

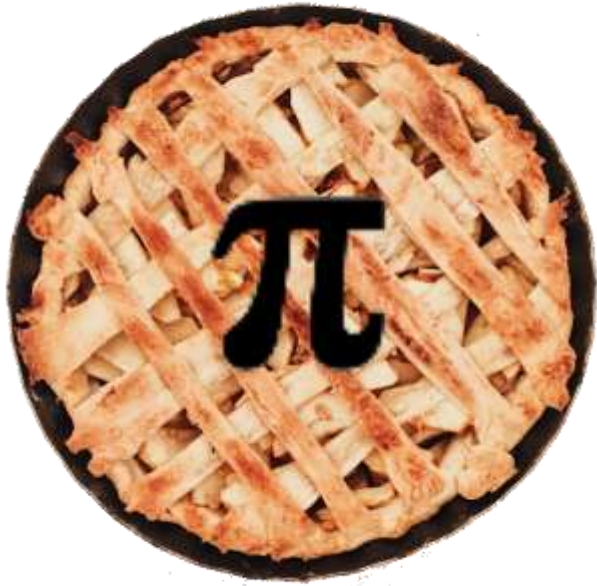
Why I Like my Apple Watch

SHIFT Workshop

March 14, 2022 6:30 PM CDT



Links.SeniorTechClub.com/SHIFT18



3.14

Happy Pi Day

How I like my Apple Watch

- ✓ Apple Watch Introduction – It tracks time and.....
- ✓ Why I like my Apple Watch – 8 Ways
 - ✓ Fitness & Activity
 - ✓ Staying Connected – Messages, News & Siri
 - ✓ Health – Heart & Hearing
 - ✓ Safety – SOS & Falls Detection
 - ✓ Sleep Tracking
 - ✓ Music & Podcasts
 - ✓ Camera Remote
 - ✓ Find my iPhone



Our Learning Tools

- Zoom
- Your Questions
 - “Hey Don” or Chat
 - Email: don@SeniorTechClub.com
- Online Class Page at:
Links.SeniorTechClub.com/SHIFT18



Introducing the Apple Watch

Watch Lineup and Key Features

Tracking Time

- Watch Faces and Complications

iPhone Watch App

Basic Controls



Current Watch Lineup



Apple Watch Series 7

From \$399

45mm or 41mm

Always-On Retina display

Blood Oxygen app²

ECG app³

High and low heart
rate notifications

Irregular heart
rhythm notification⁴

Emergency SOS⁵

Fall detection

Cellular available⁷



Apple Watch SE

From \$279

44mm or 40mm

Retina display

High and low heart
rate notifications

Irregular heart
rhythm notification⁴

Emergency SOS⁵

Fall detection

Cellular available⁷



Apple Watch Series 3

From \$199

42mm or 38mm

Retina display

High and low heart
rate notifications

Irregular heart
rhythm notification⁴

Emergency SOS⁵

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Key Feature Differences

- Displays & Size
- Cellular for making calls w/o your iPhone
- Fall Detection
- Heart ECG/Blood Oxygen



It Keeps Time – My collection of Watch Faces

Swipe
Left or
Right to
Change
Faces



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Watch Trivia – Question

What is any feature on a watch beyond the display of time called?



Complication

Customize your Faces with “Complications”

1. Date
2. Time
3. Temp-Weather
4. Calendar
5. Battery
6. Workout App
7. Fitness (rings)



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iPhone Watch App

Setup and Edits can
be performed from
the iPhone Watch App

Watch is very limited
without an iPhone



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Three Basic Controls

1. Face – Tap or swipe just like your iPhone
2. Crown – Press, long press or rotate. Like your iPhone's Home button
3. Side button – Press or Long Press



Takes a little practice!

Why I like my Apple Watch

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Fitness & Activity – Complete your Rings



Red - Move Goal measured in Active Calories – Std: 600



Exercise Goal – Minutes of brisk activity – Std: 30 mins



Stand – Hours you have stood and moved at least one minute – Std: 12 hours

All goals can be adjusted for your fitness plan



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Workout App

Tools to track workouts with:

- Time,
- Distance
- Elevation
- Calories
- Heart rates
- Map
- Weather conditions

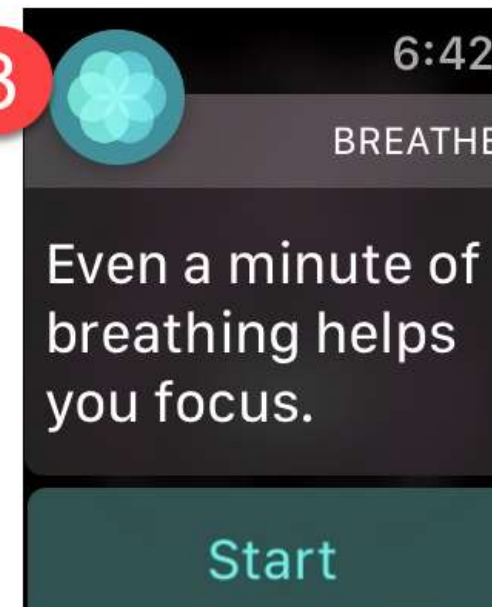
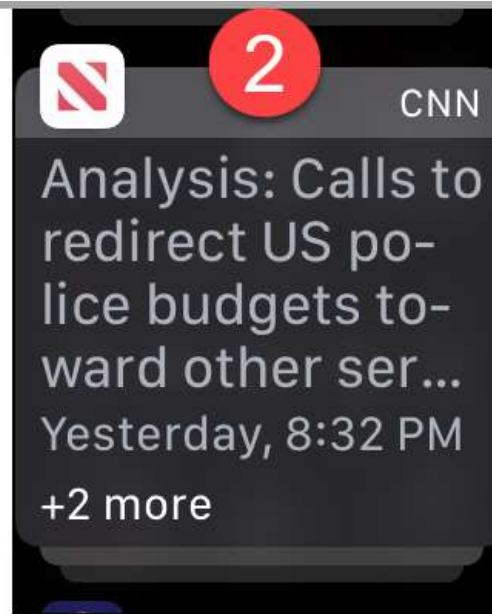
Launch with taps or Ask Siri “Start an outdoor walk”

Monitor details in the Activity app on your iPhone



Staying Connected

1. Text Message & Email
2. News Headlines
3. App Notifications



Health – Heart

Tools for monitoring your heart health

- ECG – Watch Series 4+



Heart Notifications

- High Heart Rate
- Low Heart Rate
- Low Cardio Fitness
- Irregular Heart Rhythm



Health – Noise Monitoring

Taps you on the wrist if the decibel levels rises to a dangerous point.

Monitors Headphone Audio Levels



Safety



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Safety

Fall Detection –

Set up in
Watch>Emergency
SOS

Calls if you don't
respond

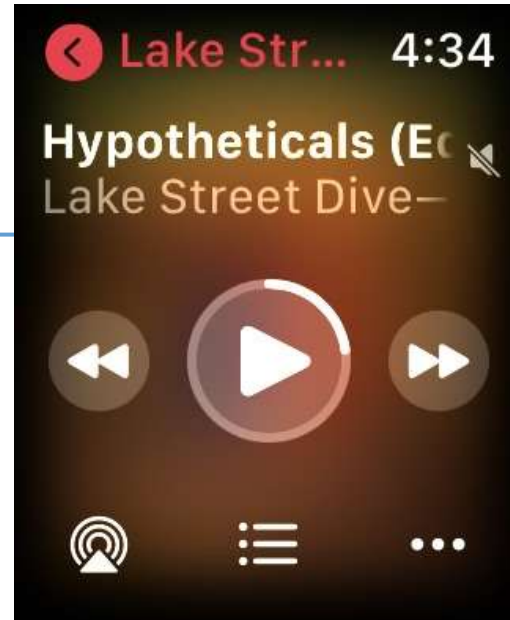
Emergency SOS –
Press & Hold side
button to make SOS
call



Music & Podcasts

Two Useful Functions:

1. Control Playback for iPhone/iPad
2. Play Directly on Watch through Bluetooth headphones or speakers.



Camera Remote

Put your iPhone in a tripod and use the Camera Remote to take the photo



Find my iPhone

Ask Siri “Find my Phone”

Use the Watch Control Center

- Swipe up to access control center
- Tap **Ping iPhone**



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Follow-up Questions?
don@SeniorTechClub.com

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Thank You!

Stay Well
Slava Ukraini!
Keep Learning