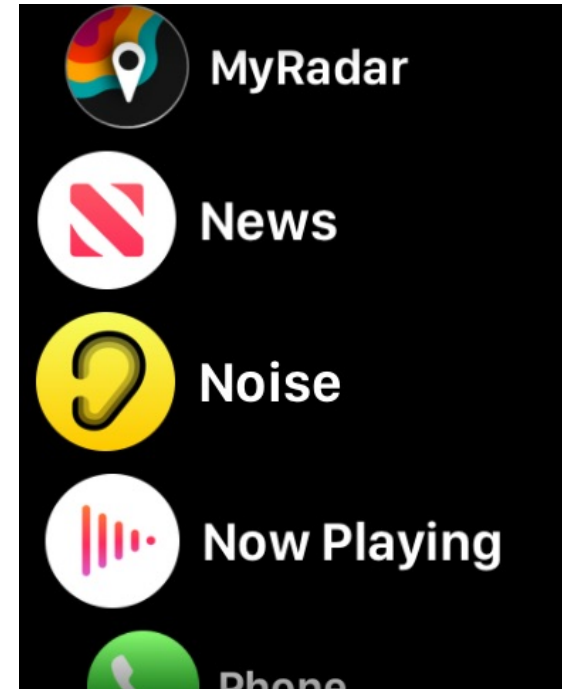
- Open the Blood Oxygen App on your watch
- don't have an overly tight or overly loose watch band
- rest your wrist on a table
- stay steady
- readings $< 92\%$ see your doctor
- readings $< 88\%$ head to the ER



8 Apple Watch Health Features

Noise Level Notifications

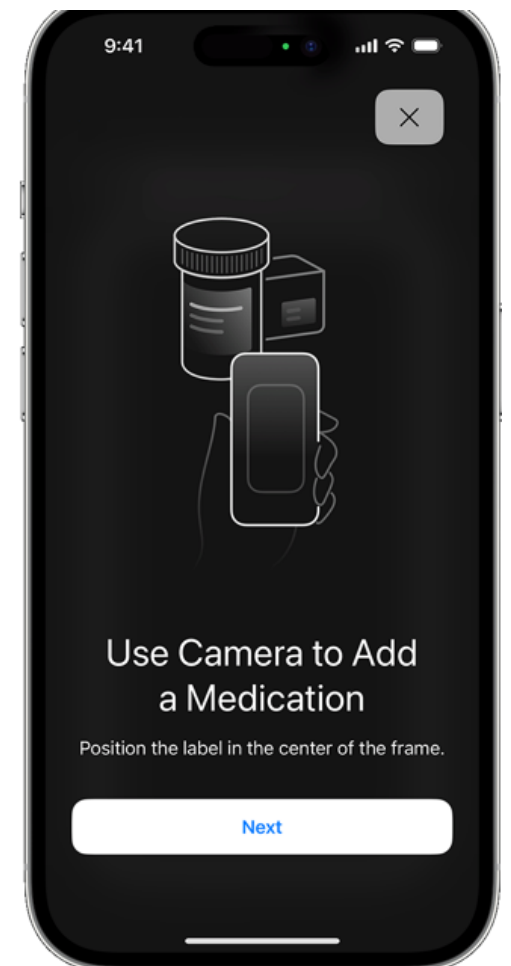
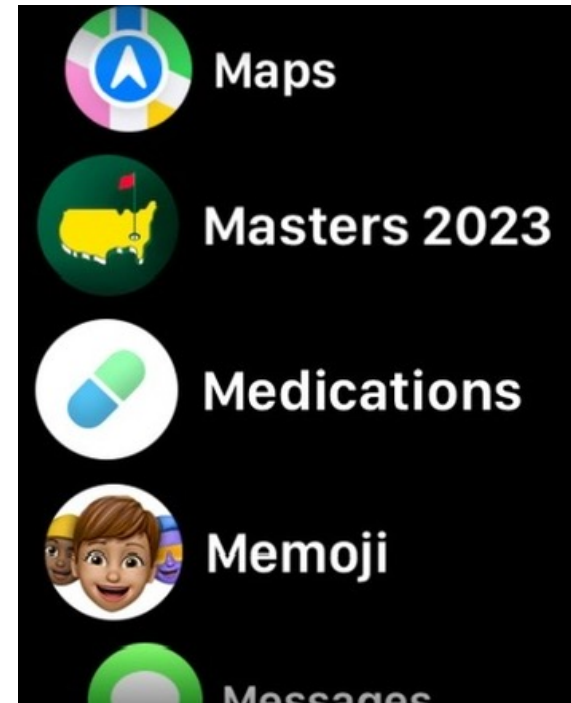
- Measures nearby sounds and detects level and length of sounds
- Your watch will alert you to unsafe decibel levels
- You can run this app at anytime
- scroll the digital crown to see info on various readings and warnings



8 Apple Watch Health Features

Medication Tracking

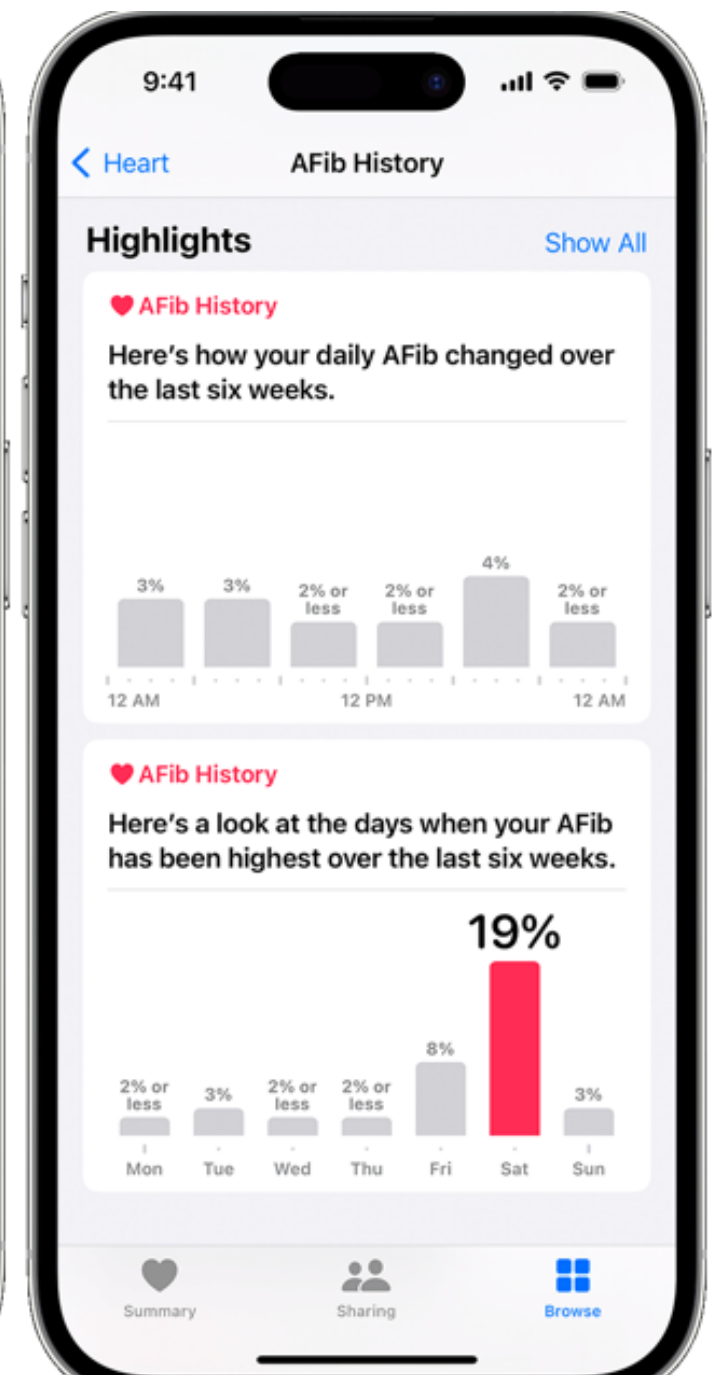
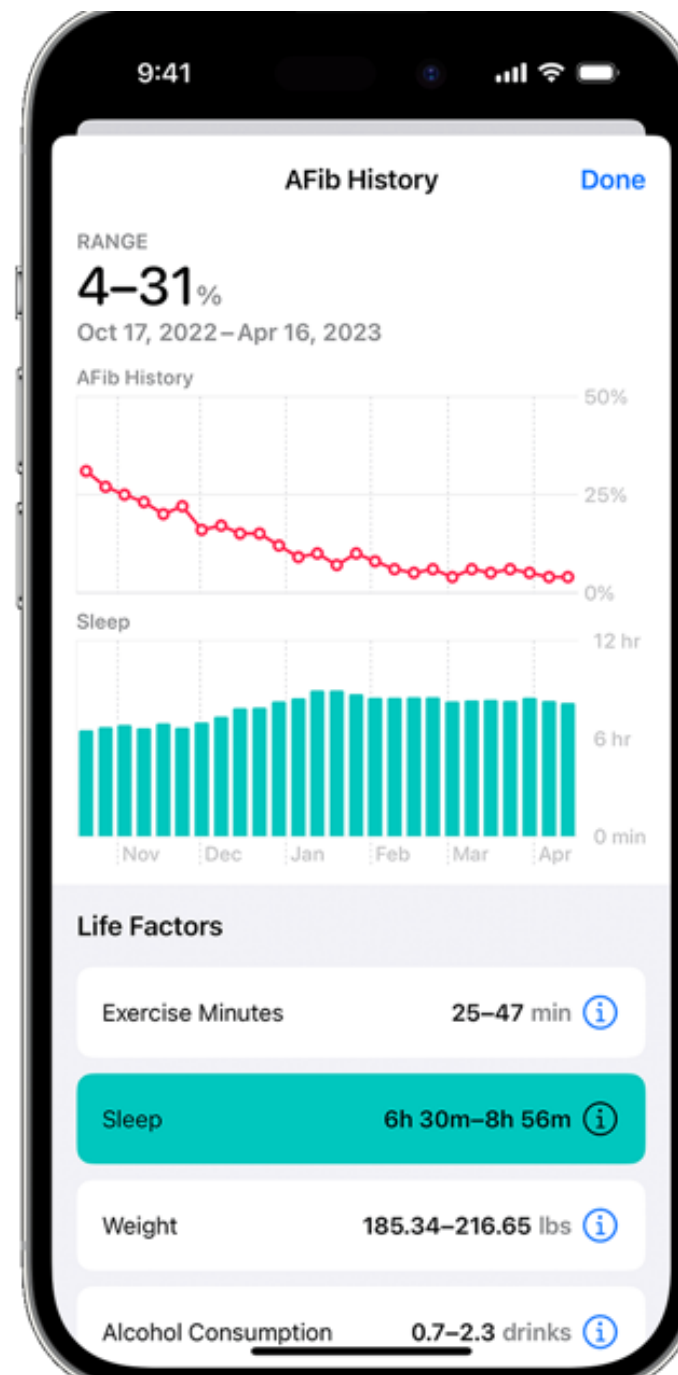
- Use the Health App on your iPad or iPhone to add your medications, can even be done with photos
- You can set frequency and time of day
- Use your watch and the medications app to log a medication as taken or skipped
- You can also set reminders to tell you it is time for one or more meds.



8 Apple Watch Health Features

AFib History

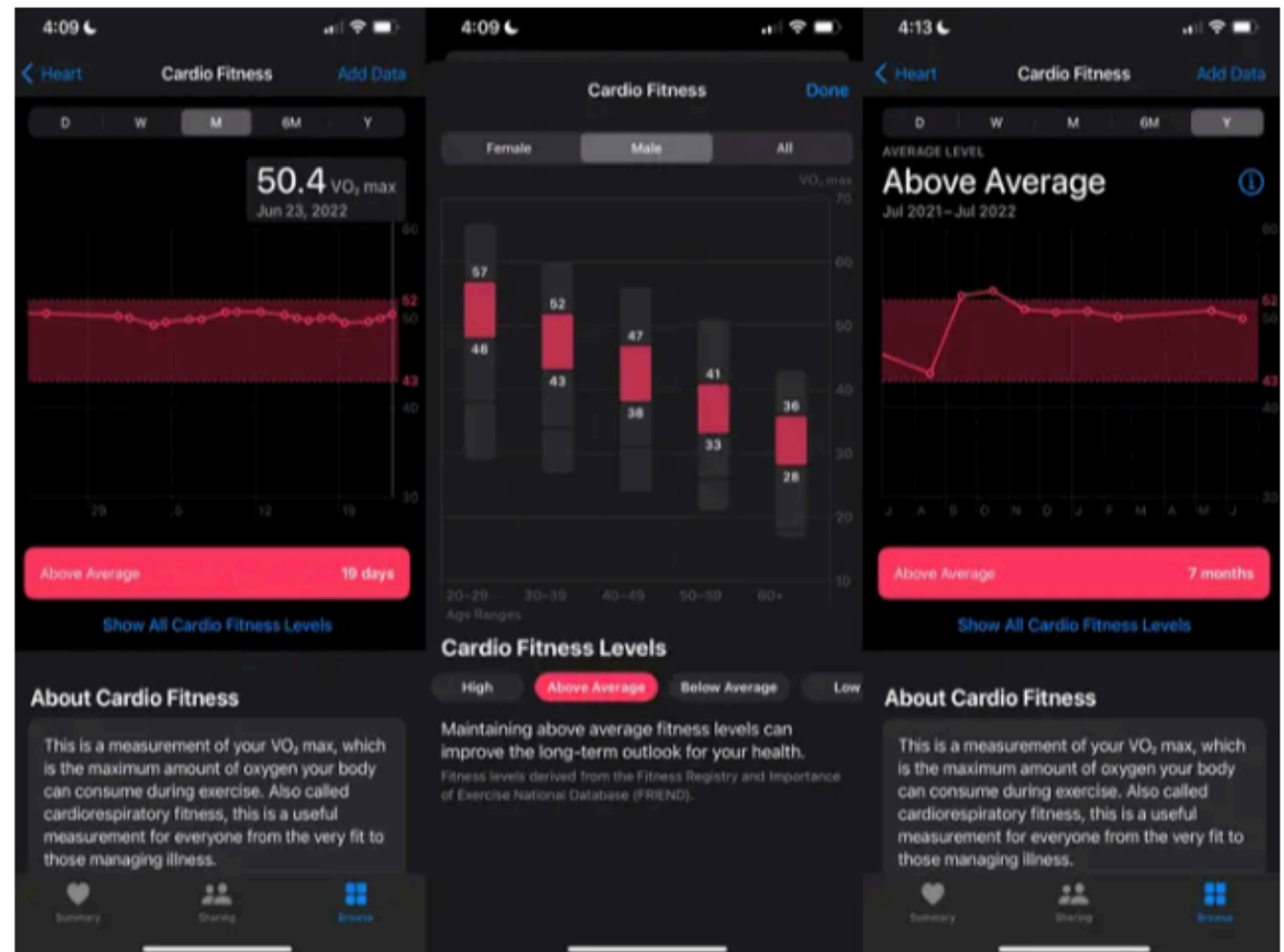
- Requirements
 - Must be diagnosed by a physician
 - Must wear your Apple Watch > 12hrs/day for 5 days/wk to work well
 - Heart Rate and Wrist Detection must be enabled on your Apple Watch
- see this web site for details
<https://support.apple.com/en-us/HT212214>



8 Apple Watch Health Features

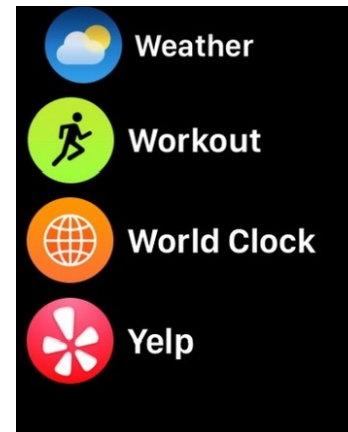
VO2 Max

- Tracks overall cardio health by measuring the maximum amount of oxygen your body takes in during a workout
- Your watch uses the heart rate monitor and motion sensors during activities to configure your VO2 levels.



Using the Workout App

Getting Started



- Open the Workout App
- Find a workout from the workout types
- Options may exist within each category
- I used “Other” to get a “water fitness” workout for water aerobic classes



Using the Workout App

Let's work out

- Tap the selected workout and a 3 second countdown begins
- Track your progress throughout
- When you are done swipe right on your watch and you can end or pause
- Learn More at <https://support.apple.com/en-us/HT204523>
- Workout Shares its data with Activity on your watch so your workouts count towards your activity goals.
- All of the data is stored in the Health App on your phone and can be shared with 3rd parties with your permission



DexCom G6 or G7

Diabetic Glucose Monitor

ON YOUR PHONE

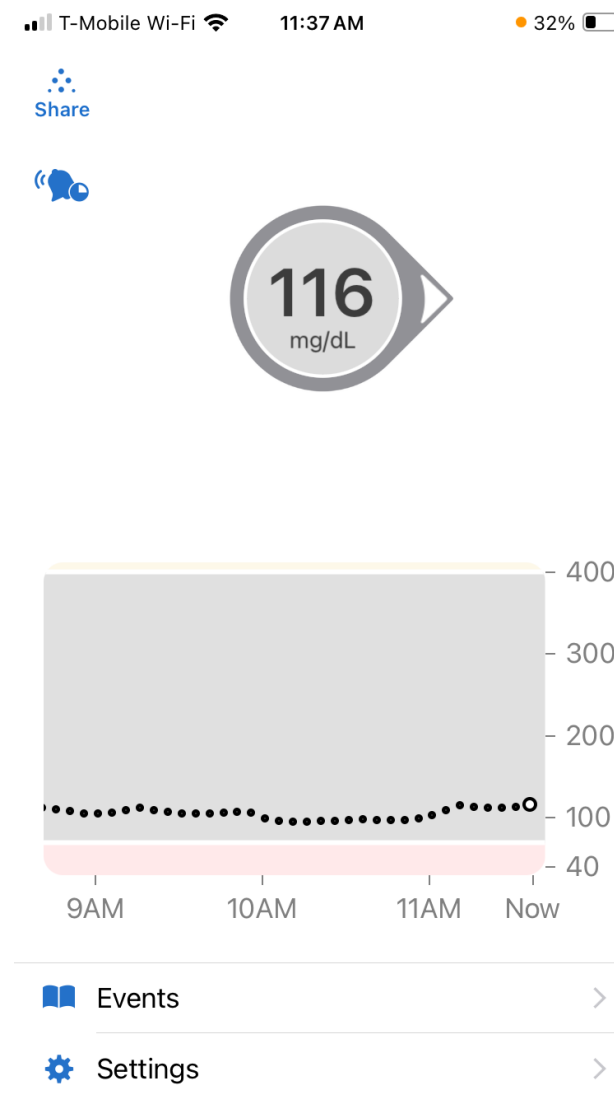
ON YOUR WATCH



DEXCON G6

- Continuous Blood Sugar Monitor
- No More Finger Sticks
- Always know your Blood Sugar
- Can Share with Someone
- Can monitor past 24 hours
- Alerts to HIGH or LOW Level

PHONE



WATCH



Apple Watch Faces

- With the current watch face showing, touch and hold the display. Choose face to display or.....
- Swipe left all the way to the end, then tap the New button (+). Turn the Digital Crown to browse watch faces, then tap Add



- Easier in MHO (Do it on your phone) Build or Modify- DEMO

