

## Why I Like my Apple Watch

### Summer Academy

July 12, 2022 10 AM CDT



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## One Essential Question...

Why would I spend more than \$200 for any watch that is NOT a:



Rolex



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## 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



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## Our Learning Tools

- Zoom
- Your Questions
  - "Hey Don" or Chat
  - Email: [don@SeniorTechClub.com](mailto:don@SeniorTechClub.com)
- Online Class Page at: [SeniorTechClub.com/SummerWatch](https://SeniorTechClub.com/SummerWatch)



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## Introducing the Apple Watch

### Watch Lineup and Key Features

#### Tracking Time

- Watch Faces and Complications

#### iPhone Watch App

#### Basic Controls



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## Current Watch Lineup



**Apple Watch Series 7**  
From \$399  
45mm or 41mm  
Always-On Retina display  
Blood Oxygen app<sup>1</sup>  
ECG app<sup>2</sup>  
High and low heart rate notifications  
Irregular heart rhythm notification<sup>3</sup>  
Emergency SOS<sup>4</sup>  
Fall detection  
Cellular available<sup>5</sup>



**Apple Watch SE**  
From \$279  
44mm or 40mm  
Retina display  
High and low heart rate notifications  
Irregular heart rhythm notification<sup>3</sup>  
Emergency SOS<sup>4</sup>  
Cellular available<sup>5</sup>



**Apple Watch Series 3**  
From \$199  
42mm or 38mm  
Retina display  
High and low heart rate notifications  
Irregular heart rhythm notification<sup>3</sup>  
Emergency SOS<sup>4</sup>  
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## Key Feature Differences

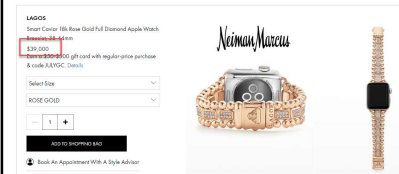
- Displays & Size
- Cellular
  - Making calls, messages, Siri, notices, listening to music w/o your iPhone
- Fall Detection
- Heart ECG/Blood Oxygen



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## Want More?

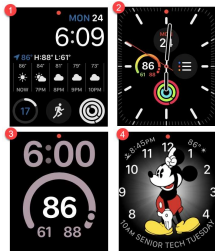


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## It Keeps Time – My collection of Watch Faces

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

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## 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!

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## Why I like my Apple Watch

- ☒ Fitness & Activity
- ☒ Staying Connected – Messages, News & Siri
- ☒ Health – Heart & Hearing
- ☒ Safety – SOS & Falls Detection
- ☒ Sleep Tracking
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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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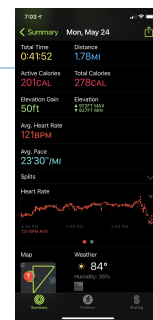
## Workout App

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

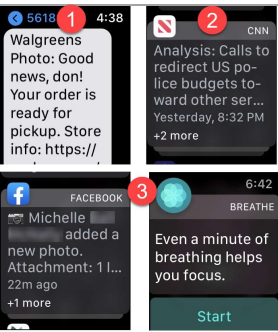


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### Staying Connected

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




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### 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




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### Health – Noise Monitoring

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




Monitors Headphone Audio Levels

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### 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



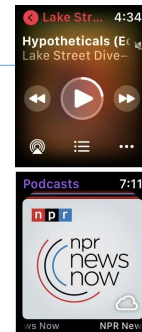
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## Music & Podcasts

Two Useful  
Functions:

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



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## Camera Remote

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



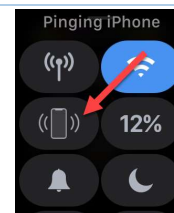
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## Find my iPhone

Ask Siri "Find my  
Phone"

Use the Watch  
Control Center  
• Swipe up to access  
control center  
• Tap Ping iPhone



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## Getting an Apple Watch - Deals



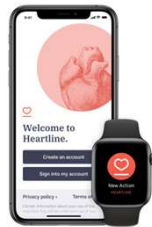
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## Getting an Apple Watch - FREE

Johnson & Johnson Heartline Study

<https://heartline.com>



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Follow-up Questions?  
don@SeniorTechClub.com

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Thank You!

Stay Well  
Keep Learning