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to your iPhone®

Track your heart rate,
pulse, oxygen, and sleep

Send and receive texts
with your watch

Dwight Spivey

Apple expert, father of four,
and blissful coffee fiend



Apple® Watch For Seniors

by Dwight Spivey

for
dummies®
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Apple® Watch For Seniors For Dummies®

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Introduction

Apple Watch is fast becoming a cultural icon in the same vein as other Apple hits, such as iPhone and AirPods. As far as smartwatches are concerned, Apple Watch has no equal and, frankly, not even a close second. More and more folks are adorning their wrists with them every day. Apple Watch is easy to use, works seamlessly with other Apple products, and just plain looks good.

I've used Apple Watch since its first iteration (I can honestly say I got one of the first off the assembly line), and have been a satisfied customer ever since. In this book, I share my expertise with you, to help get you up to speed quickly and discover all the features your Apple Watch has to offer.

About This Book

Like other *For Seniors For Dummies* books I've authored, this one is written for the mature folks among us. People who may be somewhat new to using a smartwatch and want to find out just what these little wonders can do. From turning on and charging your Apple Watch, to customizing watch faces, syncing content with your iPhone, connecting to a Wi-Fi network, holding voice and text conversations, checking email, finding your way around town, and more, *Apple Watch For Seniors For Dummies* tries to cover it all. In writing this book, I made it my mission to consider the types of activities that would interest someone who is 50 years old or older (as I am) and donning an Apple Watch for the first time.

Foolish Assumptions

This book is organized by tasks. Starting right from the beginning, I assume you've never touched, let alone used, an Apple Watch. I also assume you're at least somewhat familiar with an iPhone, since you'll need to have one to use your Apple Watch. (If not — and here

comes the shameless plug — a very fine introductory tome called *iPhone For Seniors For Dummies*, written by yours truly, will get you up to speed fast.) Even though you may be tech-savvy to a lesser or greater degree, I try to use nontechnical language throughout the book.

Another assumption I'm making is that you can't wait to find out more about using your Apple Watch to

- » Keep track of your workouts
- » Stay on top of your current health conditions by monitoring heart rate, blood oxygen levels, sleep tracking, ECG, and more
- » Translate into different languages
- » Listen to music, audiobooks, and podcasts
- » Get directions
- » Pay for stuff using Apple Pay

And that's just scratching the surface.

Icons Used in This Book

Icons are the tiny pictures in a page's margin that call your attention to special advice or information. Following are the icons in this book.



TIP

These brief pieces of advice help you to take a skill further or provide alternate ways of doing things.



WARNING

Heads up! This icon flags a task to perform with care — because a mishap would prove difficult or expensive to undo — or a danger you might not be aware of.



REMEMBER

This icon indicates information that's so useful, it's worth keeping in your head, not just on your bookshelf.



TECHNICAL
STUFF

Maybe the information here isn't essential, but it's neat to know if you want to impress someone in your inner circle.

Beyond the Book

Even more Apple Watch information is on www.dummies.com. This book's cheat sheet shows you how to extend your Apple Watch's battery life, offers assistance with troubleshooting an unresponsive Apple Watch, and points you in the right direction for Apple support. To get to the cheat sheet, go to www.dummies.com and type **Apple Watch For Seniors For Dummies Cheat Sheet** in the Search box. This is also where you'll possibly find any significant updates or changes that occur between editions of this book.

Where to Go from Here

I wrote this book in such a way that you can go straight through from beginning to end or skip to a particular chapter to learn a specific topic or immediately work with a certain task. The steps in every task quickly walk you through the process, without bogging you down with a lot of technical jargon.

At the time I wrote this book, all the information contained within was accurate for Apple Watch Series 3, 4, 5, 6, and 7, Apple Watch SE, and version 8 of watchOS (the operating system used by the Apple Watch). It's likely that Apple will introduce new Apple Watch series and versions of watchOS between editions of this book. If you've bought a new Apple Watch and found that its software, hardware, or user interface, or other software on your computer looks or acts a little different than what's in the text, check out the Apple Watch website at www.apple.com/watch. You'll most likely find updates there on the latest releases and information for Apple Watch.

1

Getting to Know Your Apple Watch

IN THIS PART . . .

Meeting your new Apple Watch

Pairing and updating your Apple Watch

Customizing settings and discovering
installed apps

Making Apple Watch accessible

IN THIS CHAPTER

- » Discover what's new in Apple Watch models and watchOS 8
- » Choose the best Apple Watch for you
- » Understand what else you need
- » Find out where to buy an Apple Watch
- » Explore what's in the box
- » Take a look at the device
- » Get help for your Apple Watch

Chapter 1

Buying Your Apple Watch

No doubt you've seen little glass-covered watches with the (usually) colorful bands on the wrists of the young, the old, and the in-betweens. You'll often catch the wearers stealing a glimpse at their wrist multiple times over a period of time, but they're not always checking the time. They're checking text messages. Or being informed that they've reached their activity goals for the day. Or perhaps they're being reminded of a pending appointment. Maybe they're viewing a photo of their grandchildren or even holding a phone conversation with them. Or maybe they're translating something they read in a language they don't understand. Or — and how's this for cool — they're administering an electrocardiogram on themselves. Yes, with an Apple Watch, you can do those things and more, right from your wrist. You, dear reader, are about to be immersed in the world of Apple Watch, and I'm grateful to be your guide.

In this chapter, you learn about the various models of Apple Watch, as well as where to buy one. You also explore what's inside the Apple Watch box, find out what the buttons on the side are for, and discover where to get help if you should ever need it — beyond the little book in your hands, that is.

Discover the Newest Apple Watch Models and watchOS 8

Apple Watch gets its functionality from the combination of its hardware and its software operating system (called *watchOS*, which is short for *Apple Watch operating system*). The most current version of the operating system is watchOS 8. It's helpful to understand which new features the latest models and watchOS version offer the Apple Watch wearer (all of which are covered in much more detail throughout this book).

The newest Apple Watch to grace the lineup is Apple Watch Series 7 (shown in **Figure 1-1**). Although other smartwatches are on the market, this one is the smartwatch equivalent of William James Sidis. (I encourage you to look him up if you haven't heard of him.) Others may work with Android devices and some have more of a fitness bent, but none come close to Apple's offering. Sorry, but this is a book about Apple Watch written by an Apple fan for other Apple fans, so there will be no tomfoolery with further discussions of "competitors." I digress. . .

Here are some of the key features of Apple Watch Series 7:

» **Faster charging:** The Series 7 has a new charging architecture and updated magnetic charger that allow for up to 33 percent faster charging than the Series 6 models. If that doesn't sound like a big deal, just wait until you are in a hurry to leave the house but discover that you forgot to charge your Watch during the night (been there, done that). That 33 percent faster rate will be a big plus in that situation.



Image courtesy of Apple, Inc.

FIGURE 1-1

- » **Reengineered always-on Retina display:** The display on the Series 7 is the largest display for an Apple Watch model to date, offering more screen area and brightness than the Series 6. As a result, the display is much easier to see than previous models, especially when sunlight is glaring off the screen. Also, the extra 20 percent of screen space over the Series 6 makes apps easier to use. The “always-on” part means you can now access features of your Apple Watch without having to wake it from sleep, as you did with previous models.
- » **Exceptional durability:** While Apple has never given us an Apple Watch that would break at the slightest touch, the Watches have progressed in durability over the years. Now, with the Series 7, they’re getting closer to indestructibility than ever before. (Please don’t test that statement on yours, though.) The crystal on the Series 7 display maintains pristine clarity even though it’s 50 percent thicker than the Series 6 display, which of course makes it more resistant to cracks.



TIP

You might consider acquiring AppleCare+, which is Apple's extended warranty, currently priced at \$49 for Apple Watch SE, \$79 for Apple Watch Series 7, or \$149 for the far more expensive Apple Watch Hermès and Apple Watch Edition (both are essentially extremely souped-up models of Apple Watch Series 7). AppleCare+ extends the warranties of the respective models by 1 year, and includes up to two incidents of accidental damage (at an extra cost of between \$69 to \$79, depending on the model). The accidental damage coverage could more than cover the cost of repairing your Apple Watch without it. Visit www.apple.com/support/products/watch/ to learn more.

This book is based on version 8 of watchOS, which is supported for Apple Watch Series 3, Apple Watch Series 4, Apple Watch Series 5, Apple Watch SE, Apple Watch Series 6, and Apple Watch Series 7. This update to the operating system adds many features, including (but most certainly not limited to) the following:

- » **New customizable and shareable watch faces:** The watch face is your gateway into your Apple Watch, and it's what you see first when you raise your wrist. You'll want your watch face to work the way you want — and to look snazzy to boot. watchOS 8 provides new watch faces that you can also customize and share with other Apple Watch fans. These new faces are also optimized to utilize the larger screen area of the Series 7 models. More on this topic in Chapter 5.
- » **Multiple complications:** In previous watchOS versions, you were limited to a single complication per app. Now, apps are able to offer multiple complications at once, allowing you even greater customization of your watch face. What in the world is a *complication*? See the nearby sidebar.
- » **Fall detection enhancements:** Your Apple Watch is so advanced that it can detect when you take a hard fall, and even contact emergency services if needed. watchOS 8 includes updates and enhancements for fall detection that make this functionality more accurate and work better for specific types of falls (such as falling from a bicycle).

WHAT IN THE WORLD IS A COMPLICATION?

Have you ever noticed the tiny little windows and miniature hands and faces that litter the larger face of some analog watches? These little doo-dads are called *complications* (as shown in the corners of the watch face in the figure), and they allow your watch to provide you much more information than just the time (such as the date or moon phases, for examples). watchOS has always provided complications for your Apple Watch faces. Those complications may be part of watchOS or they may come with other third-party apps that you install on your Apple Watch.



Image courtesy of Apple, Inc.

» **Mindfulness app:** The Mindfulness app, which helps you focus and center yourself throughout your day, replaces and incorporates the breathe mode of previous watchOS versions. The breathe functionality guides you through breathing exercises, but now a second function, Reflect, also helps you exercise your mind and soul.



TIP

Not all features of watchOS 8 work with every Apple Watch model. If you have an older Apple Watch, you may not be able to use certain watchOS 8 features due to hardware limitations (such as the new watch faces designed for the larger screen areas on the Series 7 models).

These are but some of the improvements made to the latest version of watchOS. Please consider visiting www.apple.com/watchos/watchos-8 to discover more.

Choose the Right Apple Watch for You

There's an Apple Watch out there that's just right for you, trust me. This gadget is the most customizable Apple's ever offered, and there's a style to suit every taste.

Apple sells several versions of Apple Watch at various price and consumer focus points. Apple Watch Series 7 is the newest model, so that will be the primary focus of this section, but I will make some comparisons between it, the Apple Watch SE, and the Apple Watch Series 3 (which are two other models Apple currently sells).

Apple Watch Series 7 models come in 41mm and 45mm case sizes, SE models come in 40mm and 44mm, and Series 3 comes in 38mm and 42mm.



TIP

You might think “the larger the better” applies here when it comes to tapping on the screen of your Apple Watch, and that may be true if you have larger wrists and fingers. However, small wrists have necessitated my use of the 40mm and 38mm cases for years, and I’ve had no trouble at all.

When selecting your Apple Watch, you’ll need to select not only a size for your case but a wealth of other choices:

- » **Case material:** Apple Watch Series 7 comes in aluminum, stainless steel, and titanium.
- » **Case color:** Apple Watch Series 7 offers more case colors than ever (depending on the material you select):
 - Midnight (aluminum)
 - Starlight (aluminum)
 - Green (aluminum)

APPLE WATCH COLLECTIONS

Apple also offers Apple Watch in collections, including Apple Watch Nike and Apple Watch Hermès, both shown in the figure. Apple Watch Nike (www.apple.com/apple-watch-nike/) allows you to select from several unique Nike-designed bands and includes special apps focused on Nike fitness activities. Apple Watch Hermès (www.apple.com/apple-watch-hermes/) is the upper echelon of Apple Watch models. It comes with a unique watch face and you can choose from an extensive array of gorgeous bands and clasps ranging from top-of-the-line fabrics to luxurious leathers.

Apple Watch Nike



Apple Watch Hermès

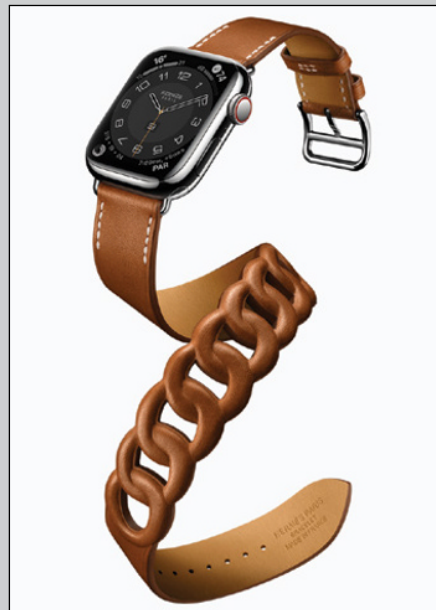


Image courtesy of Apple, Inc.

- Blue (aluminum)
- Product RED (aluminum)
- Silver (stainless steel)
- Gold (stainless steel)

- Graphite (stainless steel)
- Space Black (titanium)
- Titanium (titanium)

» **Band:** Selecting a band might be your most time-consuming task, as there is no shortage of colors (you name it!), styles (loops, bands, wraps, and more) and material types (rubber, leather, metals, fabrics, and so on) to choose from.

» **Cellular or non-cellular:** Every Apple Watch has GPS, but you can also opt for the GPS + cellular model, which allows you to use it with or without your iPhone for calls, texts, and more activities that require a data connection. Visit www.apple.com/watch/cellular/ to find a full list of cellular carriers for the Apple Watch model you'd like to use.

Other differences between Apple Watch models come primarily from the current operating system, watchOS 8. Newer models, such as Apple Watch Series 7, support some tasks and older models do not.

Table 1-1 gives you a quick comparison of Apple Watch Series 7, Apple Watch SE, and Apple Watch Series 3 (models currently sold by Apple). All costs were current when this book was written. (Some carriers may introduce non-contract terms.)

TABLE 1-1 **Apple Watch Model Comparison**

Model	Materials	Sizes	Cost	Carriers
Series 7	Aluminum, stainless steel, titanium	41mm and 45mm	from \$399	AT&T, Verizon, T-Mobile, and others (check out www.apple.com/watch/cellular/#table-series-7 for the full list)
SE	Aluminum only	40mm and 44mm	from \$279	AT&T, Verizon, T-Mobile, and others (see www.apple.com/watch/cellular/ – table-se for an exhaustive list)
Series 3	Aluminum only	38mm and 42mm	from \$199	Cellular not available



For a side-by-side comparison of all three models Apple currently sells, check out www.apple.com/watch/compare/.

TIP

Understand What You Need to Use Your Apple Watch

Before taking the plunge with a new Apple Watch, you should know what you'll need to take full advantage of its wares.

Right off the bat, you'll need an iPhone (even GPS + cellular versions require you have one) — no ifs, ands, or buts. The iPhone is necessary for updating your Apple Watch's operating system (watchOS), installing apps, setting up optional services such as Apple's Fitness+, and more. You simply must have an iPhone, along with its Apple Watch app, if you want to set up and get going with your Apple Watch. If you have a GPS + cellular model, you still need the iPhone to get started before you can begin to use the Apple Watch without it. The three Apple Watch models Apple currently sells require an iPhone 6 or later running at least iOS 15.



Family Setup is an option in watchOS that allows you to use a single iPhone to set up multiple Apple Watches. That way, everyone in the family won't need their own individual iPhone. For more info on this great feature, visit <https://support.apple.com/en-us/HT211768>.

TIP

If you want to be able to use your Apple Watch GPS + cellular model without an iPhone (aside from the requirement to have one for setting up, as mentioned in the preceding paragraph), you'll need to add your Apple Watch to the data plan account you have with your cellular provider. The data plan allows you to exchange information over the internet (such as emails and text messages) and download content (such as music). Try to verify the strength of coverage in your area, as well as how much data your plan provides each month, before you sign up.

You should already have a free iCloud account (since you have or will get an iPhone), Apple's online storage and syncing service, to store and share content online among your Apple devices, keep track of your devices, and more. For example, you can set up iCloud in such a way that you can find Apple devices you've lost, which is handy if you happen to misplace your Apple Watch.

Find Out Where to Buy Your Apple Watch

You can buy an Apple Watch from just about anywhere, including local retailers and online. You can find them at a brick-and-mortar or online Apple Store, from mobile phone providers, such as AT&T, Sprint, T-Mobile, and Verizon, and at major retailers, such as Best Buy and Walmart, but the choice of models and bands may be limited to on-hand supplies. You can also find Apple Watch at several online retailers (such as Amazon.com and Newegg.com) and through smaller, local stores and shops.

However, if you want to explore the full range of Apple Watch models and options, visit Apple Watch Studio found at www.apple.com/shop/studio/apple-watch. If you don't need your Apple Watch this very instant, Apple Watch Studio is your best bet to find the Apple Watch that meets your every wish in wearable wrist technology. Click the blue Get Started button and customize to your heart's content.



TIP

Apple also offers an easy way to find your nearest Apple Watch retailer. Visit <https://locate.apple.com/>, click Sales, enter your address or ZIP code, select Apple Watch from the Products menu, and click Go to see a list of local establishments.

See What's in the Box

When you fork over your hard-earned money for your Apple Watch, you'll be left holding a minimalist-inspired long, slender box. Box details and colors may vary, depending on the series you purchase.