

LEARNING MADE EASY



9th Edition

# iPhone®

## FOR SENIORS

for  
**dummies**®  
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Stay in touch with  
FaceTime and e-mail

Use apps to stay  
organized

Share photos  
and videos

**Dwight Spivey**

Author of *iPad For Seniors  
For Dummies*, 12th Edition





# iPhone<sup>®</sup> For Seniors

9th Edition

**by Dwight Spivey**

**for  
dummies<sup>®</sup>**  
A Wiley Brand

## iPhone® For Seniors For Dummies®, 9th Edition

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# Contents at a Glance

<b>Introduction</b>	1
<b>Part 1: Getting to Know Your iPhone</b>	5
CHAPTER 1: Buying Your iPhone	7
CHAPTER 2: Exploring the Home Screen	21
CHAPTER 3: Getting Going	39
CHAPTER 4: Beyond the Basics	57
CHAPTER 5: Managing and Monitoring iPhone Usage	71
<b>Part 2: Beginning to Use Your iPhone</b>	89
CHAPTER 6: Making and Receiving Calls	91
CHAPTER 7: Organizing Contacts	111
CHAPTER 8: Communicating with FaceTime and Messages	129
CHAPTER 9: Using Handy Utilities	153
CHAPTER 10: Making Your iPhone More Accessible	167
CHAPTER 11: Conversing with Siri	195
<b>Part 3: Exploring the Internet</b>	213
CHAPTER 12: Browsing with Safari	215
CHAPTER 13: Working with Email in Mail	231
CHAPTER 14: Expanding Your iPhone Horizons with Apps	257
CHAPTER 15: Socializing with Facebook, Twitter, and Instagram	279
<b>Part 4: Enjoying Media</b>	287
CHAPTER 16: Shopping the iTunes Store	289
CHAPTER 17: Reading Books	299
CHAPTER 18: Enjoying Music and Podcasts	309
CHAPTER 19: Taking and Sharing Photos	327
CHAPTER 20: Creating and Watching Videos	345
CHAPTER 21: Navigating with Maps	355

**Part 5: Living with Your iPhone** .....371

CHAPTER 22: Keeping on Schedule with Calendar and Clock.....373

CHAPTER 23: Working with Reminders and Notifications.....389

CHAPTER 24: Keeping Tabs on Your Health. ....405

CHAPTER 25: Troubleshooting and Maintaining Your iPhone .....417

**Index** .....429

# Table of Contents

<b>INTRODUCTION</b>	1
About This Book	1
Foolish Assumptions	1
Icons Used in This Book	2
Beyond the Book	2
Where to Go from Here	3
 <b>PART 1: GETTING TO KNOW YOUR IPHONE</b>	 5
<b>CHAPTER 1: Buying Your iPhone</b>	7
Discover the Newest iPhones and iOS 13	8
Choose the Right iPhone for You	11
Decide How Much Storage Is Enough	14
Understand What You Need to Use Your iPhone	16
Where to Buy Your iPhone	17
What's in the Box	17
Take a First Look at the Gadget	18
 <b>CHAPTER 2: Exploring the Home Screen</b>	 21
What You Need to Use iPhone	22
Turn On iPhone for the First Time	23
Meet the Multi-Touch Screen	24
Say Hello to Tap and Swipe	28
Display and Use the Onscreen Keyboard	31
Keyboard shortcuts	32
The Shift key	34
Emojis	35
QuickPath	36
Flick to Search	36
 <b>CHAPTER 3: Getting Going</b>	 39
Update the Operating System to iOS 13	39
Learn App Switcher Basics	41
Examine the iPhone Cameras	42
Take a Look at Face ID	44
Discover Control Center	45

Lock Screen Rotation . . . . .	49
Explore the Status Bar . . . . .	49
Take Inventory of Preinstalled Apps . . . . .	51
Lock iPhone, Turn It Off, or Unlock It . . . . .	55
<b>CHAPTER 4: Beyond the Basics . . . . .</b>	<b>57</b>
Charge the Battery . . . . .	58
Sign into an iTunes Account for Music, Movies, and More . . . .	59
Sync Wirelessly . . . . .	62
Understand iCloud . . . . .	64
Turn on iCloud Drive . . . . .	66
Set Up iCloud Sync Settings . . . . .	67
Browse Your iPhones Files . . . . .	69
<b>CHAPTER 5: Managing and Monitoring iPhone Usage . . . . .</b>	<b>71</b>
Meet Screen Time . . . . .	72
Create Some Downtime . . . . .	75
Allow Certain Apps during Downtime . . . . .	76
Set App Limits . . . . .	78
Set Content and Privacy Restrictions . . . . .	81
Manage Children's Accounts . . . . .	86
<b>PART 2: BEGINNING TO USE YOUR IPHONE . . . . .</b>	<b>89</b>
<b>CHAPTER 6: Making and Receiving Calls . . . . .</b>	<b>91</b>
Use the Keypad to Place a Call . . . . .	92
End a Call . . . . .	93
Place a Call Using Contacts . . . . .	94
Return a Recent Call . . . . .	96
Use Favorites . . . . .	98
Receive a Call . . . . .	100
Use Tools During a Call . . . . .	103
Turn On Do Not Disturb . . . . .	105
Set Up Exceptions for Do Not Disturb . . . . .	107
Reply to a Call via Text or Set a Reminder to Call Back . . . . .	108
Change Your Ringtone . . . . .	108



<b>CHAPTER 7: Organizing Contacts</b>	111
Add a Contact	112
Sync Contacts with iCloud	115
Assign a Photo to a Contact	117
Add Social Media Information	119
Designate Related People	121
Set Individual Ringtones and Text Tones	122
Search for a Contact	124
Share a Contact	126
Delete a Contact	127
<b>CHAPTER 8: Communicating with FaceTime and Messages</b>	129
Understand Who Can Use FaceTime	130
Get an Overview of FaceTime	130
Make a FaceTime Call with Wi-Fi or Cellular	131
Accept and End a FaceTime Call	134
Switch Views	136
Set Up an iMessage Account	137
Use Messages to Address, Create, and Send Messages	138
Read Messages	141
Clear a Conversation	142
Send Emojis in Place of Text	143
Use the App Drawer	144
Send and Receive Audio	146
Send a Photo or Video	147
Send a Map of Your Location	149
Understand Group Messaging	150
Activate the Hide Alerts Feature	152
<b>CHAPTER 9: Using Handy Utilities</b>	153
Use the Calculator	153
Find Your Way with Compass	155
Record Voice Memos	157
Measure Distances and Level Objects	160
Get an Overview of the Home App	164

<b>CHAPTER 10: Making Your iPhone More Accessible</b>	167
Set Brightness	168
Change the Wallpaper	169
Set Up VoiceOver	172
Use VoiceOver	175
Use iPhone with Hearing Aids	179
Adjust the Volume	180
Set Up Subtitles and Captioning	181
Manage Other Hearing Settings	182
Turn On and Work with AssistiveTouch	183
Turn On Additional Physical and Motor Settings	186
Focus Learning with Guided Access	186
One-Handed Keyboard	189
Control Your iPhone with Voice Control	191
<b>CHAPTER 11: Conversing with Siri</b>	195
Activate Siri	196
Understand All That Siri Can Do	199
Get Suggestions	202
Call Contacts	203
Create Reminders and Alerts	204
Add Tasks to Your Calendar	205
Play Music	206
Get Directions	208
Ask for Facts	209
Search the Web	210
Send Email, Messages, or Tweets	211
Use Dictation	211
<b>PART 3: EXPLORING THE INTERNET</b>	213
<b>CHAPTER 12: Browsing with Safari</b>	215
Connect to the Internet	216
Explore Safari	217
Navigate among Web Pages	219
Use Tabbed Browsing	221
View Browsing History	223

Search the Web . . . . .	224
Add and Use Bookmarks. . . . .	225
Download Files . . . . .	228
<b>CHAPTER 13: Working with Email in Mail . . . . .</b>	<b>231</b>
Add an Email Account . . . . .	232
Manually Set Up an Email Account . . . . .	234
Open Mail and Read Messages . . . . .	236
Reply To or Forward Email . . . . .	239
Create and Send a New Message . . . . .	241
Format Email. . . . .	243
Search Email . . . . .	247
Mark Email as Unread or Flag for Follow-Up . . . . .	249
Create an Event from Email Contents. . . . .	250
Delete Email . . . . .	251
Organize Email . . . . .	253
Create a VIP List . . . . .	254
<b>CHAPTER 14: Expanding Your iPhone Horizons with Apps . . . . .</b>	<b>257</b>
Explore Senior-Recommended Apps . . . . .	258
Search the App Store. . . . .	261
Get Applications from the App Store . . . . .	262
Organize Your Applications on Home Screens . . . . .	264
Organize Apps in Folders . . . . .	267
Delete Apps You No Longer Need . . . . .	268
Offload Apps to Keep Data . . . . .	269
Update Apps . . . . .	271
Purchase and Download Games . . . . .	274
Challenge Friends in Game Center . . . . .	277
<b>CHAPTER 15: Socializing with Facebook, Twitter, and Instagram . . . . .</b>	<b>279</b>
A Few Social Media Dos and Don'ts. . . . .	280
Find and Install Social Media Apps . . . . .	281
Create a Facebook Account . . . . .	281
Customize Facebook Settings for Your iPhone . . . . .	283
Create a Twitter Account. . . . .	284
Create an Instagram Account. . . . .	285

<b>PART 4: ENJOYING MEDIA</b> . . . . .	287
<b>CHAPTER 16: Shopping the iTunes Store</b> . . . . .	289
Explore the iTunes Store . . . . .	289
Buy a Selection . . . . .	292
Rent Movies . . . . .	294
Use Apple Pay and Wallet . . . . .	296
Set Up Family Sharing . . . . .	297
<b>CHAPTER 17: Reading Books</b> . . . . .	299
Find Books with Apple Books . . . . .	299
Buy Books . . . . .	302
Navigate a Book . . . . .	304
Adjust Brightness in Apple Books . . . . .	305
Change the Font Size and Type . . . . .	307
<b>CHAPTER 18: Enjoying Music and Podcasts</b> . . . . .	309
View the Library Contents . . . . .	310
Create Playlists . . . . .	312
Search for Music . . . . .	313
Play Music . . . . .	314
Shuffle Music . . . . .	317
Listen with Your Earbuds . . . . .	319
Use AirPlay . . . . .	319
Play Music with Radio . . . . .	320
Find and Subscribe to Podcasts . . . . .	321
Play Podcasts . . . . .	324
<b>CHAPTER 19: Taking and Sharing Photos</b> . . . . .	327
Take Pictures with the iPhone Cameras . . . . .	328
Save Photos from the Web . . . . .	332
View an Album . . . . .	334
View Individual Photos . . . . .	335
Edit Photos . . . . .	336
Organize Photos . . . . .	338
Share Photos with Mail, Twitter, or Facebook . . . . .	339

Share a Photo Using AirDrop . . . . .	341
Share Photos Using iCloud Photo Sharing . . . . .	342
Delete Photos . . . . .	343
<b>CHAPTER 20: Creating and Watching Videos . . . . .</b>	<b>345</b>
Capture Your Own Videos with the Built-In Cameras . . . . .	346
Edit Videos . . . . .	347
Play Movies or TV Shows with TV . . . . .	348
Content from third-party providers . . . . .	350
Content from iTunes . . . . .	352
Turn On Closed-Captioning . . . . .	353
Delete a Video from the iPhone . . . . .	354
<b>CHAPTER 21: Navigating with Maps . . . . .</b>	<b>355</b>
Go to Your Current Location . . . . .	356
Change Views . . . . .	357
Zoom In and Out . . . . .	359
Go to Another Location or a Favorite . . . . .	361
Drop a Marker (or Pin) . . . . .	362
Find Directions . . . . .	364
Get Turn-by-Turn Navigation Help . . . . .	366
<b>PART 5: LIVING WITH YOUR IPHONE . . . . .</b>	<b>371</b>
<b>CHAPTER 22: Keeping on Schedule with Calendar and Clock . . . . .</b>	<b>373</b>
View Your Calendar . . . . .	374
Add Calendar Events . . . . .	377
Add Events with Siri . . . . .	378
Create Repeating Events . . . . .	378
View an Event . . . . .	380
Add Alerts . . . . .	380
Search for an Event . . . . .	382
Delete an Event . . . . .	382
Display Clock . . . . .	383
Set an Alarm . . . . .	384
Set Bedtime and Waking Alerts . . . . .	386
Use Stopwatch and Timer . . . . .	387

<b>CHAPTER 23: Working with Reminders and Notifications</b>	389
Create a Reminder	390
Edit Reminder Details	391
Schedule a Reminder by Time, Location, or When Messaging	393
Create a List	394
Sync with Other Devices and Calendars	396
Mark as Complete or Delete a Reminder	397
Set Notification Types	399
View Notification Center	402
Get Some Rest with Do Not Disturb	403
<b>CHAPTER 24: Keeping Tabs on Your Health</b>	405
Health App Overview	406
Apps that Health can collaborate with	409
What equipment connects with Health	409
Create Your Medical ID	410
Become an Organ Donor	411
View Health App Data	412
Import and Export Health Data	415
View Health Records	416
<b>CHAPTER 25: Troubleshooting and Maintaining Your iPhone</b>	417
Keep the iPhone Screen Clean	418
Protect Your Gadget with a Case	419
Extend Your iPhone's Battery Life	419
Deal with a Nonresponsive iPhone	421
Update the iOS Software	422
Restore the Sound	423
Find a Missing Apple Device	425
Back Up to iCloud	427
<b>INDEX</b>	429

# Introduction

If you bought this book (or are even thinking about buying it), you've probably already made the decision to buy an iPhone. The iPhone is designed to be easy to use, but you can still spend hours exploring the preinstalled apps, finding out how to change settings, and figuring out how to sync the device to your computer or through iCloud. I've invested those hours so that you don't have to — and I've added advice and tips for getting the most out of your iPhone.

This book helps you get going with your iPhone quickly and painlessly so that you can move directly to the fun part.

## About This Book

This book is specifically written for mature people like you, folks who may be relatively new to using a smartphone and want to discover the basics of buying an iPhone, making and receiving phone calls, working with its preinstalled apps, and getting on the Internet. In writing this book, I've tried to consider the types of activities that might interest someone who is 50 years old or older and picking up an iPhone for the first time.

## Foolish Assumptions

This book is organized by sets of tasks. These tasks start from the beginning, assuming that you've never laid your hands on an iPhone, and guide you through basic steps using nontechnical language.

This book covers going online using either a Wi-Fi or cellular connection, browsing the web (Chapter 12), and checking email (Chapter 13). I'm also assuming that you'll want to use the Apple Books e-reader app, so I cover its features in Chapter 17. Not to

mention covering other great things you can do with your iPhone, such as monitoring use of your iPhone and its apps (Chapter 5), discovering new apps (Chapter 14), taking and sharing your photos and videos (Chapters 19 and 20, respectively), tracking your health (Chapter 24), and much more!

## Icons Used in This Book

Icons are tiny pictures in the margin of pages that call your attention to special advice or information, such as:



TIP

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



WARNING

Heads up! This may be difficult or expensive to undo.



REMEMBER

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



TECHNICAL  
STUFF

Maybe this isn't essential information, but it's neat to know.

## Beyond the Book

There's even more iPhone information on [www.dummies.com](http://www.dummies.com). This book's Cheat Sheet offers a list of General settings, Mail, Contacts, and Calendar settings to be aware of, and the settings you can control for browsing in Safari. To get to the cheat sheet, go to [www.dummies.com](http://www.dummies.com), then type *iPhone For Seniors For Dummies Cheat Sheet* in the Search box. This is also where you'll find any significant updates or changes that occur between editions of this book.



# Where to Go from Here

You can work through this book from beginning to end or simply open a chapter to solve a problem or acquire a specific new skill whenever you need it. The steps in every task quickly get you to where you want to go, without a lot of technical explanation.

At the time I wrote this book, all the information it contained was accurate for the iPhone SE, 6s and 6s Plus, 7 and 7 Plus, 8 and 8 Plus, X (the Roman numeral for ten), XR, XS, XS Max, 11, 11 Pro, and 11 Pro Max along with version 13 of iOS (the operating system used by the iPhone). Apple is likely to introduce new iPhone models and versions of iOS between book editions. If you've bought a new iPhone and found that its hardware, user interface, or other software on your computer mentioned in this book looks a little different, be sure to check out what Apple has to say at [www.apple.com/iphone](http://www.apple.com/iphone). You'll no doubt find updates there on the company's latest releases.



# 1

## **Getting to Know Your iPhone**

## **IN THIS PART . . .**

Meeting your new iPhone

Navigating iPhone's interface

Customizing your settings

Activating special features

Monitoring how your iPhone is being used

- » Discover what's new in iPhones and iOS 13
- » Choose the right iPhone for you and find where to buy it
- » Understand what you need to use your iPhone
- » Explore what's in the box
- » Take a look at the gadget

## Chapter 1

# Buying Your iPhone

**Y**ou've read about it. You've seen the lines at Apple Stores on the day a new version of the iPhone is released. You're so intrigued that you've decided to get your own iPhone to have a smartphone that offers much more than the ability to make and receive calls. iPhone also offers lots of fun apps, such as games and exercise trackers; allows you to explore the online world; lets you read e-books, magazines, and other periodicals; allows you to take and organize photos and videos; plays music and movies, and a lot more.

Trust me: You've made a good decision, because the iPhone redefines the mobile phone experience in an exciting way. It's also an absolutely perfect fit for seniors.

In this chapter, you learn about the advantages of the iPhone, as well as where to buy this little gem and associated data plans from providers. After you have one in your hands, I help you explore what's in the box and get an overview of the little buttons and slots you'll encounter — luckily, the iPhone has very few of them.

# Discover the Newest iPhones and iOS 13

Apple's iPhone gets its features from a combination of hardware and its software operating system (called iOS, which is short for iPhone operating system). The most current version of the operating system is iOS 13. It's helpful to understand which new features the latest models and iOS 13 bring to the table (all of which are covered in more detail in this book).

Apple's latest additions to the iPhone family are the iPhone 11, 11 Pro, and 11 Pro Max. Like their predecessors, they are highly advanced smartphones that leave competitors in the dust. They also signal that Apple has no plans to include the Home button in future models, which is something seasoned iPhone X and newer model users have come to embrace. Here are some of the key features of the latest iPhone models:

- » **An A13 chip:** Each of the three new iPhone models includes the new A13 chip. The truly innovative tech in these models demands a processor that can handle some heavy lifting while still being able to answer calls and retrieve email.
- » **Dual SIM technology (nano-SIMs and eSIMs):** These newest iPhone models support the use of both nano-SIMs and eSIMs. Every cellphone uses a chip called a SIM that allows it to work with cellular networks. Traditionally, SIMs (which are nano-SIMs in the iPhone 11, 11 Pro, and 11 Pro Max) are small cards installed in your iPhone by you or your cellular provider. The use of SIMs makes switching providers a bit of an ordeal because each SIM is wired for only a specific network. However, eSIMs are chips embedded into your iPhone that will never need to be changed out and are compatible with any provider, allowing you to easily switch cellular providers by scanning a code or using an app from your cellular provider. You'll want to discuss this option with your cellular provider when you purchase a new iPhone model. Other benefits of dual SIMs are that you can have more than one number on your iPhone (perhaps one could be personal and the other for work); you're able to more easily add local plans when you travel; and you can even have separate voice and data plans.



TIP

- » **Splash, water, and dust resistance:** Your new iPhone 11, 11 Pro, or 11 Pro Max is resistant to damage caused by water splashing onto it or from dust collecting within it.

You might consider acquiring AppleCare+, which is Apple's extended warranty, currently priced at \$149 for iPhone 11, or \$199 for iPhone 11 Pro and 11 Pro Max. AppleCare+ does cover up to two incidents of accidental damage, which could more than cover the cost of repairing your iPhone without it. You can also get AppleCare+ with Theft and Loss coverage for \$100 more, regardless of the model.

Now, you don't want to take your iPhone 11 Pro or 11 Pro Max deep-sea diving, but it's likely to survive submersion in about 4 meters of water for up to 30 minutes. The iPhone 11 is rated at about 2 meters of water for up to 30 minutes. Mind you, these numbers have been tested in labs and aren't based on real-world conditions. In other words, if your iPhone 11 model gets wet, it's much more likely to survive the ordeal than older iPhone iterations, but it still isn't something you'd like to see happen to your expensive investment.

- » **Glass body and wireless charging:** iPhone 11 models are comprised of an all-glass body (with a tiny sliver of stainless steel around the edges to hold it all together), allowing a beautiful appearance and wireless charging. The glass is also the most durable of that used in any smartphone ever, according to Apple.

Don't read that as unbreakable. Cases are still a good — no, make that a great — idea. As a matter of fact, Apple has a line of cases that not only protect your iPhone but also allow for wireless charging.



WARNING

- » **Edge-to-Edge display:** iPhone 11 models sport edge-to-edge displays, meaning there's nothing else on the front of your iPhone but screen. Which brings me to my next point.
- » **No Home button:** As I previously mentioned, the method you've used for a decade now to return to the Home screen is now a thing of the past with iPhone X and newer models. You simply swipe up from the bottom of the screen to provide the same effect as pressing the Home button. This also means that Touch ID as an unlocking method is now relegated to older iPhones.

- » **Facial Recognition:** Touch ID is replaced on iPhone X models and newer with Face ID. Using Face ID and the front-facing camera, your iPhone 11 model unlocks when it recognizes your face.

Any iPhone model from the iPhone SE forward can use most features of iOS 13 if you update the operating system (discussed in detail in Chapter 3); this book is based on version 13 of iOS. This update to the operating system adds many features, including (but definitely not limited to)

- » **Performance enhancements:** Apple promises that iOS 13 will increase the speed and performance of your iPhone, going all the way back as far as iPhone SE. From apps to keyboards to taking pictures — everything gets a speed upgrade.
- » **Siri improvements:** Siri just keeps getting better. Siri can now speak in more natural tones and cadence, thanks to new software rendering capabilities. Siri can also give you more personalized information, including being able to find event information and reminders in other apps. And Siri can now play audio files from third-party app providers.
- » **Dark Mode has arrived:** With iOS 13, you have the option of using Dark Mode, which gives the iOS color scheme from light to dark. Dark Mode is especially helpful in low-light situations, or when you don't want to disturb others with the bright light from your iPhone's screen.
- » **Accessibility enhancements:** Voice Control allows you to control your iPhone entirely with your voice; dictation is much more accurate; processing of voice commands happens right on your iPhone (as opposed to being transmitted to an online location and then returned to your iPhone); Numbers and Grids help to make more accurate selections; and the list goes on.
- » **Upgrades to Photos:** The Photos app receives some love in iOS 13, allowing for faster and more accurate searches of your Photos Library, better organization, better filters, enhanced and non-destructive video editing, and other features make this a great addition.



» **All new Maps:** iOS 13 introduces the new Maps app, which has been completely reconstructed and comes loaded with amazing features and awesome attention to landmark details. Junction View helps make sure you're in the right lane for turns, but the Look Around feature is worth the price of admission alone. Look Around lets you see a 360-degree three-dimensional view of locations, enabling you to know your way around before you even get there.



TIP

Don't need or use all the built-in apps? You can remove them from your Home screen. When you remove a built-in app from your Home screen, you aren't deleting it — you're hiding it. This is due to security reasons that are beyond the scope of this book. However, the built-in apps take up very little of your iPhone's storage space, and they can easily be added back to your Home screen by searching for them in the App Store and tapping the Get button.

These are but a very few of the improvements made to the latest version of iOS. I suggest visiting [www.apple.com/ios/ios-13](http://www.apple.com/ios/ios-13) to find out more.

## Choose the Right iPhone for You

The sizes of the latest iPhone 11 models vary:

- » iPhone 11 measures 2.98" by 5.94" (6.1" diagonally) with a depth of .33 inch (see **Figure 1-1**).
- » iPhone 11 Pro measures 2.81" by 5.67" (5.8" diagonally) with a depth of .32 inch (see **Figure 1-2**).
- » iPhone 11 Pro Max measures 3.06" by 6.22" (6.5" diagonally) with a depth of .32 inch (also shown in **Figure 1-2**).

You can get iPhone 11 in white, black, yellow, purple, green, and a beautiful PRODUCT RED version. iPhone 11 Pro and 11 Pro Max both come in gold, silver, midnight green, or space gray.

Other differences between iPhone X models come primarily from the current operating system, iOS 13.



*Image courtesy of Apple, Inc.*

**FIGURE 1-1**

Not sure whether to get an iPhone 11 model? Here are a few more key differences:

- » The battery life of the iPhone 11 Pro Max is longer than the 11 or 11 Pro. For example, audio playback time on the 11 Pro Max is rated at 80 hours versus 65 hours on the 11 and 11 Pro.
- » iPhone 11 Pro and 11 Pro Max have triple rear-facing cameras, providing amazing optical zoom, Portrait mode, and other features. The 11 has dual rear-facing cameras.
- » Screen resolution: The higher the resolution, the crisper the phone display. The iPhone 11 provides 1792 x 828 resolution; 11 Pro provides 2436 x 1125; and 11 Pro Max provides a stunning 2688 x 1242.



*Image courtesy of Apple, Inc.*

**FIGURE 1-2**

Table 1-1 gives you a quick comparison of iPhone 8, 8 Plus, XR, 11, 11 Pro, and 11 Pro Max (models currently sold by Apple). All costs are as of the time this book was written. (Some carriers may introduce non-contract terms.)



**TIP**

One exciting pricing option is the iPhone Upgrade Program. You choose your carrier, get an unlocked phone so you can change carriers, and receive Apple Care + to cover you in case your phone has problems, all starting at a cost of \$37.41 a month (depending on the iPhone model you select). Data usage from your carrier will come on top of that. Check out [www.apple.com/shop/iphone/iphone-upgrade-program](http://www.apple.com/shop/iphone/iphone-upgrade-program) for more information.

**TABLE 1-1      iPhone Model Comparison**

Model	Storage	Cost (may vary by carrier)	Carriers
8	64 and 128GB	from \$449	AT&T, Verizon, Sprint, T-Mobile
8 Plus	64 and 128GB	from \$549	AT&T, Verizon, Sprint, T-Mobile
XR	64 and 128GB	from \$599	AT&T, Verizon, Sprint, T-Mobile
11	64, 128, and 256GB	from \$699	AT&T, Verizon, Sprint, T-Mobile
11 Pro	64, 256GB, and 512GB	from \$999	AT&T, Verizon, Sprint, T-Mobile
11 Pro Max	64, 256GB, and 512GB	from \$1099	AT&T, Verizon, Sprint, T-Mobile

## Decide How Much Storage Is Enough

Storage is a measure of how much information — for example, movies, photos, and software applications (apps) — you can store on a computing device. Storage can also affect your iPhone’s performance when handling such tasks as streaming favorite TV shows from the World Wide Web or downloading music.



TIP

Streaming refers to playing video or music content from the web (or from other devices) rather than playing a file stored on your iPhone. You can enjoy a lot of material online without ever downloading its full content to your phone — and given that the most storage endowed iPhone model has a relatively small amount of storage, that isn’t a bad idea. See Chapters 18 and 20 for more about getting your music and movies online.

Your storage options with an iPhone 11 are 64, 128, and 256 gigabytes (GB), while 11 Pro and 11 Pro Max are 64, 256, and 512 gigabytes.

You must choose the right amount of storage because you can't open the unit and add more as you usually can with a desktop computer. However, Apple has thoughtfully provided iCloud, a service you can use to back up content to the Internet (you can read more about that in Chapter 4).

How much storage is enough for your iPhone? Here's a guideline:

- » If you like lots of media, such as movies or TV shows, you might need 256GB.
- » For most people who manage a reasonable number of photos, download some music, and watch heavy-duty media such as movies online, 64GB may be sufficient. But if there's any possibility you may take things up a notch in the future regarding media consumption and creation (such as the newest grandchild being on the way soon), you should probably seriously consider 256GB.
- » If you simply want to check email, browse the web, and write short notes to yourself, 64GB likely is plenty.



Do you know how big a *gigabyte* (GB) is? Consider this: Just about any computer you buy today comes with a minimum of 256GB of storage. Computers have to tackle larger tasks than iPhones, so that number makes sense. The iPhone, which uses a technology called *flash storage* for storing data, is meant (to a great extent) to help you experience online media and email; it doesn't have to store much since it pulls lots of content from the Internet. In the world of storage, 32GB for any kind of storage is puny if you keep lots of content (such as audio, video, and photos) on the device.

What's the price for larger storage? For the iPhone 11, a 64GB unit costs \$699; 128GB is \$749; and 256GB will set you back \$849. iPhone 11 Pro with 64GB is \$999; 256GB is \$1149; and the model tops out at \$1349 for 512GB. Not to be outdone, iPhone 11 Pro Max is the priciest: \$1099 for 64GB; \$1249 for 256GB; and \$1,449 for 512GB. Note that prices may vary by carrier and where you buy your phone.

# Understand What You Need to Use Your iPhone

Before you head off to buy your iPhone, you should know what other connections and accounts you'll need to work with it optimally.

At a bare minimum, to make standard cellular phone calls, you need to have a service plan with a cellular carrier (such as AT&T or Verizon), as well as a data plan that supports iPhone. The data plan allows you to exchange information over the Internet (such as emails and text messages) and download content (such as movies and 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 also need to be able to update the iPhone operating system (iOS) and share media (such as music) among Apple devices. Though these functions can be utilized without a phone carrier service plan, you have to plug your phone into your computer to update the operating system or you may also update wirelessly over a network. You need to use a local Wi-Fi network to go online and make calls using an Internet service, such as Skype.



TIP

Given the cost and high-tech nature of the iPhone, having to jury-rig these basic functions doesn't make much sense. Trust me: Get an account and data plan with your phone service provider.

You should open a free iCloud account, Apple's online storage and syncing service, to store and share content online among your Apple devices. For example, you can set up iCloud in such a way that photos you take on your iPhone will appear on your iPad. You can also use a computer to download photos, music, or applications from non-Apple online sources (such as stores or sharing sites like your local library) and transfer them to your iPhone through a process called syncing.

Apple has set up its software and the iCloud service to give you two ways to manage content for your iPhone — including apps, music, or photos you've downloaded — and specify how to sync your calendar and contact information.