

When you write by hand in the Freeform app  [ALT N/A], your handwriting is recognized as words. You can search text you handwrite in the same way you search typed text. You can also select it, copy and paste it as text, straighten it, or translate it. When you write something like a phone number or an address, you can tap it to open related apps like Phone or Maps.

1. After you draw or write on your Freeform board with the drawing tools, tap  [Alt text: the Lasso tool (between the Eraser and Ruler) in the drawing tools.
2. Tap or circle the words you want to select, then choose an option from the menu that appears. (Tap  [Alt text: the More Options button] to see other options.)

Tip: Choose Straighten to align the baseline of your letters with the grid.

3. Do any of the following:
 - *Open a menu or another related app:* Tap a handwritten link, address, phone number, or date.
 - *Drag and drop:* Touch and hold the text.
 - *Smart select:* Double-tap the text.

Related

[Add shapes, lines, and arrows to a Freeform board on iPhone](#)

[Position items on a Freeform board on iPhone](#)

[Add accessibility descriptions](#)

[Write and draw in documents with Markup on iPhone](#)

NAV TITLE: [Solve handwritten math problems](#)

Solve handwritten math problems on a Freeform board on iPhone

Metadata

Summary: In Freeform on iPhone, solve handwritten math problems on a board.

You can solve handwritten math problems on a Freeform board.

Note: To see results for handwritten math problems, you must be using iOS 18, iPadOS 18, or later.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.

3. Tap  [Alt text: the Actions Menu button], tap Math Results, then choose how you want your iPhone to respond to the math problems you enter:
 - *If you want it to solve them:* Choose Insert Results. (The answer appears in writing that matches your own.)
 - *If you want suggestions to appear:* Choose Suggest Results. (A Solve button appears that, when tapped, adds the answer in writing that matches your own.)
4. Tap  [Alt text: the Drawing and Handwriting Tools button], then start writing a math equation.
5. Write an equal sign or draw a horizontal line below a stack of numbers, then do one of the following:
 - *In Insert Results mode:* Tap the answer to open the equation. You can tap  [Alt text: the Close button] to delete the answer.
 - *In Suggest Results mode:* Tap Solve to add the answer in writing that matches your own.

You can decide which mode you want, or turn off math hints. See [Get math hints](#).

You can also type equations to be solved in any [text in sticky notes, shapes, and text boxes](#) and in the [Notes](#) app.

You can also use variables, edit equations, and update results as you can in the Calculator app. See [Solve math with Math Notes](#).

Related

[Draw or handwrite on a Freeform board on iPhone](#)

[Work with graphs in Math Notes in Calculator on iPhone](#)

[Solve math with Math Notes in Calculator on iPhone](#)

[Use predictive text on iPhone](#)

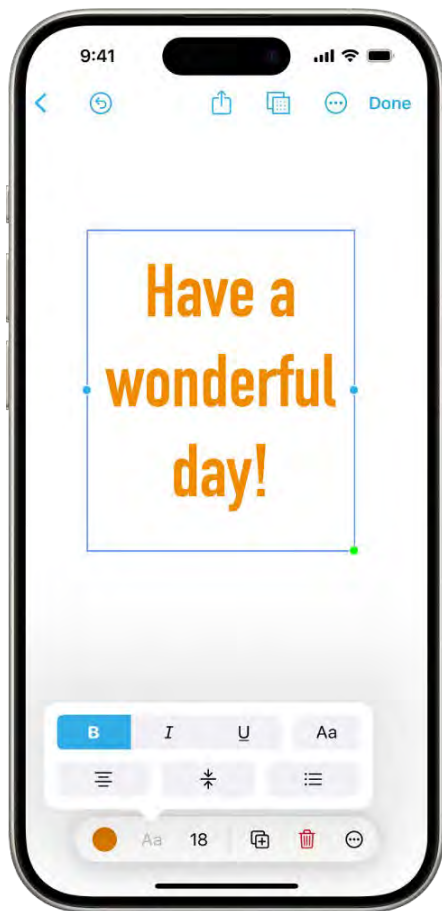
NAV TITLE: [Add text in sticky notes, shapes, and text boxes](#)

Add text in sticky notes, shapes, and text boxes on a Freeform board on iPhone

Metadata

Summary: In Freeform on iPhone, add text in sticky notes, shapes, and text boxes on a board.

You can add text to a Freeform board using a sticky note or text box, or you can add text within a shape.



[Alt text: A Freeform board showing a text box selected and the text formatting tools below it.]

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. Tap  [Alt text: the Add Sticky Note button],  [Alt text: the Add Shape button], or  [Alt text: the Add Text Box button].
4. Double-tap the sticky note, shape, or text box, then enter text. (If you have a keyboard connected, you can start typing as soon as the item appears.)
5. To change the font, alignment, and more, double-tap to show the object's formatting tools, then tap  [Alt text: the Modify Text button].

Related

[Draw or handwrite on a Freeform board on iPhone](#)

[Position items on a Freeform board on iPhone](#)

[Add accessibility descriptions](#)

[Apply consistent styles and formatting in Freeform on iPhone](#)

NAV TITLE: [Add shapes, lines, and arrows](#)

Add shapes, lines, and arrows to a Freeform board on iPhone

Metadata

Summary: In Freeform on iPhone, add shapes, lines, and arrows to a board.

You can add shapes, lines, and arrows to a Freeform board.



[Alt text: An arrow selected on a Freeform board, with the menu for choosing a different arrowhead or line end open.]

Add and format shapes, lines, and arrows

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.

3. Tap  [Alt text: the Add Shape button] , and tap a shape, line, or arrow to add it to the board.
 4. Tap to select the shape or line and show its formatting tools, then do any of the following:
 - *Change the fill color:* Tap  [Alt text: the Set Fill button] .
 - *Change the line style:* Tap  [Alt text: the Set Stroke button] , then choose the stroke color and weight you want for a shape or line.
- Tap  [Alt text: the Set Line Ends button] to turn lines into arrows or to add other styles of endings.
- If you've selected a connection line, tap  [Alt text: the Set Connection Line button] to change its style to straight, corner, or curved.
- *Change the type of shape:* Tap  [Alt text: the More button] , tap Change Shape, then choose another shape.

You can also add shapes and lines to your board by drawing them and then smoothing or straightening the strokes. See [Draw or handwrite on a Freeform board](#).

Note: The color of a button may change to reflect its current state.

Split or combine shapes

When you add multipart shapes to a Freeform board, you can divide them into their parts and then edit each part individually. For example, you can divide the map of the United States (in the Places category) and change the color of each state. You can also subtract shapes from other shapes, remove the overlapping area between two shapes, or create a new shape by combining one shape with another.

After you've added shapes to your Freeform board, do one of the following:

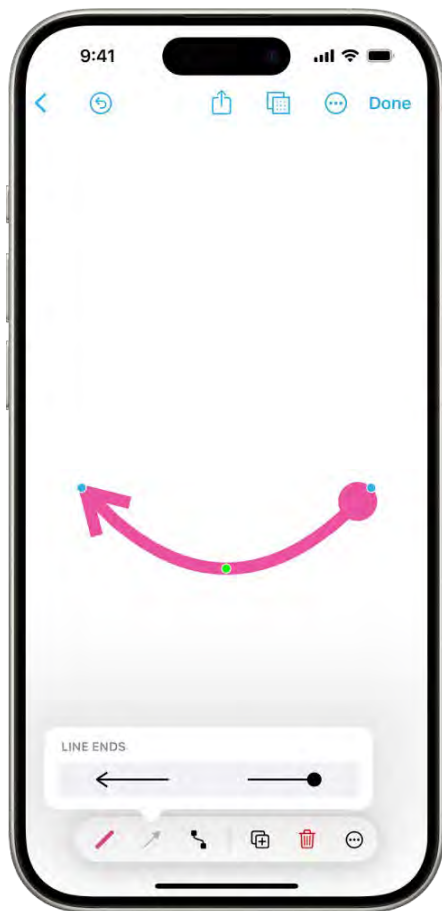
- *Split a multipart shape apart:* Tap  [Alt text: the More button] , then tap Break Apart.
- *Combine shapes:* [Select multiple items](#), tap  [Alt text: the Arrange button] , then below Combine Shapes tap an option to unite, intersect, subtract, or exclude.

Change size, width, or length

After you add a shape or line to a Freeform board, you can change its dimensions or change how lines connect.

Tap to select a shape or line, then drag a dot.

- *Shapes:* Drag a blue dot to change the size or proportions of the shape. Drag any green dot to change aspects particular to that shape, such as its number of sides.
- *Connection lines:* Drag a blue dot to change an endpoint. Drag the green dot to adjust the curve. If it's part of a diagram, see [Change connection points](#).



[Alt text: A connection line on a Freeform board, with blue and green dots for changing the shape and arc.]

Related

[Add diagrams to a Freeform board on iPhone](#)

[Draw or handwrite on a Freeform board on iPhone](#)

[Position items on a Freeform board on iPhone](#)

[Apply consistent styles and formatting in Freeform on iPhone](#)

NAV TITLE: [Add diagrams](#)

Add diagrams to a Freeform board on iPhone

Metadata

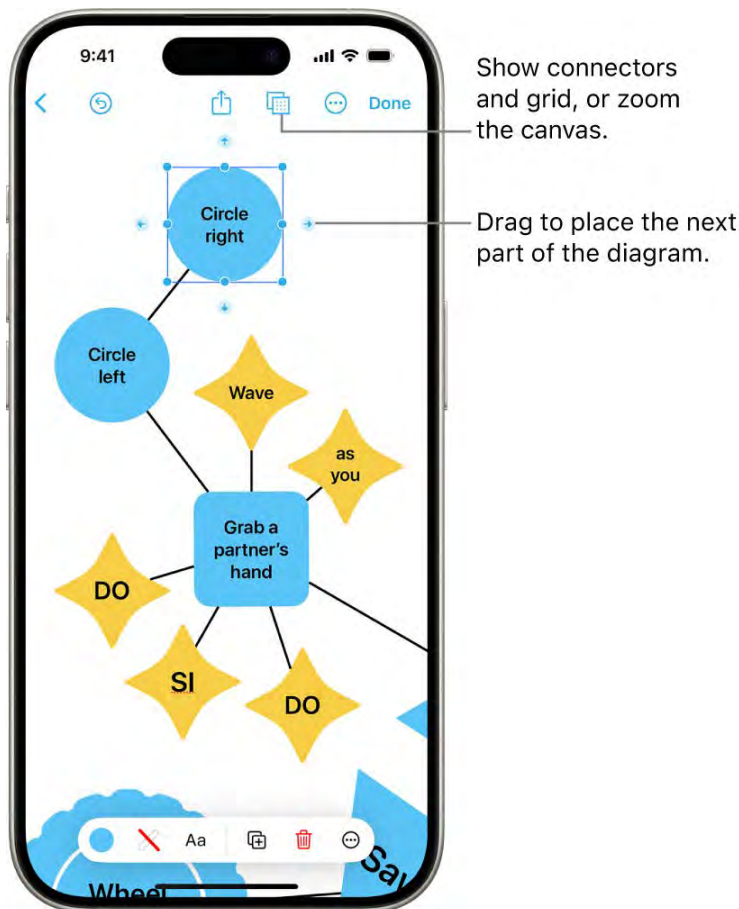
Summary: In Freeform on iPhone, add diagrams to a board.

You can add diagrams to a Freeform board.

Create a diagram

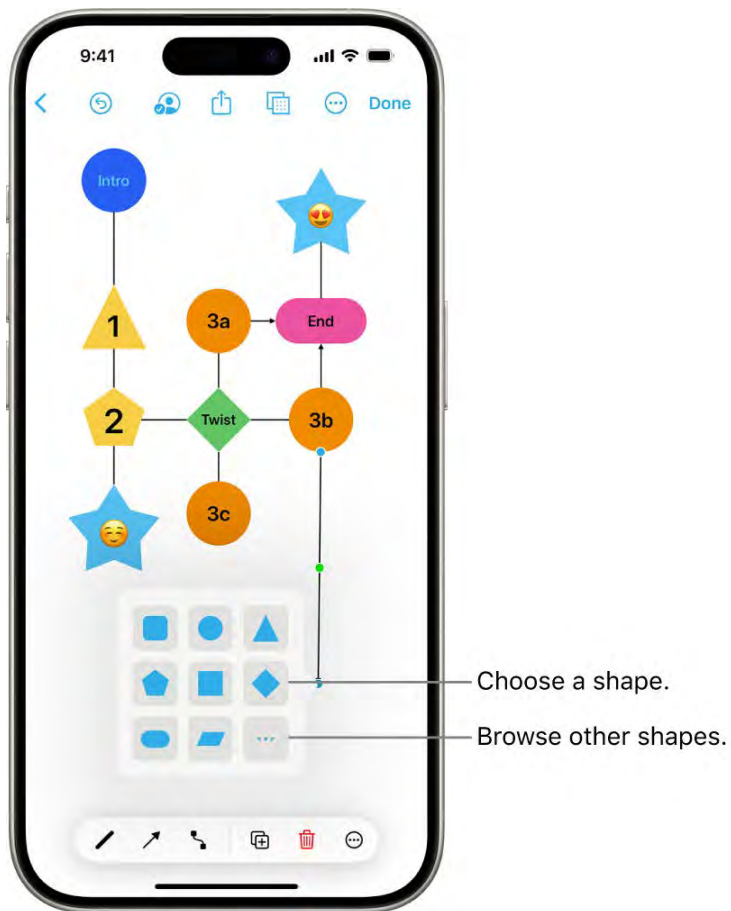
You can easily create a connected diagram, such as a flowchart, by using connectors and the shape picker in Freeform.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. Tap  [Alt text: the View Options button], then tap Show Connectors. (If you don't see  [Alt text: the View Options button], tap  [Alt text: the More button], tap View Options, then then tap Show Connectors.)



[Alt text: A diagram on a Freeform board, with connectors showing on a selected shape, and the shape formatting tools visible at the bottom of the screen.]

4. Begin your diagram by tapping  [Alt text: the Add Shape button],  [Alt text: the Add Sticky Note button],  [Alt text: the Add Text Box button], or  [Alt text: the Media button] and adding an item.
 5. Drag a connector arrow to where you want the next part of your diagram. When you let go, a small menu of shapes opens. Tap to select the next shape you want to add.
- (Tap  [Alt text: the More button] to browse other shapes.)



[Alt text: A diagram with a new shape being added.]

You don't see connector arrows when you select a line or multiple items.

Tip: You can quickly add equally spaced, aligned shapes with connectors. Tap to select a shape, then touch and hold a connector arrow. As you hold, a preview of the shape and line appears. When you let go, the shape and line are added to the board.

Connect two items with a line

After you add two items to a Freeform board, you can add a line between them.

1. Select two items on your board.
2. Do one of the following:
 - Tap  [Alt text: the More button], then tap Add Connection Line.
 - Tap  [Alt text: the Add Shape button], then tap  [Alt text: the Set Connection Line button].

Change connection points

After you add a connection line to diagram on a Freeform board, you can change how it connects.

1. Tap to select a connection line, then drag one of its endpoints (the blue dots).
2. Attach the endpoint to another item on the board at a new connection point.

You can attach a line to an item or (for some object types) near it. A filled circle appears when a connection is possible.

Related

[Add shapes, lines, and arrows to a Freeform board on iPhone](#)

[Position items on a Freeform board on iPhone](#)

[Add accessibility descriptions](#)

[Apply consistent styles and formatting in Freeform on iPhone](#)

NAV TITLE: [Add photos, videos, and other files](#)

Add photos, videos, stickers, scans, links, and other files to a Freeform board on iPhone

Metadata

Summary: In Freeform on iPhone, add photos, videos, stickers, scans, links, files, and documents from other apps to your board.

You can add any photo or video to a Freeform board, or take a new one with your iPhone camera. You can also add any kind of file to your board by scanning, linking, or inserting it.



[Alt text: A Freeform board with several inserted files: a 3D image file, a link, a video, stickers, and a photo. The 3D image file is selected, and its rotation button and formatting tools are visible.]

- COMMENT - #websites

Add a photo, video, sticker, link, or other file

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. Do one of the following:
 - Copy the item to your Clipboard, tap an empty space, then, when a menu appears, tap Paste.
 - Tap  [Alt text: the Media button], then choose, for example, Stickers.

Note: You can insert files saved on your iPhone or in iCloud Drive. For most file types, Freeform makes a copy of the inserted file. When you add a link to a collaborative [Keynote presentation](#), [Numbers spreadsheet](#), or [Pages document](#), participants in your Freeform board can tap the card to move to the shared file in iCloud. (If you want others to be able to

collaborate on the file, you must save it in iCloud.)

Double-tap any media item—photo, video, scan, or other file—to preview it.

Scan and add a document

You can scan a paper document and add it to your board as a PDF without leaving Freeform.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. Tap  [Alt text: the Media button], then tap Scan.
4. Position the document so that it appears on the screen, then tap  [Alt text: the Take Picture button] or press a volume button.
5. Drag the corners to select the area you want in the scanned document, then tap Keep Scan.
6. Scan additional pages, then tap Save when you're done.

A card with an image of the first page of your scan appears on your board.

Tip: To save your scan to iCloud Drive or on your iPhone, select the card, tap  [Alt text: the Preview button], tap  [Alt text: the Share button], then tap Save to Files.

Format a photo or video

After you add photos or videos to a Freeform board, you can crop them, mask them, or change their formatting.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
 2. Choose the photo you want to edit, then do any of the following:
 - *Crop or mask the photo:* Tap  [Alt text: the Crop Mask button].
 - *Remove the photo's background:* Tap  [Alt text: the Modify Image button], then tap Remove Background. If the background of the photo can't be made transparent, Remove Background isn't available.
- Tip:** You can also paste an image without a background. See [Lift a subject from the photo or video background](#).
- *Add a shadow, round the corners, add a description, and more:* Tap  [Alt text: the More button], then choose an option.
 - *Replace the photo or video:* Select the photo or video, tap  [Alt text: the Modify Image button] or  [Alt text: the Modify Movie button], tap Replace, then select a replacement.
 - *Preview the photo or video:* Tap  [Alt text: the Preview button], or double-tap the photo or video.

To preview a movie in full screen, double-tap it.

Put an image inside a shape

You can use a shape as a mask or frame for an image. For example, you can put your photo inside a circle.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. [Add a photo](#) or other image to the board.
4. Tap  [Alt text: the Add Shape button], then choose a shape.
5. Position the shape over the image, then select both it and the image. (See [Select, align, and group multiple items on a board.](#))
6. Tap  [Alt text: the More button], then tap Mask with Shape.

Or drag an image onto a shape to use it as a frame.

To remove it from the shape, select the masked image, tap  [Alt text: the More button], then tap Reset Mask.

Tip: To add a photo, video, file, or link to a Freeform board from supported apps (such as Notes, Photos, Safari, and more), select it and tap  [Alt text: the Share button] in the other app, tap the Freeform app icon, then tap New Board or the name of an existing board.

Related

- [Draw or handwrite on a Freeform board on iPhone](#)
- [Position items on a Freeform board on iPhone](#)
- [Add accessibility descriptions](#)
- [Apply consistent styles and formatting in Freeform on iPhone](#)

NAV TITLE: [Apply consistent styles](#)

Apply consistent styles and formatting in Freeform on iPhone

Metadata

Summary: In Freeform on iPhone, use a consistent style and format (font, text size, and color) in the items on your Freeform board.

When you want the text in your sticky notes, shapes, or text boxes to have a consistent look in Freeform—for example, font, size, and color—you can copy the style from one item and paste it in another. You can also save styles.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Tap an item on a board and make any adjustments to the formatting—so it has the style you want to copy.
3. When you have an item that's formatted in a style you like, tap it to show its formatting tools.
4. Tap  [Alt text: the More button] , tap Style, then tap Copy Style.
5. Tap to select and show the formatting tools for an item whose style you want to change.
6. Tap  [Alt text: the More button] , tap Style, then tap Paste Style.

Depending on the item you're pasting a style into, fonts, line weight, or color are matched.

For linked or placed files, pasted styles update corners and shadows.

Tip: If you like the style of an item, you can save its style. Then, every time you add another item like that to your board, it uses that saved style. Tap  [Alt text: the More button] , tap Style, then choose Save as Insert Style.

Related

[Position items on a Freeform board on iPhone](#)

NAV TITLE: [Position items on a board](#)

Position items on a Freeform board on iPhone

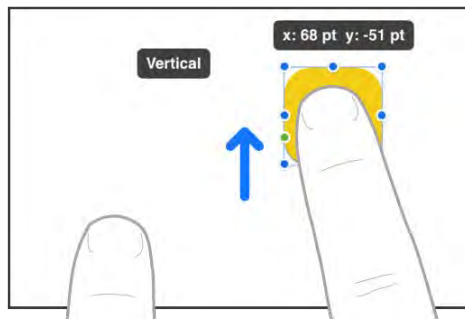
Metadata

Summary: In Freeform on iPhone, move items on your board to the background, align or group them, or lock them.

You can move, rotate, or resize items on your Freeform board. You can align, distribute, or group them, and move them to the background or foreground. You can turn on a grid or guides to help you position items, and lock items when you want to prevent any further changes.

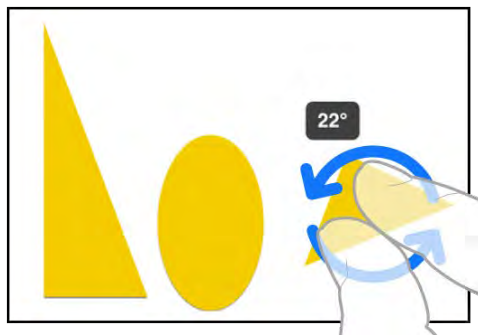
Move, rotate, or resize an item

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#), select an item you want to position by tapping it, then do any of the following:
 - *Reposition it:* Drag from the center of the item.
 - *Move it in a straight line:* To constrain an item's movement horizontally, vertically, or diagonally, drag the item with one finger while you use another finger to touch and hold anywhere on the board.



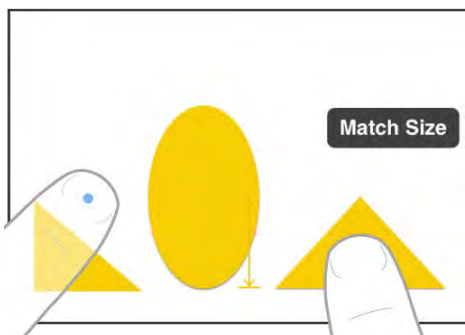
[Alt text: Two fingers of a hand moving an item in a straight line in Freeform.]

- *Rotate it:* Place two fingers on the item, then turn your hand in the direction you want to rotate it.



[Alt text: Two fingers of a hand selecting and rotating an item in Freeform.]

- *Put it in the background or foreground:* Tap  [Alt text: the More button] , then tap Back or Front.
- *Resize it:* Drag a blue dot.
In text boxes, drag a green dot to resize both the box and the text within it.
- *Match its size to another item:* Start resizing, then use a second finger to touch and hold the item whose size you want to match. When the words Match Size appear, lift both your fingers at the same time.



[Alt text: Two fingers on two hands selecting and matching the sizes of two items in Freeform.]

Select, align, and group multiple items on a board

After you add items to a Freeform board, you can select and align multiple items relative to one another. You can also group several items to more easily move, rotate, or resize them as a single unit.

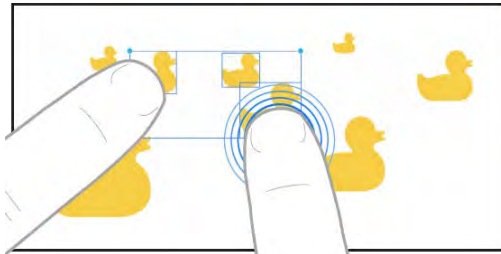


Evenly distribute selected objects.

Align selected objects.

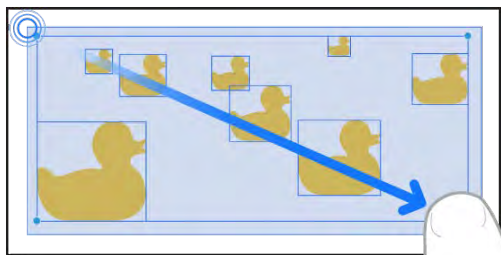
[Alt text: A Freeform board filled with a grid of photos. Several photos are selected, and the alignment and grouping tools appear above them.]

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#), then select multiple items by doing one of the following:
 - Touch and hold an item on your board, then, with another finger, tap other items.



[Alt text: Two fingers selecting items in Freeform.]

- Touch and hold the canvas, then drag the box that appears around the items you want to select.



[Alt text: A finger dragging to select items in Freeform.]

- Tap an empty space on the canvas, then tap Select Objects. Tap each item you want to select. Tap the item again if you want to deselect it.
3. Move, rotate, or resize the selected items, or tap  [Alt text: the Arrange button], then tap an alignment option or Group.

Some items—such as 3D objects—can't be grouped.

Lock an item on a board

After you add an item to a Freeform board, you can lock it so you don't inadvertently move, modify, or delete it. For example, you might lock one or more text boxes to serve as headings. (This could help set off areas on a board where participants can share items.)

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#), then tap a drawing, shape, text box, or other item on your board to select it.
3. Tap  [Alt text: the More button], then tap Lock.

Tip: When you want to define a workspace for your participants (rather than having a wide open canvas), try adding [a large rectangle shape](#). Select the shape, tap  [Alt text: the More button], tap Back, then lock it.

Related

[Create a Freeform board on iPhone](#)

[Apply consistent styles and formatting in Freeform on iPhone](#)

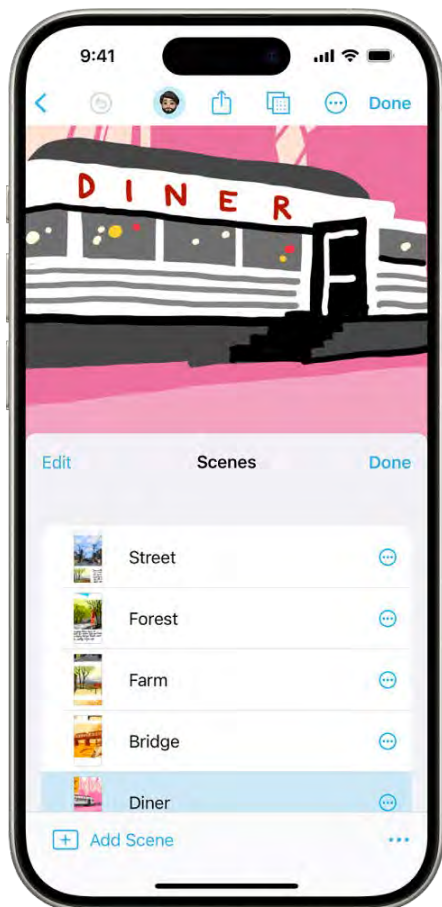
NAV TITLE: [Navigate and present scenes](#)

Navigate and present scenes in your Freeform boards on iPhone

Metadata

Summary: In Freeform on iPhone, save scenes or framed views of your board to navigate and present different parts of it to others.

You can save scenes—saved views of your board—to organize your boards into sections, then quickly navigate and present those parts of your board to others. Scenes let you identify and label content so you can present your board, section by section, and rearrange the order in which you present your board. You can also use scenes to identify the parts of your board you want to print or export as a PDF.



[Alt text: A scene in Freeform, with the Scene Navigator in the lower right corner.]

Save scenes

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#) with content.
3. Zoom and scroll until you frame the part of your board you want on the screen for your first scene.
4. Tap  [Alt text: the More button] , then tap Add Scene.

The Scene Navigator opens at the bottom of your board.

5. Repeat these steps until you capture all the scenes you want: Frame your next scene, tap  [Alt text: the Scene Navigator button] in the Scene Navigator or tap  [Alt text: the More button] , then tap Add Scene.

Tip: Don't worry about saving scenes in order. You can edit their sequence after you capture them.

Navigate scenes

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#) with saved scenes.
3. Tap  [Alt text: the More button] , tap Scene Navigator, then do any of the following:
 - Tap  [Alt text: the Scene Navigator button] , then tap the scene you want to go to.
 - Tap  [Alt text: the Back button] and  [Alt text: the Forward button] to move between scenes.

Note: What you (and others) see may depend on what device is being used to view the board and how it is positioned. For example, for iPhone and iPad, portrait or landscape mode may affect how the scene is framed.

Edit scenes

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#) with saved scenes.
3. Tap  [Alt text: the More button] , tap Scene Navigator, then tap  [Alt text: Saved View Navigator button] .
4. Tap Edit, then do any of the following:
 - *Change the name of a scene:* Enter a new name, then tap Done.
 - *Reframe a scene:* Tap  [Alt text: the More button] , then tap Replace Scene.
 - *Rearrange the view order:* Touch and hold  [Alt text: the Grabber button] , then drag the scene up or down.
 - *Delete a scene:* Tap  [Alt text: the Delete button] .

Print or export all scenes

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#) with saved scenes.
3. Tap  [Alt text: the More button], then do one of the following:
 - Tap Print, tap Scenes, then tap Print.
 - Tap Export as PDF, tap Scenes, then choose how you want to share it or tap Save to Files.

Tip: Printed and exported scenes default to the size of the device you're on. To print as the scenes were originally framed, tap Freeform Options, then select Capturing Device.

Print or export one scene

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#) with saved scenes.
3. Tap  [Alt text: the More button], then tap Scene Navigator.
4. Tap  [Alt text: the Scene Navigator button], touch and hold a scene name, then do one of the following:
 - Tap Print Scene, then tap Print.
 - Tap Export Scene as PDF, tap Export, then choose how you want to share it, or tap Save to Files.

Tip: If you're already in the Scene Navigator, you can tap  [Alt text: the More button] next to any scene you want to print or export.

All collaborators can access any scenes saved in a board.

Related

[Send a copy or PDF of a Freeform board on iPhone](#)

[Share Freeform boards and collaborate on iPhone](#)

[Position items on a Freeform board on iPhone](#)

NAV TITLE: [Send a copy or PDF](#)

Send a copy or PDF of a Freeform board on iPhone

Metadata

Summary: In Freeform on iPhone, send a copy or a PDF of a board to someone.

You can send a link to a copy of a Freeform board, so others can download the copy and add it to their boards—if you are [signed in to your Apple Account](#). You can also export your Freeform board as a PDF to send a copy of it to others.

Send a copy of a board

Send a copy of your board to anyone with just a link. They can take the copy of the board and make it their own. You must be online and signed in to iCloud to send a copy of the board.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Do one of the following:
 - *While browsing All Boards:* Touch and hold the board you want to share, then tap Share.
 - *From inside a board:* Tap  [ALT text: the Share Board button] .
3. Tap the pop-up menu under the board name, choose Send Copy, then tap one of the following:
 - *Copy iCloud Link:* The link is copied to your clipboard. You can then paste it anywhere you like.
 - *Any contact or app icon:* Follow the onscreen instructions.

You can send this link to as many recipients as you like. Anyone with the link can download the copy within 30 days. When browsing for the board, recipients can find it in All Boards, not the Shared section. (Shared is only for boards you're collaborating on.)

If you'd like to share your board collaboratively—so you can all see one another's updates—see [Share Freeform boards and collaborate](#).

Each new link sends a copy of the board at the time you created the link. When you send someone a copy, the link opens a new board. Changes on your board don't appear on their board, and anything others change doesn't affect yours.

Note: Sending a copy doesn't change who has access to the original board. See [Manage sharing settings](#) to change access to a board.

Send a PDF of a board

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [ALT text: the New Board button] to start a new one.
3. In the board you want to send, tap  [ALT text: the More button] , tap Export as PDF.

If you saved scenes in your board, choose to export one of the following:

- *The entire board as a single page:* Tap Board.
- *One scene per page:* Tap Scenes.

4. Choose how you want to send the board, such as in Messages or Mail, then follow the onscreen instructions.

People and groups you've recently communicated with appear as icons. Tap one to send the board to them.

You can also export a board as a PDF while browsing All Boards. Touch and hold the thumbnail or name of the board, tap Share, then tap Export as PDF.

Tip: To send a PNG of your board, [take a screenshot](#), then [share it](#) from the Photos app. You can also select and copy items you want to share and then paste them into other apps (Mail or Files, for example) as a PNG.

Related

[iCloud User Guide: Set up iCloud for Freeform on all your devices](#)

[Print from iPhone](#)

[Delete and recover your Freeform boards on iPhone](#)

[Collaborate on projects with Messages on iPhone](#)

NAV TITLE: [Print a board](#)

Print a Freeform board on iPhone

Metadata

Summary: In Freeform on iPhone, send a copy or a PDF of a board to someone.

You can print a Freeform board.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open the board you want to print, tap  [Alt text: the More button], then tap Print.

If you saved scenes in your board, choose to print one of the following:

- *The entire board as a single page:* Tap Board.
- *One scene per page:* Tap Scenes.

Related

[iCloud User Guide: Set up iCloud for Freeform on all your devices](#)

[Print from iPhone](#)

[Delete and recover your Freeform boards on iPhone](#)

[Collaborate on projects with Messages on iPhone](#)

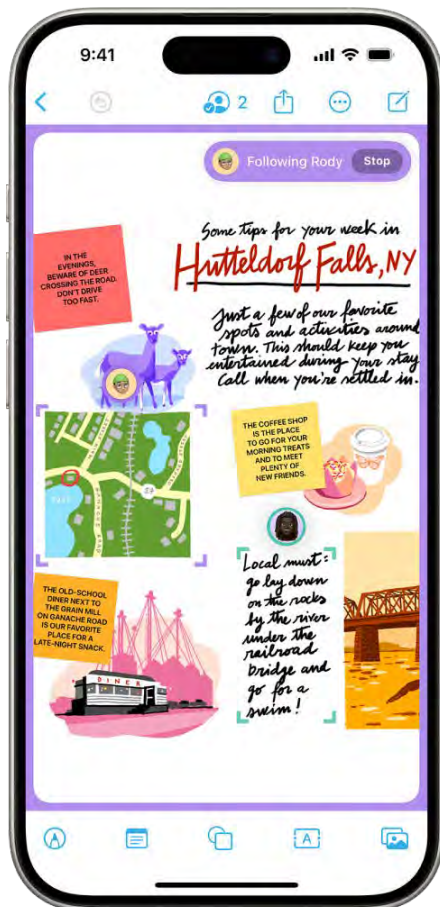
NAV TITLE: [Share boards and collaborate](#)

Share Freeform boards and collaborate on iPhone

Metadata

Summary: In Freeform on iPhone, invite people to collaborate on a board saved in iCloud, and everyone will see the latest changes. Or send a PDF of a board to someone.

You can invite people to collaborate on a Freeform board in iCloud, and everyone will see the latest changes when they're online and [signed in to their Apple Account](#). To make sure the board is accessible to all, you can add descriptions for visual items.



[Alt text: Someone is following another person's Freeform board.]

- COMMENT - [#marcom](#)

Invite others to collaborate on a board

When you collaborate with others on a shared Freeform board, you can see edits as others make them. Changes are saved in iCloud, so everyone with access to the board sees the latest version whenever they open it.

Note: Boards are stored only in the iCloud account of the owner. The iCloud storage of participants isn't affected by items in a board.

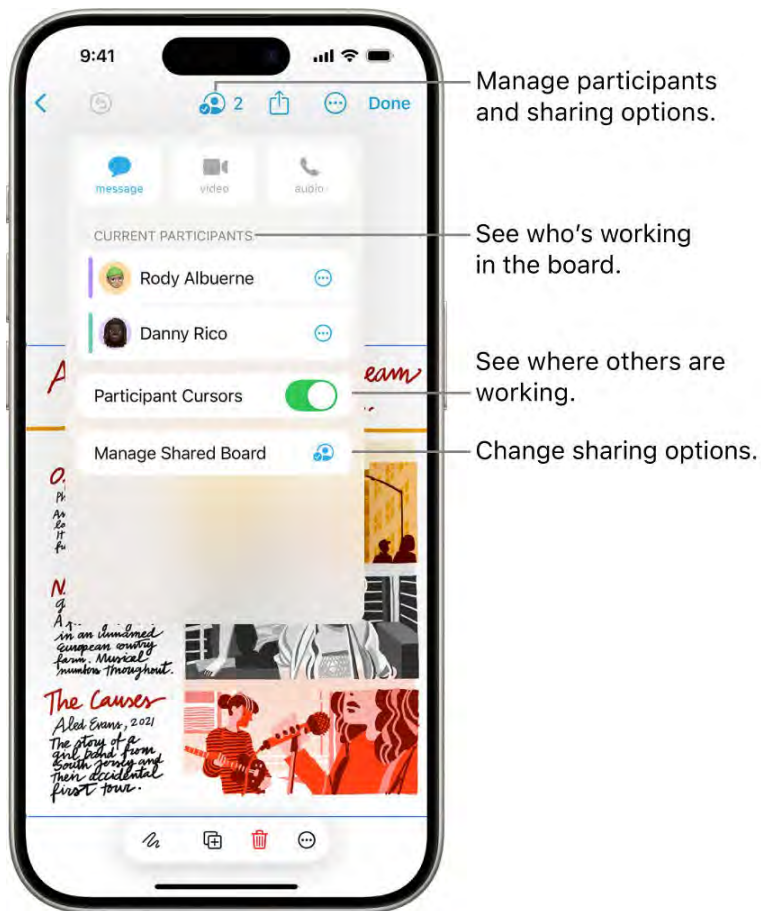
1. Go to the Freeform app  [ALT N/A] on your iPhone.
 2. Do one of the following:
 - *While browsing All Boards:* Touch and hold the board you want to share, then tap Share.
 - *From inside a board:* Open the board you want to share (or tap  [Alt text: the New Board button] to start a new one), then tap  [Alt text: the Share Board button] .
 3. The current sharing setting is described below the name of the board, such as “Only invited people can edit.” Tap the setting to change it. See [Manage sharing settings](#).
- Note:** If you want to be the only one who can invite others, select “Only invited people” and turn off “Allow others to invite” (green is on).
4. Choose how you want to share the board—such as in Messages or Mail—or tap the icon of anyone you’ve communicated with recently to share with them.

You can add people after you’ve started sharing a board. Tap  [Alt text: the Collaborate button] , tap Manage Shared Board, then tap Share With More People. Depending on the settings of others in Messages,  [Alt text: the Collaborate button] may change appearance.

Note: To edit or view the board, everyone you share with must be [signed in to their Apple Account](#) with iOS 16.2, iPadOS 16.2, macOS 13.1, or later. To collaborate using Messages, you and anyone you invite must also [turn on iMessage](#).

View others in a board

You can see where others are working on your board in real time or follow along while another participant moves in a board. For example, if you’re following someone who’s presenting their design proposal on a Freeform board, you can see where they are on the board and what they see.



[Alt text: A shared Freeform board on iPhone with the collaboration menu open.]

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open the shared board where you want to see others at work, then tap  [Alt text: the Collaborate button] .
3. Turn on Participant Cursors if the setting is off.
4. Do any of the following:
 - *Jump to where they're working:* Tap the name of a participant.
The color next to the participant's name matches the color marking their place on the board.
 - *Follow their board view as they work or present:* Tap  [Alt text: the More button] next to the name of a participant, then tap Follow Along. Or you can just tap the person's avatar wherever they are on the board, then tap Follow.

Anything you'd selected before entering the mode is deselected. A border (with a color matching the cursor of the person you're following) frames what they see on the board.

Both you and the presenter you're following need to be online.

When you're following along, you can't select anything on the board, and the zoom level is based on the other person's view.

To stop following along, tap Stop in the top-right corner—or just scroll, zoom, or edit.

Note: Others working with you on the board can only undo and redo their own changes while the board is open. Use  [Alt text: the Undo button] to move through the changes you made on your own iPhone. To redo a change after you undo it, touch and hold  [Alt text: the Undo button], then tap Redo.

Add accessibility descriptions

You can add a description of your visual content to any item on your board. That way, people who use assistive technology such as [VoiceOver](#) can hear the visual content described aloud. (Descriptions aren't visible on the board itself.)

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open the board where you want to add accessibility descriptions.
3. Select the item you want to describe, tap  [Alt text: the More button], then tap Description.
4. Enter a description of the visual content, then tap  [Alt text: the Close button].
5. To hear the description, [turn on VoiceOver](#), then tap the item.

Stop sharing or collaborating

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open the board you want to stop sharing or collaborating on.
3. Tap  [Alt text: the Collaborate button], then tap Manage Shared Board.
4. Do any of the following:
 - *Remove people:* Tap the name of the participant you want to remove, then tap Remove Access.
 - *Remove yourself from someone else's board:* Tap your name, then tap Remove Me.
 - *Stop sharing with everyone:* Tap Stop Sharing, then tap Stop Sharing.

When you choose this option, the board no longer appears on the devices of the other participants, even though you still have access to it.

You can change access and permissions for individuals or for everyone after you've started sharing a board. See [Manage sharing settings](#).

To use the collaboration features fully, all participants must be online, [signed in to their Apple Account](#), have Freeform turned on in iCloud (see [Set up iCloud for Freeform on all your devices](#) in the iCloud User Guide), and have [set up two-factor authentication](#).

Related

[iCloud User Guide: Set up iCloud for Freeform on all your devices](#)

[Print from iPhone](#)

[Delete and recover your Freeform boards on iPhone](#)

[Collaborate on projects with Messages on iPhone](#)

NAV TITLE: [Search Freeform boards](#)

Search your Freeform boards on iPhone

Metadata

Summary: In Freeform on iPhone, find text in a board that you made or that was shared with you.

You can search all your Freeform boards for text in handwritten text, sticky notes, text boxes, shapes, and filenames.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Do any of the following:
 - *Search within a board:* Tap the board's name or  [Alt text: the More button (near the top-right corner)], then tap Find.
 - *Search all boards:* Tap the search bar near the top of the All Boards screen. Any board that contains the text appears in the search results.

(If you're in a board, tap  [Alt text: the Back button] to access Search in All Boards.)

Related

[Create a Freeform board on iPhone](#)

[Delete and recover your Freeform boards on iPhone](#)

[iCloud User Guide: Set up iCloud for Freeform on all your devices](#)

NAV TITLE: [Delete and recover boards](#)

Delete and recover your Freeform boards on iPhone

Metadata

Summary: Remove Freeform boards you no longer need or recover them if you change your mind.

You can remove Freeform boards you no longer need. You can also recover deleted boards you want to keep.

Delete a board

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. While browsing All Boards, tap  [Alt text: the More button] near the top-right corner, tap Select, then tap the boards you want to delete. (A checkmark appears as you select each one.)

(If you're in a board, tap  [Alt text: the Back button] to browse All Boards.)

3. Tap Delete at the bottom-right corner of the screen.

You can also touch and hold the thumbnail or name of the board, then tap Delete.

If you're the *owner* of a board and you delete it, it no longer appears on anyone's devices.

If you're a *participant* in a shared board and you delete it, it no longer appears on your devices, but others can still access it.

Recover a recently deleted board

If you change your mind about deleting a board, you can recover it.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. While browsing All Boards, tap  [Alt text: the Back button], then tap Recently Deleted.
3. Do one of the following:
 - *Recover a board:* Touch and hold the thumbnail or name of the recently deleted board, then tap Recover.
 - *Recover several boards:* Tap  [Alt text: the More button] near the top-right corner, tap Select, then tap the boards you want to recover. (A checkmark appears as you select each one.) Tap Recover at the bottom of the screen.

Deleted boards remain in Recently Deleted for 30 days.

If you were the *owner* of a [shared](#) board that you deleted, it no longer appears on anyone's device, and you have to reshare it after recovering it.

If you delete a board you don't own, you may be able to access it again with the invitation link.

Permanently remove a recently deleted board

After deleting a board, you can permanently remove it.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. While browsing Recently Deleted, touch and hold the board, tap Delete, then tap Delete.

Related

[Share Freeform boards and collaborate on iPhone](#)

[Search your Freeform boards on iPhone](#)

[iCloud User Guide: Set up iCloud for Freeform on all your devices](#)

NAV TITLE: [Change Freeform settings](#)

Change your Freeform settings on iPhone

Metadata

Summary: In Settings on iPhone, you can customize your preferences for the Freeform app.

You can customize the settings for the Freeform app.

Turn the background dot grid on or off

You can show a grid of gray dots on your board, which allows you to see more easily whether items line up.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. Tap  [Alt text: the View Options button], then tap Hide Grid or Show Grid.

Align items to the background grid

You can make edges and points align to the nearest dot on the grid as you resize or move an item.

1. Go to Settings  [ALT N/A] > Apps > Freeform.
2. Turn on Snap to Grid.

You can also access these settings when you're working in a board. Tap  [Alt text: the More button], tap Alignment Settings, then tap Snap to Grid.

Turn alignment guides on or off

You can use alignment guides to help you place items more precisely. When guides are on, they appear as you drag an item on a board and it aligns with another item.

1. Go to Settings  [ALT N/A] > Apps > Freeform.
2. Tap on or off any of the following:
 - *Center Guides*: These appear when the midpoints of items align.

- *Edge Guides:* These appear when the edges of items align.
- *Spacing Guides:* These appear when three or more items are equally spaced in a line.

You can also access these settings when you're working in a board. Tap  [Alt text: the More button], tap Alignment Settings, then tap the guides you want to use on. Or tap them off if you don't want them appearing as you move items near one another on the board.

Get math hints

You can choose how you want your iPhone to respond to the math problems you enter.

1. Go to Settings  [ALT N/A] > Apps > Freeform.
2. Tap Math Results, then select one of the following:
 - *If you want problems to be solved automatically:* Choose Insert Results. (The answer appears in writing that matches your own.)
 - *If you want suggestions to appear:* Choose Suggest Results. (A Solve button appears that, when tapped, adds the answer in writing that matches your own.)
 - *If you don't want to see math results:* Choose Off.

You can also access these settings when you're working in a board. Tap  [Alt text: the More button], then tap Math Results.

Manage sharing settings

You can change access and permissions for individuals or for everyone after you've started sharing a board.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open the board whose sharing settings you want to change.
3. Tap  [Alt text: the Collaborate button].

A list of participants appears, showing who is working in the board.

4. Tap Manage Shared Board, then do any of the following:
 - *Lock the board for edits:* Tap Share Options, then tap "View only."
 - **Note:** If you don't want participants to be able to invite others, select "Only people you invite" and "Only you can add people."
 - *Give editing access:* Tap Share Options, then tap "Can make changes."
 - *Change access and permissions individually:* Tap a participant's name, then adjust their settings.
 - *Invite others with a link:* Tap Share Options, tap "Anyone with the link," tap  [Alt text: the Back button], then tap Copy Link.

Note: Anyone can copy the link to send to others, but if you select “Only people you invite,” then only those invited to open the board can use the link. If you don’t want participants to be able to invite others, select “Only people you invite” and “Only you can add people.”

Tip: You can also manage any board you’ve previously shared while browsing All Boards. Touch and hold its thumbnail or name, then tap Manage Shared Board.

Store your Freeform boards in iCloud

1. Go to Settings  [ALT N/A] > [your name] > iCloud.
2. Tap See All, then turn on Freeform.

To back up without using iCloud, see the Apple Support article [About encrypted backups on your iPhone, iPad, or iPod touch](#).

Sort your boards

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the More button], then do any of the following:
 - *View more boards at the same time (with smaller thumbnails):* Tap List.
 - *List boards alphabetically (instead of by most recently updated):* Tap Sort by Name.
 - *Categorize boards by how long ago they were last opened:* When viewing All Boards, tap Sort by Date, then tap Use Groups.
 - *Categorize boards by board owner:* When viewing Shared boards, tap Use Groups.

Related

[Apply consistent styles and formatting in Freeform on iPhone](#)

[Create a Freeform board on iPhone](#)

Learn more topics in Freeform

Update your iOS to get the latest version of Freeform

Metadata

NoIndex

Each iOS, iPadOS, and macOS release introduces features in the Freeform app. When you open a board before updating to the latest software, newer features may not look or work as expected. For example:

- Unsupported objects appear as gray placeholders.
- Connection lines connect only to the centers of objects.
- Strokes created with variable-width drawing tools appear fixed-width.
- Strokes drawn with the pencil and crayon tools may change.

For the best experience, view and edit Freeform boards on devices with with iOS 18, iPadOS 18, macOS 15, or later that are [signed in to your Apple Account](#). See [Update iOS on iPhone](#).

Health

NAV TITLE: [Get started with Health](#)

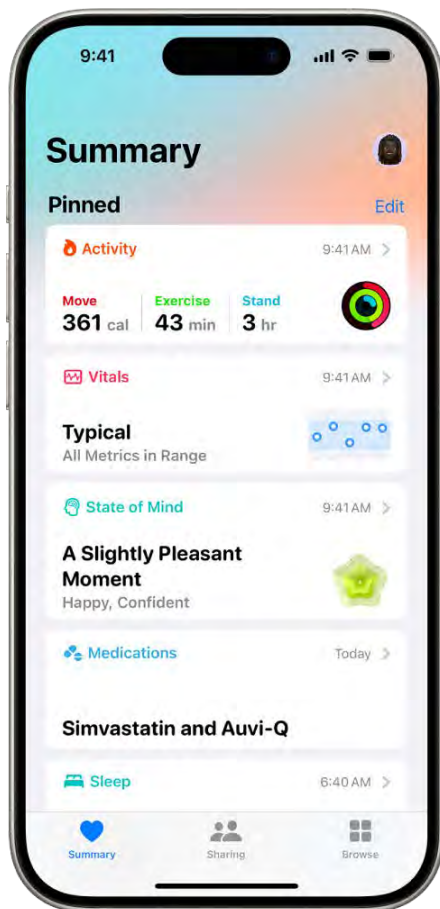
Get started with Health on iPhone

Metadata

Summary: Learn about some of the benefits of using the Health app on iPhone.

The Health app on iPhone stores health data from a number of different sources: your iPhone, iPad, Apple Watch, and compatible apps and third-party devices. You can set up a sleep schedule, check your headphone levels, schedule when to take your medications, and much more.

Find your health data in one place



[Alt text: The Summary screen in Health. Information about activity, vitals, state of mind, and medications appears below Pinned.]

iPhone automatically stores and analyzes valuable health details, including mobility data, sleep history, and even health records from your medical providers. You can also manually add information about medications you're taking, your menstrual cycle, and more. To display all of your health data, open the Health app and scroll down to see highlights.

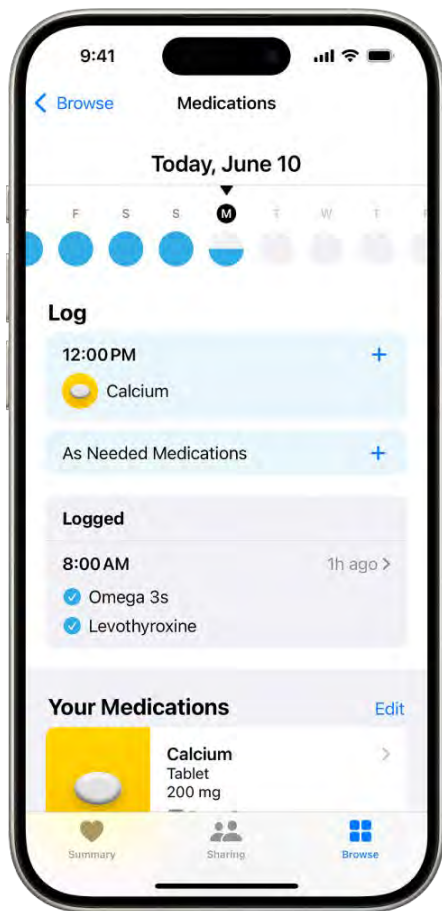
Fill out your health details



[Alt text: The Health Details screen, which includes fields for name, birth date, blood type, and other information.]

To personalize your experience, add your name, date of birth, sex, and other basic information to Health Details. To edit your health details, tap Summary, tap your picture or initials at the top right, tap Health Details, then tap Edit.

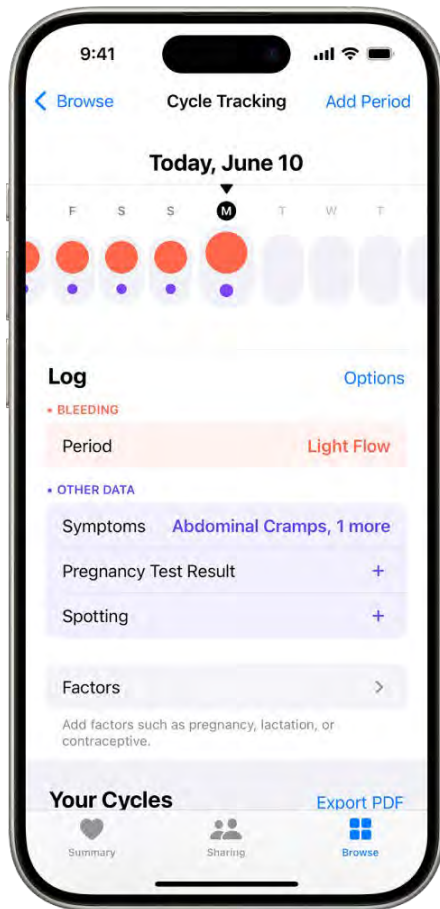
Schedule your medications



[Alt text: The Medications screen in Health showing the date and a log for medications.]

Create a list of the medications you're taking, schedule when to take them, and log when you do. To add a new medication, tap Browse, tap Medications, then tap Add a Medication.

Track your menstrual cycle



[Alt text: The Cycle Tracking screen showing the timeline for a week at the top of the screen. Solid red circles and purple dots mark the first 5 days on the timeline. Below the timeline are options to add information about periods, symptoms, and more.]

With Cycle Tracking, you can log your period, record symptoms like cramps, and track cycle factors like lactation. You can also use it to help predict when your next period or fertile window will begin. To set up Cycle Tracking, tap Browse, tap Cycle Tracking, then tap Set Up Cycle Tracking.

Want to learn more?

- [P9](#)
- [View health records in Health on iPhone](#)
- [Add or change sleep schedules in Health on iPhone](#)
- [Log your state of mind in Health on iPhone](#)
- [Share your data in Health on iPhone](#)
- [Back up your Health data in iCloud on iPhone](#)

Fill out your Health Details in Health on iPhone

Metadata

Summary: In Health on iPhone, add basic health information about yourself as well as information about medical conditions, medications, and more.

To personalize your experience, add your name, date of birth, sex, and other basic information to Health Details. To help first responders and others in case you have a medical emergency, create a Medical ID that contains information about medical conditions, medications, allergies, blood type, emergency contacts, and more. To better manage your health with the help of the Health app, periodically review the Health Checklist.

Fill out the Health Details screen

When you first open Health, you're asked to provide basic health information about yourself. If you don't supply all of the requested information, you can add it later on the Health Details screen.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right.

If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the screen.

3. Tap Health Details, then tap Edit.

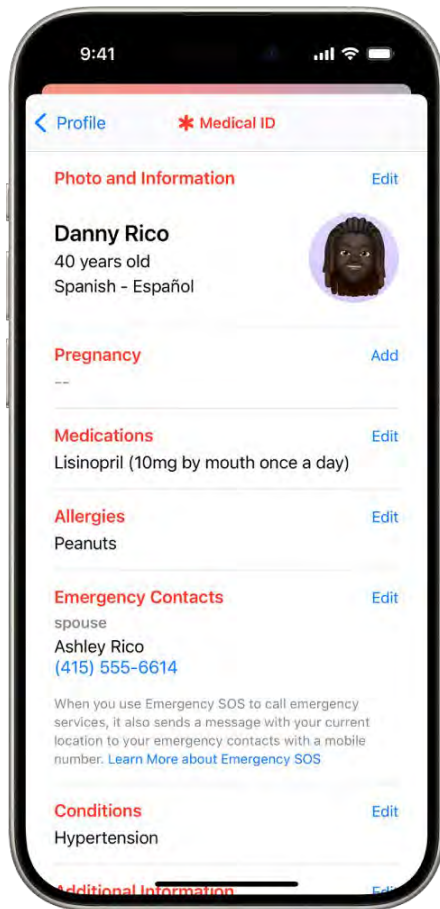


[Alt text: The Health Details screen, which includes fields for name, birth date, blood type, and other information.]

4. To make a change, tap a field.
5. When you're finished, tap Done.

Create a Medical ID

First responders and others can view critical medical information about you in your Medical ID, even while your iPhone is locked. See [Set up and view your Medical ID](#).



[Alt text: A Medical ID screen containing information including birth date, medications, allergies, emergency contacts, and medical conditions.]

Review your Health Checklist

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right.
If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the screen.
3. Tap Health Checklist.
4. To turn on or learn more about an item in the list, tap it.
5. When you're finished, tap Done.

Related

[Get started with Health on iPhone](#)

[Intro to Health data on iPhone](#)

[Log a pregnancy in Health on iPhone](#)

View and share health data

NAV TITLE: [Intro to Health data](#)

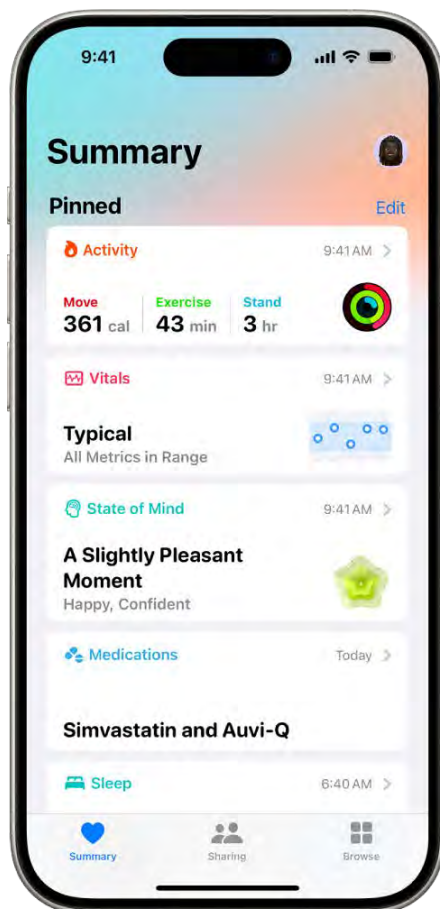
Intro to Health data on iPhone

Metadata

Summary: Health on iPhone stores health and fitness data, such as walking distances, headphone levels, sleep history, and more.

The Health app securely stores your health information from iPhone, iPad, and Apple Watch, as well as from compatible third-party apps and connected devices. You can also manually enter data for body measurements, symptoms, menstrual cycle information, and more.

Siri: On [supported models](#), say something like: “What’s my heart rate?” or “How far have I walked today?” Not available in all languages or regions. [Learn how to use Siri](#).



[Alt text: The Summary screen in Health. Information about activity, vitals, state of mind, and medications appears below Pinned.]

Health data from iPhone

iPhone automatically stores and analyzes valuable health data, including the following:

- *Steps, flights of stairs, and other walking data:* Built-in sensors on your iPhone capture the number of steps you take, the number of flights of stairs you climb, your walking speed, and more. You can [browse highlights, trends, and details](#) about this data in the Activity category in Health.
- *Mobility data:* iPhone stores important mobility metrics such as walking asymmetry, double support time, and more. Over time, as you walk with iPhone in your pocket or wear it near your waist, these metrics are used to calculate and record your walking steadiness. You can [browse](#) this data in the Mobility category. You can also [receive a notification](#) and [share your notification](#) with others if your steadiness becomes low enough to put you at increased risk of falling in the next 12 months.
- *Headphone audio levels:* Audio level measurements from connected AirPods, EarPods, or other compatible headphones are automatically stored in Health. You can [review](#) this data in the Hearing category to help you understand your headphone listening habits.
- *Sleep history:* If you [set up a sleep schedule in Health](#), iPhone estimates the periods you're lying in bed with the intention to sleep. You can [review this data](#) in the Sleep category to help you meet your sleep goals.

- P9

Health records from your healthcare providers: You can [set up automatic downloads of health records of your allergies, medical conditions, medications, and more from supported healthcare organizations \(not available in all countries or regions\)](#). You can [browse these records in Health](#).

Health data from Apple Watch

After you [pair iPhone](#) with Apple Watch, periodic heart rate and blood oxygen measurements are automatically sent from Apple Watch to Health, where you can [browse highlights, trends, and details](#) in the Heart and Respiratory categories. You can also set up Apple Watch to send additional information to Health, including the following:

- Exercise minutes and other activity metrics. You can [view these metrics](#) in the Activity category in Health on iPhone.
- A history of time in daylight (Apple Watch SE 2nd generation, Apple Watch Series 6 or later, and all Apple Watch Ultra models). The ambient light sensor in Apple Watch estimates how much time you've spent in daylight. You can [view details](#) in the Other Data category in Health on iPhone.

- Notifications about high or low heart rates, low cardio fitness (watchOS 7.2 or later), and irregular heart rhythms (not available in all countries or regions). You can [view the details](#) about these notifications in the Heart category.
- Environmental noise levels and notifications about loud sounds. You can [view the details](#) about noise in your environment in the Hearing category.
- Overnight health metrics in the Vitals app. You can view overnight health metrics—heart rate, respiratory rate, wrist temperature, blood oxygen, and sleep duration—to get a better understanding of your daily health status. If you wear your Apple Watch to sleep for multiple nights, the Vitals app establishes a typical range for each of your health metrics. If multiple metrics are outside your typical range, you'll receive a notification along with context for factors that may be involved—like medications or illness, for example. You can [view the details](#) about your overnight vitals in the Vitals category.
- A history of hard falls (Apple Watch SE and Apple Watch Series 4 and later). In the Other Data category, you can [view details](#) about the number of times fallen.

To learn more about health data from Apple Watch, see [Get started with health features](#), [See time spent in daylight](#), [Measure noise levels](#), [Track your vitals](#), and [Manage Fall Detection](#) in the Apple Watch User Guide.

Health data from other apps and devices

As you set up health and fitness apps that you download from the App Store, follow their onscreen instructions to allow them to share data with Health.

To store data from devices like blood pressure monitors and weight scales, follow their setup instructions. Bluetooth® devices [need to be paired](#) with iPhone.

Note: You can [change health data permissions](#) for apps and devices at any time.

Data that you add manually

You can manually enter data about your menstrual cycles, medications, body measurements, and more.

- *Add information about your menstrual cycles:* By logging menstrual cycle information, you can get period and fertile window predictions. See [Log menstrual cycle information in Health](#).
- *Add your medications, vitamins, and supplements:* By adding these items, you can get reminders to take them and learn more about them. See [Track your medications in Health](#).
- *Set up a sleep schedule:* Scheduling regular times for getting to bed and waking up can help you meet your sleep goals. See [Set up a Sleep Focus schedule in Health](#).
- *Add information to a Medical ID:* You can provide information about your medical conditions, medications, emergency contacts, and more in an emergency Medical ID. First responders and others can view this critical information directly on your iPhone, even while it's locked. See [Set up and view your Medical ID](#).

- *Add information to other Health categories:* Tap Browse at the bottom right of Health, tap a category, tap > [Alt text: the Details button] for the data you want to update, then tap Add Data at the top right.

Important: iPhone, iPad, and Apple Watch aren't medical devices. See [Important safety information for iPhone](#).

Related

[View your data in Health on iPhone](#)

[Share your data in Health on iPhone](#)

NAV TITLE: [View your health data](#)

View your data in Health on iPhone

Metadata

Summary: In Health on iPhone, view your health and fitness information in one place.

You can view your health and fitness information in one place. For example, you can check whether your metrics change over time, and see how well you're meeting goals for activity, sleep, mindfulness, and more.

Customize your pinned health categories on the Summary screen

You can pin and arrange the health categories that are most important to you, like Medications, Heart Rate, Steps, and more.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Summary at the bottom left.
3. Tap Edit next to Pinned, then do any of the following:
 - *Pin a health category:* Tap  [Alt text: the Pin button] next to a category.
 - *Unpin a health category:* Tap  [Alt text: the Unpin button] next to a category.
 - *Reorder the health categories in your Pinned list:* Drag  [Alt text: the Reorder button] next to an category up or down.
4. When you're finished, tap Done.

View your highlights

Tap Summary at the bottom left, then scroll down to see highlights of your recent health and fitness data.

To see more details about a highlight, tap > [Alt text: the Details button] .

View your health trends

To help you keep track of your health data over time, Health can alert you to significant changes in types of data like resting heart rate, number of steps, and amount of sleep. Trend lines show you how much these metrics have changed and for how long.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Summary at the bottom left, then scroll down to Trends to view any recent trends.
3. If Health has detected trends, you can do the following:
 - *View more data about a trend:* Tap its graph.
 - *View more trends:* Tap Show All Health Trends.

To [receive notifications](#) about your health trends, tap Summary at the bottom left, tap your picture or initials at the top right, tap Notifications, then turn on Trends.

View trends, highlights, and details for a specific health category

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right to display the Health Categories screen, then do one of the following:
 - Tap a category. (To see all categories, scroll up and down.)
 - Tap the search field, then type the name of a category (such as Mobility) or a specific type of data (such as Walking Speed).

Depending on the data type, you may be able to do the following:

- *View details about any of the data:* Tap > [Alt text: the Details button] .
- *See weekly, monthly, and yearly views of the data:* Tap the tabs at the top of the screen.
- *Manually enter data:* Tap Add Data in the top-right corner of the screen.
- *Add a data type to Favorites on the Summary screen:* Tap Add to Favorites. (You may need to scroll down.)
- *View which apps and devices are allowed to share the data:* Below Options, tap Data Sources & Access. (You may need to scroll down.)
- *Delete data:* Tap Show All Data below Options, swipe left on a data record, then tap Delete. To delete all data, tap Edit, then tap Delete All.
- *Change the measurement unit:* Tap Unit below Options, then select a unit.

Learn more about health and fitness

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Scroll down to Get More From Health or Articles, then tap an item to learn more.

When you view the details in many health categories, recommended apps are shown in addition to your data.

Related

[Intro to Health data on iPhone](#)

[Share your data in Health on iPhone](#)

NAV TITLE: [Share your health data](#)

Share your data in Health on iPhone

Metadata

Summary: On iPhone, share health data stored in the Health app with friends, family, and others caring for you.

You can share health data stored in the Health app—such as health alerts and trends—with friends, family, and others caring for you.

Share health data with a loved one

People you share health data with can also view the health notifications you receive, including high heart rate and irregular rhythm notifications. You can also share notifications for significant trends, such as a steep decline in activity.

Note: To share health data with someone, you need to [include them in your contacts](#).

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Sharing at the bottom of the screen.
3. Do one of the following:
 - *Set up sharing for the first time:* Tap Share with Someone.
 - *Share with an additional contact:* Tap “Add another person,” then tap Next.
4. Use the search field to find someone in your contacts list, then tap their contact information to select them.
5. Tap See Suggested Topics or Set Up Manually, then choose topics to share.
6. Scroll down to see all topics on a screen, then tap Next to see the next screen.
7. Tap Share, then tap Done.

You [receive a notification](#) when your invitation is accepted.

Share health data with your doctor

You can share health data (such as heart rate, exercise minutes, hours of sleep, lab results, and heart health notifications) with your doctors. Doctors view the data in a dashboard in their health records systems (U.S. only; on systems that support Health app data Share with Provider).

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Sharing at the bottom of the screen.
3. Do one of the following:
 - *Set up sharing for the first time:* Tap “Share with your doctor.”
 - *Share with an additional provider:* Tap “Share with another doctor.”
4. Tap Next, then select one of the suggested providers, or use Search to find your provider.
5. If Connect to Account appears, tap it, enter the user name and password you use for the patient web portal for that account, then follow the onscreen instructions.

P9 [In addition to sharing your health data, connecting to your account also causes your health records for that account to download to Health.](#)

6. Choose topics to share with your doctor.
7. Scroll down to see all topics on a screen, then tap Next to see the next screen.
8. Tap Share, then tap Done.

Review or change the data you’re sharing with others

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Sharing at the bottom of the screen.
3. Tap the name of a person or a healthcare provider.
4. Scroll down, then tap View Shared Data.
5. Make any changes, then tap Done.

Stop sharing data with a contact or a provider

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Sharing at the bottom of the screen.
3. Tap the name of a person or a healthcare provider.
4. Tap Stop Sharing or Remove Account.

Note: If you start sharing data with someone, simply removing them from Contacts doesn't stop the information from being shared.

Share health and fitness data with apps and devices

You can give other apps permission to share health and fitness data with Health. For example, if you install a workout app, its exercise data can appear in Health. The workout app can also read and make use of data (such as your heart rate and weight) shared by other devices and apps. If you didn't give an app permission to share data with Health when you set up the app, you can give permission later. You can also remove permission from an app.

P9 [To share your records from healthcare providers with apps, see Share your health records with other apps.](#)

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right.

If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the screen.
3. Below Privacy, tap Apps and Services or Devices.

The screen lists the items that requested access to Health data.
4. To change the access for an item, tap it, then turn on or off permission to write data to—or read data from—Health.

Share your health and fitness data in XML format

You can export all of your health and fitness data from Health in XML format, which is a common format for sharing data between apps.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right.

If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the screen.
3. Tap Export All Health Data, then choose a method for sharing your data.

Related

[Share your medication list](#)

[Intro to Health data on iPhone](#)

[Sync a third-party workout app to Fitness on iPhone](#)

[View data shared by others in Health on iPhone](#)

NAV TITLE: [View health data shared by others](#)

View data shared by others in Health on iPhone

Metadata

Summary: In Health on iPhone, view data and receive important notifications about a loved one's health.

You can [receive notifications](#) about a loved one's health, and you can view data about their activity, mobility, heart rate, and health trends in the Health app.

Accept an invitation to view another person's health data

1. After the invitation arrives, do one of the following:
 - Tap the invitation, such as on the Lock Screen or in Notification Center.
 - In Health, tap Sharing at the bottom of the screen, then tap View in the invitation at the top of the screen.
2. Tap Accept, then tap Done.

View shared data and quickly respond to it

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Sharing at the bottom of the screen.
3. Tap the contact card listed below Sharing With You.
4. You can do any of the following:
 - *Quickly respond:* Tap Message, Call, or FaceTime.
 - *See more detail:* Tap an item on the screen.

If the detail includes chart data, you can start a conversation about it by tapping Message. The chart is included in your message.

Ask another person to share their health data with you

You can ask someone to share their health data with you, if they have an iPhone with iOS 15.6 or later or an iPad with iPadOS 17 or later. They control what data they share and when to stop sharing.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Sharing at the bottom of the screen.
3. Tap Ask Someone to Share, then choose an option.

4. Let your invitee know that you need to be [included in their contacts](#) to share with you, and that if they need assistance, sharing instructions are available in [Share health data with a loved one](#).

Related

[Intro to Health data on iPhone](#)

P9 [View health records in Health on iPhone](#)

Get health records from your providers

P9 NAV TITLE: [Download health records](#)

Download health records on iPhone

Metadata

Summary: The Health app on iPhone provides secure access to information about your vaccinations, allergies, conditions, medications, labs, and more.

The Health app offers secure access to information about your vaccinations, allergies, conditions, medications, and more (not available in all countries or regions).

You can use a QR code or a link from a healthcare provider or authority to download a test result record, and you can set up automatic downloads for a range of health records from supporting healthcare organizations.

Note: When iPhone is locked with Face ID, Touch ID, or a passcode, all of the health data in the Health app—other than what you [add to your Medical ID](#)—is encrypted.

Set up automatic health record downloads from your healthcare provider

Supporting healthcare organizations can securely and automatically download records of your allergies, medical conditions, medications, labs, vaccinations, and more to Health.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right.

If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the screen.
3. Tap Health Records, then do one of the following:
 - *Set up your first download:* Tap Get Started.

- *Set up downloads for additional accounts:* Tap Add Account.

A list of nearby organizations appears. If your organization doesn't appear in the list, enter the name of a clinic, hospital, or other place where you obtain health records. Or enter the name of a city, state, or province to find organizations near there.

4. Tap the name of your organization.
5. Tap Connect Account (below Available to Connect) to go to the sign-in screen for your patient portal.
6. Enter the user name and password you use for the patient web portal of that organization, then follow the onscreen instructions.

After you set up downloads from an organization, you automatically receive new records in Health as they become available.

Note: Your healthcare organization might not appear in this feature. Organizations are added frequently.

P9

P9 [View health records in Health on iPhone](#)

P9 NAV TITLE: [View health records](#)

View health records in Health on iPhone

Metadata

Summary: In Health on iPhone, view the records from your healthcare providers.

After you [set up health record downloads](#) from a healthcare provider, your records are securely and automatically downloaded to iPhone, where they're available for viewing in the Health app.

View your health records

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right to display the Health Categories screen, then do one of the following:
 - Tap the search field, then enter the name of a health record category (such as clinical vitals) or a type of data (such as blood pressure).
 - Scroll down, then tap a category (such as Allergies or Clinical Vitals) below Health Records.
 - Scroll down, then tap the name of a specific organization.

To see more details, tap any section where you see  [Alt text: the Details button] .

Note: If you don't see health records that you expect from a healthcare provider, make sure that you're signed in to your account with the provider. Tap Browse, scroll to your list of accounts, tap the name of your provider, then sign in if asked.

Pin important lab results

You can pin results so that they appear at the top of the Lab Results screen for quick access.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, scroll down, then tap Lab Results.
3. Do any of the following:
 - Swipe right on a result, then tap  [Alt text: the Pin button] .
 - Touch and hold a result, then tap Pin this Lab.

Share your health records with other apps

Third-party apps can request access to your health records. Before you grant access, be sure that you trust the app with your records.

1. To grant access, choose which categories to share—such as allergies, medications, or immunizations—when asked.
2. Choose whether to grant access to your current and future health records or to only your current records.

If you choose to share only your current records, you're asked to grant access whenever new records are downloaded to your iPhone.

To stop sharing health records with the app, [turn off its permission](#) to read data from Health.

Delete an organization and its records from iPhone

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right, then tap Health Records.

If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the page.

3. Tap the name of an organization, then tap Remove Account.

Related

[Share health data with your doctor](#)

[Monitor your walking steadiness in Health on iPhone](#)

Monitor your walking steadiness in Health on iPhone

Metadata

Summary: In Health on iPhone, learn when you are at increased risk of falling.

When you carry your iPhone in a pocket or holster near your waist, the Health app uses custom algorithms that assess your balance, strength, and gait. You can [receive a notification](#) if your steadiness becomes low or stays low, and you can automatically share the notification with someone close to you. Health can also show you exercises to help improve your walking steadiness. (iPhone 8 or later).

Receive notifications when your steadiness is low or very low

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right.

If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the screen.

3. Tap Health Checklist.
4. Tap Set Up for Walking Steadiness Notifications, then following the onscreen instructions.

To review your notifications, tap Browse at the bottom right, tap Mobility, scroll down, then tap Walking Steadiness Notifications.

To automatically share your walking steadiness notifications with somebody close to you, see [Share your data in Health](#).

View your walking steadiness data

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Mobility.
3. Tap Walking Steadiness (you may need to scroll down).
4. To learn about the three steadiness levels (OK, Low, and Very Low), tap  [Alt text: the Show Information button] .

Learn how to improve your walking steadiness

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Mobility.

3. Scroll down, then tap Exercises That May Improve Walking Steadiness.

Related

[Intro to Health data on iPhone](#)

[Log menstrual cycle information in Health on iPhone](#)

Track your menstrual cycle

NAV TITLE: [Log menstrual cycle information](#)

Log menstrual cycle information in Health on iPhone

Metadata

Summary: In the Health app on iPhone, log menstrual cycle information to get period and fertile window predictions.

You can log menstrual cycle information to get period and fertile window predictions.

Siri: On [supported models](#), say something like: “Log that my period started today.” Not available in all languages or regions. [Learn how to use Siri](#).

Set up cycle tracking

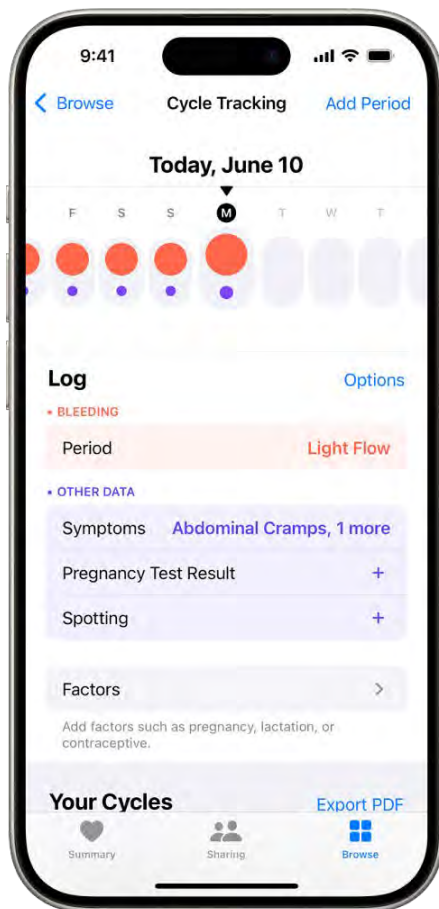
1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Tap Get Started, then follow the onscreen instructions.

To help improve predictions for your period and fertile windows, enter the requested information.

Log your cycle information

You can log the days of a period and track information like symptoms, spotting, basal body temperature, and more.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Do any of the following:



[Alt text: The Cycle Tracking screen showing the timeline for a week at the top of the screen. Solid red circles and purple dots mark the first 5 days on the timeline. Below the timeline are options to add information about periods, symptoms, and more.]

- *Log a period day:* Tap a day in the timeline at the top of the screen. Or tap Add Period at the top right, then select days from the monthly calendar.
- *Log the flow level for a day:* Swipe the timeline to select a day, tap Period (below Bleeding), choose an option, then tap Done.
- *Log symptoms, spotting, or other information:* Swipe the timeline to select a day, tap a category (below Other Data), supply the information, then tap Done.

To add categories to the data logging screen, tap Options next to Log, then choose from the categories below Log.

Note: You can use Apple Watch to help log your cycle information. See [Use Cycle Tracking on Apple Watch](#) in the Apple Watch User Guide.

Edit your log

Your logged information appears in the timeline at the top of the screen, where a solid red circle  [ALT N/A] represents a day you logged a period and a purple dot  [ALT N/A] represents a day you logged with additional information. Data for the day selected in the timeline appears in the Cycle Log (below the timeline). To change your logged information, do the following:

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Swipe the timeline to select a day.
4. Tap a category of data (such as Menstruation or Symptoms), make your changes, then tap Done.

To unmark a period day, tap its solid red circle in the timeline.

Manage cycle factors

When you enter information about pregnancy, lactation, and contraceptive use, that information is used to help manage your cycle predictions.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Tap Factors, then do any of the following:
 - *Add a factor:* Tap Add Factor, select a factor, tap Started if you need to change the start date, then tap Add.
 - *Change the end date for a current factor:* Tap the factor, tap Ended, select a date, then tap Done.
 - *Delete a current factor:* Tap the factor, then tap Delete Factor.

About your health data and privacy

The information you add about yourself in Health is yours to use and share. You can decide what information is stored in Health as well as who can access your data.

When your iPhone is locked with Face ID, Touch ID, or a passcode, all of your health and fitness data in Health, other than your Medical ID, is encrypted. Any health data synced to iCloud is encrypted both in transit and on Apple servers. And if you have a version of iOS, iPadOS, and watchOS (if you're using iPad and Apple Watch for cycle tracking) with default [two-factor authentication](#) and a passcode, your health and activity data is stored in a way that Apple can't read it.

This means that when you use the Cycle Tracking feature and two-factor authentication, your health data [synced to iCloud](#) is encrypted end-to-end, and Apple doesn't have the key to decrypt the data and therefore cannot read it.

Related

[View menstrual cycle predictions and history in Health on iPhone](#)
[Apple Support article: Track your period with Cycle Tracking](#)

NAV TITLE: [View menstrual cycle predictions and history](#)

View menstrual cycle predictions and history in Health on iPhone

Metadata

Summary: In Health on iPhone, check the date for your next period or fertile window, view details about your cycle history, and more

When you [log your menstrual cycle](#), you can check the predicted date for your next period or fertile window, receive notifications about when your next period or fertile window is expected to be approaching, view details about your cycle history, and more.

Note: Health can also use data from Apple Watch to improve the predictions for your period and fertile windows. See [Use Cycle Tracking on Apple Watch](#) in the Apple Watch User Guide.

View your cycle timeline

Tap Browse at the bottom right, then tap Cycle Tracking.

At the top of the screen, a timeline shows the following icons.

(table aria-label=Cycle Tracking timeline icons)

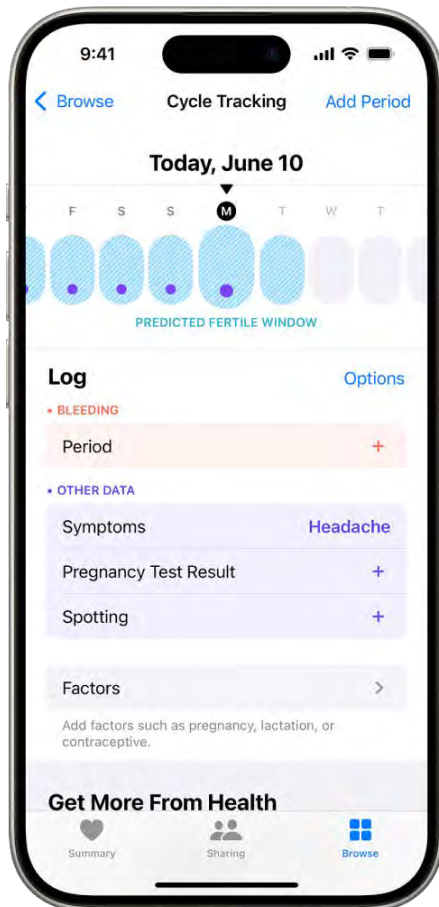
Icon	Description
 [Alt text: A light red circle]	A predicted period day.
 [Alt text: A light blue oval]	A predicted day of your fertile window.
 [Alt text: A light purple oval]	A day you likely ovulated (requires Apple Watch Series 8 or later or any Apple Watch Ultra model to be paired with your iPhone; not available in all regions).
 [Alt text: A solid red circle]	A day you logged a period.



[Alt text: A purple dot]

A day you added information (for example, noting a headache or cramping).

To select different days, swipe the timeline.



[Alt text: The Cycle Tracking screen with a timeline near the top showing an estimated fertile window. Below the timeline are options to add information about periods, symptoms, and more.]

Check the dates for your predicted next period and for your reported last period

1. Go to the Health app  [ALT: N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Scroll to Highlights to see when your next period is likely to start.
If you don't see the estimate, tap Show All next to Highlights.
4. Scroll to Summary to see the date of your last period and your typical cycle length.

Change cycle tracking notifications, cycle prediction displays, and other options

You can turn off period, fertility, and cycle deviation notifications, hide period and fertility predictions, and more. You can turn these on again at any time.

1. Go to the Health app  [ALT: N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Scroll down, tap Options, then turn options on or off.

View your cycle history

1. Go to the Health app  [ALT: N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. To see a summary of your last three cycles, scroll down to Your Cycles.
4. To see summaries of all previous cycles, tap Cycle History.

To send or save a PDF of your cycle history, tap Export PDF, tap  [Alt text: the Share button], then choose an option.

5. To see details about a cycle, tap it.

To change any details for the cycle, tap Edit.

To send or save a PDF of the cycle details, tap Export PDF, tap  [Alt text: the Share button], then choose an option.

If you receive a Cycle Deviation notification

You can [receive a notification](#) if your logged cycle history shows a possible cycle deviation. Irregular periods, infrequent periods, prolonged periods, and persistent spotting are common cycle deviations that may indicate an underlying condition, or may be due to other factors.

When you receive a notification, do the following to review your logged cycle history:

1. Go to the Health app  [ALT: N/A] on your iPhone.
2. Tap Review Cycle History in the Possible Cycle Deviation notification.
3. Follow the onscreen instructions to confirm, add, or edit the data in your cycle history.

If a cycle deviation is detected, a screen suggests what to do next.

About your health data and privacy

The information you add about yourself in Health is yours to use and share. You can decide what information is stored in Health as well as who can access your data.

When your iPhone is locked with Face ID, Touch ID, or a passcode, all of your health and fitness data in Health, other than your Medical ID, is encrypted. Any health data synced to iCloud is encrypted both in transit and on Apple servers. And if you have a version of iOS, iPadOS, and watchOS (if you're using iPad and Apple Watch for cycle tracking) with default [two-factor authentication](#) and a passcode, your health and activity data is stored in a way that Apple can't read it.

This means that when you use the Cycle Tracking feature and two-factor authentication, your health data [synced to iCloud](#) is encrypted end to end, and Apple doesn't have the key to decrypt the data and therefore cannot read it.

*For information about the availability of the retrospective ovulation estimates feature, see [watchOS Feature Availability](#).

Related

[Log a pregnancy in Health on iPhone](#)

[Track your medications in Health on iPhone](#)

[Apple Support article: Track your period with Cycle Tracking](#)

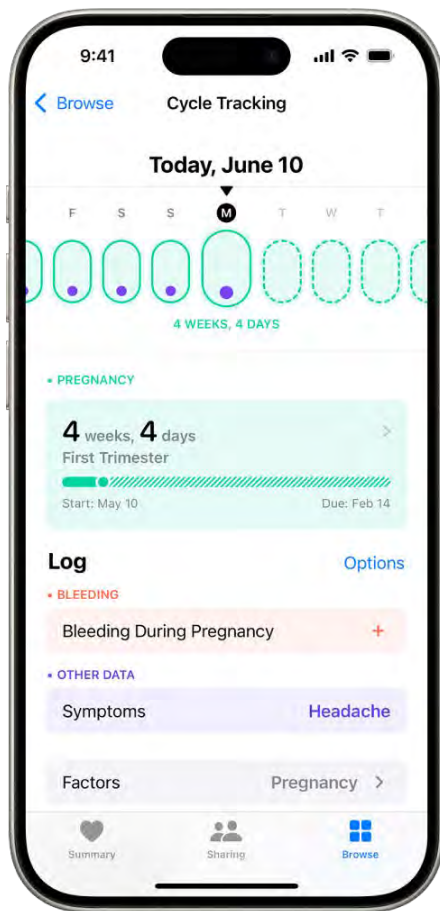
NAV TITLE: [Log a pregnancy](#)

Log a pregnancy in Health on iPhone

Metadata

Summary: You can log a pregnancy, view your gestational age, and log symptoms frequently experienced during pregnancy.

When you log a pregnancy in the Health app, you can view your gestational age and log the symptoms frequently experienced during pregnancy. The Health app and the Cycle Tracking app on Apple Watch can help you to better understand your data during pregnancy by making adjustments and recommendations to reflect changes in your physical and mental health.



[Alt text: The Cycle Tracking screen with a pregnancy timeline for a week at the top of the screen. Light green ovals and purple dots mark the first 5 days on the timeline. Dashed light green ovals mark the other days on the timeline. Below the timeline is the pregnancy summary showing the gestational age, start date, and estimated due date. Below the pregnancy summary are options to add information about bleeding during pregnancy, symptoms, and more.]

Log a pregnancy

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Scroll down, tap Factors, then tap Add Factor.
4. Tap Pregnancy, then tap Options next to Estimation Method.

To log a previous pregnancy, tap Pregnancy, then tap Log a Past Pregnancy.

5. Do one of the following:
 - *Log the first day of your last period:* Tap Last Menstrual Period, tap Done, then choose a date.

- *Log an estimated due date:* Tap Estimated Due Date, tap Done, then choose a date.
- *Log how far along the pregnancy is in weeks:* Tap Estimated Gestational Age, tap Done, then enter how far along the pregnancy is in weeks, and enter a date.
- *Log when the embryo was transferred during IVF:* Tap Embryo Transfer Date, tap Done, then enter the embryonic age and the date of transfer.

Depending on the estimation method, an estimated due date appears.

6. Follow the onscreen instructions to choose whether you want to turn on notifications for mental health questionnaires, add your pregnancy to your Medical ID and review your medications.

Note: Not available for all medications.

7. Tap Next to review the Cycle Timeline, then tap Done.

Note: You can also log a pregnancy in your Health Details. Tap Summary, tap your picture or initials at the top right, tap Health Details, then tap Set Up Pregnancy in Cycle Tracking.

While logging a pregnancy, you get a variety of recommendations of notifications that should be turned on or off during and after pregnancy:

- *Walking Steadiness:* Recommended to be turned on. Walking Steadiness can alert you more quickly during your third trimester, when the risk of falling can increase.
- *High Heart Rate (Apple Watch only):* If your high heart rate notification threshold is set below 120 beats per minute (bpm), you're asked to review and adjust it.
- *Cardio Fitness (Apple Watch only):* Cardio Fitness notifications are recommended to be turned off during and until 12 weeks after the end of your pregnancy.

To review your health notification settings, see [Review your Health Checklist](#).

Log bleeding and other symptoms

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Swipe to select a day, then do any of the following:

- *Log bleeding:* Swipe the timeline to select a day, tap Bleeding During Pregnancy, tap Had Bleeding, then tap Done.

Note: When you log bleeding during your pregnancy, you receive a notification recommending that you contact your doctor or care team.

To add a bleeding level, tap Bleeding During Pregnancy, select a bleeding level, then tap Done.

- *Log symptoms or other information:* Swipe the timeline to select a day, tap a category (below Other Data), supply the information, then tap Done.

To add categories to the data logging screen, tap Options next to Log, then choose from the categories below Log.

View your pregnancy cycle timeline

At the top of the screen, a timeline shows the following icons.

(table aria-label=Cycle Tracking timeline icons)

Icon	Description
 [Alt text: A light green oval]	A day you logged a pregnancy.
 [Alt text: A dashed light green oval]	A future day where you may still be pregnant.
 [Alt text: A dark green oval]	The day of your estimated due date.

To select different days, swipe the timeline.

Edit your pregnancy details

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Tap the Pregnancy area, then do any of the following:
 - *Change the estimation method:* Tap Options, then tap an estimation method.
 - *Edit your estimation method:* Tap a field to make a change.
 - *Delete your pregnancy information:* Tap Delete Pregnancy Information.
4. When you're finished, tap Done.

About your health data and privacy

The information you add about yourself in Health is yours to use and share. You can decide what information is stored in Health as well as who can access your data.

If you choose to add a pregnancy to Medical ID, your pregnancy status will be accessible on the Lock Screen if Show When Locked is enabled. Your pregnancy status will also be shared with first responders during an emergency call if Share During Emergency Call is enabled. You can change your Medical ID settings at any time by going to your [Health app Profile](#). You can remove or update your pregnancy status in Medical ID if your status changes.

When your iPhone is locked with Face ID, Touch ID, or a passcode, all of your health and fitness data in Health, other than your Medical ID, is encrypted. Any health data synced to iCloud is encrypted both in transit and on Apple servers. And if you have a version of iOS, iPadOS, and watchOS (if you're using iPad and Apple Watch for cycle tracking) with default [two-factor authentication](#) and a passcode, your health and activity data is stored in a way that Apple can't read it.

This means that when you use the Cycle Tracking feature and two-factor authentication, your health data [synced to iCloud](#) is encrypted end to end, and Apple doesn't have the key to decrypt the data and therefore cannot read it.

Related

[Fill out your Health Details in Health on iPhone](#)

[Set up and view your Medical ID](#)

[Take a mental health assessment in Health on iPhone](#)

Manage your medications

NAV TITLE: [Track your medications](#)

Track your medications in Health on iPhone

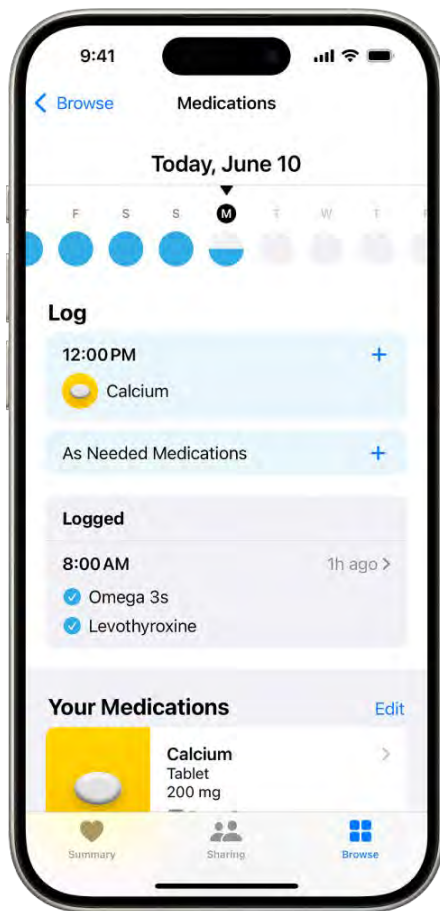
Metadata

Summary: In Health on iPhone, manage the medications, vitamins, and supplements you take.

You can track and manage the medications, vitamins, and supplements you take.

Siri: On [supported models](#), say something like: "Log my 6AM medications as taken." Not available in all languages or regions. [Learn how to use Siri](#).

- COMMENT - #ba #businessdata



[Alt text: The Medications screen in Health showing the date and a log for medications.]

Note: Some features are not available in all countries or regions. The Medications feature is not a substitute for professional medical judgment. Additional information is available on the labels of your medications. Consult your healthcare provider prior to making any decisions related to your health.

Add and schedule a new medication

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Medications.
3. Tap Add a Medication (to start your list) or Add Medication (to add to your list).
4. To identify the medication, do one of the following:
 - *Type the name:* Tap the text field, enter the name, then tap Add.

In the U.S. only, suggestions appear as you begin typing. You can select a suggestion, or finish typing the name, then tap Add.

- *Use the camera:* (U.S. only; on [supported models](#)) Tap  [Alt text: the Camera button] next to the text field, then follow the onscreen instructions.

If a match isn't found, tap Search by Name, then type the name (as described above).

5. Do the following:

- *Choose the medication type:* Tap an option, then tap Next.
- *Choose the medication strength:* Tap an option, then tap Next.
- *Set a schedule:* Follow the onscreen instructions to set the frequency and duration of your scheduled medication, then tap Next.

Tap Change under "When will you take this?" to choose a different schedule type, like On a Cyclical Schedule, or Every Few Days.

- *Choose the shape (optional):* Tap an option, then tap Next.
- *Choose the colors (optional):* Tap an option, then tap Next.

6. When you're finished, tap Done.

Turn on Follow Up Reminders and Critical Alerts

If you set a medication schedule, you [receive notifications](#) from the Health app reminding you to log the medication. You can receive follow-up reminders if a medication hasn't been logged 30 minutes after the scheduled time.

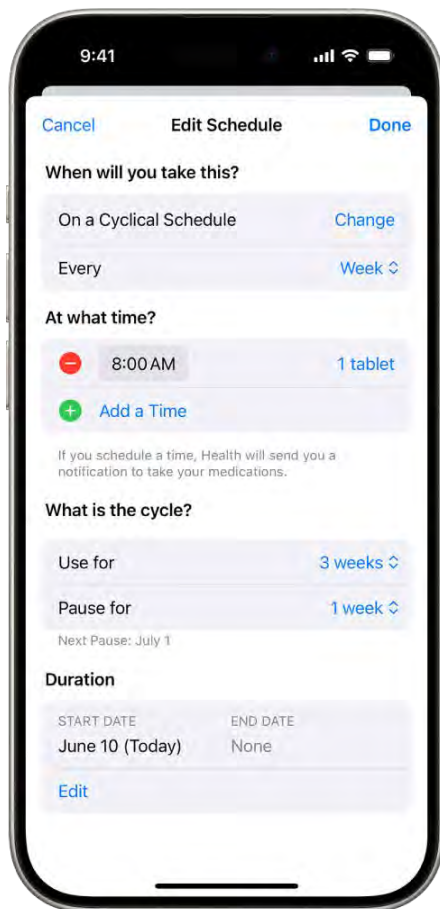
1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Medications.
3. Tap Options at the bottom of the screen, then turn on Follow Up Reminders.

When you turn on Follow Up Reminders, you can also turn on Critical Alerts for each of your medications. Critical Alerts appear on the Lock Screen and play a sound (even if a Focus is on or iPhone is muted).

4. Tap Critical Alerts, tap the button next to a medication, then tap Allow.

To turn off Critical Alerts, go to Settings  [ALT N/A] > Apps > Health > Notifications, then tap the button next to Critical Alerts.

Change the schedule for a medication or update other information



[Alt text: The Medications screen in Health showing options to change the schedule for a medication.]

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Medications.
3. Scroll down to Your Medications, then do any of the following:
 - *Change the schedule for a medication:* Tap a medication, scroll down to Schedule, tap Edit, then tap a field to change it.
 - *Change the icon, nickname, or notes for a medication:* Tap a medication, scroll down to Details, tap Edit to change the icon or tap either of the text fields, then make your changes.
 - *Reorder your list:* Tap Edit above the list of your medications, touch and hold  [Alt text: the Reorder button] for a medication, then drag it to a new position.
 - *Archive a medication:* Swipe left on its name in the list of your medications, then tap Archive.

- *Make an archived medication reappear in your list of medications:* Tap Edit above the list of your medications, then tap  [Alt text: the Add button next to the medication name. Any schedule you previously set is not preserved.
- *Delete a medication:* Tap a medication, scroll down, then tap Delete Medication.
- *Change how you receive notifications about taking medications:* See [View and respond to notifications](#) and [Change notification settings](#).

4. When you're finished, tap Done.

Log when you take a medication

You can log a medication, scheduled or unscheduled, at any time. By default, your iPhone will remind you when it's time to log your medications based on the schedule you've created in the Health app.

Note: For your Health app data to sync across devices, make sure they're signed in to the same Apple Account, are connected to the internet, and are updated to the latest OS version.



[Alt text: The Medications screen in Health showing a log of medications.]

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Medications.
3. Select a day at the top of the screen.
4. Do one of the following:
 - *Log whether you took a scheduled medication:* Tap the name of a medication in the list below Log, then below the medication, tap Taken or Skipped.
 - *Log an unscheduled medication:* Tap As Needed Medications in the list below Log, then below the medication, tap Taken.
5. When you're finished, tap Done.

Tip: When you receive a notification to log a scheduled medication, press and hold the notification, then choose an option.

To review your history of taking the medication, tap Browse at the bottom right, tap Medications, then tap the medication (in the list of your medications).

Share your medication list

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Do one of the following:
 - *Share your list (or just specific medications) with a loved one:* See [Share your data in Health](#).
 - *Share your list as a PDF:* Tap Browse at the bottom right, tap Medications, scroll down, tap Export PDF, tap  [Alt text: the Share button], then choose an option.

Related

[Learn more about your medications in Health on iPhone \(U.S. only\)](#)

[View your data in Health on iPhone](#)

NAV TITLE: [Learn more about your medications](#)

Learn more about your medications in Health on iPhone (U.S. only)

Metadata

Summary: On iPhone, learn more about the medications you add to your medications list in Health.

You can learn more about the medications you add to your medications list.

Learn about a medication

You can learn more about what a medication is used for, how it works, potential side effects, and how to pronounce it.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Medications.
3. Tap the medication (in the list of your medications), then scroll down.

Learn about interactions between your medications

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Medications.
3. Tap Drug Interactions.
4. To learn whether interaction factors like alcohol might interact with your medications, tap Edit (in the Interaction Factors area), select the factors that apply, then tap Done.
5. To learn more about an interaction, tap it.

Related

[Track your medications in Health on iPhone](#)

[Log your state of mind in Health on iPhone](#)

Track your mental wellbeing

NAV TITLE: [Log your state of mind](#)

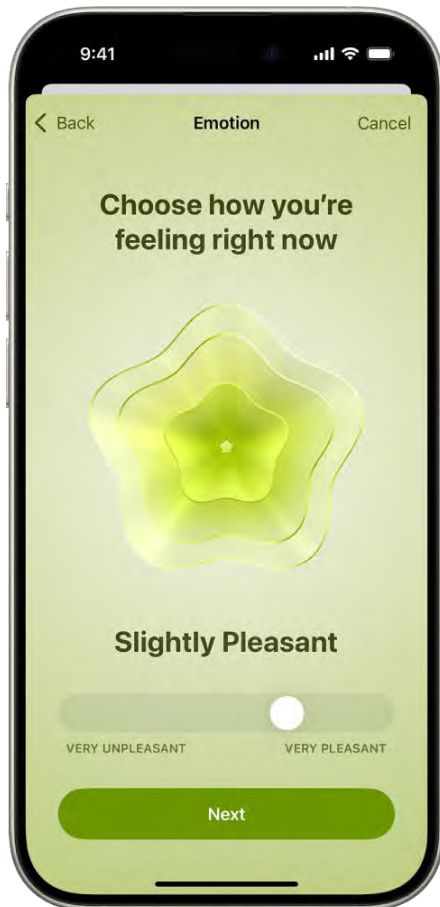
Log your state of mind in Health on iPhone

Metadata

Summary: In Health on iPhone, reflect on how you're feeling and log your momentary emotions and daily moods to monitor your mental wellbeing.

You can reflect on how you're feeling and log your momentary emotions and daily moods to keep track of your mental wellbeing. You can also learn how your state of mind may correlate with lifestyle factors like exercise, sleep, time in daylight, and mindful minutes.

Log your state of mind



[Alt text: A screen in the Health app identifying the current mood as Slightly Pleasant. At the bottom of the screen is a slider to adjust the level of the emotion.]

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse, tap Mental Wellbeing, then tap State of Mind.
3. If this is your first time logging, tap Get Started. Otherwise, tap Log.

Tip: To log your state of mind for a previous day, tap  [Alt text: the Calendar Button] at the top-right corner, tap a day, then tap Log.

4. Choose one of the following:
 - *Log an emotion:* Tap “How you feel right now,” then tap Next.
 - *Log a mood:* Tap “How you’ve felt overall today,” then tap Next.
5. Drag the slider to indicate how you’re feeling, then tap Next.
6. Tap any words that describe how you’re feeling (optional), then tap Next.

7. Tap any words that describe what's having the biggest impact on you (optional), then tap Done.

If you've described what's having the biggest impact on you, you can tap Additional Context to enter more information.

View your state of mind history

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse, tap Mental Wellbeing, then tap State of Mind.
3. Tap Show in Charts, then do any of the following:
 - *View your state of mind over time:* Tap an option from the time range selections at the top of the chart.
 - *View the types of entries you've logged:* Tap States, then tap Daily Moods or Momentary Emotions to see those entries on the graph.
 - *View factors associated with your entries:* Tap Associations, then scroll through the different factors you logged in your state of mind entries.
 - *View lifestyle factors associated with your entries:* Tap Life Factors, then tap a lifestyle factor to see it alongside your state of mind entries.

You can also tap  [Alt text: the More Info button] next to each lifestyle factor to learn more about how it can impact your mental wellbeing.

Set state of mind reminders

You can get reminders to log your state of mind.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse, tap Mental Wellbeing, then tap State of Mind.
3. Scroll down to the bottom of the screen, then tap Options.
4. Turn During Your Day and End of Day on or off.

You can also tap Add Reminder to create additional reminders.

Related

[Take a mental health assessment in Health on iPhone](#)

[Health data from Apple Watch](#)

NAV TITLE: [Take a mental health assessment](#)

Take a mental health assessment in Health on iPhone

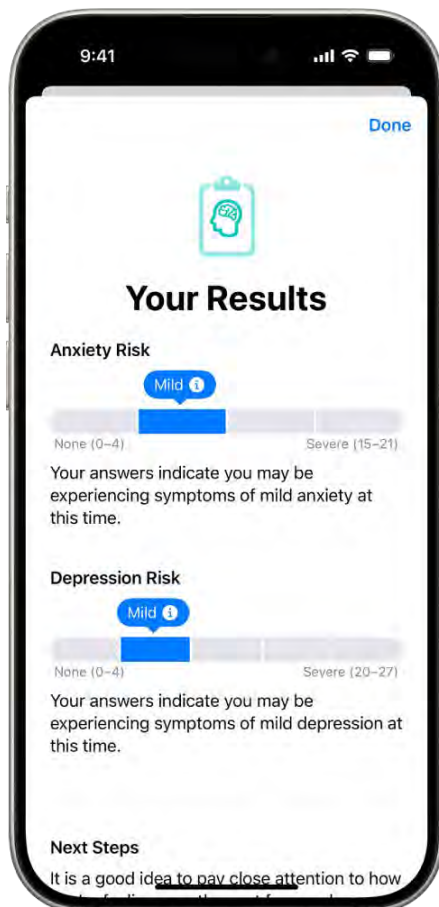
Metadata

Summary: In Health on iPhone, take a standardized mental health assessment to answer questions about how you're feeling, and see your current risk for depression or anxiety.

You can take age-appropriate standardized mental health assessments to answer questions about how you're feeling, and see your current risk for depression or anxiety. These questionnaires will help you understand if you should talk to your doctor, and you'll have a PDF of the results that you can share. The results and resources are provided for informational purposes only and are not a substitute for advice provided by a doctor or other qualified health care professional.

Note: The Anxiety Risk assessment is available for ages 13 and older. The Depression Risk assessment is available for ages 18 and older.

Take a mental health assessment



[Alt text: A screen in the Health app showing results of a mental health questionnaire.]

1. Go to the Health app  [ALT N/A] on your iPhone.

2. Tap Browse, then tap Mental Wellbeing.
3. Do one of the following:
 - *Take an assessment for anxiety or depression:* Tap Anxiety Risk or Depression Risk, then tap Take Questionnaire.
 - *Take an assessment for both anxiety and depression:* Scroll down to Get More From Health, then tap Take Questionnaire.
4. Tap Begin, then answer the prompts.
5. When you're finished, tap Done. Then you can do any of the following:
 - *Learn more about your results:* Tap ⓘ (Alt text: the More Info button) next to your results.
 - *Export your results as a PDF:* Below Next Steps, tap Export PDF.
 - *Get access to articles and crisis resources:* Scroll down to Learn More and Mental Health Resources.
6. When you're finished viewing your results, tap Done.

Note: The Patient Health Questionnaire-9 (PHQ-9) and Generalized Anxiety Disorder-7 (GAD-7), developed by Drs. Robert L. Spitzer, Janet B. W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc., can be useful tools to help identify if you are at risk for depression and/or anxiety. They are provided in Health for informational purposes only, and the results are not a medical diagnosis. The assessments are only clinically validated in certain countries and languages. If you have concerns about your mental health, you should consult a clinician.

Manage mental health assessment settings

1. Go to the Health app  (ALT N/A) on your iPhone.
2. Tap Browse, then tap Mental Wellbeing.
3. Tap Anxiety Risk or Depression Risk, scroll down to the bottom of the screen, then tap Options below Export PDF.
4. Do any of the following:
 - *Change how often you want to take mental health questionnaires:* Tap Frequency, then choose an option.
 - *Choose whether to be notified to take a questionnaire:* Turn Notifications on or off.
 - *Receive prompts to take a questionnaire after a pattern of unpleasant moods:* Turn Unpleasant Logging on or off.

When you turn on Periodic Questionnaires and Unpleasant Logging, you receive a prompt to take a questionnaire a couple of times a year or when you have a pattern of unpleasant moods.

Related

[Set up a Sleep Focus schedule in Health on iPhone](#)

[Log your state of mind in Health on iPhone](#)

[Journal for your wellbeing on iPhone](#)

Prioritize your sleep

NAV TITLE: [Set up a schedule for a Sleep Focus](#)

Set up a Sleep Focus schedule in Health on iPhone

Metadata

Summary: On iPhone, use Health to help you meet your sleep goals.

You can schedule regular times for going to bed and waking up to help meet your sleep goals. You can create multiple schedules—for example, one for weekdays and another for weekends.

For the sleep schedules you set, a Sleep Focus helps reduce distractions before and during bedtime. For example, it can filter out notifications and phone calls, and it can signal to others that you're not available. You can also schedule a wind down period to begin from 15 minutes to 3 hours before your bedtime. Your Sleep Focus begins at the start of your wind down time.

To help you wake up on time, you can select an alarm sound, a vibration, and a snooze option. Or you can choose to have no alarm at all.

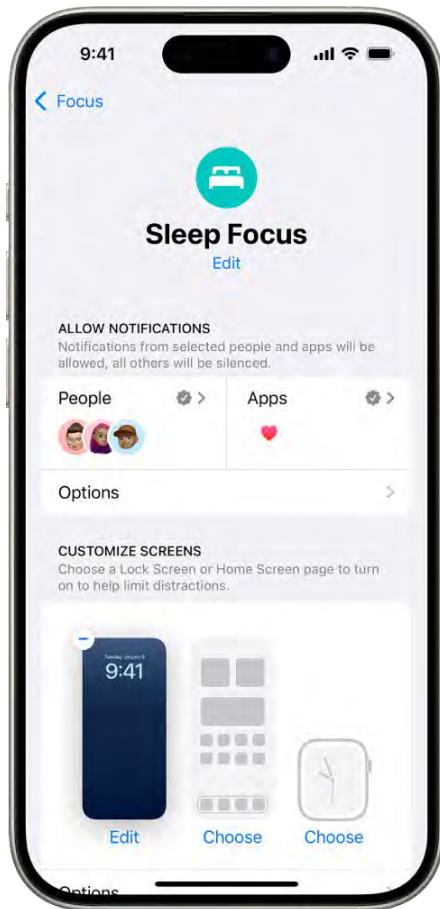
Set up a Sleep Focus

1. Go to Settings  [ALT N/A] > Focus, then tap Sleep.

If you don't see Sleep as an option, tap  [Alt text: the Add button] at the top right, tap Sleep, then tap Customize Focus.

2. Customize your focus.

For example, you can allow interruptions from people important to you, customize the Lock Screen and Home Screen, and customize how apps and your iPhone behave when a Sleep Focus is on. See [Set up a Focus](#).



[Alt text: The Sleep Focus screen showing three people and one app are allowed to send notifications.]

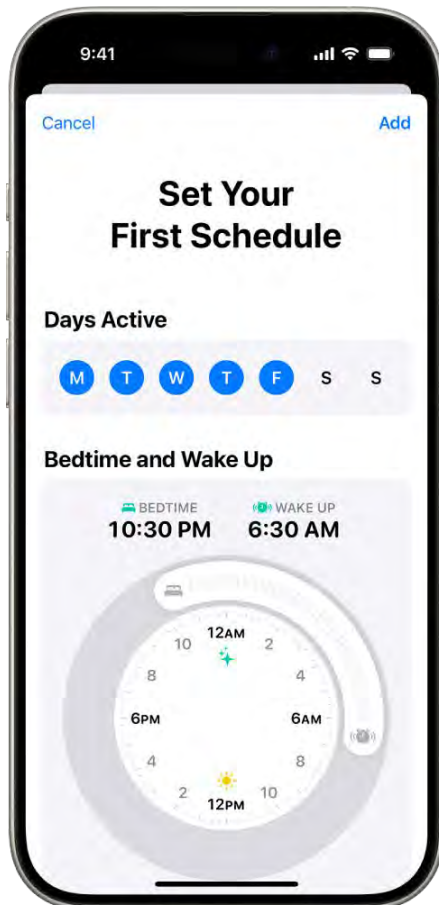
Set up your first recurring sleep schedule

When you set up a Sleep Focus, you can set your next bedtime and wake up time. This schedule repeats only once. To set up a recurring sleep schedule, do the following:

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Sleep.
3. Scroll down to Your Schedule, then tap Full Schedule & Options.
4. Tap Set Your First Schedule, then select your options:
 - *Set the days for your schedule:* Tap a day at the top of the screen to add or remove it from your schedule. The schedule applies only to days shown with solid-color circles.
 - *Adjust your bedtime and wake up schedule:* Drag  [Alt text: the Bedtime button] to change your bedtime,  [Alt text: the Ringing Alarm button] to change your wake up time, or the semicircle between the icons to shift both times simultaneously.
 - *Set the alarm options:* Turn Alarm on or off.

When Alarm is turned on, you can choose a sound, its volume, a vibration, and the snooze option.

5. Tap Add.



[Alt text: The Set Your First Schedule screen in Health, with a Days Active section and a Bedtime and Wake Up clock.]

Add, modify, or delete sleep schedules

After setting up your first sleep schedule, you can do the following:

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Sleep.
3. After setting up your first sleep schedule, you can do the following:
 - *Set up additional schedules:* For example, if you have a weekday schedule, you can add a weekend schedule. See [Add or change a sleep schedule](#).
 - *Change schedules:* You can adjust the bedtimes, wake up times, and alarm options for an entire sleep schedule or for only your next schedule. See [Add or change a sleep schedule](#).

- *Turn off alarms:* You can turn off alarms for all sleep schedules, for a particular schedule, or for only your next scheduled wake up time. See [Turn off alarms and delete sleep schedules in Health](#).
- *Remove a schedule:* See [Delete a sleep schedule and its alarm](#).

Note: You can [use the Clock app](#)  [ALT N/A] to set one-time and repeating alarms that don't turn on a Sleep Focus.

Related

[Turn off alarms and delete sleep schedules in Health on iPhone](#)

NAV TITLE: [Turn off alarms and delete sleep schedules](#)

Turn off alarms and delete sleep schedules in Health on iPhone

Metadata

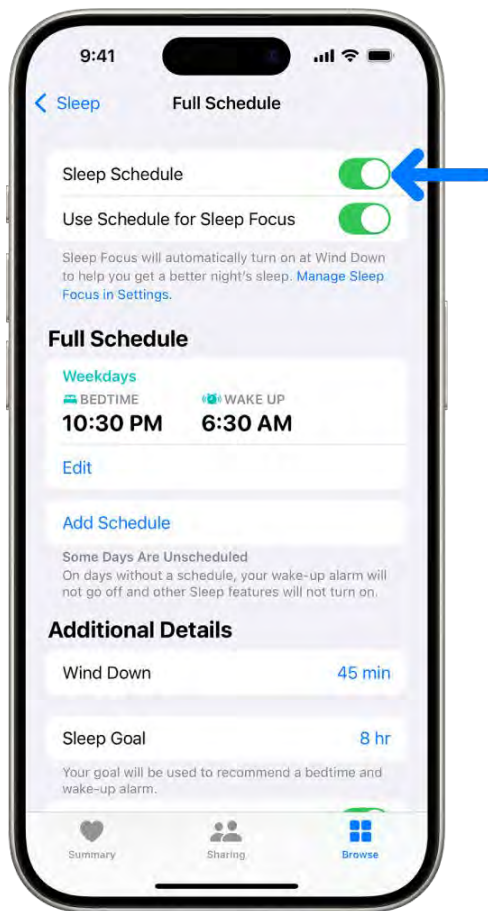
Summary: In Health on iPhone, turn off scheduled alarms and turn off or delete sleep schedules.

You can turn off your scheduled alarms and turn off or delete your sleep schedules.

Turn off all sleep schedules and alarms

After you create one or more sleep schedules, you can turn them all off at once. When all sleep schedules are turned off, scheduled alarms are also turned off.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Sleep.
3. Scroll down to Your Schedule.
4. Tap Full Schedule & Options, then turn off Sleep Schedule (at the top of the screen).



[Alt text: The Full Schedule sleep screen in Health with Sleep Schedule turned on at the top.]

You can turn them all on again later.

Note: To turn off alarms you set in the Clock app, see [Turn off an alarm](#).

Delete a sleep schedule and its alarm

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Sleep.
3. Scroll down to Your Schedule, then tap Full Schedule & Options.
4. Tap Edit for the schedule you want to remove.
5. Tap Delete Schedule (at the bottom of the screen).

Permanently turn off the alarm for a sleep schedule

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Sleep.

3. Scroll down to Your Schedule, then tap Full Schedule & Options.
4. Tap Edit for the sleep schedule you want to change.
5. Turn off Alarm.

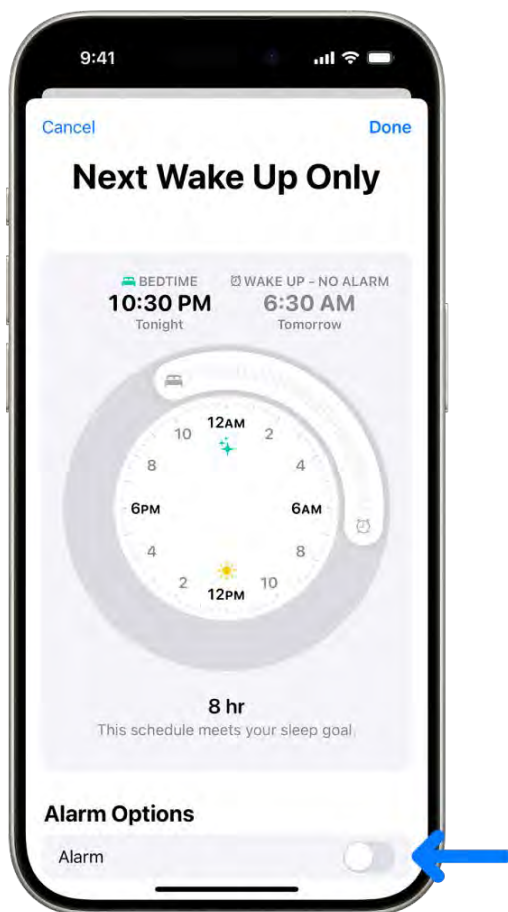
You can turn it back on again later.

6. Tap Done.

The rest of your sleep schedule remains in effect.

Turn off only your next scheduled alarm

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Sleep.
3. Scroll down to Your Schedule, then tap Edit (below Next).
4. Turn off Alarm.



[Alt text: The Next Wake Up Only screen in Health with Alarm turned off at the bottom.]

5. Tap Done.

After your next wake up time, your normal alarm resumes.

Note: You can also use the Clock app  [ALT N/A] to [change your next sleep schedule alarm](#).

Related

[Set up a Sleep Focus schedule in Health on iPhone](#)

[Add or change sleep schedules in Health on iPhone](#)

NAV TITLE: [Add or change sleep schedules](#)

Add or change sleep schedules in Health on iPhone

Metadata

Summary: In Health on iPhone, create or change sleep schedules to help you meet your sleep goals.

After you [set up your first sleep schedule](#), you can set additional schedules—for example, you can create separate schedules for weekdays and the weekend. You can also modify any schedule—for example, you can change its wake up time.



[Alt text: The Edit Your Schedule screen in Health, with the Bedtime and Wake Up clock at the top of the screen, and alarm options at the bottom of the screen.]

Add or change a sleep schedule

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Sleep.
3. Scroll down to Your Schedule, then tap Full Schedule & Options.
4. Do one of the following:
 - *Add a sleep schedule:* Tap Add Schedule.
 - *Change a sleep schedule:* Tap Edit for the schedule you want to change.
5. Do any of the following:
 - *Set the days for your schedule:* Tap a day at the top of the screen to add or remove it from your schedule. The schedule applies only to days shown with solid-color circles.

- *Adjust your bedtime and wake up schedule:* Drag  [Alt text: the Bedtime button] to change your bedtime,  [Alt text: the Ringing Alarm button] to change your wake up time, or the semicircle between the icons to shift both times simultaneously.
- *Set the alarm options:* Turn Alarm on or off.

When Alarm is turned on, you can choose a sound, its volume, a vibration, and the snooze option.

Note: You can't select a song for a sleep schedule alarm. However, you can [select a song for an alarm](#) with the Clock app  [ALT N/A] .

6. When you're finished, tap Add or Done.

When you tap Done, the changes apply to every day in the schedule.

Change only your next schedule

You can make a temporary change to a sleep schedule.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Sleep.
3. Scroll down to Your Schedule, then tap Edit (below Next).
4. Drag  [Alt text: the Bedtime button] to change your bedtime,  [Alt text: the Ringing Alarm button] to change your wake up time, or the semicircle between the icons to shift both times simultaneously.
5. Choose alarm options.

When Alarm is turned on, you can choose a sound, its volume, a vibration, and the snooze option.

6. Tap Done.

Note: You can also use the Clock app  [ALT N/A] to [change your next sleep schedule alarm](#).

After your next wake up time, your normal schedule resumes.

Related

[Turn off all sleep schedules and alarms](#)

[Delete a sleep schedule and its alarm](#)

[Change your wind down period, sleep goal, and more in Health on iPhone](#)

NAV TITLE: [Turn Sleep Focus on or off](#)

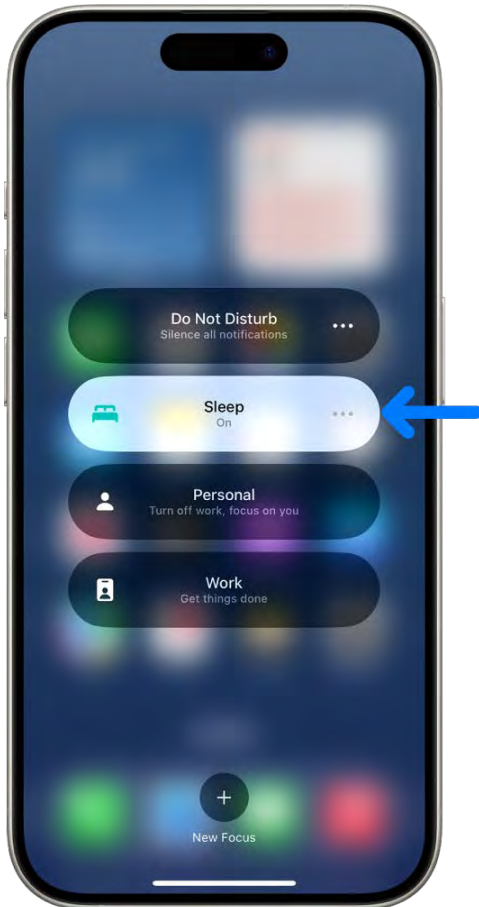
Turn your Sleep Focus on or off on iPhone

Metadata

Summary: On iPhone, use Control Center to turn Sleep Focus on or off until your next scheduled bedtime or wake up time.

Quickly turn your Sleep Focus on or off

Open [Control Center](#), tap Focus, then tap Sleep.



[Alt text: The Focus screen with the Sleep Focus turned on, and the Do Not Disturb Focus, Personal Focus, and Work Focus turned off.]

Your Sleep Focus turns on or off again at your next scheduled bedtime or wake up time.

To share your Sleep Focus settings with your other devices, make sure you have Share Across Devices turned on. Go to Settings  [ALT N/A] > Focus > Share Across Devices.

Turn off your Sleep Focus for all sleep schedules

1. Go to the Health app  [ALT N/A] on your iPhone.

2. Tap Browse at the bottom right, then tap Sleep.
3. Scroll down to Your Schedule, then tap Full Schedule & Options.
4. Turn off Use Schedule for Sleep Focus.

When this setting is off, your sleep schedules remain in effect, but your Sleep Focus doesn't automatically turn on. You can turn this setting on again at any time.

Related

[Set up a Sleep Focus schedule in Health on iPhone](#)

[Turn on or schedule a Focus on iPhone](#)

NAV TITLE: [Change your wind down period and sleep goal](#)

Change your wind down period, sleep goal, and more in Health on iPhone

Metadata

Summary: In Health on iPhone, change options like whether to receive sleep notifications, and more.

You can change Sleep options like the duration of your wind down period, how many hours of sleep you want to get, and more.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Sleep.
3. Scroll down to Your Schedule, then tap Full Schedule & Options.
4. Scroll down to Additional Details, then make your changes:
 - *Wind down period:* Tap Wind Down, then select how many minutes or hours to give yourself to wind down before your scheduled bedtime. Your Sleep Focus turns on at the beginning of the wind down period.
 - *Sleep goal:* Tap Sleep goal, then select a time. Any new schedules you set up reflect your new goal.
 - *Sleep notifications:* Turn Sleep Reminders or Sleep Results on or off.

Note: Sleep Results notifications require data from Apple Watch or other sleep tracking apps and hardware.



[Alt text: The Additional Details portion of the Full Schedule screen.]

Related

[Add or change sleep schedules in Health on iPhone](#)

[Allow or silence notifications for a Focus on iPhone](#)

NAV TITLE: [View your sleep history](#)

View your sleep history in Health on iPhone

Metadata

Summary: On iPhone, use Health to gain insights into your sleep habits.

Sleep data provides insight into your sleep habits.

To obtain sleep data, you can [use a sleep tracker or monitor](#), or manually add the data.

Siri: On [supported models](#), say something like: “How much did I sleep last night?” Not

available in all languages or regions. [Learn how to use Siri.](#)

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Sleep.
3. Do any of the following:
 - *View sleep data by week or month:* Tap a tab at the top of the screen.
 - *Change the time span displayed in the graph:* Swipe the graph left or right.
 - *View the details for a day:* Tap the column for the day.
 - *Manually add sleep data:* Tap Add Data in the top-right corner of the screen.
 - *Get cumulative sleep data:* Tap Show More Sleep Data.

Related

[Intro to Health data on iPhone](#)

[Check your headphone audio levels on iPhone](#)

Use headphone hearing safeguards

NAV TITLE: [Check your headphone audio levels](#)

Check your headphone audio levels on iPhone

Metadata

Summary: On iPhone, check your headphone level while you listen to audio. Review the history of your headphone listening habits, set a headphone audio limit, and get notified when you exceed it.

While using headphones with iPhone, you can check the audio level by viewing the Hearing control in Control Center. In the Health app, you can review the history of your headphone listening habits.

If you listen to loud headphone audio long enough to affect your hearing, iPhone automatically [sends you a notification](#) that you should turn down the volume. After you receive a notification, the next time you plug in your headphones or connect them using Bluetooth®, your volume is automatically set to a lower level. You can turn the volume up again if you choose.

Tip: To review the details of a headphone notification, tap Browse at the bottom right of Health, tap Hearing, then tap Headphone Notifications.

Check your headphone levels while you listen

1. Go to Settings  [ALT N/A] > Control Center, then add Hearing.
2. Connect your headphones, then play audio.
3. [Open Control Center](#), then tap  [Alt text: the Hearing Devices button] .

The audio level (in decibels) of your headphones is displayed on the Headphone Level meter.

Note: You can also tap Live Listen (below the Headphone Level meter) to turn Live Listen on or off. See [Use iPhone as a remote microphone with Live Listen](#). Typically, headphone level monitoring and Live Listen aren't used at the same time. The Headphone Level monitor is intended for listening to audio playback. Live Listen is intended for listening to external sounds with the iPhone microphone.

Check your headphone levels over time

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Hearing.
3. Tap Headphone Audio Levels, then do any of the following:
 - *See exposure levels over a period of time:* Tap the tabs at the top of the screen. (All levels are measured in decibels.)
 - *Learn about the sound level classifications:* Tap  [Alt text: the Show Information button] .
 - *Change the time span displayed in the graph:* Swipe the graph left or right.
 - *Display highlights:* Scroll down to Highlights, then tap Show All.

To learn more about your headphone audio levels, tap Show More Data.

Reduce loud headphone sounds

1. Go to Settings  [ALT N/A] > Sounds & Haptics, then tap Headphone Safety.
2. Turn on Reduce Loud Sounds, then drag the slider.

iPhone analyzes your headphone audio and reduces any sound above the level you set.



[Alt text: The Headphone Safety screen, showing the number of headphone notifications sent in the last 6 months, the Reduce Loud Sounds option, a slider for changing the maximum decibel level, and the selected decibel limit of 85 decibels.]

Note: If you [set up Screen Time](#) for family members, you can prevent them from changing the Reduce Loud Sounds level. Go to Settings > Screen Time > Content & Privacy Restrictions > Reduce Loud Sounds, then select Don't Allow.

Get headphone audio notifications

You can find headphone notifications on the Summary screen of the Health app  [ALT N/A] .

Note: Depending on your country or region, Headphone Notifications may be turned on by default, and in some countries or regions, you may not be able to turn it off. If allowed in your country or region, you can turn Headphone Notifications on or off in Settings  [ALT N/A] > Sounds & Haptics > Headphone Safety.

In addition, you can use the Settings app  [ALT N/A] to set a maximum decibel level that keeps your headphone audio at a comfortable level.

Headphone audio measurements are most accurate when using Apple or Beats headphones. Audio played through other headphones can be estimated based on the volume of your iPhone.

Related

[Use audiogram data in Health on iPhone](#)

NAV TITLE: [Use audiogram data](#)

Use audiogram data in Health on iPhone

Metadata

Summary: In Health on iPhone, use audiogram data to improve the accuracy and sound quality of your headphones.

An audiogram depicts the results of a pure-tone audiometry test—it displays how loud sounds need to be for you to hear them. You can use data from an audiogram to set [headphone accommodations](#) and improve the accuracy and sound quality of your headphones.

You can import an audiogram to Health by taking a photo or importing a saved file. You can also download suggested apps from the Health app where you can get audiogram data.

Import an audiogram

You can import an audiogram from Camera, Photos, or Files.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse, then tap Hearing.
3. Tap Audiogram, then tap Add Data at the top right.
4. Tap Continue, then follow the onscreen instructions.

Download a third-party audiogram app

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse, then tap Hearing.
3. Tap Audiogram, then scroll down to Audiogram Apps.
4. Choose an app, then download it from the App Store.
5. Open the app and, if prompted, grant permission to share data with the Health app.

Note: To find out if an app you've downloaded is compatible with Health, see the Apple Support article [Manage Health data on your iPhone or Apple Watch](#).

Related

[Adjust audio settings on iPhone](#)

[Get apps in the App Store on iPhone](#)

[Customize headphone audio levels on your iPhone or iPad](#)

NAV TITLE: [Register as an organ donor](#)

Register as an organ donor in Health on iPhone (U.S. only)

Metadata

Summary: In Health on iPhone, register to be an organ, eye, or tissue donor with Donate Life America.

You can register to be an organ, eye, or tissue donor with Donate Life America. If you later change your decision, you can remove your registration. Your decision to donate is accessible to others in your Medical ID.

Learn about organ donation

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right.

If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the screen.
3. Tap Organ Donation, then tap Learn More for an overview of organ donation and Donate Life America.

Register with Donate Life America

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right.

If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the screen.
3. Tap Sign Up with Donate Life.

To later change your donor information or remove your registration, tap your picture or initials, tap Organ Donation, then tap Edit Donor Registration.

Related

[Get started with Health on iPhone](#)

NAV TITLE: [Back up your Health data](#)

Back up your Health data in iCloud on iPhone

Metadata

Summary: Data in Health on iPhone is automatically stored in iCloud, and you can back up your Health data to your computer.

If you [sign in with your Apple Account](#), your health and fitness information in the Health app is stored automatically in iCloud. Your information is encrypted as it goes between iCloud and your device and while it's stored in iCloud.

In addition to using iCloud, or if you aren't using iCloud, you can back up your Health data by encrypting a computer backup. See [Back up iPhone](#).

Note: In order for your Health app data to sync across devices, make sure your devices are signed in with the Apple Account, are connected to the internet, and are updated to the latest OS version.

Manage your Health data in iCloud

You can make sure your Health data is synced across all of your devices. You can also stop storing your data at any time.

1. Go to Settings  [ALT N/A] > [your name] > iCloud.
2. Tap Show All, tap Health, then turn Sync with iPhone on or off.

Related

[Intro to Health data on iPhone](#)

Home

NAV TITLE: [Intro to Home](#)

Intro to Home on iPhone

Metadata

Summary: Use Home on iPhone to control smart home accessories such as lights, locks, security cameras, and thermostats.

You can use the Home app to securely add, control, and automate HomeKit and Matter-enabled accessories, such as lights, locks, and thermostats. When you [set up security cameras that support HomeKit Secure Video](#), you can capture video, and receive a notification when a camera recognizes someone or when a package is left at the door. You can also open a compatible lock with a [home key](#), group multiple speakers to play the same audio, and [send and receive Intercom messages](#) on supported devices.

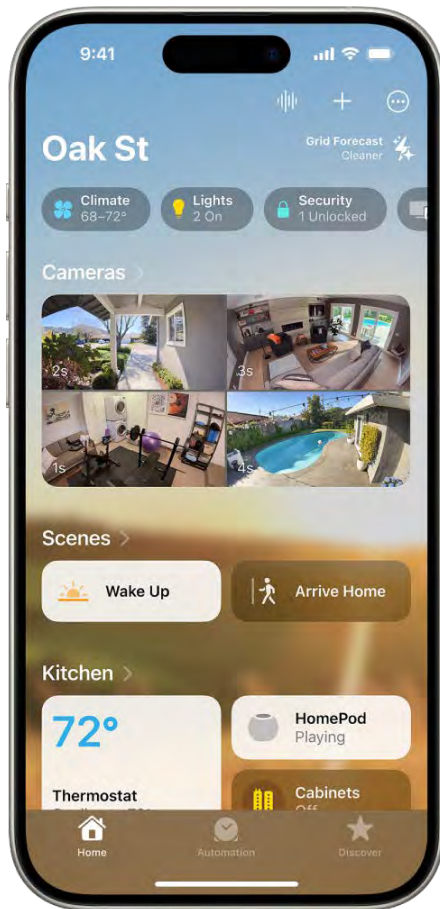
You can [create automations](#) to run automatically at certain times, or when you activate a particular accessory (for example, when you unlock the front door). You can also [control your home remotely](#) with the aid of a home hub—an Apple TV (4th generation or later) or HomePod speakers. This lets you, and others you invite, securely control your home while you're away.

Note: Matter-enabled accessories require a home hub, such as a HomePod speaker or Apple TV 4K. Thread accessories require a Thread-enabled home hub, such as Apple TV 4K (3rd generation) Wi-Fi + Ethernet, HomePod mini, or a supported third-party border router.

Home overview

The Home app lets you easily navigate and control your accessories. In the Home app, tap the Home tab to show the following sections:

- *Categories:* Tap a category such as Climate, Lights, Security, Speakers & TVs, or Water to show all related accessories on one screen, organized by room.
- *Cameras:* Video from up to four cameras can appear below Cameras. Swipe left to see more cameras.
- *Scenes:* Create scenes to control multiple accessories with a tap or Siri request—tap a scene to close the blinds and turn on the lights in the evening, for example.
- *Favorites:* Add to Favorites the accessories you use most often to quickly control them from the Home tab.
- *Rooms:* Accessories are organized by room, helping you find just the accessory you need.



[Alt text: The Home tab showing, from top to bottom, four categories, two scenes, three camera views, and the status of one room. Across the bottom are the tabs Home (which is selected), Automation, and Discover.]

Edit the Home tab

You can organize the Home tab in ways that suit you best.

Tap  [Alt text: the More button], then do any of the following.

- **Rearrange items:** Select Edit Home View, then drag tiles to a different position. Tap Done when you're finished.
- **Reorder sections:** To change the way sections such as Favorites or Scenes are ordered on the Home tab, choose Reorder Sections, then drag  [Alt text: the Reorder button] next to a section to a new position. Tap Done when you're finished.
- **Resize icons:** Select Edit Home View, tap a tile, tap  [Alt text: the Resize button], then tap Done.

To learn more about how to create and accessorize a smart home with your Apple devices, tap Discover at the bottom of the screen.

Related

[Upgrade to the new Home architecture on iPhone](#)
[Set up security cameras in Home on iPhone](#)

NAV TITLE: [Upgrade to the new Home architecture](#)

Upgrade to the new Home architecture on iPhone

Metadata

Summary: Learn how to upgrade to the new, more reliable, and more efficient Home architecture.

iOS 16.2 introduced a new Home architecture that's more reliable and efficient. For availability and details, see the Apple Support article [Upgrade to the new Home architecture](#).

Before you upgrade, make sure that Apple devices connected to your home are using the latest software. This includes any owner's devices and any shared users' devices.

Note: A home hub such as Apple TV (4th generation or later) or HomePod is required for features such as remote access, sharing your Home, notifications, automations, HomeKit Secure Video, and Adaptive Lighting. iPad is not supported as a home hub with the new Home architecture. You can continue to use the Home app on iPad to connect and control your smart home accessories.

Upgrade your home

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap  [Alt text: the More button], then tap Home Settings.
3. Tap Software Update, tap Learn More, then follow the onscreen instructions.

Note: Any connected devices that aren't using the latest software will lose access to the upgraded home until they're updated.

Related

[Set up accessories with Home on iPhone](#)

NAV TITLE: [Set up accessories](#)

Set up accessories with Home on iPhone

Metadata

Summary: Use Home on iPhone to add accessories to your home and assign them to rooms.

The first time you open the Home app, the setup assistant helps you create a home, where you can add accessories and define rooms. If you've already created a home when setting up a different accessory, you skip this step.

Add an accessory to Home

Before you add an accessory such as a light or camera, be sure that it's connected to a power source, is turned on, and has network connectivity.

1. Go to the Home app  [ALT N/A] on your iPhone.
2. Tap Home at the bottom left, then tap Add Accessory.

You can also tap  [Alt text: the Add button] at the top of the screen, then choose Add Accessory.

3. If you're pairing a Matter accessory that was previously paired to another app, tap More options, then select your accessory. Open the accessory's app, then generate a pairing code, which will be used to complete pairing with the Home app.
4. Follow the onscreen instructions.

You may need to scan a QR code, enter an 8-digit HomeKit setup code found on the accessory itself (or its box or documentation), or enter an 11 or 21-digit code for Matter-enabled accessories. A supported smart TV displays a QR code for you to scan. You can assign the accessory to a room, give it a name, then use this name when controlling the accessory with Siri. You can also [add suggested automations](#) during setup.

When you set up Apple TV in tvOS and assign it to a room, it automatically appears in that room in the Home app on iPhone.

Paired Matter accessories are synced across devices and stored in the Settings app using iCloud Keychain, regardless of which app you used to set them up. You can easily add a previously paired accessory that's stored in Keychain to another Matter ecosystem app. To manage these accessories, go to Settings  [ALT N/A] > General, then tap Matter accessories. See the Apple Support article [Pair and manage your Matter accessories](#).

Show accessories in a room

You can show individual rooms, scenes assigned to them, and a room's accessories organized by category.

In Room View, do one of the following.

- Tap > next to a room's name.
- Tap  [Alt text: the More button] , then choose a room.

Change an accessory's room assignment

1. Go to the Home app  [ALT N/A] on your iPhone.
2. Touch and hold an accessory tile, then tap Accessory Settings.
3. Tap Room, then choose a room.

Edit a room

You can change a room's name and wallpaper, remove the room, and more. When you remove the room, the accessories assigned to it move to Default Room.

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap > next to a room, or tap  [Alt text: the More button], then choose a room.
3. Tap  [Alt text: the More button], then tap Room Settings.

Organize rooms into zones

You can group rooms together into a zone to easily control different areas of your home with Siri. For example, if you have a two-story home, you can assign the rooms on the first floor to a downstairs zone. Then you can say something to Siri like “Turn off the lights downstairs.”

1. Go to the Home app  [ALT N/A] on your iPhone.
2. Tap > next to a room on the Home tab or tap  [Alt text: the More button], then choose a room.
3. Tap  [Alt text: the More button], then tap Room Settings.
4. Tap Zone, then tap an existing zone, or tap Create New to add the room to a new zone.

Related

[Control accessories with Home on iPhone](#)

NAV TITLE: [Control accessories](#)

Control accessories with Home on iPhone

Metadata

Summary: Use Home on iPhone to control accessories in your home.

Use the Home app and Control Center to control accessories in your home.

Control accessories in the Home app

On the Home tab, tap an accessory's icon on the left side of the tile—a light, for example—to quickly turn the accessory on or off. Tap the accessory's name on the right side of the tile to show the accessory's control.

The available controls depend on the type of accessory. For example, with some lightbulbs, there are controls for changing colors. With your smart TV, you can choose an input source.

Add accessories to Control Center

You can add Home scenes and accessories to control center for your most used accessories.

1. [Open Control Center](#) on your iPhone.
2. Tap  [Alt text: The Add button] in the top left, then tap Add a control at the bottom.
3. Tap the Home Scene or Accessory control.
4. Tap Choose Scene or Accessory then select a home and device or scene you would like to control.

View categories and home status

The Lights, Climate, Security, Speakers and TVs, and Water categories let you quickly access all the relevant accessories organized by room.

1. Go to the Home app  [ALT N/A] on your iPhone.
2. Tap the Home tab.

Below your home's name, buttons show the status of accessories belonging to a category—for example, a Lights category that shows “3 on.”

3. Tap one of the category buttons to show all accessories within that category, organized by room.
4. While viewing a category, tap the icon on the left side of an accessory tile to perform an action—turn a light or group of lights on or off, start playing music on a HomePod, or lock the front door.

View Activity History

When you have a home hub using the [new Home architecture](#) and latest software, all the members of your home can view the activity history for accessories like garage doors, locks, and security systems. For example, you can learn when a door was unlocked and who unlocked it.

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap  [Alt text: the More button], then tap Home Settings.
3. Go to Safety & Security > Home History, then tap One Month to view up to 30 days of activity.

4. In the Home tab, tap the Security category, then tap Home Activity to show the Activity History.

Turn on Adaptive Lighting

Some HomeKit compatible lights let you adjust their color temperature, from cool blue to warm yellow. You can set supported lights to automatically adjust the color temperature throughout the day. Wake up to warm colors, stay alert and focused midday with cooler ones, and wind down at night by removing blue light. For a light that supports Adaptive Lighting, follow these steps:

1. Go to the Home app  [ALT N/A] on your iPhone.
2. Tap the light's tile to show the controls.

You can also touch and hold the tile, and then choose Accessory Settings.

3. Tap  [Alt text: the Adaptive Lighting button], then turn on Adaptive Lighting.

Note: Adaptive Lighting requires a home hub—a device such as Apple TV (4th generation or later) or HomePod speakers.

Edit home accessories

To edit accessory settings, tap the right side of an accessory tile, tap  [Alt text: the Settings button], then do any of the following:

- *Rename an accessory:* Tap  [Alt text: the Delete button] to delete the old name, then type a new one.
- *Change an accessory's icon:* Tap the icon next to the accessory's name, then select a new icon. If you don't get a choice of other icons, it means the icon can't be changed for this accessory.

Group accessories

You can control multiple accessories with the tap of a button by grouping them.

1. Go to the Home app  [ALT N/A] on your iPhone.
2. Tap the right side of an accessory tile, tap  [Alt text: the Settings button], then tap Group with Other Accessories.
3. Tap the accessory you want to group with this accessory—another light in the room, for example.
4. In the Group Name field, type a name for the group.
5. Tap Done.

Turn on Include in Favorites to include the group in Favorites on the Home tab.

Related

[Set up accessories](#)

NAV TITLE: [Control your home using Siri](#)

Control your home using Siri on iPhone

Metadata

Summary: Use Siri on iPhone to control your smart home accessories and scenes.

In addition to using the Home app  [ALT N/A], you can use Siri to control your accessories and scenes. Here are some of the things you can say to Siri for the accessories you add and the scenes, rooms, or homes you set up:

- “Turn off the lights” or “Turn on the lights”
- “Set the temperature to 68 degrees”
- “Turn on the bedroom lights at 9 PM”
- “Did I lock the front door?”
- “Show me the entryway camera”
- “Turn down the kitchen lights”
- “Set my reading scene”
- “Turn off the lights in the Chicago house”

[Learn how to use Siri.](#)

Related

[Control accessories](#)

NAV TITLE: [Use Grid Forecast to plan your energy usage](#)

Use Grid Forecast to plan energy use in Home on iPhone (U.S. only)

Metadata

Summary: In the Home app on your iPhone you can see a forecast that highlights “cleaner” and “less clean” times to help you choose when to use electricity.

The electricity powering your home comes from different sources, which can include renewable energy, like solar and wind, or fossil fuels, like coal and natural gas. The sources powering your home can change throughout the day. In the Home app on your iPhone, you can see a forecast for your area that highlights cleaner times, which can help reduce carbon emissions, and less clean times, to help you choose when to use electricity.

To view the Grid Forecast, you must be connected to the internet, and [Location Services](#) must be turned on for the Home app.

Note: Grid Forecast is available only in the contiguous United States; it's not available in Alaska or Hawaii.

Show Grid Forecast

1. Go to the Home app  [ALT N/A] on your iPhone.
2. Tap the Home tab.
3. Tap the Energy category at the top of the screen to show the Grid Forecast widget.

Green bars in the widget indicate when cleaner energy is available in your area—from 4 p.m. until 10 p.m., for example. If there are no bars, cleaner energy isn't forecast for the near future.

If you're traveling, Grid Forecast shows energy information for both your home location and the location of your iPhone.

Note: If you haven't added accessories to your home, the Grid Forecast widget appears when you open the Home app.

Receive Grid Forecast notifications

To receive notifications when the electricity powering your home is being generated by cleaner or more renewable sources of energy, tap  [Alt text: the Notifications button] in the Grid Forecast widget in the Home app, then tap Notify Me.

Turn off Grid Forecast

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap  [Alt text: the More button], then tap Home Settings.
3. Tap Energy, then turn off Show Grid Forecast.

Related

[View Electricity Usage and Rates on iPhone \(participating U.S. providers only\)](#)

View Electricity Usage and Rates on iPhone (participating U.S. providers only)

Metadata

Summary: In Home on iPhone, view electricity usage and rate information.

You can view how much electricity your home uses in the Home app and easily track your usage over time, as well as view your electricity rate plan information. Electricity usage data is typically displayed with a lag of 24 to 72 hours.

Note: To use these features, you need to have a residential electrical service with a participating utility provider, and you must be the utility account owner or authorized user of the utility account.

Set up electricity usage and rate information

1. Go to the Home app  [ALT N/A] on your iPhone.
2. Tap the Home tab, tap  [ALT N/A] , then tap Home Settings.
3. Tap Energy, then tap Connect Account.

Note: Participating utility providers will be listed under Available Providers. If your utility provider isn't listed, this feature isn't currently supported in your area.

4. Follow the onscreen instructions to link your compatible electricity account.

Disconnect electricity usage and rate information

1. Go to the Home app  [ALT N/A] on your iPhone.
2. Tap the Home tab, tap  [ALT N/A] , then tap Home Settings.
3. Tap Energy, then tap your linked electricity account.
4. Tap Disconnect Account.

Related

[Use Grid Forecast to plan energy use in Home on iPhone \(U.S. only\)](#)

NAV TITLE: [Set up HomePod](#)

Set up HomePod in Home on iPhone

Metadata

Summary: In Home on iPhone, set up HomePod and change its settings.

You can use the Home app to set up HomePod and control many HomePod settings.

To learn what you can do with iPhone and HomePod, see the following in the HomePod User Guide:

- [Set up HomePod](#)
- [Play audio on HomePod using an iOS or iPadOS device](#)
- [Make Personal Requests on HomePod](#)
- [Use HomePod for phone calls](#)

Note: HomePod is not available in all countries or regions.

Use Home to send and receive Intercom messages

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap  [Alt text: the More button], then tap Home Settings.
3. Tap Intercom, then configure these settings:
 - When you can receive Intercom messages
 - Who is allowed to send or receive Intercom messages
 - Which HomePod speakers can use Intercom

Note: Any member of the Home can choose when they receive Intercom messages. Only a home owner or admin can choose who can send or receive Intercom messages and which HomePod speakers can use Intercom.

4. Tap Back, then tap Done.
5. Tap  [Alt text: the Intercom button], say something like “Who ate the last cookie?” then tap Done.

Your Intercom message is sent to all the HomePod speakers in your home, and to the iOS, iPadOS, and watchOS devices of all members of your home who can send and receive Intercom messages.

To send a message to a HomePod in a specific room or zone, say something like “Siri, tell the office ‘The movie is starting’” or “Siri, announce upstairs ‘I’m going to the store.’”

See [Use HomePod as an Intercom](#) in the HomePod User Guide.

Use HomePod and HomeKit Secure Video to announce guests

With a HomeKit Secure Video camera or doorbell, HomePod can notify you when someone you know is at the door (or a message that the person isn’t recognized).

Note: To start announcing guests, first [turn on Face Recognition](#).

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap  [Alt text: the More button], then tap Home Settings.
3. Tap Cameras & Doorbells, then tap your camera or doorbell.
4. Tap Doorbell chime, then choose which HomePod(s) to enable.

Use Home to add and edit HomePod alarms and timers

1. Go to the Home app  [ALT N/A] on your iPhone.
2. In the Home app, tap the right side of a HomePod tile, swipe up, then do any of the following:
 - *Add an alarm:* Tap New Alarm, create the alarm, then tap Done.
 - *Edit an alarm:* Tap the alarm, change the time, then tap Done.
 - *Turn alarms on or off:* Tap the switch next to an alarm.
 - *Delete an alarm:* Tap the alarm, then tap Delete Alarm.
 - *Create a new timer:* Tap New Timer, enter a timer label (optional), choose the length of the timer, then tap Start.
 - *Pause and restart a timer:* Tap  [Alt text: the Pause button], tap  [Alt text: the Play button] to restart the timer.
 - *Remove a timer:* Tap  [Alt text: the Delete button].

Change HomePod settings

You can assign HomePod to a different room, add an automation, create a stereo pair with two HomePod speakers of the same kind in the same room, and more.

1. Go to the Home app  [ALT N/A] on your iPhone.
2. Tap the right side of a HomePod tile.
3. Tap  [Alt text: the Settings button], then configure HomePod settings.

Use HomePod to listen for alarm sounds

HomePod can notify you when an alarm sound is detected in your home.

1. Go to the Home app  [ALT N/A] on your iPhone.
2. Tap the right side of a HomePod tile.
3. Tap  [Alt text: the Settings button], then tap Sound Recognition.
4. Turn on Smoke & CO Alarm, then choose which HomePods will listen for alarms.

Your HomePod will listen for certain sounds and notify you when alarm sounds may be recognized.

Important: Sound Recognition may detect smoke and carbon monoxide alarm sounds and send you notifications when recognized. Sound Recognition should not be relied upon in circumstances where you may be harmed or injured, or in high-risk or emergency situations. Sound Recognition requires the [new Home architecture](#).

Add a Siri-enabled accessory

You can extend access to HomePod throughout your home by enabling Siri on compatible HomeKit accessories. If you enable Siri on these accessories, you can control them with your voice, get help with everyday questions or tasks, and play your favorite music and podcasts.

See [Set up a Siri-enabled accessory](#) in the HomePod User Guide.

Related

[Control your home remotely with iPhone](#)

NAV TITLE: [Control your home remotely](#)

Control your home remotely with iPhone

Metadata

Summary: Use Home on iPhone to remotely control your smart home accessories.

In the Home app  [ALT N/A], you can control your accessories even when you're away from home. To do so, you need a home hub—a device such as Apple TV (4th generation or later) or HomePod.

Go to Settings  [ALT N/A] > [your name] > iCloud, tap See All, then turn on Home.

You must be signed in to the same Apple Account on your home hub device and your iPhone.

If you have an Apple TV or HomePod, and you're signed in to the same Apple Account as your iPhone, it's set up automatically as a home hub.

Related

[Set up accessories](#)

NAV TITLE: [Create and use scenes](#)

Create and use scenes in Home on iPhone

Metadata

Summary: In Home on iPhone, create scenes to control multiple smart home accessories at once.

In the Home app, you can create scenes that allow you to control multiple accessories at once. For example, you might define a “Reading” scene that adjusts the lights, plays soft music on HomePod, closes the drapes, and adjusts the thermostat.

Create a scene

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap  [Alt text: the Add button], then tap Add Scene.
3. Tap Custom, enter a name for the scene (such as “Dinner Party” or “Watching TV”), then tap Add Accessories.
4. Select the accessories you want this scene to include, then tap Done.

The first accessory you select determines the room the scene is assigned to. If you first select your bedroom lamp, for example, the scene is assigned to your bedroom.

5. Set each accessory to the state you want it in when you run the scene.

For example, for a Reading scene, you could set the bedroom lights to 100 percent, choose a low volume for the HomePod, and set the thermostat to 68 degrees.

6. Test the scene and choose whether or not to show it on the Home tab (scenes appear on the Home tab by default), then tap Done.

Use scenes

Do one of the following:

- *Run a scene:* Tap the scene on the Home tab.

If you’ve decided not to show the scene on the Home tab, tap  [Alt text: the More button] , choose the room the scene is assigned to, then tap the scene.

- *Edit a scene:* Touch and hold a scene, then tap Edit Scene.

You can change the scene’s name, test the scene, add or remove accessories, and more.

Related

[Set up accessories](#)

[Use automations in Home on iPhone](#)

Use automations in Home on iPhone

Metadata

Summary: Use Home on iPhone to create automations to control your accessories.

In the Home app, you can run automations based on the time of day, your location, the activation of a sensor, or the action of an accessory. You can use preconfigured automations included with the Home app, or create automations of your own.

Use a preconfigured automation

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, touch and hold an accessory, then tap Accessory Settings.
3. Turn on an automation.

To disable an automation, return to the accessory's setting screen, then turn it off.

Create an automation

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap  [Alt text: the Add button] .
3. Tap Add Automation, then choose one of the following automation triggers:
 - *When arriving at or leaving a location:* Tap People Arrive or People Leave. Choose when the automation is activated by people arriving or leaving, the location, and the time the automation works.
 - *At a time of day:* Tap A Time of Day Occurs, then choose when you want this automation to run.

If you choose Sunset or Sunrise, times vary as the season changes.

You can also set an automation to only occur after sunset, which is useful for turning on lights just when they're needed.

- *When an accessory changes:* Tap An Accessory is Controlled, select an accessory, tap Next, then follow the onscreen instructions.

You might use this, for example, to run a scene when you unlock the front door.

- *A sensor detects something:* If you've added a sensor to Home, tap A Sensor Detects Something, select an accessory, tap Next, then follow the onscreen instructions.

You might use this, for example, to turn on lights in a stairway when motion is detected nearby.

Manage and edit automations

1. Go to the Home app  [ALT N/A] on your iPhone.
2. Tap the Automation tab at the bottom of the Home app screen.
3. Tap an automation, then do any of the following:
 - Enable or disable the automation
 - Choose when the automation happens
 - Add or remove accessories
 - Test the automation
 - Delete the automation

Add a Siri shortcut

To make your automation even more efficient, you can add a Siri Shortcut to it.

1. When choosing accessories to control with an automation, swipe up, then tap Convert To Shortcut.
2. Tap Next, name the automation (optional), then tap Done.

See the [Shortcuts User Guide](#).

Related

[Set up accessories](#)

[Set up security cameras in Home on iPhone](#)

NAV TITLE: [Set up security cameras](#)

Set up security cameras in Home on iPhone

Metadata

Summary: In Home on iPhone, set up and use security cameras.

You can use the Home app to view video activity captured by your home's cameras. With any HomeKit-compatible camera, you can [view video streams in the Home app](#), [choose who can view those streams](#), and [set up notifications](#) when activity is detected.

See the [Home accessories website](#) for a list of compatible security cameras.

If you have one or more HomeKit Secure Video cameras, you can additionally take advantage of these features:

- *Encrypted video:* Video captured by your cameras is privately analyzed and encrypted on your home hub device (Apple TV or HomePod) and securely uploaded to iCloud so that only you and those you share it with can view it.
- *Record video:* If you subscribe to iCloud+, you can view the last 10 days of activity from one to an unlimited number of cameras. The 50 GB iCloud+ plan supports a single camera, the 200 GB iCloud+ plan supports up to five cameras, and the 2 TB, 6 TB, and 12 TB iCloud+ plans support an unlimited number of cameras.

Note: Video content doesn't count against your iCloud storage limit.

- *Activity Zones:* Create zones that focus your camera on the most important areas within its view.
- *Face recognition:* Receive notifications when people you've tagged in the Photos app are within the camera's view.

See [Store encrypted security camera footage in iCloud with HomeKit Secure Video](#) and [Set up HomeKit Secure Video on all your devices](#) in the iCloud User Guide.



[Alt text: The Cameras screen, showing images from three security cameras—front yard, home gym, and kitchen. Below the name of each camera is the time passed since the image was updated. For example, the

front yard camera shows that the image was last updated 7 seconds ago.]

Camera options

When you add a camera in the Home app, you can choose streaming options and assign the camera to a room. With a HomeKit Secure Video camera, you can also choose recording options. By default, up to four cameras are marked as favorites and appear on the Home tab. To edit those settings later, tap the Camera tile, then tap  [Alt text: the Settings button] to see these options:

- *Room:* A camera can be located in a room inside your home, or you can create a room for an outside location such as your front porch or back yard.
- *Notifications:* Tap Status and Notifications, then choose to receive notifications [when the camera detects activity](#), changes status, or goes offline.
- *Recording options for HomeKit Secure Video cameras:* You can create separate recording settings for when you're home and when you're away. For example, when you're home, you might choose to stop streaming and recording from a camera inside your home, but continue to stream and record from an outdoor camera.

Note: The Home app uses the location of devices belonging to members of the home to switch between Home and Away modes. For example, when you leave home with your iPhone, the camera switches from the When Home settings to the When Away settings.

Set up notifications

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap  [Alt text: the More button], then tap Home Settings.
3. Tap Cameras & Doorbells.
4. Tap a camera, then turn on Activity Notifications.

All HomeKit-compatible cameras can send a notification when motion is detected. HomeKit Secure Video cameras can additionally send notifications based on these factors:

- The time of day
- When someone is or isn't home
- When a clip is recorded
- When any or a specific type of motion is detected

When you choose a specific motion, you receive a notification when the camera detects people, animals, or vehicles, or when a package is delivered. For a package to be detected, it must be within the camera's view after delivery.

Choosing a specific motion, rather than any motion, results in fewer clips (and fewer clip notifications) and less video to review. For example, if you choose to detect people, your camera doesn't capture the movement of leaves on a tree or a squirrel leaping from branch to branch.

Create Activity Zones for HomeKit Secure Video cameras

You can create zones that focus your HomeKit Secure Video camera on the most important areas within its view—your front walkway but not the sidewalk behind it, for example. You can then be alerted when motion is detected in these zones.

Note: You can create Activity Zones only for cameras set up to record when a specific motion is detected. Activity Zones don't affect motion detection automations.

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap the camera tile, then tap  [Alt text: the Settings button] .
3. Tap Select Activity Zones, then tap the video to create a zone.

To have your camera detect motion only outside the zone you defined, tap Invert Zone.

4. Create any additional zones you want within the camera's view—one for the driveway and another for the mailbox, for example.
5. Tap Done.

To remove an activity zone, tap Select Activity Zones, tap inside a zone, then tap Clear.

View video

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap the camera tile.

Live video should play automatically.
3. If you've chosen to record video with your HomeKit Secure Video camera, swipe through the timeline at the bottom of the screen to browse recorded clips.
4. Tap a clip to play it.
5. Tap Live to switch back to live video.

When you set up the camera to detect specific motion, the timeline displays unique symbols for people, animals, vehicles, and packages.

Note: If there are more cameras in your home than Home Hubs that can analyze the cameras' video, video captured from some of the cameras may not be analyzed. Clips are still recorded, but they'll show  [Alt text: the Unanalyzed Video badge], which indicates that the video wasn't analyzed for specific motion.

You can also view live and recorded video in the Home app on your Mac with macOS 10.15.1 or later.

Choose access options

To allow other people to view video from your cameras, follow these steps:

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap  [Alt text: the More button], then tap Home Settings.
3. Below the People heading, tap a person.
4. Tap Cameras, then choose an option.

To learn how to allow other people to view video from your cameras, see [Invite others to control accessories in your home](#).

Related

[Set up accessories](#)

NAV TITLE: [Use Face Recognition](#)

Use Face Recognition in Home on iPhone

Metadata

Summary: With a compatible camera or doorbell, use Home on iPhone to receive notifications when people you've tagged in the Photos app come to your door.

With a HomeKit Secure Video camera or doorbell, you can use the Home app to receive notifications when people you've tagged in the Photos app are within the camera's view.

Set up Face Recognition

Face Recognition identifies people by the faces that appear in your photo library or pictures of recent visitors captured by your camera or doorbell.

If you're setting up a camera or doorbell for the first time, do the following:

1. Go to the Home app  [ALT N/A] on your iPhone.
2. [Add the accessory](#) to the Home app.
3. In the Recognize Familiar Faces card, turn on Face Recognition, then tap Continue.
4. Choose who can access your photo library:
 - *Never*: Only faces you've added from clips in the Home app are recognized.
 - *Only Me*: Only the notifications you receive have the names of people in your photo library.

- *Everyone in this Home:* The notifications for everyone in your home have the names of people in your photo library.

5. Tap Continue, then finish setting up the camera or doorbell.

If you have an existing doorbell or camera and want to use it to identify visitors, tap it on the Home tab, tap  [Alt text: the Settings button], tap Face Recognition, then turn on Face Recognition. Tap your photo library, then choose who can access it.

Note: Notifications can appear on any of the devices associated with your Apple Account.

Identify recent visitors

You can use Face Recognition to help identify people that aren't in your photo library using a picture captured by your camera or doorbell.

1. Go to the Home app  [ALT N/A] on your iPhone.
2. [Turn on Face Recognition.](#)
3. On the Home tab, tap the camera or doorbell, then tap  [Alt text: the Settings button].
4. Tap Face Recognition, tap an unidentified person listed below Recent, then tap Add Name.
5. Add the person's name or their relationship to you—Mom or Mail Carrier, for example.
6. Choose whether to be notified when they're seen by your camera or doorbell.

Note: People with a face mask don't appear in this list.

Share faces with your household

You can allow the members of your household to see the names of visitors identified in your photo library.

1. Go to the Home app  [ALT N/A] on your iPhone.
2. [Turn on Face Recognition.](#)
3. Tap  [Alt text: the More button], then tap Home Settings.
4. Tap Cameras & Doorbells below Notifications, then tap Face Recognition.
5. Tap your photo library, then tap Everyone in this Home.

Related

[Set up accessories](#)

NAV TITLE: [Unlock your door with a home key](#)

Unlock your door with a home key on iPhone

Metadata

Summary: With a compatible HomeKit or Matter door lock, use a home key to unlock your door with your iPhone or Apple Watch.

Some maker's locks provide the ability to unlock your door with an access code, with home key in Apple Wallet (on your [compatible iPhone](#) and Apple Watch), or both.

While pairing a supported lock in the Home app, a home key is automatically added to Apple Wallet on your iPhone.

Note: The Home app supports both HomeKit and Matter-compatible locks.

Set up a home key

1. Go to the Home app  [ALT N/A] on your iPhone.
2. [Add a supported lock](#).
3. Choose an unlocking option.
 - *Express Mode:* Unlock the door without authenticating with Face ID or Touch ID.
 - *Require Face ID or Passcode:* Hold your device near the lock, then use Face ID or Touch ID to unlock it.
4. Choose automations such as Lock After Door Closes and Lock When Leaving Home.

If the lock works with a home key, all residents of your household receive the home key automatically.

Note: Not all Home app-compatible locks support home key.

Unlock your door with a home key

When you have a home key on your iPhone or Apple Watch and you've turned on [Express Mode](#), place your device near the lock to unlock it. You can use the Home app to share access with other people.

Set up an access code for a guest

In the Home app you can set up an access code for people who need temporary access to your home.

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, touch and hold the lock, tap Accessory Settings, tap Manage Access, then tap Add Guest.
3. Give the guest a name—Dog Walker, for example—then turn on the locks you want them to have access to.

4. Tap Change Access Code, enter an access code, then tap Done.
5. Touch and hold the access code, tap Share, choose a sharing option, then share the access code with the guest.

You can return to this screen to change the access code, turn off access to some or all of the locks, or remove the guest.

Note: Not all Home app-compatible locks support access codes.

Related

[About Apple Wallet on iPhone](#)

NAV TITLE: [Configure a router](#)

Configure a router in Home on iPhone

Metadata

Summary: In Home on iPhone, set up and use a router.

You can use the Home app to make your smart home more secure by allowing a compatible router to control which services your HomeKit accessories can communicate with on your home Wi-Fi network and on the internet. HomeKit-enabled routers require that you have an Apple TV or HomePod set up as a home hub. See the [Home Accessories website](#) for a list of compatible routers.

- COMMENT - Personal Safety content

Configure your router's settings

1. Go to the Home app  [ALT N/A] on your iPhone.
2. Set up the router with the manufacturer's app on an iPhone or iPad.
3. On the Home tab, tap  [Alt text: the More button], then tap Home Settings.
4. Tap Wi-Fi Network & Routers.
5. Turn on HomeKit Accessory Security, tap an accessory, then choose one of these settings:
 - *Restrict to Home:* The router only allows the accessory to connect to your home hub.
This option may prevent firmware updates or other services.
 - *Automatic:* The router allows the accessory to connect to an automatically updated list of manufacturer-approved internet services and local devices.

- *No Restriction:* The router allows the accessory to connect to any internet service or local device.

This provides the lowest level of security.

Related

[Set up accessories](#)

NAV TITLE: [Invite others to control accessories](#)

Invite others to control accessories in your home

Metadata

Summary: Use Home on iPhone to invite others to control the accessories in your home.

In the Home app, you can invite other people to control all your smart accessories, or invite a guest to control some or all of your doors, locks, and security system accessories during specific times.

Note: Remote access and guest access requires a home hub, such as a HomePod speaker or Apple TV 4K.

Invite residents to control accessories

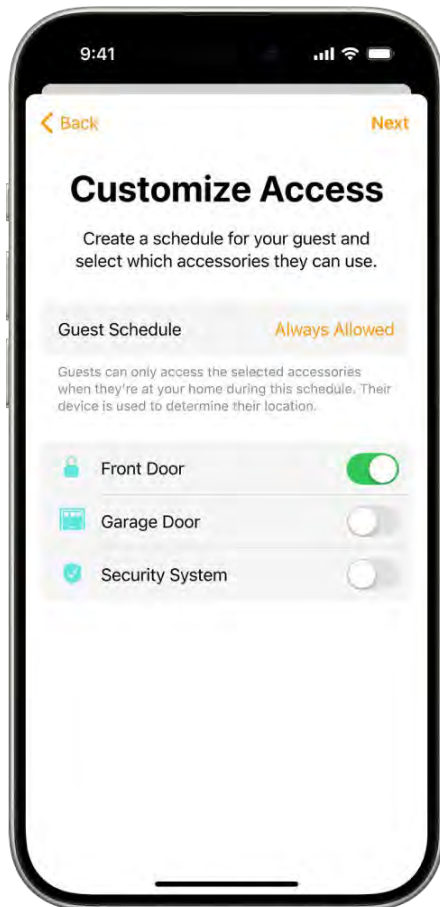
Home Residents have local and optional remote access to all accessories in the home at anytime.

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap  [Alt text: the Add button] , tap Add People, then tap Resident.
3. Tap  [Alt text: the Add button] to choose people with an Apple Account from your contacts list, or enter their Apple Account email addresses in the To field.
4. Tap Invite.
5. Ask the invitee to do one of the following:
 - *In the notification:* (iPhone or iPad) Tap Accept.
 - *In the Home app:* (iPhone or iPad) On the Home tab, tap  [Alt text: the More button] , tap Home Settings, then tap the invitee's name.
 - *On Apple TV:* Tap Show Me on Apple TV, then turn on one or more Apple TVs.

Invite guests to control accessories

Home Guests have local only access to specific doors, locks, and security system accessories on a set schedule.

Note: Home guests access requires iOS 18 or iPadOS 18.



[Alt text: A Home app screen showing customizable access with a Guest Schedule and access for the Front Door, Garage Door, and Security System.]

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap  [Alt text: the Add button] , tap Add People, then tap Guest.
3. Tap  [Alt text: the Add button] to choose people with an Apple Account from your contacts list, or enter their Apple Account email addresses in the To field.
4. Select any of the following for the guest schedule:
 - *Anytime*: The guest can access the selected accessories anytime.
 - *Specific Dates*: The guest can only access the selected accessories on the dates specified.

- *Specific Days & Times:* The guest can only access the selected accessories on the days and during the times specified.
5. Select which doors, locks, and/or security system accessories the guest can access.
 6. Tap Invite.
 7. Ask the invitee to do one of the following:
 - *In the notification:* (iPhone or iPad) Tap Accept.
 - *In the Home app:* (iPhone or iPad) Tap  [Alt text: the More button] , tap Home Settings, then tap the invitee's name.

Allow others to access your AirPlay-enabled speakers and TVs

1. Go to the Home app  [ALT N/A] on your iPhone.
2. On the Home tab, tap  [Alt text: the More button] , then tap Home Settings.
3. Tap Speaker & TV, then choose an option.

You can allow everyone, anyone on the same network, or only people you've invited to share the home. You can also require a password that allows speaker access. To learn more about HomePod speaker and Apple TV access, see the [HomePod User Guide](#) and the [Apple TV User Guide](#).

Related

[Set up HomePod in Home](#)

NAV TITLE: [Add more homes](#)

Add more homes with iPhone

Metadata

Summary: In Home on iPhone, add more than one physical space—another home and a small office, for example.

In the Home app, you can add more than one physical space—a home and a small office, for example.

1. Go to the Home app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Add button] , then tap Add New Home.
3. Name the home, choose its wallpaper, then tap Save.

4. To switch to another home, tap  [Alt text: the More button] , then tap the home you want.

Related

[Set up accessories](#)

iTunes Store

NAV TITLE: [Get music, movies, and TV shows](#)

Get music, movies, and TV shows in the iTunes Store on iPhone

Metadata

Summary: Use the iTunes Store on iPhone to buy music, movies, and TV shows.

Use the iTunes Store app to add music, movies, and TV shows to iPhone.

Note: You need an internet connection to use the iTunes Store. The availability of the iTunes Store and its features varies by country or region. See the Apple Support article [Availability of Apple Media Services](#).

Find music in the iTunes Store

1. Go to the iTunes Store app  [ALT N/A] on your iPhone.
2. Tap Music, then do any of the following:
 - *Browse by category:* Scroll to see various categories.
 - *Choose a different genre:* Tap Genres at the top left of the screen, then select one to refine your browsing.
 - *See what's popular on iTunes:* Tap Charts at the top of the screen.
 - *Search:* Tap Search, enter what you're looking for, then tap Search on the keyboard.
3. Tap an item to see more information about it. You can preview songs, watch trailers for movies and TV shows, or tap  [Alt text: the Share button] to do any of the following:
 - *Share a link to the item:* Choose a sharing option.

- *Give the item as a gift:* Tap Gift.
- *Add the item to your wish list:* Tap Add to Wish List.

To view your wish list, tap  [Alt text: the Item List button] , then tap Wish List.

P9

Find movies and TV shows

You can now find and purchase movies and TV shows directly in the Apple TV app. See [Discover channels and apps](#). You can also navigate directly in the iTunes Store app.

1. Go to the iTunes Store app  [ALT N/A] on your iPhone.
2. Tap Movies or TV Shows.
3. Tap any of the following:
 - *Go to the Store:* Browse the Apple TV app to [buy, rent, or pre-order items](#).
 - *Go to Your Purchases:* Watch something from your Apple TV library. See [Manage your library in the Apple TV app](#).
 - *Go to Your Wish List:* See the items you have in your iTunes Store Wish List.

Buy and download content

1. Go to the iTunes Store app  [ALT N/A] on your iPhone.
2. To buy an item, tap the price. If the item is free, tap Get.

If you see  [Alt text: the Download button] instead of a price, you already purchased the item, and you can download it again without a charge.
3. If required, authenticate your [Apple Account](#) with Face ID, Touch ID, or your passcode to complete the purchase.
4. To see the progress of a download, tap More, then tap Downloads.

Redeem or send an App Store & iTunes Gift Card

1. Go to the iTunes Store app  [ALT N/A] on your iPhone.
2. Tap Music, tap Featured (if necessary), then scroll to the bottom.
3. Tap Redeem or Send Gift.

NAV TITLE: [Get ringtones](#)

Get ringtones, text tones, and alert tones in the iTunes Store on iPhone

Metadata

Summary: In the iTunes Store on iPhone, buy ringtones, text tones, and other alert tones for clock alarms and more.

In the iTunes Store app, you can purchase ringtones, text tones, and other alert tones for clock alarms and more.

Buy new tones

1. Go to the iTunes Store app  [ALT N/A] on your iPhone.
2. Tap More, then tap Tones.
3. Browse by category or tap Search to find a specific song or artist.
4. Tap a tone to see more information or play a preview.
5. To buy a tone, tap the price.

Redownload tones purchased with your Apple Account

If you bought tones on another device, you can download them again.

1. Go to Settings  [ALT N/A] > Sounds & Haptics (on [supported models](#)) or Sounds (on other iPhone models).
2. Below Ringtone and Alerts, tap any item.
3. Tap Download All Purchased Tones. You might not see this option if you already downloaded all the tones that you purchased or if you haven't purchased any tones.

Related

[Change iPhone sounds and vibrations](#)

NAV TITLE: [Manage purchases and settings](#)

Manage your iTunes Store purchases and settings on iPhone

Metadata

Summary: In the iTunes Store on iPhone, review and download purchases made by you or family members. Set content restrictions in Settings.

In the iTunes Store app, you can review and download music, movies, and TV shows purchased by you or other family members. You can also customize content restrictions for the iTunes Store in Settings.

Approve purchases with Family Sharing

With Family Sharing set up, the family organizer can review and approve purchases made by other family members under a certain age. See [Turn on Ask to Buy](#).

View and download music purchased by you or family members

1. Go to the iTunes Store app  [ALT N/A] on your iPhone.
2. Tap More, then tap Purchased.
3. If you set up Family Sharing, choose a family member to view their purchases.

Note: You can see purchases made by family members only if they choose to share their purchases.

4. Tap Music, find the item you want to download, then tap  [Alt text: the Download button] .

To view and download movies or TV shows purchased by you or family members, see [Manage your library in the Apple TV app](#).

View your entire iTunes Store purchase history

To see a chronological list of the apps, songs, movies, TV shows, books, and other items purchased with your Apple Account, [view your iTunes Store purchase history](#).

In your purchase history, you can do any of the following:

- View when an order was billed to your account.
- View the date of a purchase.
- Resend email receipts.
- Report a problem with purchased content.

Set content restrictions

After you [turn on content and privacy restrictions](#), go to Settings  [ALT N/A] > Screen Time > Content & Privacy Restrictions > Store, Web, Siri & Game Center Content, then set any of the available restrictions. You can block explicit content, turn off music videos, restrict content by age-appropriate ratings, and more.

Related

[Apple Support article: Hide and unhide music, movies, TV shows, audiobooks, and books](#)

Journal

NAV TITLE: [Get started with Journal](#)

Get started with Journal on iPhone

Metadata

Summary: Use the Journal app on iPhone to write about your experiences. Add photos, music, audio recordings, and more. Bookmark important entries to revisit later and find new insights. Lock your journal with Face ID, Touch ID, or your passcode.

The Journal app  [ALT N/A] makes it easy to get into the habit of journaling. Journaling suggestions intelligently group outings, photos, workouts, and more to help you remember and reflect on your experiences. You can add photos, videos, audio, and even your current state of mind. See your writing streaks and other insights over time, and use the calendar view and search feature to quickly find past entries. You can even lock your journal so only you can access it with Face ID, Touch ID, or your passcode.

Set up Journal



[Alt text: The welcome screen for the Journal app.]

The first time you open Journal, follow the onscreen instructions to turn on and get customized journaling suggestions.

Create a journal entry



[Alt text: The screen for composing a journal entry with photos at the top and a prompt to help you start writing.]

Tap  [Alt text: the Compose button], then tap New Entry or choose from the personalized suggestions based on your recent outings, music, workouts, and more. Start writing or dictating and add more details such as photos, audio, and locations.

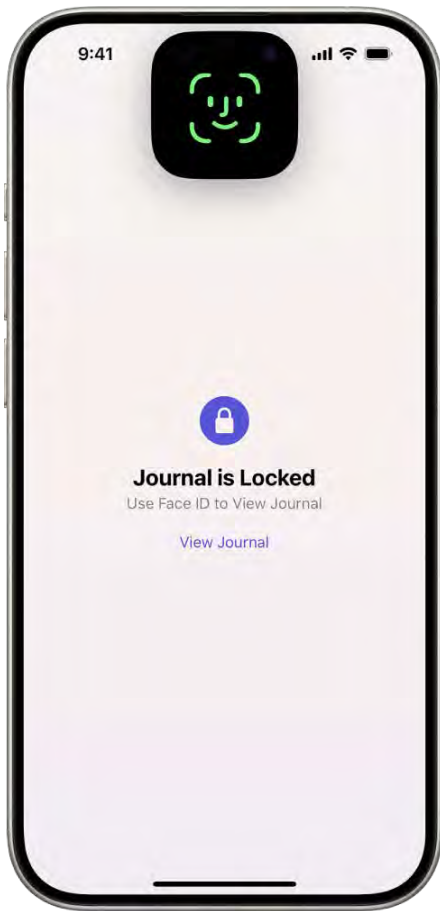
Review your journal entries



[Alt text: A screen showing journal entries with the Search button at the top right.]

Scroll through your journal to see previous entries. To see only certain types of entries, tap  [Alt text: the Search button] , choose a category such as Photos or Conversations, then enter the text to search for in your entries. To find entries for a specific day, tap  [Alt text: the Calendar button] , then tap a date on the calendar.

Keep your journal private



[Alt text: A screen that prompts you to use Face ID to unlock your journal.]

Protect your journal so only you can access it with with Face ID, Touch ID, or your passcode.

Want to learn more?

- [Write in your journal](#)
- [Review your past journal entries](#)
- [Lock your journal](#)

NAV TITLE: [Write in your journal](#)

Write in your journal on iPhone

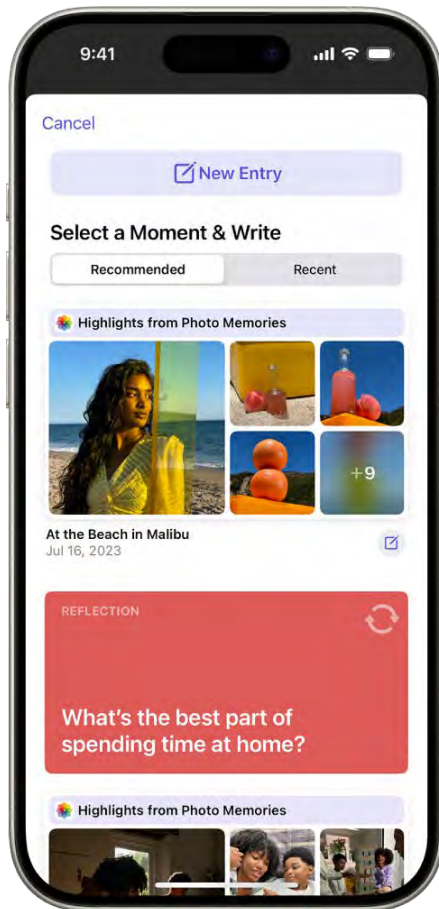
Metadata

Summary: Use the Journal app on iPhone to capture your thoughts on everyday moments and special events. You can add photos, videos, audio, and more to your entries. You can also get suggestions for topics to write about.

The Journal app makes it easy to capture your thoughts on everyday moments and special events. You can also get suggestions for topics to write about.

Create a journal entry

1. Go to the Journal app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Compose button] .
3. Tap New Entry, or choose a journaling suggestion or reflection prompt. (If you [turned off Journaling Suggestions](#), you can just start writing.)



[Alt text: A screen showing the New Entry button at the top and journaling suggestions below.]

Tip: To save a suggestion for later, touch and hold the suggestion, then tap Save Without Writing.

Use journaling suggestions

Journaling suggestions intelligently group outings, photos, workouts, and more to help you remember and reflect on your experiences.

1. Go to the Journal app  [ALT N/A] on your iPhone.

2. Tap  [Alt text: the Compose button] , then browse the recommended suggestions. Tap Recent to see suggestions sorted by time.
3. To start a new entry with all the suggested attachments, tap  [Alt text: the Write About This button] at the bottom right corner of the suggestion. Or, to preview the attachments before creating the entry, tap the suggestion, then do any of the following:
 - *Browse the attachments:* Swipe through the attachments.
 - *Change to the list view:* To see the details for all attachments, tap  [Alt text: the List View button] .
 - *Choose the attachments you want:* Tap an attachment to select or deselect it.
4. Tap Start Writing or Save Without Writing.

Tip: To delete a suggestion, touch and hold the suggestion, then tap Remove.

Take action from the Home Screen

1. On the iPhone Home screen, touch and hold  [Alt text: the Journal app] .
2. Choose any of the following:
 - Record Audio
 - Add Photos
 - View Suggestions
 - New Entry

Start a journal entry from another app

When you're doing something in another app—such as listening to a song in the Music app or reading an article in the News app—you can quickly capture your thoughts in a new journal entry.

1. In the app you're using, tap  [Alt text: the Share button] or Share, then tap  [Alt text: the Journal app] . (If you don't see Journal, you may need to [add it to the sharing options.](#))
2. Enter your thoughts, then tap Save.

You can review your entry and add more details later in the Journal app. See [Edit a journal entry and change the date.](#)

Related

[Get journaling suggestions](#)

[Add formatting, photos, and more in Journal on iPhone](#)

[View and search your journal entries on iPhone](#)

NAV TITLE: [Add formatting, photos, and more](#)

Add formatting, photos, and more in Journal on iPhone

Metadata

Summary: In the Journal app on iPhone, edit your entries and add photos, videos, audio, and more.

In the Journal app, you can edit your entries and add photos, videos, audio, and more.



[Alt text: A screen showing the New Entry button at the top and recommended moments below.]

Format text

1. Go to the Journal app  [ALT N/A] on your iPhone.
2. While composing an entry, tap **Aa** [Alt text: the Format button] .

3. Apply bold text, italics, underline, strikethrough, bulleted or numbered lists, block quote, or font color.

Add photos, videos, locations, and attachments

1. Go to the Journal app  [ALT N/A] on your iPhone.
2. While composing an entry, do any of the following:
 - *Edit or hide the date:* Tap  [Alt text: the More button] .
 - *Get suggestions from your recent activities:* Tap  [Alt text: the Smart Suggestions button] .
 - *Choose photos and videos from your library:* Tap  [Alt text: the Photos button] .
 - *Take a new photo or video:* Tap  [Alt text: the Camera button] .
 - *Add a map location:* Tap  [Alt text: the Locations button] .
 - *Log your state of mind:* Tap  [Alt text: the State of Mind button] . See [Journal for your wellbeing on iPhone](#).
 - *View an attachment in full screen:* Tap the thumbnail.
 - *Reorder attachments:* Touch and hold a thumbnail, then drag it to a different position.
 - *Remove an attachment:* Tap  [Alt text: the Delete button] in the top right corner of the thumbnail.

Record and transcribe audio

You can record audio and have your words transcribed in a journal entry. Audio transcription is available in English only (excluding Singapore and India locales).

1. Go to the Journal app  [ALT N/A] on your iPhone.
2. While composing an entry, tap  [Alt text: the Audio button] , tap  [Alt text: the Record button] , then start speaking.
3. When you're done, tap  [Alt text: the Stop button] .
4. Tap the audio recording, then tap  [Alt text: the Transcription button] to review the transcription.
5. To add the text to the entry, tap  [Alt text: the More button] , then tap Add Transcript to Entry.

Show or hide the title

1. Go to the Journal app  [ALT N/A] on your iPhone.
2. While composing an entry, tap  [Alt text: the More button] , then tap Show Title or Hide Title.

Related

[Journal for your wellbeing on iPhone](#)

[View and search your journal entries on iPhone](#)

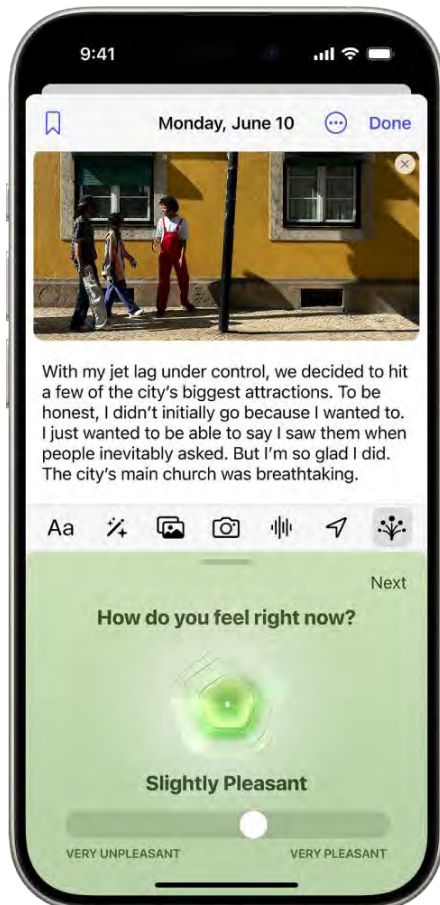
NAV TITLE: [Journal for your wellbeing](#)

Journal for your wellbeing on iPhone

Metadata

Summary: In the Journal app on iPhone, log your state of mind in the Journal app. You can also automatically add the time you spent journaling as mindful minutes in the Health app.

You can log your state of mind in the Journal app. You can also automatically add the time you spent journaling as mindful minutes in the Health app.



[Alt text: A journal entry with a section at the bottom where you can log your state of mind.]

Log your state of mind in your journal

You can reflect on how you're feeling and log your momentary emotions with a Journal entry.

1. Go to the Journal app  [ALT N/A] on your iPhone.
2. While composing an entry, tap  [Alt text: the State of Mind button] .

You may be asked to [turn on Health access](#).

3. Drag the slider to indicate how you're feeling, then tap Next.
4. Tap any words that describe how you're feeling, swipe up to see more words, then tap Next.
5. Tap any words that describe what's having the biggest impact on you, then tap Done.
6. When you're done editing, tap Done to save your entry including your state of mind.

Your state of mind will be added to Health, where you can review its history over time. See [Log your state of mind in Health](#).

Allow the Health app to access your state of mind and mindful minutes in Journal

To automatically add the time you spent journaling as mindful minutes in the Health app, do the following:

1. Go to the Journal app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the More button] , then tap Health Access.
3. Turn on State of Mind and Mindful Minutes.

You can also go to Settings  [ALT N/A] > Apps > Journal, then tap Health Access.

Related

[Build a habit with Journal on iPhone](#)

NAV TITLE: [Build a journaling habit](#)

Build a habit with Journal on iPhone

Metadata

Summary: In Journal on iPhone, keep track of your journaling goals with the Insights view and build new habits.

With Journal, you can keep track of your journaling goals with the Insights view and build new habits.

Track journaling goals with Insights

1. Go to the Journal app  [ALT N/A] on your iPhone.
2. At the top of your journal, see your current streak along with other metrics in the [insights summary](#); tap any metric to explore it in more detail.



[Alt text: A screen showing journal entries with the Search button at the top right.]

3. Tap  [Alt text: the More button] , then tap Insights.
4. Tap the tiles to see any of the following:
 - **Streaks:** See how many days or weeks in a row you've added entries to your journal.
 - **Stats:** See how many entries and words you've written over time.
 - **Calendar:** The calendar shows each day that you've written. Tap to view entries for a specific day.

Set a journaling schedule

You can remember to write with journaling notifications.

1. Go to the Journal app  [ALT N/A] on your iPhone.

2. Tap  [Alt text: the More button] , then tap Notifications.

3. Turn on Journaling Schedule, then choose the time and days of the week.

You can also turn on Journaling Schedule by going to Settings  [ALT N/A] > Apps > Journal > Notifications (below General).

Use the Journal widget

Add a widget to your Home Screen or Lock Screen with your current streak or writing prompts that change throughout the day, so you can reflect on what's going on in the moment.

1. On the iPhone Home Screen or Lock Screen, [add a Journal widget](#).

2. To change the widget, touch and hold the widget, then tap Edit Widget.

3. Tap the widget to select from different writing prompts, start a new entry, or see details about your current streak.

Related

[Write in your journal on iPhone](#)

[Change your Journal settings on iPhone](#)

NAV TITLE: [View and search journal entries](#)

View and search your journal entries on iPhone

Metadata

Summary: In the Journal app on iPhone, you can review your previous entries and bookmark special moments to revisit later.

The Journal app provides a scrollable view of your past entries. You can search for text in your entries and filter for details such as photos, locations, and conversations. You can also bookmark entries to revisit later and edit or delete entries from your journal.



[Alt text: A screen showing journal entries with the Search button at the top right.]

View and search your journal entries

1. Go to the Journal app  [ALT N/A] on your iPhone.
2. Scroll down to view your entries.
3. Tap the text in an entry to expand it. To collapse the entry, tap it again. Tap an attachment to see it fullscreen.
4. Do any of the following:
 - *Find specific entries:* Tap  [Alt text: the Search button], choose a category such as Photos or Conversations, then type the text to search for in your entries.
 - *Find entries for a specific day:* Tap  [Alt text: the Calendar button], then tap a date on the calendar.
 - *Sort entries:* Tap  [Alt text: the More button], tap Sort By, then choose Entry Date or Moment Date.

Bookmark important journal entries

1. Go to the Journal app  [ALT N/A] on your iPhone.
2. Swipe right on an entry, then tap  [Alt text: the Bookmark button] .



[Alt text: A screen showing journal entries. One entry is swiped right and shows the Bookmark button.]

3. To see only the bookmarked entries, tap  [Alt text: the Search button] , then tap Bookmarked.

Edit a journal entry and change the date

1. Go to the Journal app  [ALT N/A] on your iPhone.
2. Swipe left on an entry, then tap  [Alt text: the Edit button] .
3. To change the date, tap  [Alt text: the More button] , then tap Edit Date.

Delete a journal entry

1. Go to the Journal app  [ALT N/A] on your iPhone.
2. Swipe left on an entry, then tap  [Alt text: the Delete button] .

Related

[Write in your journal on iPhone](#)

[Change your Journal settings on iPhone](#)

NAV TITLE: [Print and export entries](#)

Print and export entries in Journal on iPhone

Metadata

Summary: In Journal on iPhone, print and export individual entries or your entire journal.

In the Journal app, you can print and export individual entries or your entire journal.

Print journal entries

1. Go to the Journal app  [ALT N/A] on your iPhone.
2. Do one of the following:
 - *Print a single entry:* Go to the entry you want, tap ... [Alt text: the More Options button], then tap Print.
 - *Print multiple entries:* Tap ☰ [Alt text: the More button], tap Print, choose All Entries or enter a date range, then tap Print.
3. Select the printing options, then tap Print.

Export journal entries to PDF

1. Go to the Journal app  [ALT N/A] on your iPhone.
2. Do one of the following:
 - *Export a single entry:* Go to the entry you want, tap ... [Alt text: the More Options button], then tap Print.
 - *Export multiple entries:* Tap ☰ [Alt text: the More button], choose All Entries or enter a date range, then tap Print.
3. Tap  [Alt text: the Share button], then choose an app such as Notes, Files, or Messages.

Export all journal entries and attachments as a ZIP archive

1. Go to Settings  [ALT N/A] > Apps > Journal.
2. Scroll down and tap Export all Journal Entries.

3. Tap Export, then wait for the export to finish.

Note: The export may not finish if you navigate away from Settings.

4. Specify a location and filename for the ZIP archive.

Related

[Print from iPhone](#)

NAV TITLE: [Change Journal settings](#)

Change your Journal settings on iPhone

Metadata

Summary: In Settings on iPhone, you can customize your preferences for the Journal app.

You can customize the settings for the Journal app  [ALT N/A] . Personalize the journaling suggestions you receive, lock your journal, set a schedule for journaling, and more.

Customize the journaling suggestions

Do any of the following:

- *Customize the privacy settings:* Go to Settings  [ALT N/A] > Privacy & Security > Journaling Suggestions, then turn on or off any of the categories.

Suggestions use data from apps and services you turn on; data used for suggestions is private and stored on your iPhone. For more information, see the [Journaling Suggestions & Privacy website](#).

- *Change the notification settings:* Go to Settings > Notifications > Journaling Suggestions.
- *Create new entries without viewing suggestions:* Go to Settings > Apps > Journal, then turn on Skip Journaling Suggestions.

Add a title and date to new journal entries

Do any of the following:

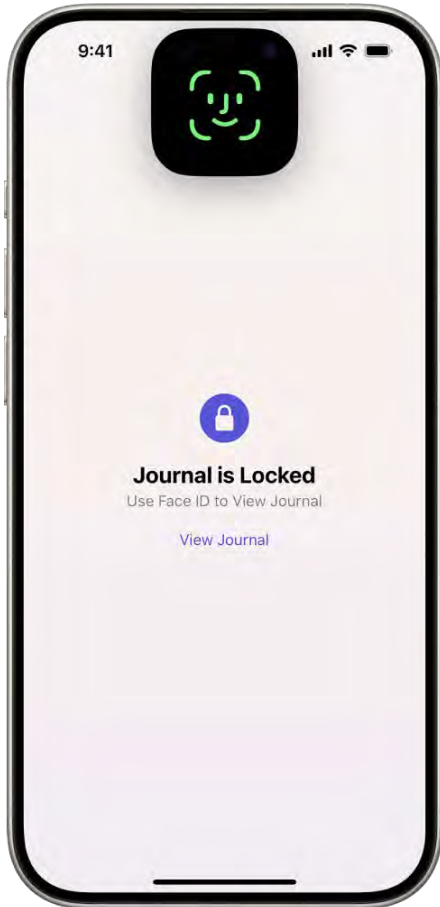
- *Add a title to new entries:* Go to Settings  [ALT N/A] > Apps > Journal, tap Add Entry Title, then choose Always, Only for Moments, or Never.
- *Use the date from the moment as the entry date:* Go to Settings > Apps > Journal, then turn on Always Use Moment Date.

See an insights summary at the top of your journal

To see a summary of insights such as your current writing streak, words written, and days journaled at the top of your journal, go to Settings  [ALT N/A] > Apps > Journal, then turn on Show Insights Summary.

Lock your journal

You can keep your journal private so only you can access it with with Face ID, Touch ID, or your passcode.



[Alt text: A screen that prompts you to use Face ID to unlock your journal.]

To lock your journal, use any of the following methods:

- *From the Home Screen or App Library:* See [Lock or hide an app](#).
- *In the Journal app:* Tap  [Alt text: the More button], then tap Lock Journal.
- *In Settings:* Go to Settings  [ALT N/A] > Apps > Journal, then tap Lock Journal.

Save photos and videos taken in Journal to the Photos app

1. Go to Settings  [ALT N/A] > Apps > Journal.

2. Turn on Save to Photos.

Turn Journal notifications on or off

Go to Settings  [ALT N/A] > Notifications > Journal.

Store your journal entries in iCloud

1. Go to Settings  [ALT N/A] > [your name] > iCloud.
2. Tap See All, then turn on Journal.

To back up without using iCloud, see the Apple Support article [About encrypted backups on your iPhone, iPad, or iPod touch](#).

Related

[Write in your journal on iPhone](#)

[View and search your journal entries on iPhone](#)

Magnifier

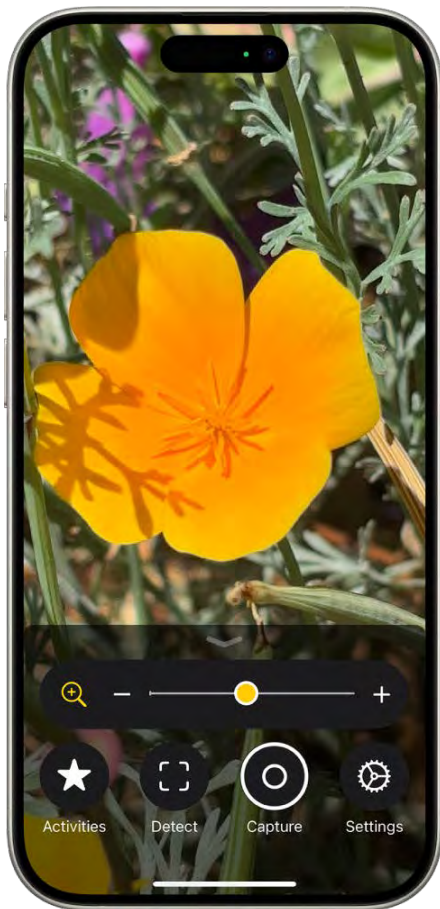
NAV TITLE: [Use iPhone like a magnifying glass](#)

Use iPhone like a magnifying glass

Metadata

Summary: Use your iPhone as a magnifying glass to zoom in on nearby text or objects.

In the Magnifier app, you can use your iPhone like a magnifying glass to zoom in on text or objects around you.



[Alt text: The Magnifier app showing a close-up of a flower.]

Magnify nearby text or objects

1. Go to the Magnifier app  [ALT N/A] on your iPhone.
2. Point the iPhone camera at the text or object you want to magnify, then drag the slider to zoom in or out.
3. You can also use any of the following controls:
 - Tap  [Alt text: the Activities button] to switch between your default controls and custom sets of controls you've defined for recurring tasks or situations (called *activities*). See [Set your preferred controls for an activity](#).
 - Tap  [Alt text: the Freeze frame button] to [temporarily freeze the frame](#).
 - Tap  [Alt text: the Settings button] to [add more controls](#), including [Detection Mode](#), or edit activities you've created.

Tip: Set up a shortcut to quickly open Magnifier by clicking or pressing an iPhone button or tapping the back of iPhone, or from Control Center. See [Quickly turn accessibility features on or off](#).

Temporarily freeze the frame

You can temporarily capture what's in the frame, without saving it to Photos.

1. Go to the Magnifier app  [ALT: N/A] on your iPhone.
2. Tap  [Alt text: the Capture button], then do one of the following:
 - Tap  [Alt text: the Reader button] to [format text from a captured frame for easier reading](#).
 - Tap  [Alt text: the Share button] for more options, such as sharing the captured frame or saving it to your photos.
 - Tap  [Alt text: the Close button] to unfreeze the frame and return to the live Magnifier lens.

View text in a format for easier reading

If you capture a frame that contains text, you can view it in a format adapted for easier reading. You can even adjust the font, size, and color of the text.

1. Go to the Magnifier app  [ALT: N/A] on your iPhone.
2. Tap  [Alt text: the Capture button] to capture the frame, then tap  [Alt text: the Reader button].
Magnifier alerts you if no text is detected in the frame you captured.
3. Do any of the following:
 - *Change the appearance of the text:* Tap  [Alt text: the Text Size button], then choose options for the font, size, and color of the text.
 - *Hear the text spoken out loud:* Tap  [Alt text: the Text Size button], then tap Listen to Page.
 - *Return to the captured frame:* Tap  [Alt text: the Close button].

Related

[Detect text around you and have it read out loud using Magnifier on iPhone](#)

[Get live descriptions of visual information around you with Magnifier on iPhone](#)

[Accessibility features for vision on iPhone](#)

NAV TITLE: [Customize controls](#)

Customize controls in Magnifier on iPhone

Metadata

Summary: In Magnifier on iPhone, customize which controls are shown in the app.

You can choose and customize the controls that are shown in the Magnifier app.

Add or remove controls

1. Go to the Magnifier app  [ALT N/A] on your iPhone.
2. Tap  [ALT text: the Settings button], then do any of the following:
 - *Show or hide Activities, Capture, or Detection Mode:* Tap **Activities**, **Capture**, or **Detect**, then turn Show in Control Panel on or off.
 - *Add or remove other controls:* Tap  [ALT text: the Insert button] or  [ALT text: the Remove button] next to a control.

You can choose up to two primary controls. Primary controls appear on the main screen when you open Magnifier. If you add more than two controls, you can swipe up on the control panel at the bottom of the screen to access secondary controls.

- *Reorder other controls:* Drag  [ALT text: the Reorder button] next to a control to move it up or down.

(table aria-label=Magnifier controls)

Control	Description
 [ALT N/A] Brightness	Adjust the brightness.
 [ALT N/A] Cameras	Switch between the front and rear cameras, or choose Close-up when you need to see something very small that's very close to the camera. Note: Close-up is available on iPhone 13 Pro and iPhone 13 Pro Max or later.
 [ALT N/A] Contrast	Adjust the contrast.
 [ALT N/A] Filters	Apply a color filter. When you add the Filters control, you can select just the filters you use most often.
 [ALT N/A] Flashlight	Turn on the flashlight.
 [ALT N/A] Focus Lock	Lock the magnifier focus.
 [ALT N/A] Zoom	Zoom in and out.

Set your preferred controls for an activity

You can save the controls you use for recurring tasks or situations, called *activities*, and switch between different activities as needed. For example, you could create an activity for reading a menu at a restaurant.

1. Go to the Magnifier app  [ALT N/A] on your iPhone.

2. Tap ★ [Alt text: the Activities button] , then tap Save as New Activity to create a new activity using the current controls.
3. Enter a name for the activity, then tap Done.

Related

[Detect text around you and have it read out loud using Magnifier on iPhone](#)

[Get live descriptions of visual information around you with Magnifier on iPhone](#)

[Accessibility features for vision on iPhone](#)

Detection Mode

NAV TITLE: [Get live descriptions of visual information around you](#)

Get live descriptions of visual information around you with Magnifier on iPhone

Metadata

Summary: In Magnifier on iPhone, scan your surroundings and get live descriptions of the scenes detected in the camera view.

If you're blind or have low vision, you can use Detection Mode in the Magnifier app on iPhone to scan your surroundings and get live descriptions of the scenes detected in the camera view. Live descriptions are available as text or speech.

Important: Detection Mode should not be relied on in high-risk or emergency situations, in circumstances where you may be harmed or injured, or for navigation.

Get live descriptions of your surroundings

1. Go to the Magnifier app  [ALT N/A] on your iPhone.
2. Double-tap the screen or tap  [Alt text: the Detection Mode button] to start Detection Mode.

If you don't see  [Alt text: the Detection Mode button] , you can add it. See [Customize controls](#).
3. Touch and hold  [Alt text: the Detection Mode button] , then make sure Scenes is selected. You can also select any of the following:
 - *People:* See [Detect people around you using Magnifier](#).
 - *Doors:* See [Detect doors around you using Magnifier](#).
 - *Furniture:* See [Detect furniture around you using Magnifier](#).

- *Text:* See [Detect text in the camera frame and have it read out loud](#).
- *Point & Speak:* See [Point your finger at text to have it spoken](#).

Note: Detection of people, doors, and furniture is only available on [supported iPhone models](#).

If you use VoiceOver, you can turn on Live Recognition from any screen on iPhone, and get descriptions of your surroundings without going to the Magnifier app. See [Get live descriptions of your surroundings with VoiceOver](#).

Customize settings for live scene descriptions

1. Go to the Magnifier app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Settings button], then tap Detect.
3. Tap Scenes, then turn on any combination of Labels or Speech feedback.
4. To return to the live Magnifier lens, tap  [Alt text: the Back button], tap it again, then tap Done.

Related

[Use iPhone like a magnifying glass](#)
[Accessibility features for vision on iPhone](#)

NAV TITLE: [Detect people around you](#)

Detect people around you using Magnifier on iPhone

Metadata

Summary: In Magnifier on iPhone, detect when people are nearby.

If you're blind or have low vision, you can use the Magnifier app on iPhone to detect when people are nearby and get information about how close they are. This can be useful if you want to maintain a physical or social distance from others.

Important: Detection Mode should not be relied on in high-risk or emergency situations, in circumstances where you may be harmed or injured, or for navigation. Detection of people is only available on [supported iPhone models](#).

Detect people near you

1. Go to the Magnifier app  [ALT N/A] on your iPhone.
2. Double-tap the screen or tap  [Alt text: the Detection Mode button] to start Detection Mode.

If you don't see  [Alt text: the Detection Mode button], you can add it. See [Customize controls](#).

3. Touch and hold  [Alt text: the Detection Mode button], then make sure People is selected.
4. Position iPhone so the rear camera can detect your surroundings. When a person is detected nearby, you're notified with sounds, speech, or haptic feedback. The feedback becomes more frequent the closer the person is to you.

If you don't hear sound or speech feedback, make sure Silent mode isn't on. See [Adjust the volume](#).

Customize the settings for detecting people

1. Go to the Magnifier app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Settings button], then tap Detect.
3. Tap People, then customize any of the following:
 - *Units*: Choose Meters or Feet.
 - *Sound pitch distance*: Tap  [Alt text: the Decrement button] or  [Alt text: the Increment button] to adjust the distance for sound feedback. When people are detected within this distance, the pitch of the sound feedback increases.
 - *Feedback*: Turn on any combination of Labels, Sounds, Speech, and Haptics. If you turn on Speech, iPhone speaks the distance between you and another person.
4. To return to the live Magnifier lens, tap  [Alt text: the Back button], tap it again, then tap Done.

Related

[Get live descriptions of visual information around you with Magnifier on iPhone](#)

[Use iPhone like a magnifying glass](#)

[Accessibility features for vision on iPhone](#)

NAV TITLE: [Detect furniture around you](#)

Detect furniture around you using Magnifier on iPhone

Metadata

Summary: In Magnifier on iPhone, detect furniture around you.

If you're blind or have low vision, you can use the Magnifier app on iPhone to detect furniture around you. You can get information about how far you are from furniture, and when chairs or sofas are detected, find out if they're occupied.

Important: Detection Mode should not be relied on in high-risk or emergency situations, in circumstances where you may be harmed or injured, or for navigation. Detection of furniture is only available on [supported iPhone models](#).

Detect furniture near you

1. Go to the Magnifier app  [ALT N/A] on your iPhone.
2. Double-tap the screen or tap  [ALT text: the Detection Mode button] to start Detection Mode.

If you don't see  [ALT text: the Detection Mode button], you can add it. See [Customize controls](#).
3. Touch and hold  [ALT text: the Detection Mode button], then make sure Furniture is selected.
4. Position iPhone so the rear camera can detect furniture around you. When furniture is detected nearby, you're notified with sounds, speech, or haptic feedback. The feedback becomes more frequent as you get closer to the furniture.

If you don't hear sound or speech feedback, make sure Silent mode isn't on. See [Adjust the volume](#).

Customize the settings for detecting furniture

1. Go to the Magnifier app  [ALT N/A] on your iPhone.
2. Tap  [ALT text: the Settings button], then tap Detect.
3. Tap Furniture, then customize any of the following:
 - *Units:* Choose Meters or Feet.
 - *Sound pitch distance:* Tap  [ALT text: the Decrement button] or  [ALT text: the Increment button] to adjust the distance for sound feedback. When furniture is detected within this distance, the pitch of the sound feedback increases.
 - *Feedback:* Turn on any combination of Labels, Sounds, Speech, and Haptics. If you turn on Speech, iPhone speaks the distance between you and the furniture.
 - *Announce Seat Occupancy:* Turn on Announce Seat Occupancy to get information about the number of people occupying chairs and sofas.
4. To return to the live Magnifier lens, tap  [ALT text: the Back button], tap it again, then tap Done.

Related

[Get live descriptions of visual information around you with Magnifier on iPhone](#)

[Use iPhone like a magnifying glass](#)

[Accessibility features for vision on iPhone](#)

NAV TITLE: [Detect doors around you](#)

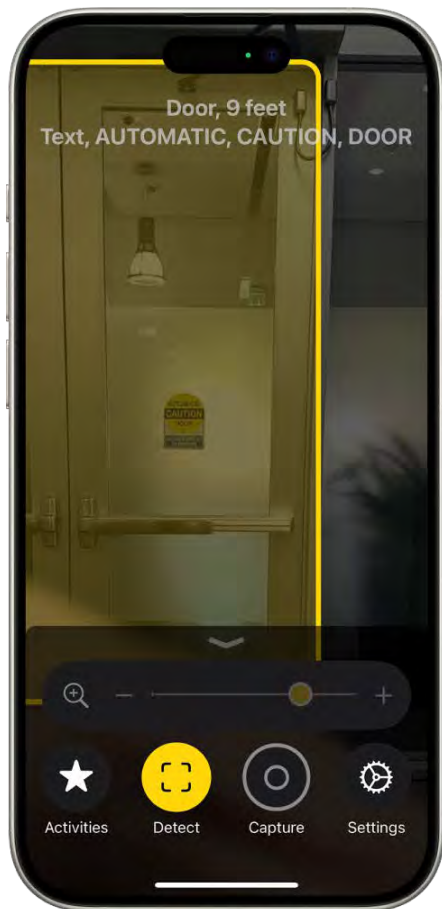
Detect doors around you using Magnifier on iPhone

Metadata

Summary: In Magnifier on iPhone, detect doors around you.

If you're blind or have low vision, you can use the Magnifier app on iPhone to detect doors around you. You can get information about how far you are from the door and hear about the door's attributes, including how to open it.

Important: Detection Mode should not be relied on in high-risk or emergency situations, in circumstances where you may be harmed or injured, or for navigation. Detection of doors is only available on [supported iPhone models](#).



[Alt text: The Magnifier app is open and a door is being detected. A description shows how far away the door is and what the text on the door says.]

Detect doors near you

1. Go to the Magnifier app  [ALT N/A] on your iPhone.

2. Double-tap the screen or tap  [Alt text: the Detection Mode button] to start Detection Mode.
If you don't see  [Alt text: the Detection Mode button], you can add it. See [Customize controls](#).
3. Touch and hold  [Alt text: the Detection Mode button], then make sure Doors is selected.
4. Position iPhone so the rear camera can detect doors around you. When doors are detected nearby, you're notified with sounds, speech, or haptic feedback. The feedback becomes more frequent as you get closer to the door.
If you don't hear sound or speech feedback, make sure Silent mode isn't on. See [Adjust the volume](#).

Customize the settings for detecting doors

1. Go to the Magnifier app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Settings button], then tap Detect.
3. Tap Doors, then customize any of the following:
 - *Units*: Choose Meters or Feet.
 - *Sound pitch distance*: Tap  [Alt text: the Decrement button] or  [Alt text: the Increment button] to adjust the distance for sound feedback. When a door is detected within this distance, the pitch of the sound feedback increases.
 - *Feedback*: Turn on any combination of Labels, Sounds, Speech, and Haptics. If you turn on Speech, iPhone speaks the distance between you and the door.
 - *Color*: Select a color to outline detected doors.
 - *Back tap*: When you double-tap the back of your iPhone, you can hear more information about doors around you.
 - *Door Attributes*: Turn on any combination of door attributes, such as the size of the detected door, how to open the door, and if the door is currently open.
 - *Door Decorations*: Turn on Door Decorations to get information about text and signs on or near the detected door, such as a sign for an accessible entrance or a restroom.
4. To return to the live Magnifier lens, tap  [Alt text: the Back button], tap it again, then tap Done.

Related

[Get live descriptions of visual information around you with Magnifier on iPhone](#)

[Use iPhone like a magnifying glass](#)

[Accessibility features for vision on iPhone](#)

NAV TITLE: [Detect text around you and have it read out loud](#)

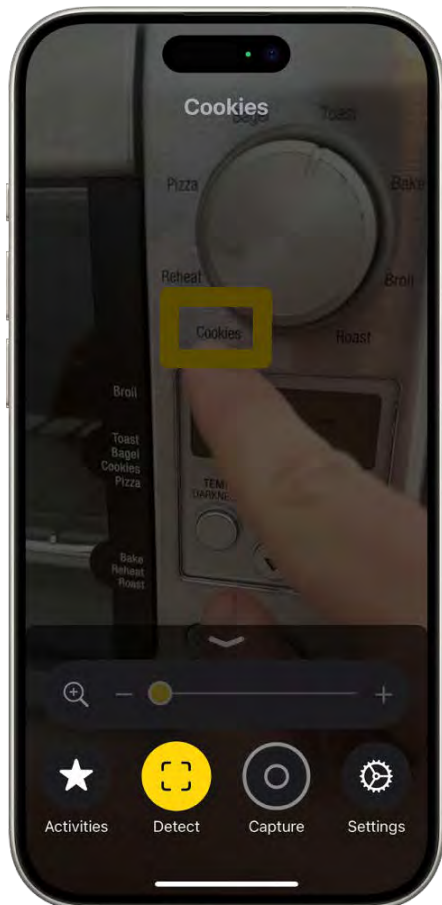
Detect text around you and have it read out loud using Magnifier on iPhone

Metadata

Summary: Using Magnifier, aim your iPhone camera at nearby text and have it spoken out loud.

If you're blind or have low vision, you can use the Magnifier app to aim your iPhone camera at nearby text and have it spoken out loud. You can even point your finger at the specific text you want spoken.

Important: Detection Mode should not be relied on in high-risk or emergency situations, in circumstances where you may be harmed or injured, or for navigation. Text Detection and Point & Speak are not available in all languages.



[Alt text: The Magnifier app detecting a finger pointing at text on a kitchen appliance.]

Detect text in the camera frame and have it read out loud

You can use the Magnifier app to detect text in the field of view of your iPhone camera and have it read out loud.

1. Go to the Magnifier app  [ALT N/A] on your iPhone.
2. Double-tap the screen or tap  [ALT text: the Detection Mode button] to start Detection Mode.
If you don't see  [ALT text: the Detection Mode button], you can add it. See [Customize controls](#).
3. Touch and hold  [ALT text: the Detection Mode button], then make sure Text is selected.
4. Position iPhone so the rear camera can detect text around you.
If you don't hear speech feedback, make sure Silent mode isn't on. See [Adjust the volume](#).

Point your finger at text to have it spoken

You can use the Magnifier app to point your finger at text near you and have your iPhone speak it out loud. This can be especially useful when you need to interact with an object that has text labels, such as a digital screen at a grocery store self-checkout, or dials, buttons, or keypads on household appliances or ATMs.

1. Go to the Magnifier app  [ALT N/A] on your iPhone.
2. Double-tap the screen or tap  [ALT text: the Detection Mode button] to start Detection Mode.
If you don't see  [ALT text: the Detection Mode button], you can add it. See [Customize controls](#).
3. Touch and hold  [ALT text: the Detection Mode button], then make sure Point & Speak is selected.
4. Position iPhone so the rear camera can detect the text, then point your finger to identify which text to read.
If you don't hear sound or speech feedback, make sure Silent mode isn't on. See [Adjust the volume](#).

Customize settings for Text Detection or Point & Speak

1. Go to the Magnifier app  [ALT N/A] on your iPhone.
2. Tap  [ALT text: the Settings button], then tap Detect. To detect text in other languages, turn on Detect Languages.
3. Tap Text or Point & Speak, then customize any of the following:
 - *Detection Feedback*: Turn on any combination of Labels and Speech. For Point & Speak, you can also turn on Sound and Haptic feedback.
 - *Location*: For Point & Speak, tap Under (to read text under your fingertip) or Above (to read text directly above your finger).
 - *Automatic Flashlight*: When your environment is too dark to detect text, have Magnifier turn the flashlight on for 10 seconds.

- *Border and Color:* For Point & Speak, outline the text you're pointing to in a color of your choice.

4. To return to the live Magnifier lens, tap  [Alt text: the Back button], tap it again, then tap Done.

Text Detection and Point & Speak work with VoiceOver. See [Turn on and practice VoiceOver](#).

Related

[Get live descriptions of visual information around you with Magnifier on iPhone](#)

[Use iPhone like a magnifying glass](#)

[Accessibility features for vision on iPhone](#)

NAV TITLE: [Set up shortcuts for Live Recognition](#)

Set up shortcuts for Live Recognition on iPhone

Metadata

Summary: On iPhone, set up a shortcut to quickly start Live Recognition.

You can set up a shortcut to quickly start [Live Recognition](#) when VoiceOver is on. If VoiceOver is off, the shortcut opens the Magnifier app  [ALT N/A] in [Detection Mode](#).

- *Use a VoiceOver gesture:* When VoiceOver is on, triple-tap the screen with four fingers to turn Live Recognition on or off. To assign a different gesture, go to Settings  [ALT N/A] > Accessibility > VoiceOver > Commands > Touch Gestures.
- *Triple-click the side button or Home button:* Go to Settings  [ALT N/A] > Accessibility > Accessibility Shortcut, then select Live Recognition. See [Quickly turn accessibility features on or off](#).
- *Tap the back of iPhone:* Go to Settings  [ALT N/A] > Accessibility > Touch > Back Tap, choose Double Tap or Triple Tap, then choose Live Recognition. See [Tap the back of iPhone to perform actions or shortcuts](#).
- *Press the Action button:* Customize the Action button to start Live Recognition. See [Use and customize the Action button](#).

Note: The Action button is available on [supported iPhone models](#).

Related

[Detect text around you and have it read out loud using Magnifier on iPhone](#)

[Get live descriptions of visual information around you with Magnifier on iPhone](#)

[Accessibility features for vision on iPhone](#)

Mail

Add or remove email accounts

NAV TITLE: [Add and remove email accounts](#)

Add and remove email accounts on iPhone

Metadata

Summary: In the Mail app on iPhone, add email accounts to send and receive emails, and remove email accounts you no longer need.

To send and receive email using the Mail app  [ALT N/A] , you need to add the email accounts you want to use. When you first open Mail, you're asked to set up an account. At any time, you can add additional email accounts to your iPhone, or remove email accounts you no longer need.

Add an email account

You can add one or more email accounts to the Mail app so that you can receive all your email in one place and easily send email from any of your accounts.

1. Go to Settings  [ALT N/A] > Apps > Mail.
2. Tap Accounts, then tap Add Account.
3. Tap the email service you want to use—for example, iCloud or Microsoft Exchange—then enter your email account information.

If your email service isn't listed, tap Other, tap Add Mail Account, then enter your email account information.

Note: If you set up multiple accounts, you can choose which account you want to send from when composing your email message. See [Send email](#).

Temporarily stop using an email account

If you want to temporarily stop sending and receiving email from an account on your iPhone, you can turn it off in Settings. You can easily turn it back on at any time.

1. Go to Settings  [ALT N/A] > Apps > Mail.
2. Tap Mail Accounts, tap the email account you want to turn off, then do one of the following:

- *Turn off an iCloud email account:* Tap iCloud, tap iCloud Mail, then turn off Use on this iPhone.
- *Turn off another email account:* Turn off Mail.

Tip: You can choose if you want to continue using other apps with this account—including Contacts, Calendars, and Reminders. Turn each individual app on or off.

Delete an email account

You can remove an email account from the Mail app and from all the apps that use it on your iPhone.

Note: This action doesn't cancel the email account; it just removes it from your iPhone. To close the account completely, visit your email account provider.

1. Go to Settings  [ALT N/A] > Apps > Mail.
2. Tap Mail Accounts, tap the email account you want to remove from your iPhone, then tap Sign Out or Delete Account.

Note: If you change your mind later, you can add the email account back to your iPhone. See [Add an email account](#).

Add the Mail app back to your Home Screen

If you don't see the Mail app on your Home Screen, you can find it in the App Library and add it back.

1. On the Home Screen, swipe left until you see the App Library.
2. Enter "Mail" in the search field.
3. Touch and hold  [Alt text: the Mail app icon], then tap Add to Home Screen.

To rearrange your Home Screen so it's just right for you, see [Move apps and widgets on the Home Screen](#).

Related

[Check your email in Mail on iPhone](#)

[Send email in Mail on iPhone](#)

[Set up a custom email domain with iCloud Mail on iPhone](#)

NAV TITLE: [Set up a custom email domain](#)

Set up a custom email domain with iCloud Mail on iPhone

Metadata

Summary: With iCloud Mail on iPhone, add a custom domain, then create and use email

addresses for that domain.

When you subscribe to iCloud+, you can add up to five custom email domains and create email addresses for those domains on your iPhone. You can then send and receive mail in the Mail app  [ALT N/A] on your iPhone, iPad, and Mac, in your Mail account on iCloud.com, and in an email app on a Windows device.

You need to have a primary iCloud Mail address before you can add a custom email domain on iPhone. See [Create a primary email address for iCloud Mail](#) in the iCloud User Guide.

To learn more, see [Personalize iCloud Mail with a custom email domain and share with others](#) in the iCloud User Guide.

Note: Make sure you're signed in to the same [Apple Account](#) on each device. If you have devices where you're not signed in to your Apple Account or that have the Mail feature turned off, you won't be able to see your custom email domains and mail on those devices.

Add a custom email domain to iCloud Mail

You can add a custom email domain you already own to iCloud Mail, or buy a new one.

Note: You need to have a primary iCloud Mail address before you can add a custom email domain on iPhone. See [Create a primary email address for iCloud Mail](#) in the iCloud User Guide.

1. Go to Settings  [ALT N/A] > [your name] > iCloud > iCloud Mail, then make sure "Use on this iPhone" is turned on.
2. Tap Custom Email Domain, then tap one of the following:
 - *Buy a Domain:* Choose this option if you don't yet have a custom domain. After you purchase it, you can create custom email addresses.
 - *Use a Domain You Own:* Choose this option if you already have a domain, and you want to use it with iCloud Mail. You can configure email addresses you already have at that domain, and create more.

3. Follow the onscreen instructions.

If you're adding a domain you already own, some registrars require you to change DNS records to set up your domain. See the Apple Support article [Set up an existing domain with iCloud Mail](#).

Import existing email messages

After you or a member of your Family Sharing group sets up a custom email domain for iCloud Mail, you can use iCloud.com to import existing email messages from your previous email provider (not available for all email providers). See [Import existing email messages to your custom iCloud Mail address](#) in the iCloud User Guide.

Create and delete email addresses

After you add a custom email domain, you can easily create and delete email addresses for that domain.

1. Go to Settings  [ALT N/A] > [your name] > iCloud > iCloud Mail, then make sure “Use on this iPhone” is turned on.
2. Tap Custom Email Domain, then tap the domain you want to make changes to.
3. Tap Manage Email Addresses, then do one of the following:
 - *Add a new email address:* Tap Create Email Address, enter the new address, then tap Continue.
 - *Delete an email address:* Swipe left on an email address, tap Delete, then tap Remove.
 - *Add People:* Tap to invite someone to your custom email domain.

Remove a custom email domain

If you no longer want to use a custom email domain, you can remove it using your iPhone. When you remove a custom email domain, you can't send or receive email for any addresses at that domain in Mail.

1. Go to Settings  [ALT N/A] > [your name] > iCloud > iCloud Mail.
2. Tap Custom Email Domain, then tap Edit next to Your Domains.
3. Tap  [Alt text: the Delete button], then tap Delete.
4. If you're moving your domain to a new provider, make sure to do the following:
 - Go to your domain registrar to update the domain records to your new email provider and remove iCloud-related records.
 - Set up any email addresses you want to continue using with your new provider.

Note: When you remove a custom email domain, you can still send and receive email from your primary @icloud.com address.

Allow all incoming messages to your domain

You can use your iCloud Mail email address as a catch-all address. This allows you to receive all messages sent to your custom email domain, even if the exact address they were sent to hasn't already been created.

1. Go to Settings  [ALT N/A] > [your name] > iCloud > iCloud Mail.
2. Tap Custom Email Domain, then tap your custom domain.
3. Turn on Allow All Incoming Messages.

If the domain owner allows all incoming messages, any messages that aren't sent to an active email address go to the domain owner's inbox. If this setting isn't turned on, those messages are returned to the sender.

Note: Messages sent to deleted email addresses are automatically returned to the sender.

Related

[Add an email domain you already own to iCloud Mail](#)

[Check your email in Mail on iPhone](#)

[Send email in Mail on iPhone](#)

[Use Hide My Email in Mail on iPhone](#)

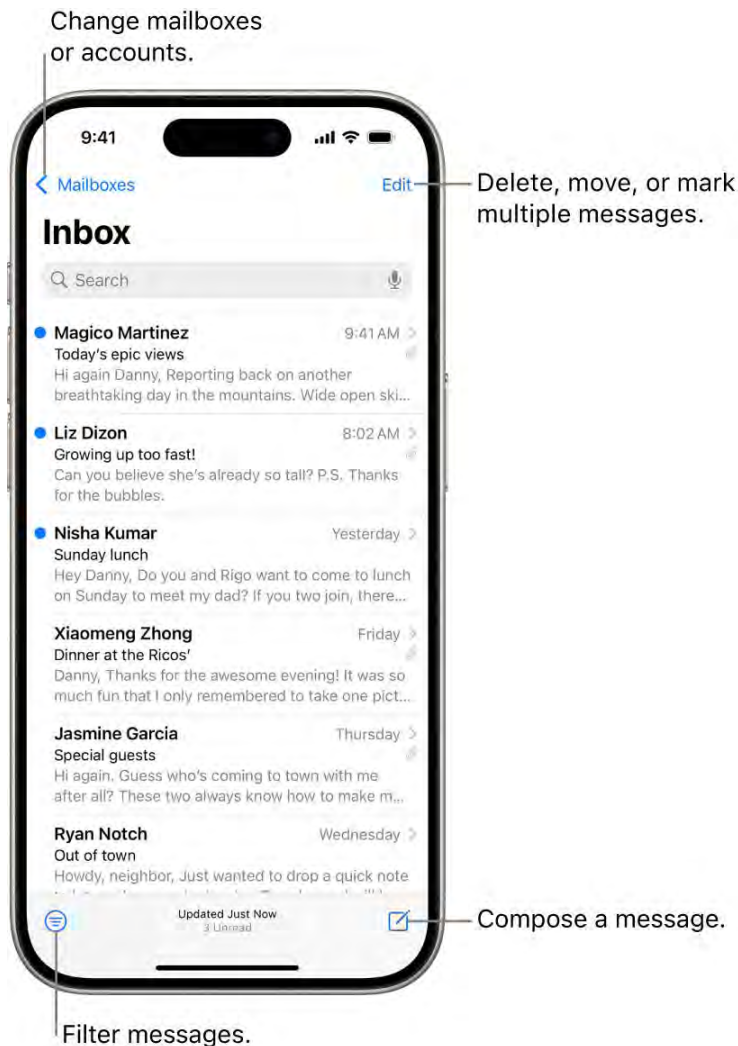
NAV TITLE: [Check your email](#)

Check your email in Mail on iPhone

Metadata

Summary: In Mail on iPhone, read an email, add a contact, and preview the contents of an email without opening it.

In the Mail app, you can read emails, add contacts, and preview some of the contents of an email without opening it.



[Alt text: The Mail Inbox, showing a list of emails.]

Read an email

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In the inbox, tap the email you want to read.

Use Remind Me to come back to an email later

If you don't have time to handle an email right away, you can set a time and date to receive a reminder and bring a message back to the top of your inbox.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap an email, tap  [Alt text: the Reply button], tap Remind Me, then choose when to be reminded.

Preview an email and a list of options

If you want to see what an email is about but not open it completely, you can preview it.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In the inbox, touch and hold an email to preview its contents and see a list of options for replying, filing it, and more. See [Perform quick actions](#).

Show a longer preview for every email

In your inbox, Mail displays two lines of text for each email by default. You can choose to see more lines of text without opening the email.

Go to Settings  [ALT N/A] > Apps > Mail > Preview, then choose up to five lines.

Show the whole conversation

Go to Settings  [ALT N/A] > Apps > Mail, then turn on Organize by Thread.

Tip: You can also change other settings here—such as Collapse Read Messages or Most Recent Message on Top.

Show To and Cc labels in your Inbox

Go to Settings  [ALT N/A] > Apps > Mail, then turn on Show To/Cc Labels (below Message List).

You can also view the To/Cc mailbox, which gathers all mail addressed to you. To show or hide it, tap  [Alt text: the Back button] in the upper-left corner of the Mail app until you see Mailboxes, tap Edit, then select “To or Cc.”

Add someone to your contacts or make them a VIP

You can save someone to your contacts to easily find their email again in the future, or make them a VIP so any email you receive from them is automatically starred.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In an email, tap a person’s name or email address, then do one of the following:
 - *Add to your contacts:* Tap Create New Contact or Add to Existing Contact.
You can add a phone number, other email addresses, and more.
 - *Add to your VIP list:* Tap Add to VIP.

Related

[Send email in Mail on iPhone](#)

[Reply to and forward emails in Mail on iPhone](#)

[Add and remove email accounts on iPhone](#)

Write and send email

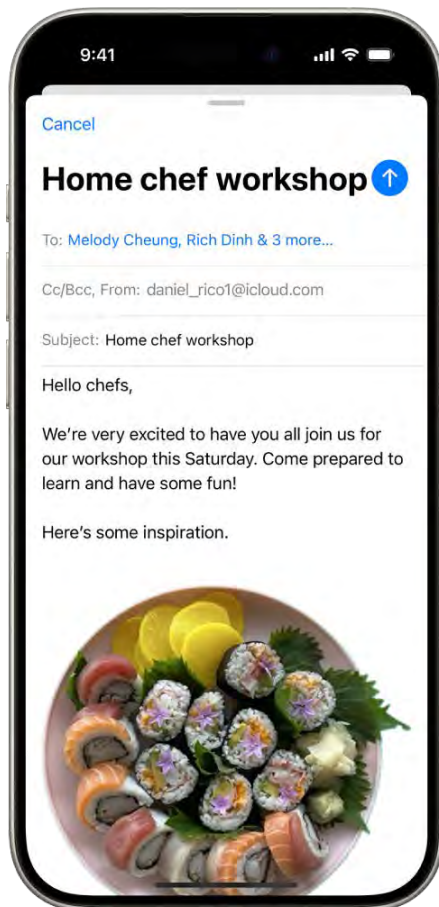
NAV TITLE: [Send email](#)

Send email in Mail on iPhone

Metadata

Summary: In Mail on iPhone, write, send, and schedule email from any of your email accounts.

You can write, send, and schedule email from any of your email accounts.



[Alt text: A draft email being composed.]

Write an email message

1. Go to the Mail app  [ALT N/A] on your iPhone.

2. Tap  [Alt text: the Compose button] .
3. Tap in the email, then type your message.
4. To change the formatting, tap  [Alt text: the Expand Toolbar button] above the keyboard, then tap  [Alt text: the Text Format button] .

You can change the font style and color of text, use a bold or italic style, add a bulleted or numbered list, and more.
5. Tap  [Alt text: the Send button] to send your email.

Tip: You can create and add stickers to emails as you compose them. See [Add emoji, Memoji, and stickers with the iPhone keyboard](#).

Add recipients

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Compose button] , tap the To field, then type the names of recipients.

As you type, Mail automatically suggests people from your Contacts.

You can also tap  [Alt text: the Add Contact button] to open Contacts and add recipients from there.
3. If you want to send a copy to other people, tap the Cc/Bcc field, then do any of the following:
 - Tap the Cc field, then enter the names of people you're sending a copy to.
 - Tap the Bcc field, then enter the names of people you don't want other recipients to see.

Tip: After you enter recipients, you can reorder their names in the address fields, or drag them from one address field to another—for example, to the Bcc field if you decide you don't want their names to appear.

Add a hyperlink to an email

1. In Safari  [ALT N/A] or another web browser, copy the URL of a webpage.
2. As you compose a message in Mail  [ALT N/A] , highlight the text you want to link.
3. Tap Paste.

Edit a link in an email draft

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In a message you're writing, tap a link or linked text, then tap  [Alt text: the down arrow] .
3. Do any of the following:

- *Show Link Preview:* Change the hyperlinked text to a rich embedded website preview image.
- *Open Link:* Go to that website in a web browser.
- *Edit Link:* Change the URL of the link.
- *Remove Link:* Delete the link from your email draft.
- *Edit Text Description:* Change the text that's linked.

Use Camera to capture an email address

You can use Live Text to scan an email address printed on a business card, poster, and more using the Mail app on iPhone. This allows you to quickly begin emails without entering an address manually.

1. Go to the Camera app  [ALT N/A] on your iPhone.
2. Position iPhone so the email address appears within the camera frame.
3. Tap the email address, then tap  [Alt text: the Detect Text button] in the lower-right corner of the camera field.
4. To draft an email, tap the email address in the lower-left side of the camera field.

Tip: You can also capture an email address from a photo. See [Use Live Text to interact with content in a photo or video](#).

Schedule an email with Send Later

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In an email you're writing, touch and hold  [Alt text: the Send button], then choose when you want to send the email.

To see more options, tap Send Later.

Send an email from a different account

If you have more than one email account, you can specify which account to send email from.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In your email draft, tap the Cc/Bcc, From field.
3. Tap the From field, then choose an account.

Related

[Check your email in Mail on iPhone](#)

[Reply to and forward emails in Mail on iPhone](#)

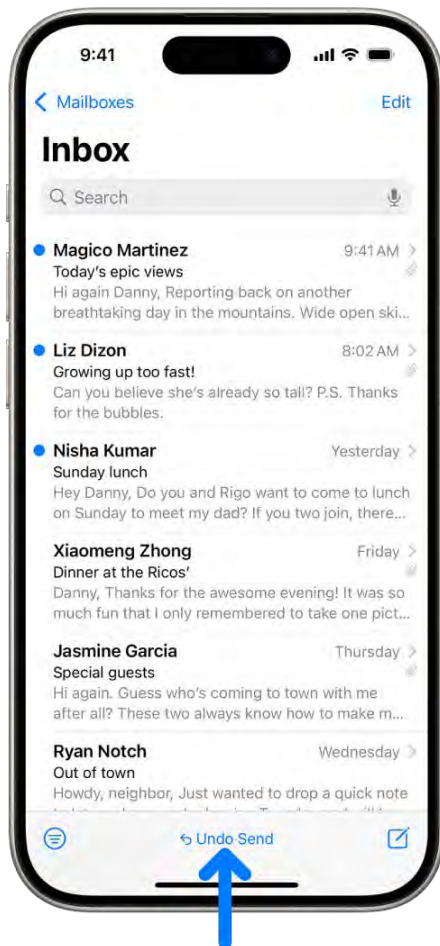
[Add and remove email accounts on iPhone](#)

Unsend email with Undo Send in Mail on iPhone

Metadata

Summary: In Mail on iPhone, unsend an email if you change your mind. Set a delay to give yourself more time to unsend emails.

You can change your mind and unsend an email in the Mail app  [ALT N/A] . You can also set a delay for all emails to give yourself a little more time to unsend them.



[Alt text: The Inbox, showing a list of emails. The Undo Send button (for pulling back a recently sent email) is in the center of the bottom of the screen.]

Undo a sent email

You have 10 seconds to change your mind after you send an email.

Tap Undo Send at the bottom of the Inbox to pull back the email.

Delay sending emails

You can give yourself a little more time to change your mind and unsend emails by setting a delay.

Go to Settings  [ALT N/A] > Apps > Mail, tap Undo Send Delay, then choose a length of time to delay outgoing email messages.

Related

[Check your email in Mail on iPhone](#)

[Send email in Mail on iPhone](#)

[Save a draft in Mail on iPhone](#)

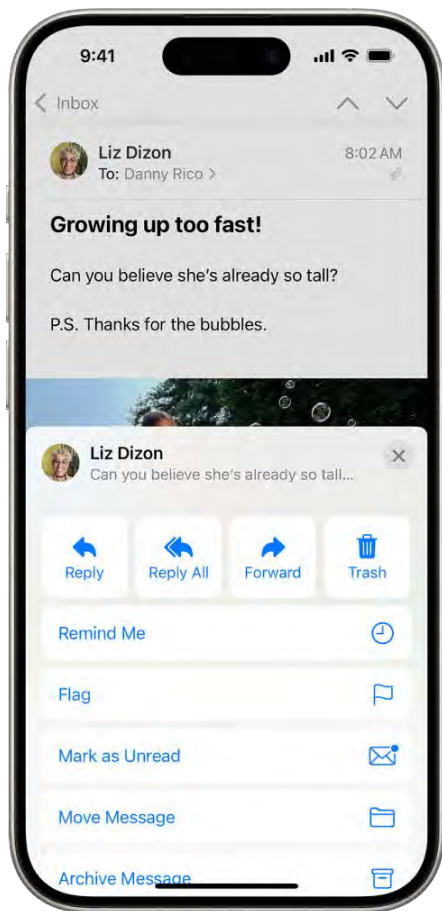
NAV TITLE: [Reply to and forward emails](#)

Reply to and forward emails in Mail on iPhone

Metadata

Summary: In Mail on iPhone, reply to or forward emails.

You can reply to or forward emails in the Mail app.



[Alt text: An email showing reply options. Across the middle of the screen, from left to right, are Reply, Reply All, Forward, and Trash.]

Reply to an email

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap the email, tap  [Alt text: the Reply button], then do one of the following:
 - *Reply to just the sender:* Tap Reply.
 - *Reply to the sender and the other recipients:* Tap Reply All.
3. Type your response.

Quote some text when you reply to an email

When you reply to an email, you can include text from the sender to clarify what you're responding to.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In the sender's email, touch and hold the first word of the text, then drag to the last word. (See [Select, cut, copy, and paste text.](#))

3. Tap  [Alt text: the Reply button] , tap Reply, then type your message.

Note: To turn off the indentation of quoted text, go to Settings  [ALT N/A] > Apps > Mail > Increase Quote Level (below Composing), then turn off Increase Quote Level.

Forward an email

You can send an email forward to new recipients.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap in the email, tap  [Alt text: the Reply button] , then tap Forward.

If there are attachments in the original email—like photos or documents—you can decide whether to include them in the forwarded email. Choose Include or Don't Include.

3. Enter the email addresses of the new recipients.
4. Tap in the email, then type your response. The forwarded message appears below.

Follow up on emails

If you send a message and don't receive a response for several days, the email automatically moves back to the top of your inbox to help you remember to follow up.

To turn off Follow Up Suggestions, go to Settings  [ALT N/A] > Apps > Mail, then turn off Follow Up Suggestions.

Set up an automatic reply in Mail

On [iCloud.com](https://www.icloud.com), you can set up an automatic reply to respond to incoming email messages or automatically forward messages to another inbox. See [Set up an automatic reply in Mail on iCloud.com](#).

Related

[Check your email in Mail on iPhone](#)

[Send email in Mail on iPhone](#)

[Save a draft in Mail on iPhone](#)

NAV TITLE: [Save an email draft](#)

Save a draft in Mail on iPhone

Metadata

Summary: In Mail on iPhone, save a draft to finish later, or view your inbox while composing an email.

You can save a draft to finish later, or look at existing emails while you're writing a new one.

Save a draft for later

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In an email you're writing, tap Cancel, then tap Save Draft.

To resume work on an email you saved as a draft, touch and hold  [ALT text: the Compose button], then select a draft.

You can also swipe down on the title bar of an email you're writing to save it for later. When you're ready to return to your email, tap its title at the bottom of the screen.

Tip: You can also hand off unfinished emails between your iPhone and your Mac. See [Hand off tasks between your iPhone and your other devices](#).

Show draft emails from all your accounts

If you have more than one email account, you can show draft emails from all your accounts.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap  [ALT text: the Back button] in the upper-left corner until you see Mailboxes.
3. Tap Edit at the top of the list.
4. Tap Add Mailbox, then turn on the All Drafts mailbox.

Related

[Send email in Mail on iPhone](#)

[Reply to and forward emails in Mail on iPhone](#)

[Add email attachments in Mail on iPhone](#)

Work with attachments

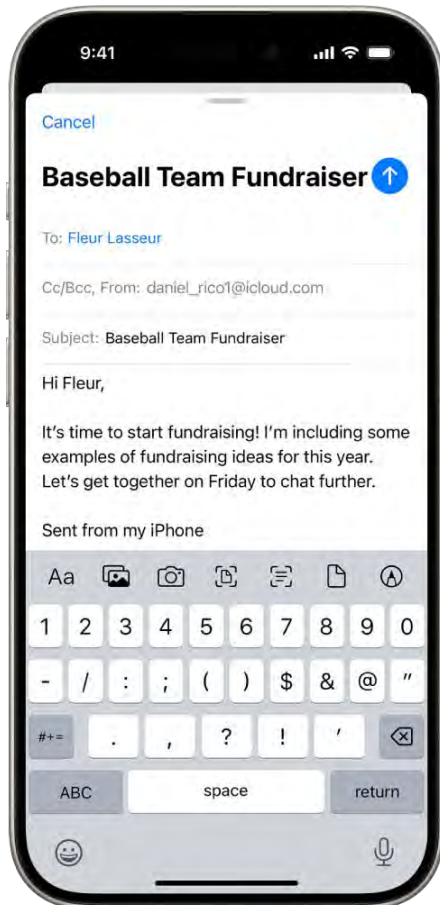
NAV TITLE: [Add email attachments](#)

Add email attachments in Mail on iPhone

Metadata

Summary: In Mail on iPhone, attach photos, videos, scanned documents, and more to an email.

You can attach photos, videos, and documents to an email. You can also scan a paper document and send it as a PDF attachment, or draw directly in an email and send the drawing as an attachment. Depending on the file size, the attachment might appear inline with the text in the email or as  [Alt text: the Insert Attachment button] at the end of the email.



[Alt text: A draft email being composed with the attachment options above the keyboard.]

Attach a photo, video, or document to an email

You can attach and send documents, videos, and photos in your emails for recipients to easily download and save.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap in the email where you want to insert the attachment, then tap  [Alt text: the Expand Toolbar button] above the keyboard.
3. Do one of the following:
 - *Attach a document:* Tap  [Alt text: the Insert Attachment button] above the keyboard, then locate the document in [Files](#).

In Files, tap Recent, Shared, or Browse at the bottom of the screen, then tap a file, location, or folder to open it.

- *Attach a saved photo or video:* Tap  [Alt text: the Insert Photo button] above the keyboard, then choose a photo or video. Tap  [Alt text: the Close Button] to return to the email.
- *Take a new photo or video and attach it to the email:* Tap  [Alt text: the Take Photo or Video button] above the keyboard, then take a new photo or video. Tap Use Photo or Use Video to insert it into your email, or tap Retake if you want to reshoot it.

Note: If your file exceeds the maximum size allowed by your email account, follow the onscreen instructions to send it using Mail Drop. See the Apple Support article [Mail Drop limits](#).

Scan and attach a document to an email

You can scan a paper document and send it as a PDF.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap in the email where you want to insert the scanned document, then tap  [Alt text: the Expand Toolbar button] above the keyboard.
3. Tap  [Alt text: the Scan Document button] above the keyboard.
4. Position iPhone so that the document page appears on the screen—iPhone automatically captures the page.

To capture the page manually, tap  [Alt text: the Take Picture button] or press a volume button. To turn the flash on or off, tap  [Alt text: the Show Flash Settings button] .

5. Tap Retake or Keep Scan, scan additional pages, then tap Save when you're done.
6. To make changes to the saved scan, tap it, then do any of the following:
 - *Crop the image:* Tap  [Alt text: the Crop button] .
 - *Apply a filter:* Tap  [Alt text: the Show Filters button] .
 - *Rotate the image:* Tap  [Alt text: the Rotate button] .
 - *Delete the scan:* Tap  [Alt text: the Delete Scan button] .

Create and attach a drawing to your email

You can draw in an email to demonstrate ideas that are hard to put into words. Your drawing is added to the email as an attachment for recipients to view and download.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap in the email where you want to insert a drawing, then tap  [Alt text: the Expand Toolbar button] above the keyboard.
3. Tap  [Alt text: the Insert Drawing button] to show the Markup toolbar.

4. Choose a drawing tool and color, then write or draw with your finger.

See [Write and draw in documents with Markup](#).

5. When you're finished, tap Done, then tap Insert Drawing.

To resume work on a drawing, tap the drawing in the email, then tap  [Alt text: the Insert Drawing button] .

Related

[Download email attachments in Mail on iPhone](#)

[Annotate email attachments on iPhone](#)

NAV TITLE: [Download email attachments](#)

Download email attachments in Mail on iPhone

Metadata

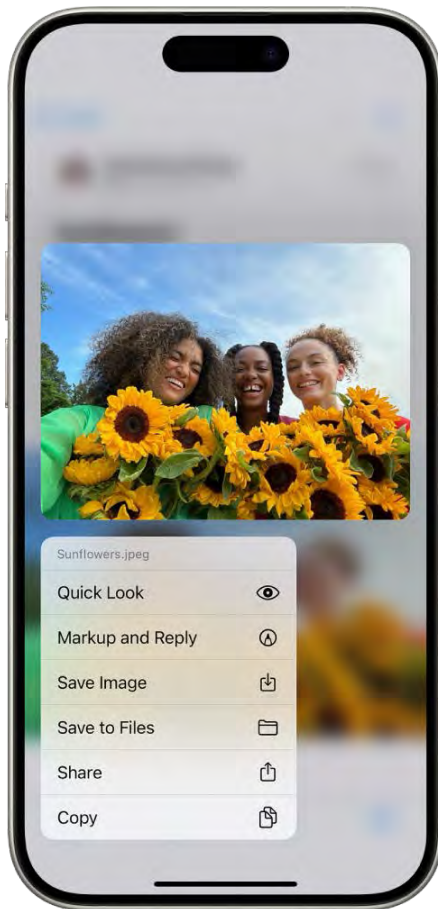
Summary: In Mail on iPhone, download attachments and search for emails with attachments.

You can download attachments that are sent to you in email or easily search for emails with attachments in your mailboxes.

Download an attachment sent to you

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In the email, touch and hold the attachment, then choose Save Image or Save to Files.

If you choose Save Image, you can find it later in the Photos app. If you choose Save to Files, you can find it later in the Files app.



[Alt text: An email attachment is selected with possible actions listed.]

Tip: To open the attachment with another app, tap Share  [ALT N/A], then choose the app.

Quickly fill out forms you receive in Mail

You can use AutoFill to quickly fill out forms you receive in the Mail app, and then send the form back to the original sender without leaving Mail.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In the email, tap the attachment to open the document.
3. Tap  [Alt text: the AutoFill button], then tap a blank field to enter text using the onscreen keyboard.
4. To fill out another line, tap it, then enter text.
5. Tap Done, then tap Reply to [name].

Find emails with attachments

If you're having trouble finding an attachment someone sent you, you can filter your emails to show only those with attachments.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In a mailbox, tap  [Alt text: the Toggle Filtering button] to turn on filtering.
3. Tap “Filtered by,” then turn on Only Mail with Attachments.

Tip: You can also show emails with attachments from all accounts in one mailbox. To set up the attachment mailbox, tap  [Alt text: the Back button] at the top left, tap Edit, then select Attachments. The attachments mailbox appears in the mailboxes list with your other mailboxes.

Related

[Add email attachments in Mail on iPhone](#)

[Annotate email attachments on iPhone](#)

NAV TITLE: [Annotate email attachments](#)

Annotate email attachments on iPhone

Metadata

Summary: In Mail on iPhone, use Markup to write or draw on a photo, video, or PDF attachment.

In the Mail app, you can give feedback on a draft, decorate a photo, and more. You can also draw and write on a photo, video, or PDF attachment, then save it or send it back.



[Alt text: In Mail, a PDF of an attachment has a sticker of an emoji. Below the webpage are the markup tools.]

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In the email, tap the attachment, then tap  [Alt text: the Markup button] .
3. Using the drawing tools, draw with your finger.
4. When you're finished, tap Done, then choose to reply to the attachment sender, start a new message, save the annotated attachment to your files, or discard your edited attachment.

Related

[Add email attachments in Mail on iPhone](#)

[Download email attachments in Mail on iPhone](#)

[Write and draw in documents with Markup on iPhone](#)

NAV TITLE: [Set email notifications](#)

Set email notifications on iPhone

Metadata

Summary: In Mail on iPhone, set notifications and choose which mailboxes and email threads to receive notifications from.

You can change your Mail notification settings and choose which mailboxes and email threads to receive notifications from.

Mute email notifications

To reduce interruptions from busy email threads, you can mute notifications from messages in a conversation.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Open an email in the conversation.
3. Tap  [Alt text: the Reply button] , then tap Mute.

To specify what you want done with emails you muted, go to Settings  [ALT N/A] > Apps > Mail > Muted Thread Action, then select an option.

Receive notifications about replies to an email or thread

You can set up mail notifications that let you know when you receive emails in favorite mailboxes or from your VIPs.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Do any of the following:
 - *When reading an email:* Tap  [Alt text: the Reply button] , then tap Notify Me.
 - *When writing an email:* Tap the Subject field, tap  [Alt text: the Notify Me button] in the Subject field, then tap Notify Me.

To change how notifications appear, go to Settings  [ALT N/A] > Apps > Mail > Notifications, then turn on Allow Notifications.

Change your Mail notification settings

1. Go to Settings  [ALT N/A] > Apps > Mail.
2. Tap Notifications, then make sure that Allow Notifications is on.
3. Tap Customize Notifications, then tap the email account you want to make changes to.
4. Select the settings you want, like Alerts or Badges. When you turn on Alerts, you have the option to customize your sounds by changing the alert tone or ringtone.

You can set times when you want to allow notifications from the Mail app. See [Change notification settings](#).

Related

[Set up a Focus on iPhone](#)

[Flag or block emails in Mail on iPhone](#)

NAV TITLE: [Search for email](#)

Search for email in Mail on iPhone

Metadata

Summary: In Mail on iPhone, search for emails using different criteria.

You can search for emails using different criteria.

Search for text in an email

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. From a mailbox, swipe down to reveal the search field, tap it, then type the text you're looking for.
3. Choose between searching all mailboxes or the current mailbox above the results list.
4. Tap search, then tap an email in the results list to read it.

Mail searches the address fields, the subject, the email body, documents, and links. The most relevant emails appear in Top Hits above the search suggestions as you type.

Tip: To quickly find travel booking confirmations for flights and hotels, enter the three-letter airport code or the city name.

Search by timeframe

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap the search field of a mailbox list.
3. Enter a timeframe, like "September," then tap  [Alt text: the calendar suggestion buttons] to see all emails from that timeframe.

To narrow the search, tap the search field again, then enter a keyword, like "meeting."

Search by email attributes

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In an inbox, tap the search field.

Before you begin typing, you may see suggested recent searches, recent documents, and links listed.

3. Enter your search criteria, then tap one of the listed items, or do any of the following:
 - *Find all flagged emails:* Enter “flag” in the search field, scroll down, then tap Flagged Messages below Other.
 - *Find all unread emails:* Enter “unread” in the search field, scroll down, then tap Unread Messages below Other.
 - *Find all emails with attachments:* Enter “attachment” in the search field, scroll down, then tap Messages with Attachments below Other.

Related

[Send email in Mail on iPhone](#)

[Set email notifications on iPhone](#)

[Organize email in mailboxes on iPhone](#)

NAV TITLE: [Organize email in mailboxes](#)

Organize email in mailboxes on iPhone

Metadata

Summary: In Mail on iPhone, manage your email in mailboxes.

You can manage your email in mailboxes.

Manage an email with a swipe

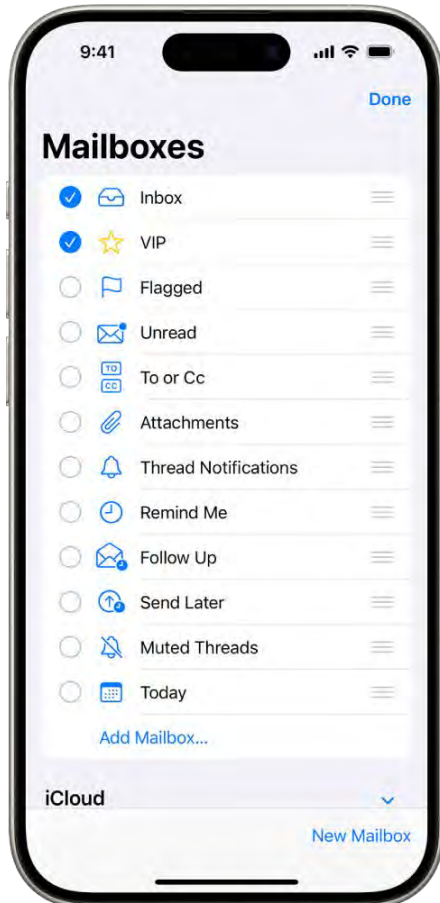
While viewing an email list, you can use a simple swipe to move individual emails to the Trash, mark them as read, and more.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In an email list, do any of the following:
 - *Reveal a list of actions:* Slowly drag an email to the left until the menu appears, then tap an item.
 - *Quickly use the rightmost action:* Swipe all the way to the left.
 - *Reveal other actions:* Swipe right.

To choose the actions you want to appear in the menus, go to Settings  [ALT N/A] > Apps > Mail > Swipe Options (below Message List).

Organize your mail with mailboxes

You can choose which mailboxes to view, reorder your mailboxes, create new ones, or rename or delete mailboxes. (Some mailboxes can't be changed.)



[Alt text: The Mailboxes edit screen. Optional Mailboxes are listed from top to bottom with a checkbox to the left of each option. At the bottom-right corner of the screen is a button labeled New Mailbox.]

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. To organize your mailboxes, tap  [Alt text: the Back button] in the upper-left corner until you see Mailboxes.
3. Tap Edit, then do any of the following:
 - *View mailboxes:* Select the checkboxes next to the mailboxes you want to include in the mailboxes list.
 - *Reorder mailboxes:* Touch and hold  [Alt text: the Reorder button] next to a mailbox until it lifts up, then drag it to the new position.
 - *Create a new mailbox:* Tap New Mailbox in the lower-right corner, then follow the onscreen instructions.

- *Rename a mailbox:* Tap the mailbox, then tap the title. Delete the name, then enter a new name.
- *Delete a mailbox:* Tap the mailbox, then tap Delete Mailbox.

Move or mark multiple emails

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. While viewing a list of emails, tap Edit.
3. Select the emails you want to move or mark by tapping their checkboxes.

Tip: To select multiple emails quickly, swipe down through the checkboxes.

4. Tap Mark, Move, or Trash at the bottom of the screen.

View emails from one account at a time

If you use multiple email accounts with the Mail app, you can use the mailboxes list to view emails from one account at a time.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Back button] in the upper-left corner until you see Mailboxes, then tap a mailbox below the email account you want to access.

Each mailbox listed below a particular email account only displays emails from that email account. For example, to view only emails sent from your iCloud account, tap iCloud, then tap Sent.

Move an email to Junk

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap an email  [Alt text: the Reply button] , then tap Move to Junk.

Related

[Flag or block emails in Mail on iPhone](#)

[Filter emails in Mail on iPhone](#)

[Use Hide My Email in Mail on iPhone](#)

Flag and filter email

NAV TITLE: [Flag or block emails](#)

Flag or block emails in Mail on iPhone

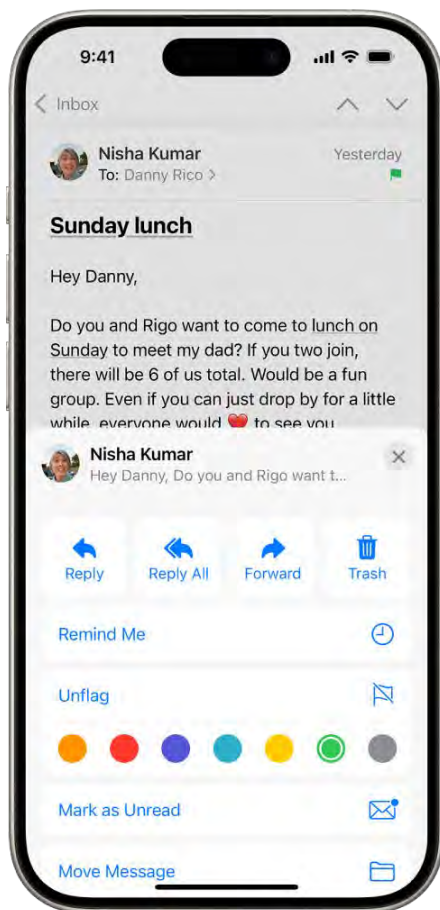
Metadata

Summary: In Mail on iPhone, flag important emails, create flagged mailboxes, and flag emails from VIPs. You can also block emails from specified senders.

You can flag important emails, create flagged mailboxes, and flag emails from VIPs. You can also block emails from specified senders.

Flag an email

You can flag an important email to make it easier to find later. An email you flag remains in your Inbox and also appears in the Flagged mailbox.



[Alt text: An email showing reply options in the bottom half of the screen, including the Unflag button and color choices for flags.]

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Open the email, tap  [Alt text: the Reply button], then tap Flag.
3. To choose a color for the flag, tap a dot.

To change or remove a flag, open the email, tap  [Alt text: the Reply Actions button], then select another color, or tap Unflag.

Note: Flags you add to an email appear on that email in Mail on all your Apple devices where you're signed in to the same [Apple Account](#).

Create a Flagged mailbox

You can add a Flagged mailbox so all your flagged emails are easily accessible in one location.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Back button] in the upper-left corner until you see Mailboxes.
3. Tap Edit, then select Flagged.

Flag emails from your VIPs

Add important people to your VIP list, so their emails appear with a VIP flag and in the VIP mailbox. See [Add someone to your contacts or make them a VIP](#).

Block email from specified senders

You can block an email address to prevent a particular sender from emailing you in the future.

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap an email from the sender you want to block.
3. Tap their email address, then select Block this Contact.

Related

[Filter emails in Mail on iPhone](#)

[Search for email in Mail on iPhone](#)

NAV TITLE: [Filter emails](#)

Filter emails in Mail on iPhone

Metadata

Summary: In Mail on iPhone, use filters to show only certain messages, like Unread messages. You can also choose which email accounts notify when a Focus is on.

You can use filters to temporarily show only certain emails—the ones that meet all the criteria you select in the filter list. For example, if you select Unread and Only Mail with Attachments, you see only unread emails that have attachments.

You can also specify which email accounts are visible in Mail when a particular Focus is on.

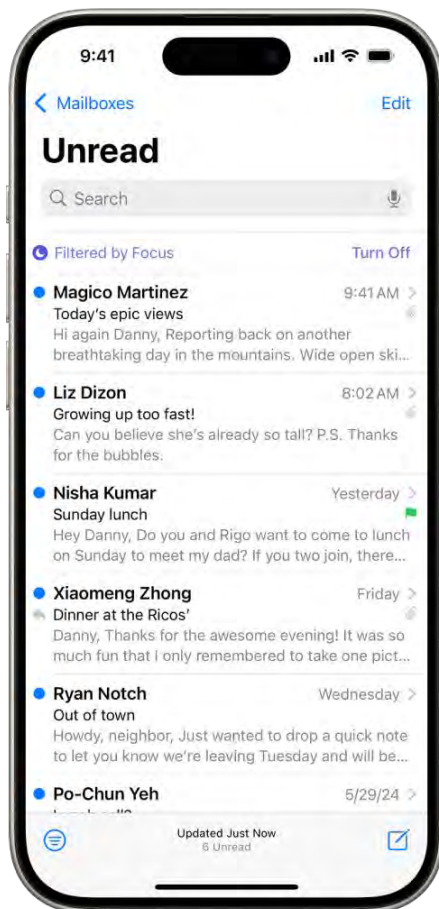
Filter emails

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Toggle Filtering button] in the bottom-left corner of a mailbox list.
3. Tap “Filtered by,” then select or turn on the criteria for emails you want to view.

To turn off all filters, tap  [Alt text: the Toggle Filtering button]. To turn off a specific filter, tap “Filtered by,” then deselect it.

Match a mail account to a Focus

You can choose which email accounts to receive notifications from when a Focus is on. For example, you can set a filter to show only your work email account and its notifications when your Work Focus is on.



[Alt text: The Inbox, showing a list of emails. Above the list of emails is the label Filtered by Focus, and to the right of that it says Turn Off.]

1. Go to Settings  [ALT N/A] > Focus, then tap a Focus.

If you don't see the Focus option you want, tap [+](#) [Alt text: the Add Focus button] . See [Set up a Focus](#).

2. Tap Add Filter below Focus Filters, then tap Mail.
3. Select the accounts you want to see in your inbox during that Focus.

Related

[Set up a Focus on iPhone](#)

[Flag or block emails in Mail on iPhone](#)

[Search for email in Mail on iPhone](#)

Mail privacy and security

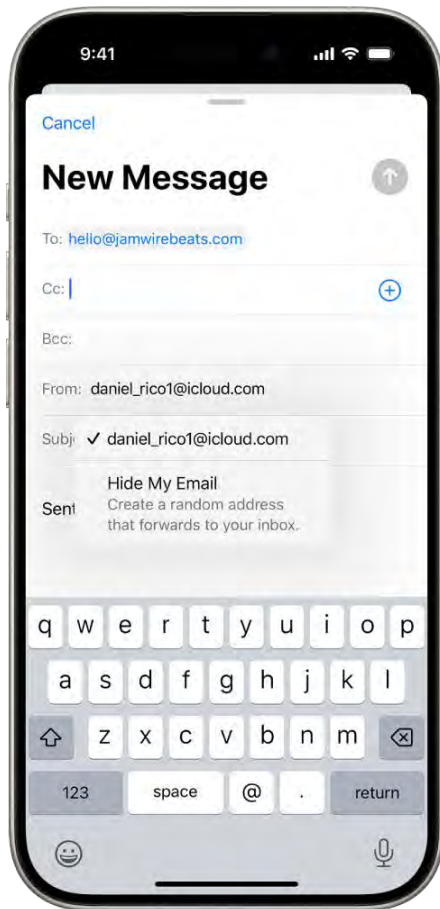
NAV TITLE: [Use Hide My Email](#)

Use Hide My Email in Mail on iPhone

Metadata

Summary: In Mail on iPhone, Hide My Email allows you to create unique, random email addresses to keep your real email address private.

When you subscribe to iCloud+, Hide My Email lets you send and receive email messages that forward to your real email account, to keep your real email address private. You can also generate unique email addresses on demand in the Mail app.



[Alt text: A draft email being composed. The From field is selected with two options listed below it—a personal email address and Hide My Email.]

Send an email with Hide My Email

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Compose button].
3. Add a recipient and subject for your email.

Note: You can only send a message using Hide My Email to one recipient at a time.

4. Tap the From field, tap it again, then tap Hide My Email. A new, unique email address appears in the From field.

Tip: When the recipient replies to an email you sent with Hide My Email, their reply forwards to your real email address. To set a Forward To address, see [Create and manage Hide My Email addresses in Settings](#).

Reply to an email using Hide My Email

When you receive an email sent to one of your unique, random addresses, you can reply using the same address. This allows you to continue the conversation and keep your real email address private. To reply, do the following:

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap the email, tap  [Alt text: the Reply button], then tap Reply.
3. Type your response.

You can tap the From field to view the email address the recipient sees.

Manage the addresses generated by Hide My Email

You can create, deactivate, reactivate, and manage the random addresses you create with Hide My Email. See [Create and manage Hide My Email addresses in Settings](#).

Related

[Use Mail Privacy Protection on iPhone](#)

[Send email in Mail on iPhone](#)

NAV TITLE: [Use Mail Privacy Protection](#)

Use Mail Privacy Protection on iPhone

Metadata

Summary: In Mail on iPhone, protect your privacy by using Mail Privacy Protection, which makes it harder for senders to learn about your Mail activity.

In the Mail app  [ALT N/A], turn on Mail Privacy Protection to make it harder for senders to learn about your Mail activity. Mail Privacy Protection hides your IP address so senders can't link it to your other online activity or determine your exact location. It also prevents senders from seeing if you've opened the email they sent you.

1. Go to Settings  [ALT N/A] > Apps > Mail.
2. Tap Privacy Protection, then turn on Protect Mail Activity.

Note: When you subscribe to iCloud+, you can also use Hide My Email to generate unique, random email addresses that forward to your personal email account, so you don't have to share your personal email address when filling out forms on the web or signing up for newsletters. See [Use Hide My Email](#).

Related

[Flag or block emails in Mail on iPhone](#)

[Change your Mail settings on iPhone](#)

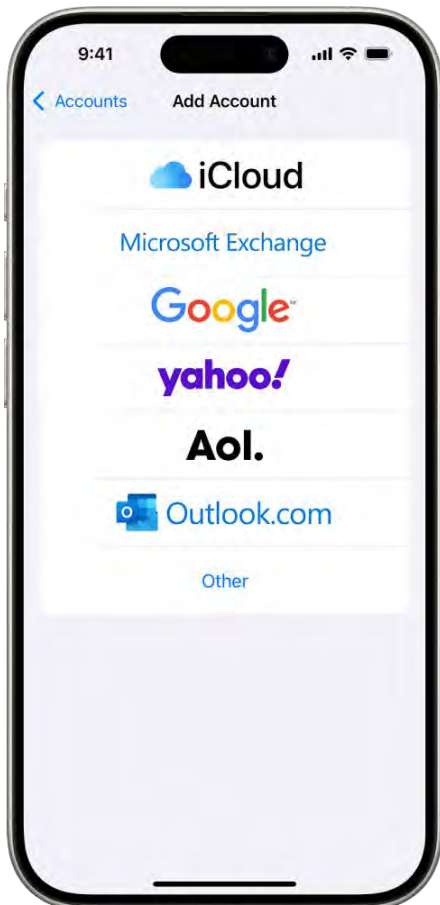
NAV TITLE: [Change Mail settings](#)

Change your Mail settings on iPhone

Metadata

Summary: In Mail on iPhone, customize your email signature and mark addresses outside certain domains.

You can adjust your preferences for the Mail app  [ALT N/A] in Settings. Customize your email signature, mark addresses outside specific domains, and more.



[Alt text: The Add Account screen, with options to choose iCloud, Microsoft Exchange, Google, Yahoo, AOL, and Other.]

Customize your Mail settings

1. Go to Settings  [ALT N/A] > Apps > Mail.
2. Adjust any of the following settings:
 - *Accounts:* [Add or remove email accounts](#).
 - *Siri & Search:* Allow [Siri](#) to make suggestions across apps based on the way you use Mail. You can also allow suggestions and content from Mail to appear in [Search](#) and [widgets](#).
 - *Notifications:* Allow [notifications](#), choose the alert style and Lock Screen appearance, and customize notifications by account.
 - *Default Mail App:* Choose the email app for new emails you draft outside of a specific app, such as emails you create using Siri.
 - *Message List:* Change settings for your message list, such as showing To/Cc labels, choosing the length of email previews, and customizing swipe options.
 - *Messages:* Turn on [Privacy Protection](#), Ask Before Deleting, and Follow Up Suggestions.
 - *Threading:* Turn on Organize by Thread to group emails in a conversation together in your message list. Adjust other settings for how threads appear and muting threads.
 - *Composing:* Customize settings for writing emails such as including attachments with replies, showing link previews, and more.
 - *Undo Send Delay:* Set a time period of up to 30 seconds to allow yourself to [unsend a message](#).

Customize your email signature

You can customize the email signature that appears automatically at the bottom of every email you send.

1. Go to Settings  [ALT N/A] > Apps > Mail.
2. Tap Signature (below Composing).
3. Tap the text field, then edit your signature.

You can only use text in your Mail signatures.

Tip: If you have more than one email account, tap Per Account to set a different signature for each account.

Mark addresses outside certain domains

When you're addressing an email to a recipient who's not in your organization's domain, you can have the recipient's name appear in red to alert you.

1. Go to Settings  [ALT N/A] > Apps > Mail.
2. Tap Mark Addresses (below Composing).
3. Enter the domains that are in your organization—ones that you don't want marked in red.

You can enter multiple domains separated by commas (for example, “apple.com, example.org”).

The names of recipients in domains outside your organization appear in red, whether you send them an email or receive one from them.

Related

[Organize email in mailboxes on iPhone](#)

[Set email notifications on iPhone](#)

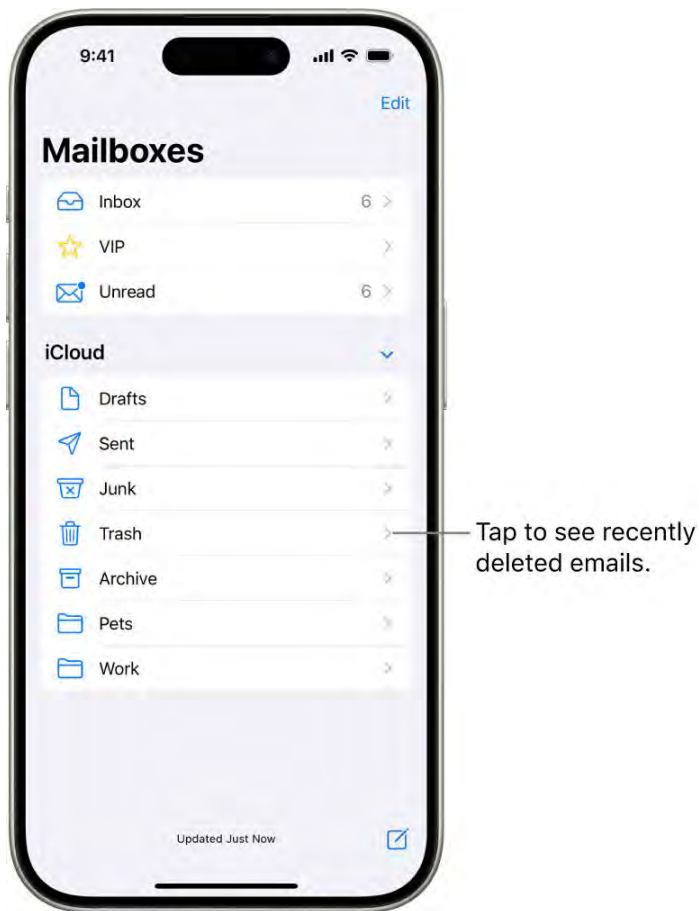
NAV TITLE: [Delete and recover emails](#)

Delete and recover emails in Mail on iPhone

Metadata

Summary: In Mail on iPhone, delete or archive emails you no longer need, and recover deleted emails.

You can delete or archive emails you no longer need. If you change your mind, you can recover deleted emails.



[Alt text: The Mailboxes screen. Below iCloud, mailboxes are listed from top to bottom, including the Trash mailbox. Tap it to see recently deleted emails.]

Delete emails

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Do any of the following:
 - *While viewing an email:* Tap  [Alt text: the Delete button] .
 - *While viewing the email list:* Swipe an email left, then choose Trash from the menu.
To delete the email in a single gesture, swipe it all the way to the left.
 - *Delete multiple emails at once:* While viewing a list of emails, tap Edit, select the emails you want to delete, then tap Trash.
To select multiple emails quickly, swipe down through the checkboxes.

To turn off the deletion confirmation, go to Settings  [ALT N/A] > Apps > Mail, then turn off Ask Before Deleting (below Messages).

Recover a deleted email

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Back button] in the upper-left corner until you see Mailboxes.
3. Tap  [Alt text: the Trash button], tap the email you want to recover, then tap  [Alt text: the Reply button].
4. Tap Move Message, then choose another mailbox.

Tip: To easily see all deleted emails, you can add a mailbox with deleted emails across all your accounts. Tap  [Alt text: the Back button] in the upper-left corner until you see Mailboxes, tap Edit at the top right, then select the All Trash mailbox.

Archive instead of delete

Instead of deleting emails, you can archive them in the Archive mailbox.

1. Go to Settings  [ALT N/A] > Apps > Mail.
2. Tap Mail Accounts, then do one of the following:
 - *If you're using an iCloud email account:* Tap iCloud, tap iCloud again, tap iCloud Mail, then tap Mailbox Behaviors.
 - *If you're using another email account:* Tap an email account, tap your email account, then tap Advanced.
3. Select Archive Mailbox (below Move Discarded Messages Into).

When this option is turned on, to delete an email instead of archiving it, touch and hold  [Alt text: the Archive button], then tap Trash Message.

Decide how long to keep deleted emails

With some email clients, you can set how long deleted emails stay in the Trash mailbox.

1. Go to Settings  [ALT N/A] > Apps > Mail.
2. Tap Mail Accounts, then do one of the following:
 - *If you're using an iCloud email account:* Tap iCloud, tap iCloud again, tap iCloud Mail, then tap Mailbox Behaviors.
 - *If you're using another email account:* Tap your email account, tap your address, then tap Advanced.
3. Tap Remove, then select a time interval.

Note: Some email services might override your selection; for example, iCloud doesn't keep deleted emails longer than 30 days, even if you select Never.

Related

[Organize email in mailboxes on iPhone](#)
[Change your Mail settings on iPhone](#)
[Automatically fill in one-time verification codes on iPhone](#)

NAV TITLE: [Add a Mail widget to your Home Screen](#)

Add a Mail widget to your iPhone Home Screen

Metadata

Summary: On iPhone, add a Mail widget that lets you open Mail messages directly from your Home Screen.

Widgets show you current information from your favorite apps at a glance. On iPhone, you can add a Mail widget and customize which mailbox it shows on your Home Screen. Choose between displaying recent unread emails, new emails from your VIPs, or any other mailbox.

To add a Mail widget, see [Add, edit, and remove widgets](#).

Related

[Change your Mail settings on iPhone](#)

NAV TITLE: [Print emails](#)

Print an email or attachment in Mail on iPhone

Metadata

Summary: In Mail on iPhone, print an email or an attachment.

In the Mail app, you can print an email or an attachment.

Print an email

1. Go to the Mail app  [ALT N/A] on your iPhone.
2. In the email, tap  [Alt text: the Reply button], then tap Print.

Print an attachment or picture

1. Go to the Mail app  [ALT N/A] on your iPhone.

2. Tap an attachment to view it, tap Share  [ALT N/A] , then choose Print.

Related

[Print from iPhone](#)

[Add email attachments in Mail on iPhone](#)

Maps

NAV TITLE: [View maps](#)

View maps on iPhone

Metadata

Summary: In Maps on iPhone, find your location on a map and zoom in and out to see the detail you need.

You can find your location on a map and zoom in and out to see the detail you need.

On [supported models](#) and in select cities, Maps provides enhanced detail for elevation, roads, trees, buildings, landmarks, and more. (For availability, see Detailed City Experience on the [iOS and iPadOS Feature Availability website](#).)



[Alt text: A 3D street and park map showing trees, points of interests, and locations like restrooms.]

- COMMENT - #ba #locations

WARNING: For important information about navigation and avoiding distractions that could lead to dangerous situations, see [Important safety information](#).

Allow Maps to use your precise location

To find your location and provide accurate directions, iPhone must be connected to the internet, and Precise Location must be on.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Do one of the following:
 - *If Maps displays a message that Location Services is off:* Tap the message, tap Turn On in Settings, then turn on Location Services.
 - *If Maps displays a message that Precise Location is off:* Tap the message, tap Turn On in Settings, tap Location, then turn on Precise Location.

Cellular data rates may apply (see [View or change cellular data settings](#)).

Note: To get useful location-related information in Maps, leave Significant Locations turned on in Settings  [ALT N/A] > Privacy & Security > Location Services > System Services. See [Find nearby attractions, restaurants, and services](#).

Show your current location

See [Search for places](#) to navigate from your current location to another.

1. Go to the Maps app  [ALT N/A] on your iPhone.

2. Tap  [Alt text: the Tracking Off button] .

Your position is marked in the middle of the map. The top of the map is north.

To show your heading instead of north at the top, tap  [Alt text: the Tracking On button] .

To resume showing north, tap  [Alt text: the Tracking On With Heading button] or  [Alt text: the Compass button] .

Choose the right map

The button at the top right of a map indicates if the current map is for exploring  [ALT N/A] , driving  [ALT N/A] , riding transit  [ALT N/A] , or satellite view  [ALT N/A] . To choose a different map, do the following:

1. Go to the Maps app  [ALT N/A] on your iPhone.

2. Tap the button at the top right.

3. Choose another map type, then tap  [Alt text: the Close button] .

You can get [driving](#), [cycling](#), [walking](#), and [transit](#) directions or [get traffic and weather info](#) in Maps.

Move, zoom, or rotate a map or globe

1. Go to the Maps app  [ALT N/A] on your iPhone.

2. Do any of the following:

- *Move around in a map:* Drag the map.
- *Zoom in or out:* Double-tap (leaving your finger on the screen after the second tap), then drag up to zoom in or drag down to zoom out. Or pinch open or closed on the map.
- *Rotate the map:* Touch and hold the map with two fingers, then rotate your fingers.

To show north at the top of the screen after you rotate the map, tap  [Alt text: the Compass button] .

Add your input

You can add your experiences and observations to the Maps app to help other users. You can:

- [Report an issue.](#)
- [Report traffic incidents.](#)
- [Rate places and add photos in Maps on iPhone.](#)

Maps features vary by region and country.

Note: Apple is committed to keeping personal information about your location safe and private. Read more about Apple's commitment: go to Settings  [ALT N/A] > Apps > Maps, then tap About Apple Maps & Privacy. You can also [clear your location history](#) or [delete recent directions](#).

Related

[View a route overview or a list of turns in Maps on iPhone](#)

[Get travel directions on iPhone](#)

[Estimate your travel and arrival time in Maps on iPhone](#)

[Choose a default travel mode and Maps units on iPhone](#)

NAV TITLE: [Explore 3D maps](#)

Explore 3D maps or a globe on iPhone

Metadata

Summary: In Maps on iPhone, see locations in three dimensions.

While exploring any location on a map, you can rotate the map to see an area with extra dimensions.

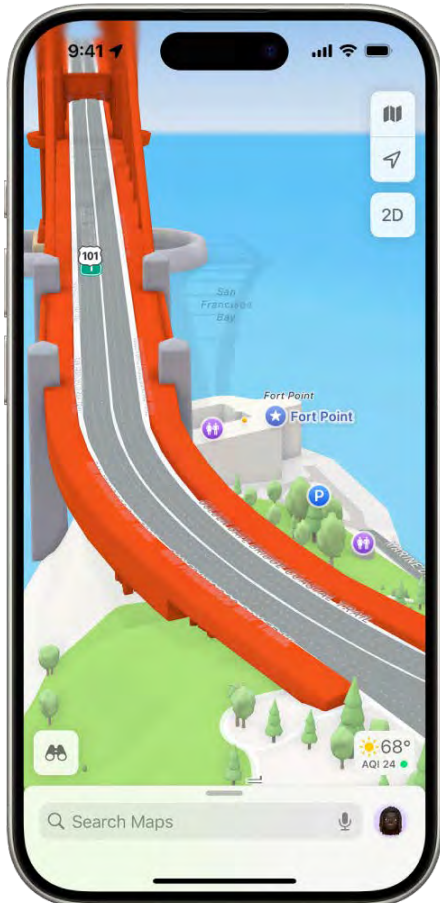
On [supported models](#) and in select cities, Maps provides enhanced detail for elevation, roads, trees, buildings, landmarks, and more. (For availability, see Detailed City Experience on the [iOS and iPadOS Feature Availability website](#).)

View a 3D map

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. To turn a 2D map into a 3D map, do one of the following:
 - Drag two fingers up.
 - On the Satellite map, tap 3D near the top right.
 - On [supported models](#) and in select cities, tap 3D near the top right. (See Detailed City Experience on the [iOS and iPadOS Feature Availability website](#).)

3. While looking at a 3D map, you can do any of the following:

- *Adjust the angle:* Drag two fingers up or down.
- *See buildings and other small places in 3D:* Zoom in.
- *Return to a 2D map:* Tap 2D near the top right.



[Alt text: A 3D park map showing a bridge and a park.]

- COMMENT - #ba #locations

P9 You can also take Flyover tours or look around places.

P10 You can also take Flyover tours.

View the Earth with an interactive 3D globe

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Zoom out until the map changes to a globe.

3. Drag the globe to rotate it, or zoom in or out to explore details for mountain ranges, deserts, oceans, and more (on [supported models](#)).

Maps features vary by region and country.

Related

[View maps on iPhone](#)

[Take Flyover tours in Maps on iPhone](#)

P9 [Look around places in Maps on iPhone](#)

Get directions

NAV TITLE: [Get travel directions](#)

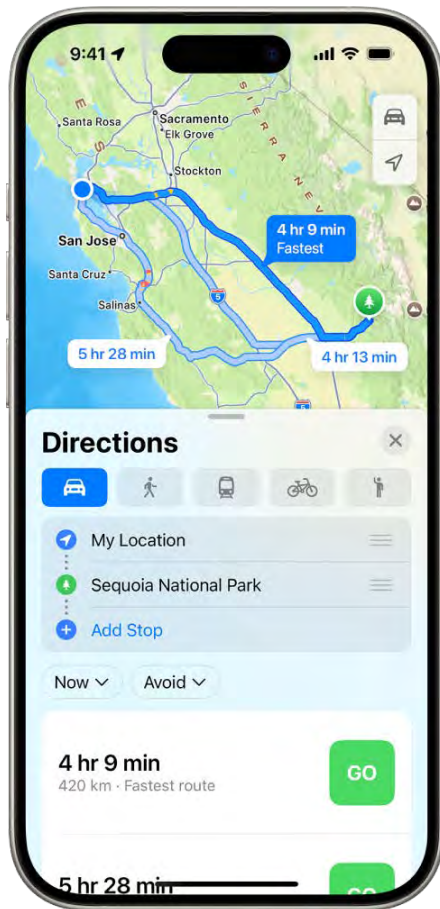
Get travel directions on iPhone

Metadata

Summary: On iPhone, get travel directions using Maps, the Maps widget, or Siri.

You can get travel directions using the Maps app, the Maps widget, Siri, CarPlay, or other devices. You can also get them on your Mac before you leave.

Important: To get directions, iPhone must be connected to the internet, and [Precise Location must be turned on](#). Cellular data rates may apply (see [View or change cellular data settings](#)).



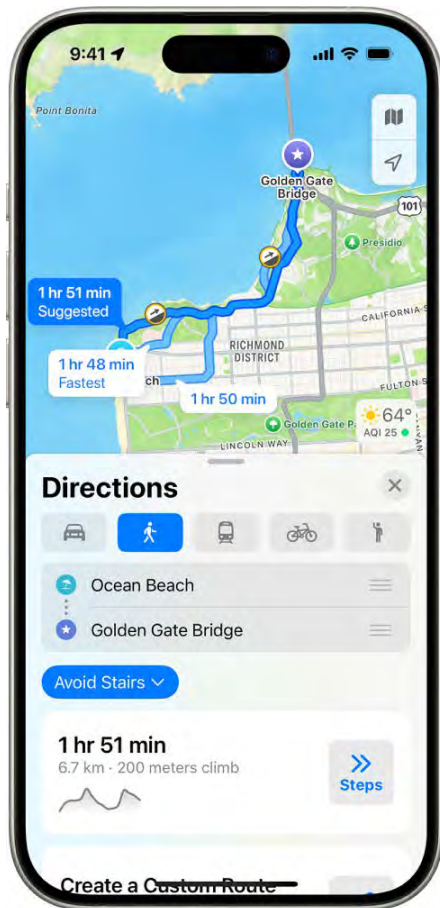
[Alt text: An iPhone with a map of driving routes with distance, estimated duration, and Go buttons. Each route shows color coding for traffic conditions.]

Get directions

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. To find directions to a destination, touch and hold anywhere on the map or enter a location in the search field.
3. Tap Directions or the travel mode button ( [ALT N/A] ,  [ALT N/A] ,  [ALT N/A] , or  [ALT N/A]).
4. Do one of the following:
 - *If your starting point is My Location:* Tap Go for the route you want to take. As you travel along your route, Maps speaks turn-by-turn directions to your destination.
 - *If your starting point is another location:* Tap Steps for the route you want to take.

You can [add stops to your route](#).

Tip: If you know you'll lose your internet connection on your route, you can send yourself [a list of upcoming directions](#) or [download offline maps](#).



] Select travel mode.

[Alt text: A map showing multiple driving routes between two locations, with options for choosing other travel modes, switching the starting point and destination, and viewing directions in a list.]

- COMMENT - #ba #locations

Use the Maps widget

To get directions to a likely destination and track your ETA during navigation, add the Maps widget to your Home Screen.



[Alt text: The Maps widget, other widgets, and app icons on an iPhone Home Screen.]

- COMMENT - #ba #locations

See [Add, edit, and remove widgets](#).

Use Siri to get directions

You can keep focused on the road by using Siri to get directions. And by listening to turn-by-turn spoken directions, you can follow driving, cycling, and walking directions without even looking at your iPhone.

Siri: Say something like:

- “Get directions to the nearest coffee shop”
- “Find a charging station”
- “Give me directions home”

[Learn how to use Siri](#)

Get directions with CarPlay or other devices

In addition to using your iPhone, you can also get directions from the following:

- *Your car:* After you connect your iPhone to CarPlay, you can use CarPlay to get driving directions, estimate your arrival time, and more. See [Get turn-by-turn directions with CarPlay](#).
- *Your Mac:* You can plan a route on your Mac, then follow the driving, walking, transit, or cycling directions on your iPhone. See [Plan a route on your Mac](#) in the Maps User Guide.
- *Your Apple Watch:* You can use Apple Watch to get driving, walking, transit, and cycling directions, which you can follow on the watch face and your iPhone. See [Get directions on Apple Watch](#) in the Apple Watch User Guide.

Send directions from your Mac to your iPhone

Before a big trip or a day of cycling, you can plan your route on your Mac and then share the details to your iPhone. You must be [signed in to the same Apple Account](#) on both your Mac and your iPhone.

1. Go to the Maps app  [ALT N/A] on your Mac.
2. Create a route for your trip.

See [Plan a route on your Mac](#) in the Maps User Guide.

3. Choose File > Share > Send to [your device].

You can also use Handoff to send directions from Mac to iPhone. See [Hand off tasks between your iPhone and your other devices](#).

Related

[Estimate your travel and arrival time in Maps on iPhone](#)

[View a route overview or a list of turns in Maps on iPhone](#)

[Delete recent directions in Maps on iPhone](#)

NAV TITLE: [Change or add stops to your route](#)

Change or add stops to your route in Maps on iPhone

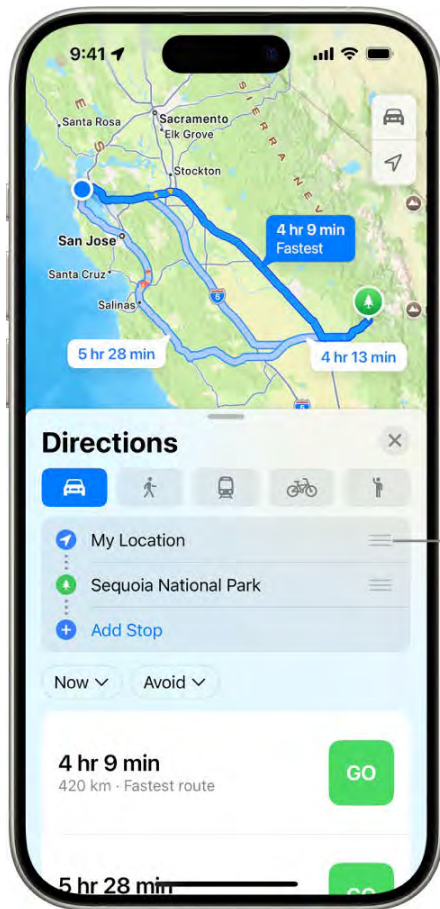
Metadata

Summary: In Maps on iPhone, find places to stop along your driving or cycling routes.

While following driving or cycling directions, you can add places to stop along your route.

Note: Directions for multiple stops are available in select countries and regions.

Change the starting point or destination



Drag to switch the starting point and destination.

[Alt text: A map with several possible routes for driving directions between My Location and a destination.]

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Get directions](#).
3. Do one of the following:
 - *Switch the starting point and destination:* Touch and hold  [Alt text: the Reorder button] for the starting location, then drag it below the destination.
 - *Choose a different starting point or destination:* Tap either the start or destination, then [use the search field](#) or a recent search result to find and select a different location.

Create a multistop driving route

You can add up to 14 stops along your route.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Get [driving](#) directions, then do one of the following:
 - Tap Add Stop, then [search](#) for the place you want to stop.

- [Zoom in and move](#) the map, tap a place (for example, a landmark or business), then tap Add Stop in the place card.
3. To reorder the stops, drag  [Alt text: the Reorder button] for the stop to a new position in the list.

If you didn't tap Go yet, your selected stop appears as the final destination in your directions.

Add a stop while following driving or cycling directions

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Get [driving](#) or [cycling](#) directions, then tap the route card at the bottom of the screen.
3. Tap Add Stop, then tap a category (or, if driving, [search](#) for the place you want to stop).
4. Select a place to stop, then tap Add or Add Stop.

Your route is updated, and the chosen destination is the next stop.

If you're cycling and you decide not to take the detour, tap Resume Route at the top of the screen.

If you didn't tap Go yet, your selected stop appears as the final destination in your directions. Touch and hold  [Alt text: the Reorder button] for the stop, then drag it ahead of your final destination.

Delete a stop from your driving directions

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Create a multistop driving route.](#)
3. Do one of the following:
 - *Before you tap Go:* Swipe left on any stops you want to delete, then tap Delete.
 - *After you tap Go:* Tap the route card at the bottom of the screen, then tap  [Alt text: the Delete button] next to the stop.

End directions before you arrive

Siri: Say something like: "Stop navigating." [Learn how to use Siri.](#)

Or without using Siri:

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Tap the card at the bottom of the screen, then tap End Route.

Note: Directions for multiple stops are available in select countries and regions.

Related

[Save walks or hikes in Maps on iPhone](#)

[View a route overview or a list of turns in Maps on iPhone](#)

[Set up electric vehicle routing in Maps on iPhone](#)

NAV TITLE: [View a route overview or a list of turns](#)

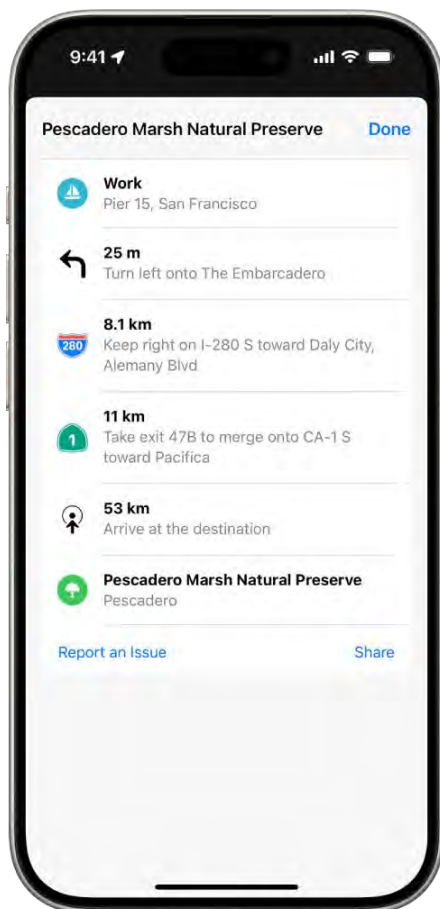
View a route overview or a list of turns in Maps on iPhone

Metadata

Summary: In Maps on iPhone, get an overview of your route or view a list of upcoming turns while following directions.

While following driving, cycling, transit, and walking directions, you can get an overview of your route and a list of upcoming turns.

- COMMENT - [#ba](#) [#locations](#)



[Alt text: A route's turn-by-turn directions shown in a list.]

Get an overview of your route

You can zoom out to see your entire route onscreen, from the starting point to the destination.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Get directions](#).
3. Tap  [Alt text: the Overview Mode button] .

To return to turn-by-turn directions, tap  [Alt text: the Turn-by-Turn Mode button] .

View a list of upcoming directions

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Get directions](#).
3. Tap anywhere on the route card *except* the Go button.
4. Scroll down to see more directions.
5. When finished, tap  [Alt text: the Map button] .

[Alt text: A card with several route options.]

Share a route with someone

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Get directions](#).
3. Tap anywhere on the route card *except* the Go button.
4. Scroll to the bottom of the card, tap Share, then choose a way to share the route.
5. Tap Done.

Related

[Get travel directions on iPhone](#)

[Save walks or hikes in Maps on iPhone](#)

[Download offline maps on iPhone](#)

NAV TITLE: [Change settings for spoken directions](#)

Change settings for spoken directions in Maps on iPhone

Metadata

Summary: In Maps on iPhone, turn spoken directions off, adjust their volume, change their

voice or language, and more.

You can turn off spoken directions, adjust their volume, change their voice or language, and more.

Turn spoken directions on or off

You can turn spoken directions on or off after you’ve started following a set of directions.

- 1. Go to the Maps app  [ALT N/A] on your iPhone.
- 2. Get [driving](#), [cycling](#), or [walking](#) directions, then tap the Go button to begin following them.
- 3. Tap the audio button on the map (for example,  [Alt text: the Audio All Guidance button]), then choose an option.

(table aria-label=Spoken direction controls)

Button	Description
 [Alt text: The Audio All Guidance button.]	All directions are spoken.
 [Alt text: The Audio Alerts Only button.]	Only driving alerts are spoken.
 [Alt text: The Audio No Guidance button.]	No directions are spoken.

Tip: If you start with a location other than My Location, you see a Steps button instead of Go, and no directions are spoken.

Change the volume for spoken directions

To change the default volume while following directions, do one of the following:

- 1. Go to the Maps app  [ALT N/A] on your iPhone.
- 2. Get [driving](#), [cycling](#), or [walking](#) directions, then tap the Go button to begin following them.
- 3. Tap  [Alt text: the Route Options button] , tap Voice Volume, then choose Softer or Louder.

You can also change the default volume in Settings  [ALT N/A] > Apps > Maps. Tap Spoken Directions, then choose an option below Voice Volume.

Hear spoken directions in a different language or voice

1. Go to Settings  [ALT N/A] > Siri.
2. Change any of the following:
 - *Language*: Tap Language, then tap a language to select it as your primary Siri language.
 - *Voice*: Tap Voice, then tap to hear the different options.

Change other settings for spoken directions

1. Go to Settings  [ALT N/A] > Apps > Maps.
2. Tap Spoken Directions, then turn on or off the following options:
 - *Directions Pause Spoken Audio*: Turn on this setting to pause spoken audio (like podcasts and audio books) when you receive spoken directions.
 - *Directions Wake Device*: Turn on this setting to wake the iPhone display when you receive spoken directions while following driving or cycling directions.
 - *Directions on Radio*: On supported cars, turn on this setting to hear spoken directions when you're listening to the radio.

To use turn-by-turn spoken directions, your iPhone must be connected to the internet, and [precise location](#) must be turned on. Cellular data rates may apply (see [View or change cellular data settings](#)).

Note: Turn-by-turn spoken directions are available in select areas. Features vary by country and region. See the [iOS and iPadOS Feature Availability website](#).

Related

[Get travel directions on iPhone](#)

[Allow Maps to use your precise location](#)

NAV TITLE: [Get driving directions](#)

Get driving directions in Maps on iPhone

Metadata

Summary: In Maps on iPhone, get detailed driving directions to your destination.

You can get detailed driving directions to your destination.

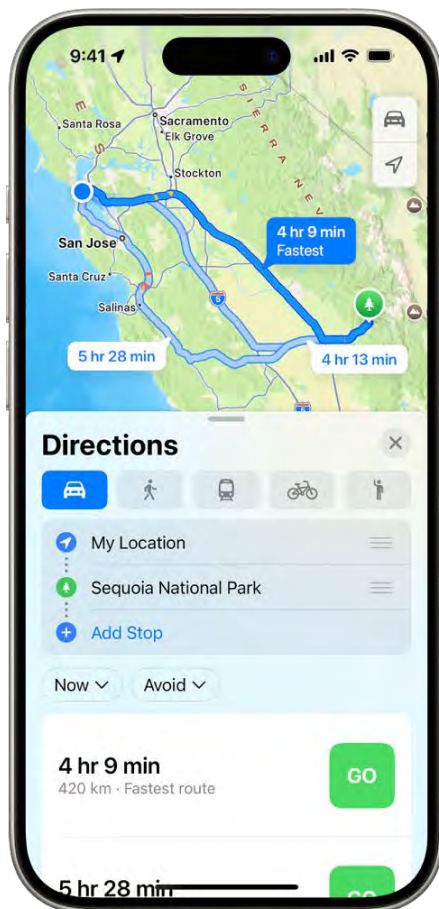
When you drive in select cities, you see enhanced details for crosswalks, bike lanes, buildings, and a street-level perspective that helps you find the right lane as you approach complex interchanges ([supported models](#)).

Note: Turn-by-turn spoken directions and directions for multiple stops are available in select areas. Features vary by country and region. See the [iOS and iPadOS Feature Availability website](#).

Get driving directions

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. To find directions to a destination, touch and hold anywhere on the map or enter an address in the [search](#) field, then Tap Directions or the travel mode button (for example,  [ALT N/A]).
3. If driving isn't your [default travel mode](#) or if you're viewing a transit map, tap  [Alt text: the Drive button] .
4. Tap Go or Steps for the route you want to take.

As you travel along your route, Maps speaks turn-by-turn directions to your destination.



[Alt text: A map showing multiple driving routes between two locations, with the fastest route selected. The route card provides details like estimated travel times, distance, and a brief description. A Go button appears to the right of each route's details.]

- COMMENT - #ba #locations

Siri: You can also say something like: “Give me driving directions home.” [Learn how to use Siri.](#)

When [Driving Focus is turned on](#), or if iPhone locks automatically, Maps remains onscreen and continues to speak directions. Even if you open another app, you continue to receive turn-by-turn directions. (To return to Maps from another app, tap the directions banner at the top of the screen or the navigation indicator  [ALT N/A] in the status bar.)

Estimate travel time for a future departure or arrival

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Get driving directions.](#)
3. Tap Now, select a time or date for departure or arrival, then tap Done.

The estimated travel time may change based on predicted traffic.

Avoid tolls or highways

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Get driving directions.](#)
3. Tap Avoid (below the destination), choose your options, then tap Apply.

Show or hide the compass or the speed limit

1. Go to Settings  [ALT N/A] > Apps > Maps.
2. Tap Driving (below the destination), then turn Compass or Speed Limit on or off.

Related

[Stay focused while driving with iPhone](#)

[Get directions to your parked car in Maps on iPhone](#)

[Get turn-by-turn directions with CarPlay](#)

NAV TITLE: [Get directions to your parked car](#)

Get directions to your parked car in Maps on iPhone

Metadata

Summary: In Maps on iPhone, find your parked car.

When you disconnect your iPhone from your car’s CarPlay or Bluetooth® system and exit your vehicle, a parked car marker is dropped so you can easily find the way back to your car.

Find your parked car

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Choose Parked Car below Siri Suggestions on the card.

If you don't find your parked car in Maps

Make sure your iPhone is [paired to CarPlay](#) or [Bluetooth](#) in your car, then make sure of the following settings:

- Location Services is turned on in Settings  [ALT N/A] > Privacy & Security.
- Significant Locations is turned on in Settings > Privacy & Security > Location Services > System Services.
- Show Parked Location is turned on in Settings > Apps > Maps.

Note: Your parked car isn't marked at a location where you frequently park, like at home or work.

Don't show your parked location

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. To remove the Parked Car marker for your car's current location, touch and hold the marker, then tap Remove Car.

To never show your parked location, go to Settings  [ALT N/A] > Apps > Maps, then turn off Show Parked Location.

Related

[Search for places in Maps on iPhone](#)

[Get travel directions on iPhone](#)

NAV TITLE: [Set up electric vehicle routing](#)

Set up electric vehicle routing in Maps on iPhone

Metadata

Summary: On iPhone, Maps can help you plan trips that include stops for charging your electric vehicle.

You can plan trips that include stops for charging your electric vehicle (EV) and monitor changes in your charge while driving.

Important: EV routing is available on select vehicles and in select areas. Features vary by country and region. Refer to your vehicle's owner guide for compatibility information.

When you [get driving directions](#), Maps can track your vehicle's charge. By analyzing elevation changes along the route and other factors, Maps identifies appropriate charging stations along the way, and, for select charging providers and countries, it provides real-time charging station availability. If you drive until your charge gets too low, you're offered a route to the nearest compatible charging station.

Set up EV routing through CarPlay

For a compatible electric vehicle (EV) that doesn't require an app from its manufacturer, use CarPlay to set up EV routing in the Maps app.

Note: Refer to the owner's guide for your vehicle for compatibility information.

1. [Connect iPhone to CarPlay](#).
2. Go to the Maps app  [ALT N/A] on your iPhone.
3. [Get driving directions](#).
4. Tap Connect (above the list of routes), then follow the onscreen instructions.

See [Intro to CarPlay and iPhone](#).

Set up EV routing using a vehicle manufacturer's app

For a compatible vehicle that requires an app from its manufacturer, use the app to set up EV routing in Maps.

Note: Refer to the owner's guide for your vehicle for compatibility information.

1. Go to the App Store  [ALT N/A] on your iPhone.
2. Search for the manufacturer of your vehicle, then download the app that supports EV routing for it. (See [Get apps in the App Store](#).)
3. Open the app, then follow its setup instructions.
4. Go to the Maps app  [ALT N/A], then tap your picture or initials at the top right of the card.

If you don't see your picture or initials, tap Cancel next to the search field, or tap the search field, then tap Cancel.

5. Tap Vehicles, tap Connect Your Electric Vehicles, then follow the onscreen instructions.

You can designate a preferred charging network for your vehicle. The Maps app provides real-time charging station availability for select charging providers and countries, and you can search by plug type and network.

Choose a different vehicle when you get directions

If you drive multiple vehicles, you can change which vehicle Maps provides routing instructions for.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Get driving directions](#).
3. Before you tap Go, scroll down in the route card.
4. Choose another electric vehicle, or if you're driving a vehicle that doesn't have an EV routing app on your iPhone, tap Different Car.

NAV TITLE: [Report traffic incidents](#)

Report traffic incidents in Maps on iPhone

Metadata

Summary: On iPhone, report accidents and other incidents, which can be displayed in Maps for other users.

You can report accidents, hazards, speed checks, and road work, and you can report when they're cleared. (Features vary by region and country.)

Apple evaluates incoming incident reports. When there's a high level of confidence in the reports, incident markers—such as for hazards  [ALT N/A] and accidents  [ALT N/A] —are displayed (or cleared) for other Maps users too.

Note: Speed checks, where supported, aren't displayed with incident markers. Instead, notifications for speed checks appear when you [follow turn-by-turn driving directions](#).

Report traffic incidents

Siri: Say something like:

- “Report an accident”
- “There's something on the road”
- “There's a speed check here”

[Learn how to use Siri.](#)

Or without using Siri:

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Do one of the following:

- *When following turn-by-turn driving directions:* Tap the route card at the bottom of the screen, tap Report an Incident, then choose an option.
- *When not following directions:* Tap your picture or initials at the top right of the card, then tap Reports. Tap Report a New Issue, tap Report an Incident, then choose an option.

If neither your picture nor initials appears, tap Cancel next to the search field, or tap the search field, then tap Cancel.

Report on the status of a hazard or accident

A map may display hazard  [ALT N/A] and accident  [ALT N/A] markers. When you're near the incidents in select countries or regions, you can report on their status.

Siri: Say something like: “The hazard is gone” or “Clear the accident.” [Learn how to use Siri.](#)

Or without using Siri:

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Tap the incident marker.
3. Tap Cleared or Still Here.

(You can't clear reports of speed checks.)

Related

[Get driving directions in Maps on iPhone](#)

[Search for places in Maps on iPhone](#)

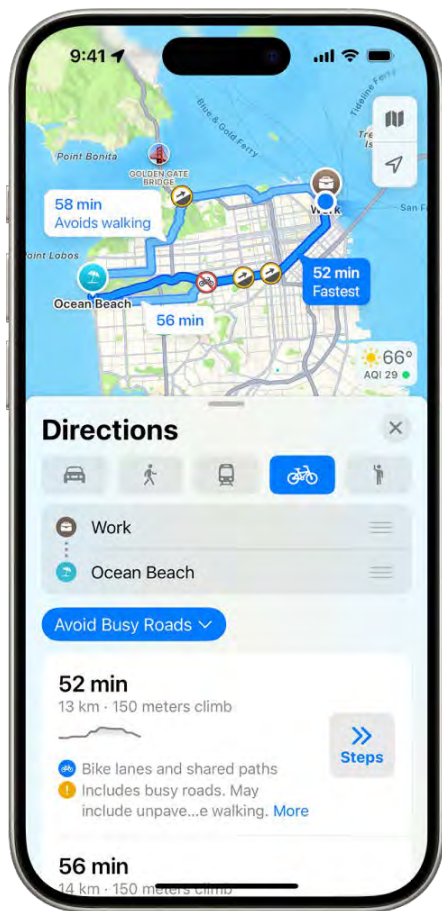
NAV TITLE: [Get cycling directions](#)

Get cycling directions in Maps on iPhone

Metadata

Summary: In Maps on iPhone, get detailed cycling directions to your destination.

You can get detailed cycling directions. Maps offers routes on bike paths, bike lanes, and bike-friendly roads (when available). You can preview the elevation for your ride, check how busy a road is, and choose a route that best avoids hills.



[Alt text: A map showing cycling route options. The route card at the bottom provides details, including estimated travel times, elevation changes, and the types of roads. A Go button appears to the right of the details.]

- COMMENT - #ba #locations

Note: Cycling directions and turn-by-turn spoken directions are available in select areas. Features vary by country and region. See the [iOS and iPadOS Feature Availability website](#).

Get cycling directions

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. To find directions to a destination, touch and hold anywhere on the map or enter an address in the search field, then Tap Directions or the travel mode button (for example,  [ALT N/A]).
3. If cycling isn't your [default travel mode](#) or if you're viewing a transit map, tap  [Alt text: the Cycle button] .
4. Tap Go or Steps for the route you want to take.

You can also say something like: “Give me cycling directions home.” [Learn how to use Siri.](#)

Avoid hills or busy roads

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Get cycling directions.](#)
3. Tap Avoid (below the destination), choose your options, then tap Apply.

Related

[View maps on iPhone](#)

[Search for places in Maps on iPhone](#)

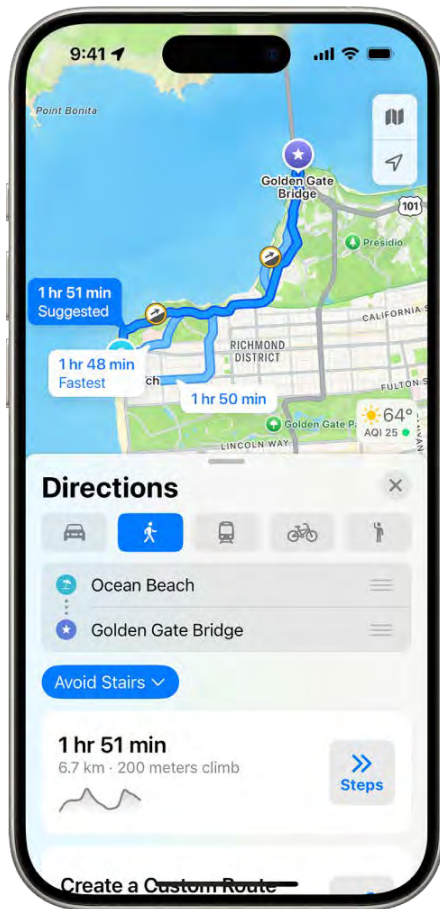
NAV TITLE: [Get walking directions](#)

Get walking directions in Maps on iPhone

Metadata

Summary: In Maps on iPhone, get detailed walking directions to your destination while optionally avoiding hills, stairs, and busy roads.

You can get detailed walking directions to your destination. You can preview the elevation for your walk and choose a route that best avoids hills, stairs, and busy roads.



[Alt text: A map showing a walking route. The route card at the bottom provides details for the route, including estimated travel time and elevation changes. A Go button appears to the right of the details.]

- COMMENT - #ba #locations

Get walking directions

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. To find directions to a destination, touch and hold anywhere on the map or enter an address in the search field, then Tap Directions or the travel mode button (for example,  [ALT N/A]).
3. If walking isn't your [default travel mode](#) or if you're viewing a transit map, tap  [Alt text: the Walk button] .
4. Tap Go or Steps for the route you want to take.

If you tap Go, as you walk along your route, Maps speaks walking-specific directions for turns and maneuvers like walking up stairs.

You can also say something like: "Give me walking directions home." [Learn how to use Siri.](#)

For thousands of trails in parks across the U.S., you can find out their length, preview elevation information, see photos, and more. See [Browse and save hikes](#).

Note: Turn-by-turn spoken directions are available in select areas. Features vary by country and region. See the [iOS and iPadOS Feature Availability website](#).

Avoid hills, busy roads, or stairs

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Get walking directions](#).
3. Tap Avoid (below the destination), choose your options, then tap Apply.

Automatically see directions in augmented reality

On [supported models](#) and in select areas, you can view immersive walking instructions that use the iPhone camera and augmented reality to show you where to turn.

1. Go to Settings  [ALT N/A] > Apps > Maps.
2. Tap Walking (below the destination), then turn on Raise to View.
3. [Get walking directions](#).
4. Raise iPhone, tap  [Alt text: the Pedestrian AR button], then follow the onscreen instructions.

To return to the map, tap  [Alt text: the Close button] .

Improve how accurately iPhone determines your location while walking

You can improve how accurately your iPhone determines your location and which way you're facing while walking. This feature uses the camera and the motion sensors ([models with Face ID](#) and iPhone SE 2nd generation and later).

1. Go to Settings  [ALT N/A] > Apps > Maps.
2. Tap Walking (below the destination), then turn on Enhanced.

You can turn off this feature to decrease battery usage.

Related

[Save walks or hikes in Maps on iPhone](#)

P9 [Look around places in Maps on iPhone](#)

[Get transit directions in Maps on iPhone](#)

[Book rides in Maps on iPhone](#)

NAV TITLE: [Save walks or hikes](#)

Save walks or hikes in Maps on iPhone

Metadata

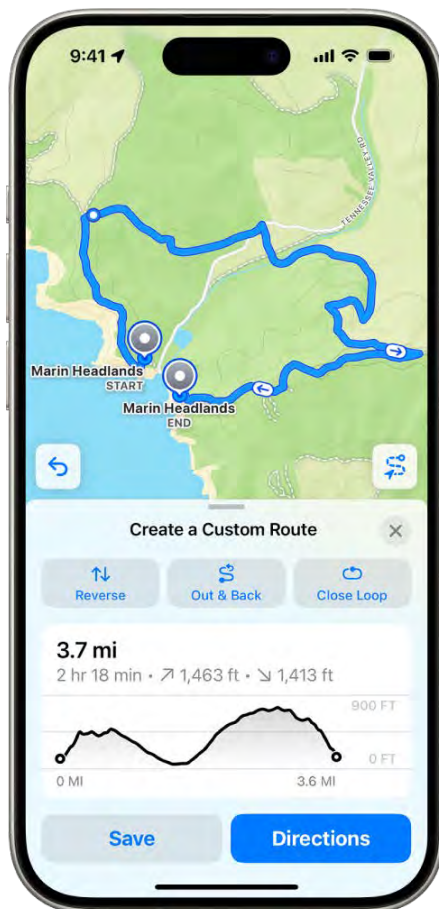
Summary: In Maps on iPhone, customize walking routes or browse and save hikes to your library.

You can customize a walking path to plan a hike, an exercise route, or a city tour. In U.S. national parks, you can browse hikes and filter them by length, elevation, and route type. You can also save the routes—along with your notes—to access when you're offline.

Note: Availability may vary by country or region.

Create your own walking or hiking route

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. To select a starting point on the map, touch and hold any road, path, trail, or other place accessible by walking to drop a pin, tap More  [ALT N/A], then tap Create a Custom Route.
3. Tap other points along your route to choose a path, then tap Out & Back or Close Loop to complete your route.



[Alt text: A custom route in the Maps app, with distance, elevation profile, estimated time, and options to save or get directions to the start of the route.]

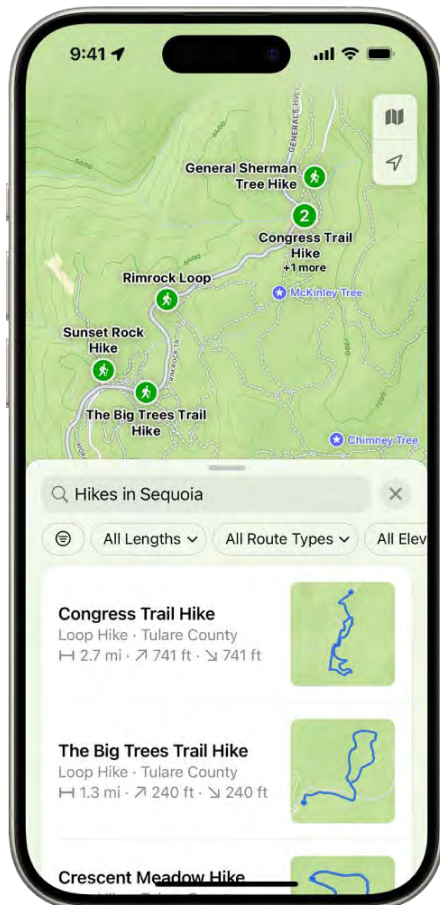
4. Do one of the following:

- *Navigate to the starting point:* Tap Directions (available near the start of the route).
- *Start turn-by-turn walking directions:* Tap Go (available if you're not near the route).
- *Save the route for later:* Tap Save, name the route and add notes (optional), then tap Done.

Tip: Make sure Download Route is turned on if you want to access the route and the surrounding map even when you don't have access to an internet connection.

Browse and save hikes

You must be online to search for hikes.



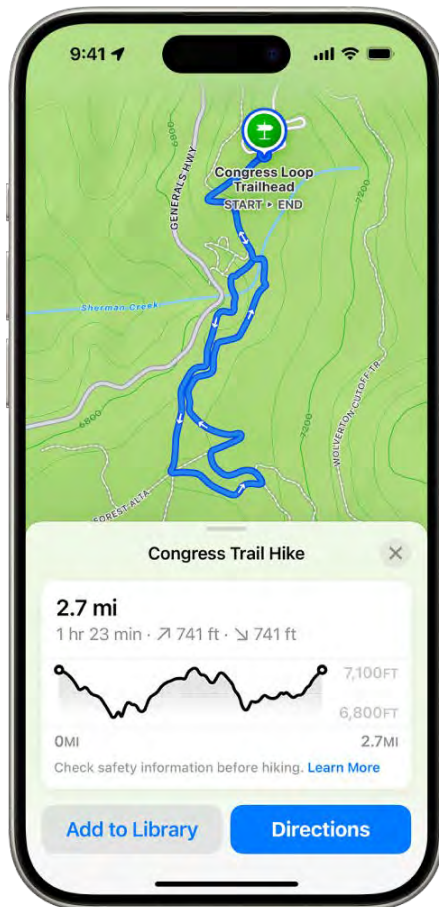
[Alt text: The Maps app showing results matching a search for hike maps in a national park.]

1. Go to the Maps app  [ALT N/A] on your iPhone.

2. Make sure you're in the Explore map, indicated by  [Alt text: the Map Modes button] at the top right of your map. See [Choose the right map](#).
3. Search for “hikes in [a national park]”, then tap the search result.
4. To narrow down your choices, tap the filters—such as All Lengths or All Route Types. Swipe to see more options.
5. Tap to open the hike, then tap Add to Library, name the hike and add notes (optional), then tap Done.

You can also do one of the following instead of saving the hike to your library:

- *If you're near the start of the route:* Tap Directions if you want to navigate to the trailhead.
- *If you're not near the route:* Tap Go to start turn-by-turn walking directions.



[Alt text: An overview of a downloadable hike, with distance, elevation profile, estimated time, and options to save or get directions to the start of the hike.]

Tip: Make sure Download Route is turned on if you want to access the route on your iPhone and the surrounding map when you don't have access to an internet connection.

Related

[Get walking directions in Maps on iPhone](#)

[Get travel directions on iPhone](#)

[Download offline maps on iPhone](#)

[Change settings for spoken directions in Maps on iPhone](#)

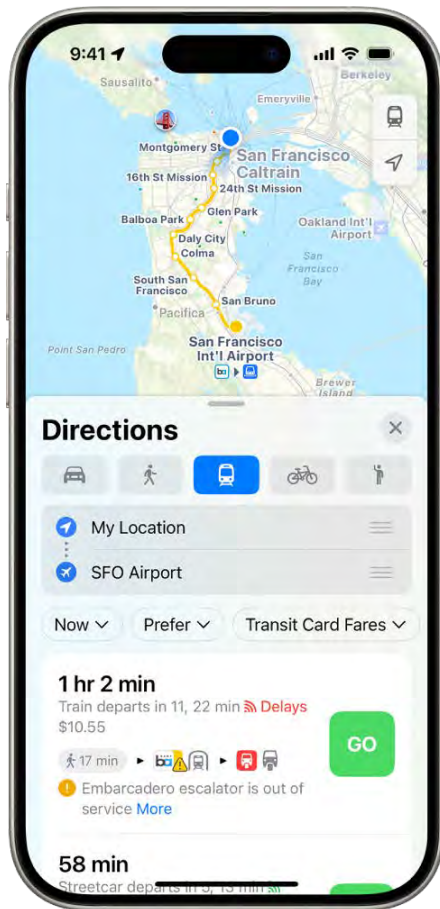
NAV TITLE: [Get transit directions](#)

Get transit directions in Maps on iPhone

Metadata

Summary: In Maps on iPhone, get detailed transit directions to your destination, including departure times, connection information, and fare amounts.

You can get detailed transit directions to your destination, including departure times, connection information, and fare amounts. You can also add transit cards, see low balances, and replenish your card while using Maps to get directions.



[Alt text: A map showing transit routes. The route card at the bottom provides details for the route, including estimated travel time and total cost. A Go button appears to the right of the details.]

- COMMENT - #ba #locations

Note: Public transportation information is available in select areas. Features vary by country and region. See the [iOS and iPadOS Feature Availability website](#).

Get transit directions

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. To find directions to a destination, touch and hold anywhere on the map or enter an address in the search field, then Tap Directions or the travel mode button (for example,  [ALT N/A]).
3. If transit isn't your [default travel mode](#), tap  [Alt text: the Transit button].
4. Tap Prefer (below the destination), then select the transit methods you want to use.
5. Tap Go or Steps for the route you want to take.

You can also say something like: “Give me transit directions to the Ferry Building.” [Learn how to use Siri.](#)

Note: Siri transit directions are available in select areas. Features vary by country and region.

Plan for a future departure or arrival time

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Get transit directions.](#)
3. Tap Now (below the destination), select a time or date for departure or arrival, then tap Done.

See nearby transit departures

You can get one-tap access to the departure times for stops and stations near you.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Add button], then tap Nearby Transit to add it to your library.
3. Tap Nearby Transit, then tap a nearby stop to see schedules and delays (when available.)
4. Touch and hold an individual stop or line, then tap Pin to add it to your library.

Tip: Swipe right to pin a line to the top of the screen.

See major transit lines

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. With a map showing, tap the button at the top right.
3. Select Transit, then tap  [Alt text: the Close button].

Show cash fares

In some countries and regions, fares are listed for the suggested routes.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Get transit directions.](#)
3. Tap Transit Card Fares (below the destination), then tap Cash Fares.

Pay for transit with your iPhone

With many transit agencies, you can use your iPhone to pay for your fare.

- *Use Apple Pay:* With Apple Cash, credit, and debit cards [stored in the Wallet app](#)  [ALT N/A], you can make contactless transit payments with agencies that support Apple Pay.
- *Use transit cards:* With participating transit systems, you can pay for your fare when you store your transit cards in Wallet. See the Apple Support article [Where you can ride transit using Apple Pay.](#)

- *Use transit apps:* Many systems that don't have apps that allow you to add a card for payment. Go to the transit agency's official website for more information or [get apps in the App Store](#).

When you get directions for select transit systems in Maps, you may also get a message that you can use Apple Pay to pay for transit, add a transit card, or add money to your transit card without opening the Wallet app or leaving Maps.

Related

[Get walking directions in Maps on iPhone](#)

[Get cycling directions in Maps on iPhone](#)

[Get traffic and weather info in Maps on iPhone](#)

[Book rides in Maps on iPhone](#)

NAV TITLE: [Get traffic and weather info](#)

Get traffic and weather info in Maps on iPhone

Metadata

Summary: In Maps on iPhone, view traffic conditions and find out about the weather.

You can view traffic conditions and find out about the weather and air quality.

Find out about traffic conditions

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. With a map showing, tap the button at the top right, choose Driving or Satellite, then tap  [Alt text: the Close button] .

Yellow indicates slowdowns, and red indicates stop-and-go traffic.

3. To get an incident report, tap an incident marker.

Markers indicate incidents such as:

- Hazards  [ALT N/A]
- Road closures  [ALT N/A]
- Road construction  [ALT N/A]
- Accidents  [ALT N/A]

You can [report traffic incidents](#).

Note: Traffic conditions and other information are available in select areas. Features vary by

country and region. See the [iOS and iPadOS Feature Availability website](#).

Find out about the weather and the air quality

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Zoom in on a map until the weather icon appears in the lower-right corner; the icon shows the current conditions for that area. In some regions, the air quality index (AQI) also appears in the lower-right corner.
3. To get the hourly forecast, touch and hold the weather icon. Tap the hourly forecast to get a multiday forecast in the Weather app.

If you don't want to get air quality or weather information in Maps, go to Settings  [ALT N/A] > Apps > Maps, then turn off Air Quality Index or Weather Conditions.

Note: Air quality and weather data are available in select areas. Features vary by country and region.

Related

[View maps on iPhone](#)

[View weather maps on iPhone](#)

NAV TITLE: [Book rides](#)

Book rides in Maps on iPhone

Metadata

Summary: In Maps on iPhone, use a ridesharing app to request a ride.

You can request a ride with a compatible ridesharing app. If you don't have one installed, you can see which ones are available from the App Store.

Note: Ridesharing is available in select areas. Features vary by country and region.

Find a ride

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Search for the place](#) you want to go, then tap  [Alt text: the Ride button (at the right)].
3. Tap Open to see the option in the ridesharing app, then book your ride in that app.

Stop sharing your location with a ridesharing app

To estimate wait times and fares, Maps may share your location with ridesharing apps. You can stop sharing your location with ridesharing apps.

1. Go to Settings  [ALT N/A] > Apps > Maps.
2. Tap Ride Booking, then turn off any app.

Related

[Use Check In on iPhone to let your friends know you've arrived](#)

[Get transit directions in Maps on iPhone](#)

[Control access to information in apps on iPhone](#)

[Control the location information you share on iPhone](#)

NAV TITLE: [Estimate travel time and ETA](#)

Estimate your travel and arrival time in Maps on iPhone

Metadata

Summary: In Maps on iPhone, predict your travel time, and share your location or estimated time of arrival (ETA) with others while following driving, cycling, and walking directions.

Your iPhone can predict how long it may take you to get to a destination, and you can share your estimated time of arrival (ETA) while following driving, cycling, and walking directions.

- COMMENT - **Personal Safety content**

Note: Available in select areas. Features vary by country and region.

Predict travel time

You can see how long it may take to reach a destination when following a suggested set of directions. When you're driving or taking transit, iPhone bases the prediction on traffic patterns, and you can see how the travel time changes depending on when you plan to leave.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Search for the place](#) you want to go, tap a result, then tap the [directions button](#).

If you're driving or taking transit, the time to your destination is based on current traffic conditions.

3. To see how long it may take you to travel later, tap Now, tap "Leave at" or "Arrive by," enter a date and time, then tap Apply.

The time to your destination is calculated according to typical, expected traffic patterns.

Share your estimated time of arrival (ETA)

Siri: Say something like: “Share my ETA.” [Learn how to use Siri.](#)

Or without using Siri, do the following:

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Search for the place](#) you want to go, then tap Go.
3. Tap the route card at the bottom of the screen, then tap Share ETA.

If you don't see Share ETA, make sure you turned it on in Settings  [ALT N/A] > Apps > Maps.

4. Choose one or more suggested contacts, or tap Open Contacts to find a contact.
5. To share your ETA with more contacts, tap “Sharing with” at the bottom of the screen, then tap to add contacts.

You can also use the Messages, Find My, and Contacts apps to share your ETA with others. See [Share your location in Messages](#), [Share your location in Find My](#), or [Edit contacts](#).

Stop sharing your ETA

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Open the route card for a trip in progress.
3. Tap “Sharing with” at the bottom of the screen, then tap Stop Sharing ETA below each contact's name.

Automatically share your ETA to a pin

When you add a contact to a pinned place in your library, that contact automatically receives your ETA whenever you start turn-by-turn navigation to that location.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Touch and hold the pin, then tap Edit Details.
3. Tap Add Person, search for a contact, then tap to add them.
4. Tap Done.
5. Tap the pinned location, then tap Go to start sharing your ETA.

Your location, route, and ETA will be viewable until you arrive.

Turn off ETA sharing

1. Go to Settings  [ALT N/A] > Apps > Maps.
2. Scroll down, then turn off Share ETA.

Note: Standard carrier data and text rates may apply.

People using iOS 13.1, iPadOS 13.1, or later receive a Maps notification with your ETA, and they can track your progress in Maps. People using earlier versions receive the notification through iMessage. People using other mobile devices receive an SMS message.

Related

[Get travel directions on iPhone](#)

[Share your location in Messages on iPhone](#)

[Notify a friend when your location changes in Find My on iPhone](#)

[Use Check In on iPhone to let your friends know you've arrived](#)

NAV TITLE: [Download offline maps](#)

Download offline maps on iPhone

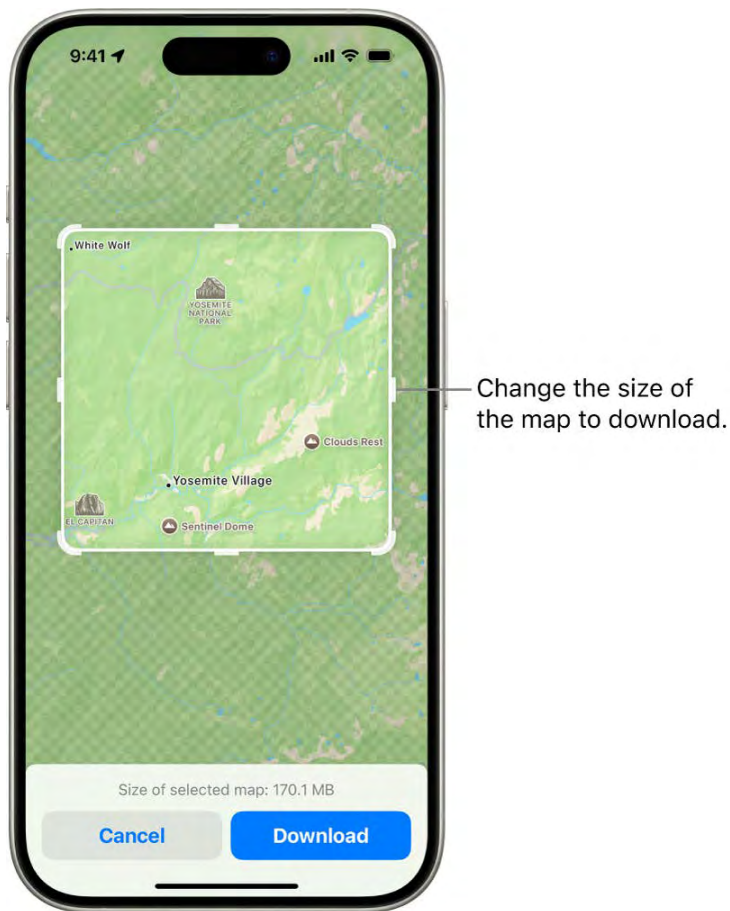
Metadata

Summary: In Maps on iPhone, download maps so you can use them when iPhone doesn't have Wi-Fi or cellular service.

You can save a map of an area and use it when your iPhone is offline.

Even when you can't access Wi-Fi or cellular service, you can view information like hours and ratings on place cards, get turn-by-turn directions for driving, walking, cycling, or riding transit, and see your estimated time of arrival.

Note: Offline maps are available in select areas. Features vary by country and region. Automatic Updates is on by default.



[Alt text: A map of a national park. The park is framed by a rectangle with handles, which can be moved to change the size of the map to download. The selected map's download size is indicated near the bottom of the map. The Cancel and Download buttons are at the bottom of the screen.]

- COMMENT - #ba #locations #marcom

Download maps

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Do one of the following:
 - Touch and hold the map until a pin marker appears, then tap Download.
 - Tap your picture or initials at the top right of the card, tap Offline Maps, tap Download New Map, then enter a location in the search field or tap Current Location.
3. Adjust the selected area, then tap Download.

To reduce the size of the map you download, select a smaller area.

Downloaded maps update automatically, unless you [change your settings](#).

You can sync your iPhone with Apple Watch and carry downloaded maps with you wherever you go—even without your iPhone nearby. See [Use offline maps on Apple Watch](#) in the Apple Watch User Guide.

Open or edit a map you've downloaded

Any maps you [download to use offline](#) appear in your list of offline maps.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right of the card, then tap Offline Maps.
3. Do any of the following:
 - *Open a map:* Tap its name.
 - *Rename a map:* Swipe left on the map, then tap Rename.
 - *Change the area covered by a map:* Tap the map's name, then tap Resize on the image of the map.

Control map data downloads

You can change your settings—like when to download or update a map—depending on your data storage needs and preferences.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right of the card, then tap Offline Maps.
3. Do any of the following:
 - *Download over cellular:* Tap Wi-Fi Only, then tap to select Wi-Fi + Cellular.
 - *Use online maps:* Turn off Only Use Offline Maps.
 - *Manually update maps:* Tap Update All. (To update just one map, tap > [Alt text: the Details button] next to the map you want to update, then tap Update.)
 - *Automatically update all maps:* Turn on Automatic Updates.

Remove downloaded maps

You can remove downloaded maps to free up storage space on your iPhone.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right of the card, then tap Offline Maps.
3. Do one of the following:
 - *Manually remove a map:* Swipe left on the map, then tap Delete.
 - *Automatically delete unused maps:* Turn on Optimize Storage.

Related

[Search for places in Maps on iPhone](#)

[Use Emergency SOS via satellite on your iPhone](#)

[Send a text message via satellite on iPhone](#)

[Apple Watch User Guide: Use offline maps on Apple Watch](#)

Find places

NAV TITLE: [Search for places](#)

Search for places in Maps on iPhone

Metadata

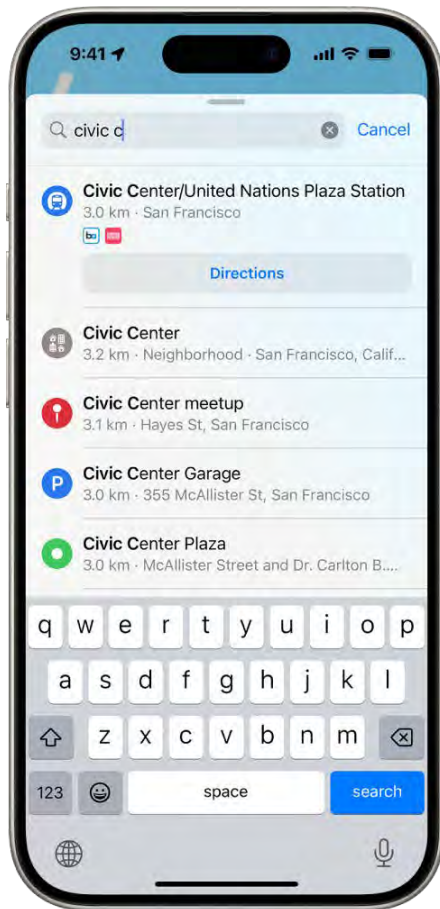
Summary: Use Maps on iPhone to search for addresses, landmarks, services, and more.

You can search for addresses, landmarks, services, and more.

Search for a place

Siri: Say something like: “Show me the Golden Gate Bridge.” [Learn how to use Siri.](#)

Or you can tap the search field (at the top of the card), then begin typing.



[Alt text: A card showing results matching a query.]

- COMMENT - #ba #locations

You can search in different ways. For example:

- Intersection (“8th and Market”)
- Area (“Greenwich Village”)
- Landmark (“Guggenheim”)
- Zip code (“60622”)
- Business (“movies,” “restaurants San Francisco CA,” “Apple Inc New York”)

If you get a list of results, scroll the list to see more. To learn about a place or get directions to it, tap a search result.

Display, lengthen, or shorten the card

If you see a different kind of card instead of the one with the search field, tap  [Alt text: the Close button] at the top right of the card.

To resize the card, drag the top of the card up or down.

Related

[Get travel directions on iPhone](#)

[Find nearby attractions, restaurants, and services in Maps on iPhone](#)

NAV TITLE: [Add places and notes to your library](#)

Add places and notes to your library on iPhone

Metadata

Summary: In Maps on iPhone, add places to your library for quick access.

You can find pins, places, guides, and custom routes in one place: your library. Add your own personal notes—visible only to you—to saved places, or pin your most frequently visited places for easier access.

Save a place to your library

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. While looking at a place card, do one of the following:
 - Tap  [Alt text: the Add button] . It turns to  [Alt text: the Added button] .
 - Tap  [Alt text: the More button] , then tap “Add to Library.”

Add notes about a place

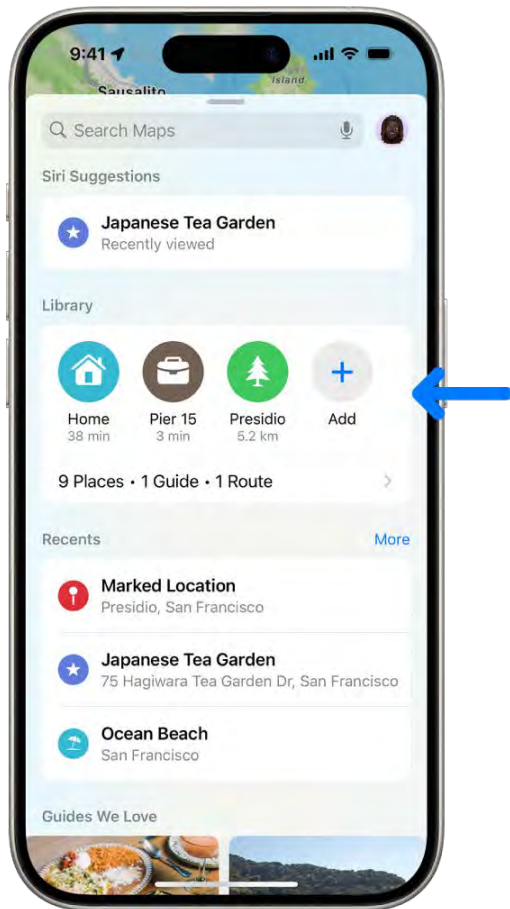
You can read your notes at any time, but they aren’t visible when you share them.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. While looking at a place card, tap  [Alt text: the More button] , then tap “Add a note.”
3. Write something, then tap Done.

Adding a note about a place saves the place to your library.

Add a pin to your library

You can pin frequently visited places for easier access in Maps and CarPlay. They appear as icons in your library and also under Pinned.



[Alt text: The Maps app showing pins in the library, recent searches, and recommended guides.]

- COMMENT - #ba #locations

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Below Library, tap  [Alt text: the More button] (you may have to swipe left), then search for or tap a suggestion. You can also [drop a pin](#).
3. If the pins are for your Home, Work, or School, you can do any of the following:
 - *Assign it to a type:* Select Home, Work, or School.
 - *Sync to My Card:* Tap Add to Contact Card.

See [Edit a pin](#).

Remove a place from your library

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Below Library, tap  [Alt text: the Menu button], then tap Places.
3. Tap  [Alt text: the More button], then tap Delete From Library.

If you're in the place card, tap  [Alt text: the Added button] . It returns to  [Alt text: the Add button] .

Removing a place from your library deletes any personal [notes you added](#) to it.

Related

[Organize places in custom guides in Maps on iPhone](#)

[Get transit directions in Maps on iPhone](#)

NAV TITLE: [Mark a location with a pin](#)

Mark a location with a pin in Maps on iPhone

Metadata

Summary: In Maps on iPhone, pin spots on the map to help you find those locations later.

You can use pins to mark places so you can more easily find those locations later.



[Alt text: A map showing a dropped pin in a park. The card includes buttons to get directions to the pin, download its surrounding area, or move it.]

- COMMENT - #ba #locations

Drop a pin

You can drop a pin to share a location with someone else, or to start or end your route at a location that isn't already marked on the map. Only one pin appears at a time, unless you save them to your library.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Touch and hold the map until a pin marker appears.

To refine the location, tap Move, then drag the map.

3. Tap Pin. To mark multiple places with pins, save each pin as you drop it.

To get directions to the pin, tap the pin, then tap the [directions button](#).

Tip: To note your current location when you don't have the Maps app open, touch and hold the Maps icon on the Home Screen, then choose Mark My Location. See [Perform quick actions](#).

Share a pin

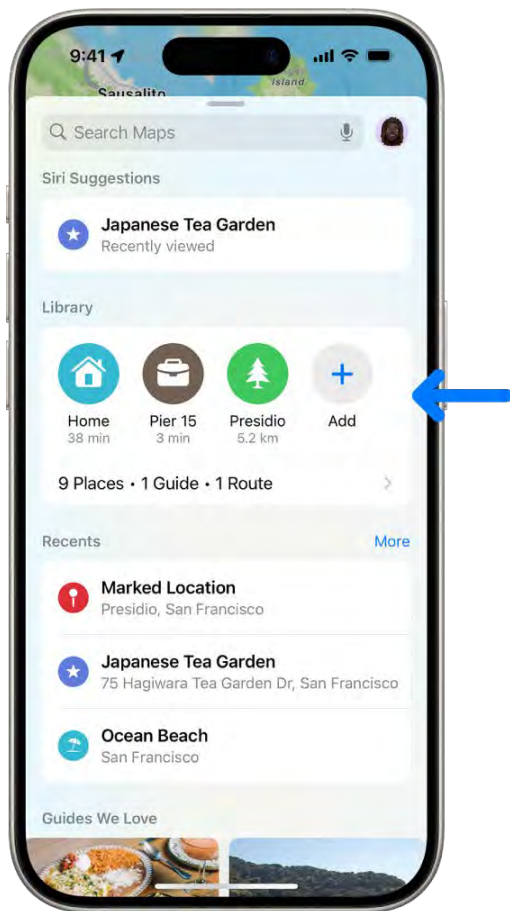
1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Do one of the following:
 - Touch and hold the map until a pin marker appears.
 - Below Library, tap  [Alt text: the More button], tap Pinned, then tap the pin.
3. Tap  [Alt text: the Share button] (at the top of the card), then choose how you want to share it.

Get the latitude and longitude of a pin

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Below Library, tap  [Alt text: the More button], tap Pinned, then tap the pin.
3. Swipe up on the place card to Coordinates (below Details).
4. Touch and hold the coordinates, then tap Copy.

See your saved pins

Pins appear as a row of icons in your library when you open the Maps app.



[Alt text: The Maps home screen with pins in the Library, recent searches, and recommended guides.]

Edit a pin

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Below Library, tap  [Alt text: the More button] , then tap Pinned.
3. Tap  [Alt text: the Info button] , then do any of the following:
 - *Change the name of the pin:* Tap in the Label field.
 - *Assign it to your home, work, or school address:* Choose an option below Type.
 - *Change the location of the pin:* Tap “Refine Location on the Map.”

Note: If you change your Home, Work, or School address after you’re prompted to sync Maps to My Card, you may need to update your address in both Maps and Contacts. See [Add a pin to your library](#) and [Complete or edit My Card](#).

Remove a pin

1. Go to the Maps app  [ALT N/A] on your iPhone.

2. Below Library, tap > [Alt text: the More button] , then tap Pinned.
3. Swipe left on the pinned location, then tap Delete.

To delete a dropped pin on the map, touch and hold the marker, then tap Remove Pin.

Related

[Report an issue with Maps on iPhone](#)
[Download offline maps on iPhone](#)
[Organize places in custom guides in Maps on iPhone](#)
[Customize sharing options in an iPhone app](#)

NAV TITLE: [Share places](#)

Share places in Maps on iPhone

Metadata

Summary: In Maps on iPhone, share places with others. For example, to show people where to meet.

You can share places with others. For example, you can send a message or email to show people where to meet you.

Tip: To share your current location when you don't have the Maps app open, just touch and hold the Maps icon on the Home Screen, then tap Send My Location. See [Perform quick actions](#).

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Tap a place on the map or a [search](#) result in Maps.
3. Tap  [Alt text: the Share button] (at the top of the place card), then choose an option.

You can also touch and hold the place, then tap Share Location.

Related

[View maps on iPhone](#)
[Search for places in Maps on iPhone](#)
[Customize sharing options in an iPhone app](#)

NAV TITLE: [Rate places and add photos](#)

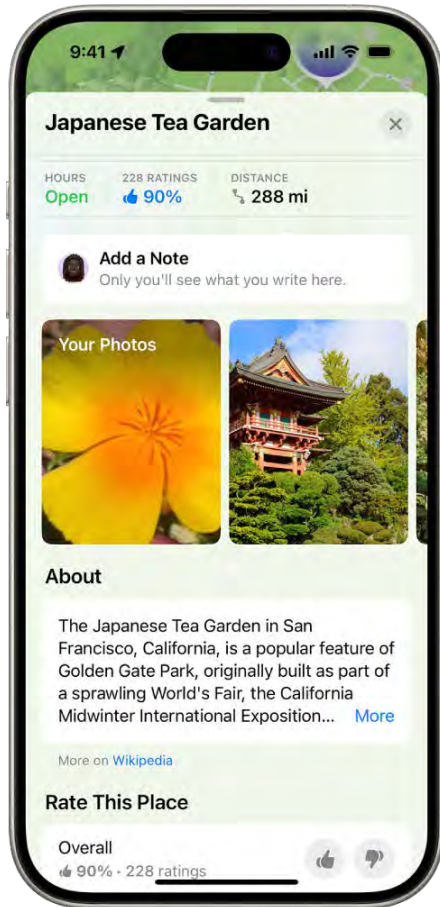
Rate places and add photos in Maps on iPhone

Metadata

Summary: In Maps on iPhone, rate and take photos of places you visit to help others.

You can provide ratings and photos of places you visit to help other Maps users.

Your ratings and photos appear everywhere you're [signed in to the same Apple Account](#).



[Alt text: A place card with an overall rating for a location, photos, and buttons to rate the location.]

- COMMENT - [#ba](#) [#locations](#)

Note: The Apple Ratings and Photos feature is available in select areas. Features vary by country and region.

Rate a place

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Tap a place on the map or a [search result](#).

3. Depending on the location, either scroll down the place card or tap Rate (near the top of the place card).

Note: If you don't see ratings categories or the Rate button, you can't rate the location.

4. Tap  [Alt text: the Like button] or  [Alt text: the Dislike button] for the available categories, then tap Done.

You can edit your ratings later if you change your mind.

Add photos for a place

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Tap a place on the map or a [search result](#).
3. To credit yourself for the photos you contribute, tap Photo Credit, then turn on Show Credit.

The photo credit option you choose applies to all photos you previously submitted and continue to submit.

4. Tap Add Your Photos, then follow the onscreen instructions.

To upload your photos to Apple, you must have an [Apple Account](#).

Note: If you don't see ratings categories or the Rate button, you can't add a photo.

Share your photos publicly

You can allow companies to use the photos that you add to Maps in their own products and services.

1. Go to Settings  [ALT N/A] > Apps > Maps.
2. Turn on Allow Photo Providers to Use Your Photos.

Photos you share include location data, but not your identity. If you turn this setting off, photo providers may no longer use your photos. (It may take a few days to take effect.)

Edit your photos for a place

You can add and remove photos, add or remove your photo credit, and provide a nickname for your photo credit.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Below Library, tap  [Alt text: the More button], then tap Places.
3. Tap the place whose photos you want to edit.
4. Select one of your rated places, then do one of the following:
 - *Submit another photo:* Tap Your Photos, then tap Add.

- *Remove a photo:* Tap Your Photos, select the photo, tap  [Alt text: the More Options button] , then tap Delete Your Photo.
- *Change your photo credit:* Tap Your Photos, select the photo, tap  [Alt text: the More Options button] , then tap Change Photo Credit. The photo credit option you choose applies to all photos you previously submitted and continue to submit.

Stop getting ratings and photos suggestions

You may receive suggestions in Maps to submit a rating or photo if you recently visited or took a photo of a point of interest. These suggestions use on-device processing and can't be read by Apple. If you don't want to receive these suggestions, you can turn them off.

1. Go to Settings  [ALT N/A] > Apps > Maps.
2. Turn off Show Ratings and Photos Suggestions.

Related

[Organize places in custom guides in Maps on iPhone](#)

[Add places and notes to your library on iPhone](#)

[Get information about places in Maps on iPhone](#)

NAV TITLE: [Organize places in custom guides](#)

Organize places in custom guides in Maps on iPhone

Metadata

Summary: In Maps on iPhone, organize places for easy reference.

You can organize places into your own guides for easy reference. You can get to your guides from the card, and you can share your guides with others.



[Alt text: A list of several custom guides in Maps, including a Favorites category, and the New Guide button at the bottom right.]

- COMMENT - #ba #locations #websites

See your favorites

A guide called Favorites always appears in your guides. This makes it easier for you to save places to a guide.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Below Library, tap  [Alt text: the More button], tap Guides, then tap Favorites.

Tip: You can pin any places that you want to see in your library when you open Maps. See [Add a pin to your library](#).

Create a guide

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Below Library, tap  [Alt text: the More button], then tap Guides.

3. Tap  [Alt text: the Add button] .
4. Enter a name for the guide, then tap  [Alt text: the Add Image button] to add an image from your photo library.
5. Tap Create.

Add a place to a guide

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. In a place card, tap  [Alt text: the More button] , then tap Add to Guides.
3. Choose one of your guides, enter a name for the location, then tap Save.

You can also add Publisher Guides to your guides. See [Explore places with Guides](#).

Share a guide

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Below Library, tap  [Alt text: the More button] , tap Guides, then tap the guide you want to share.
3. Tap  [Alt text: the Share button] at the bottom of the guide card, tap Share Guide, then choose an option.

Edit a guide that you created

For any guide that you create, you can supply a cover image, change the title, and remove places.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Below Library, tap  [Alt text: the More button] , tap Guides, then tap the guide you want to edit.
3. Tap Edit at the bottom of the guide card.
4. Make your changes, then tap  [Alt text: the Close button] at the top right of the guide card.

Remove a guide

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Below Library, tap  [Alt text: the More button] , then tap Guides.
3. Swipe left on the guide you want to remove, then tap Delete.

Related

[View maps on iPhone](#)

[Search for places in Maps on iPhone](#)

[Add places and notes to your library on iPhone](#)

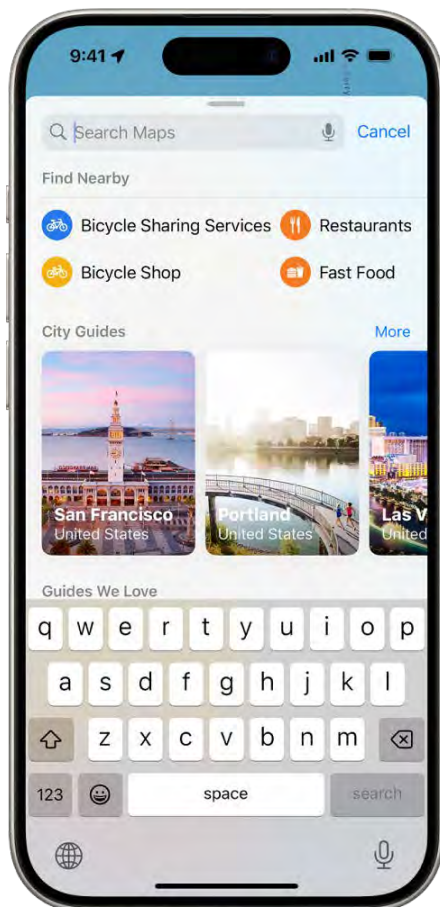
NAV TITLE: [Find nearby attractions, restaurants, and services](#)

Find nearby attractions, restaurants, and services in Maps on iPhone

Metadata

Summary: In Maps on iPhone, find nearby attractions, restaurants, services, and more.

You can find nearby attractions, services, and more.



[Alt text: A card in the Maps app. Nearby categories below the search field include Bike Sharing Services and Restaurants.]

- COMMENT - [#ba](#) [#locations](#)

Find a nearby attraction, restaurant, or service

Siri: Say something like: “Find a gas station” or “Find coffee near me.” [Learn how to use Siri.](#)

Or without using Siri:

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Tap the [search](#) field, then do one of the following:
 - Tap a category like Grocery Stores or Restaurants in the Find Nearby section of the card.
 - Enter something like “playgrounds” or “parks” in the search field, then tap the Search Nearby result.

Tip: You can also touch and hold the Maps app icon  [ALT N/A] on the Home Screen, then tap Search Nearby. See

[Perform quick actions from Control Center, the Home Screen and the App Library.](#)

Depending on what you look for, you may be able to apply more search criteria, tap a suggestion to get additional information, and more.

3. To change the nearby area, drag the map.

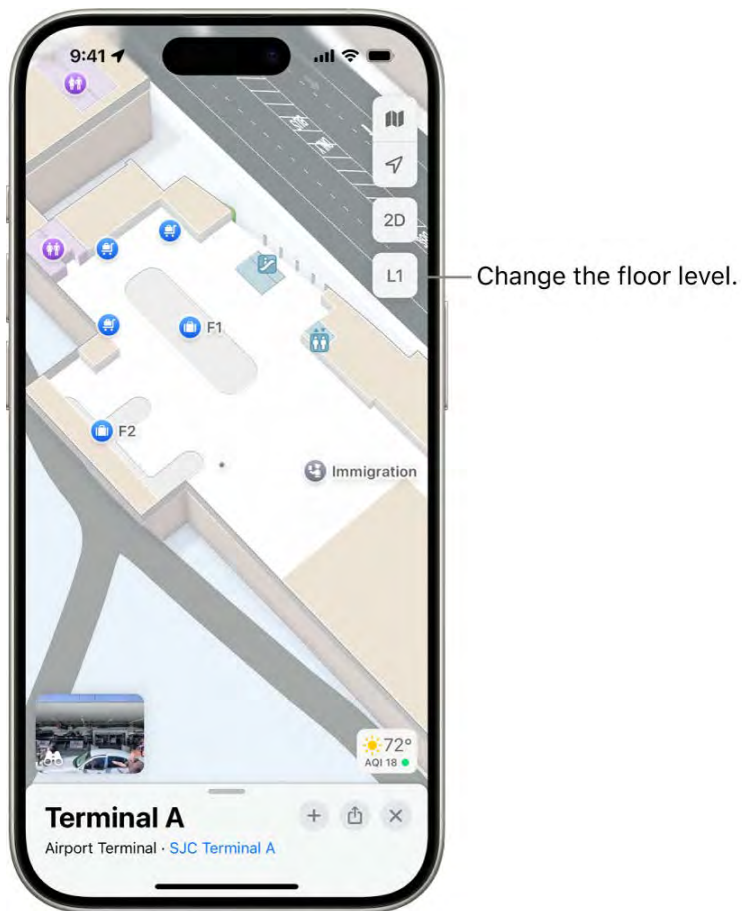
To get recommendations for where to eat, shop, and explore in great places around the world, see [Explore places with Guides](#).

Note: Nearby suggestions are available in select areas. Features vary by country and region. See the [iOS and iPadOS Feature Availability website](#).

Find your way around an airport or shopping mall

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Do one of the following:
 - *Zoom in:* Drag the map to show the airport or mall, zoom in, then tap Look Inside on the map (or tap Browse at the bottom of the screen).
 - *Use search:* [Search](#) for the airport or mall in Maps, then tap Indoor Map if it appears in the search result.
 - *When you're at the airport or mall:* Open Maps, tap  [Alt text: the Tracking Off button], then tap Look Inside.
3. To find nearby services, tap a category (like Food, Restrooms, or Gates) on the place card.

To get more information about a result, tap it.
4. To get a map of a different floor, tap the button showing the floor level (zoom in if the button doesn't appear).



[Alt text: An indoor map of an airport terminal. Items include an immigration checkpoint, stairs, restrooms, and first aid. You can change levels of multistory maps using the button marked L1 (for Level 1).]

- COMMENT - #ba #locations

Note: Indoor maps are available for select airports and shopping malls. See the [iOS and iPadOS Feature Availability website](#).

Images of Las Vegas, San Francisco, and Portland in City Guides courtesy of Wikipedia.

- COMMENT - #ba #locations

Related

[Get travel directions on iPhone](#)

NAV TITLE: [Get information about places](#)

Get information about places in Maps on iPhone

Metadata

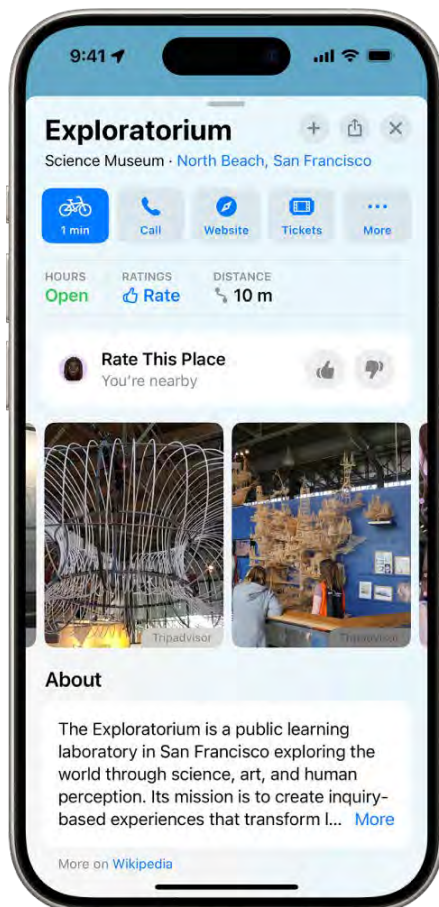
Summary: In Maps on iPhone, find street addresses and other information about places that appear on maps.

You can find street addresses and other information about places that appear.

Get information about a place

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Tap the place (for example, a city or landmark on a map, a spot that you marked with a pin, or a search result in Maps), then do any of the following:
 - *Get a route to the location:* Tap the [directions button](#).
 - *View more information:* Scroll down in the place card.

The information might include the street address, a phone number, a webpage link, customer reviews, and more. Many restaurants and other businesses offer [App Clips](#) that allow you to order or make a reservation by tapping buttons on their place cards.



[Alt text: The place card for a museum with its open status, ratings, a description, photos, and buttons to

call it, go to its website, or buy tickets.]

- COMMENT - #ba #locations #websites

Save information about a place

You can [save a place](#) or add it [as a pin](#), in one of your [custom guides](#), or as one of your [contacts](#).

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Tap a place on a map or a [search](#) result, tap More  [ALT N/A] (on the right side of the place card), then choose an option.

Stop sending restaurant names to a third party

If you install an app that has a table-booking extension, it can also help you make reservations at restaurants. You can stop sending the names of restaurants that you view to the extension.

1. Go to Settings  [ALT N/A] > Apps > Maps.
2. Tap Restaurant Booking, then turn off the app extension.

Related

[Search for places in Maps on iPhone](#)

[Find nearby attractions, restaurants, and services in Maps on iPhone](#)

[Add places and notes to your library on iPhone](#)

NAV TITLE: [Explore places with Guides](#)

Explore places with Guides in Maps on iPhone

Metadata

Summary: In Maps on iPhone, Guides help you discover great places to visit.

Guides are available to help you discover great places around the world to eat, shop, and explore. Guides are automatically updated when new places are added, so you always have the latest recommendations.

Explore the world with Guides

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Scroll down in the card, then tap Explore Guides.
3. Browse by any of the following:

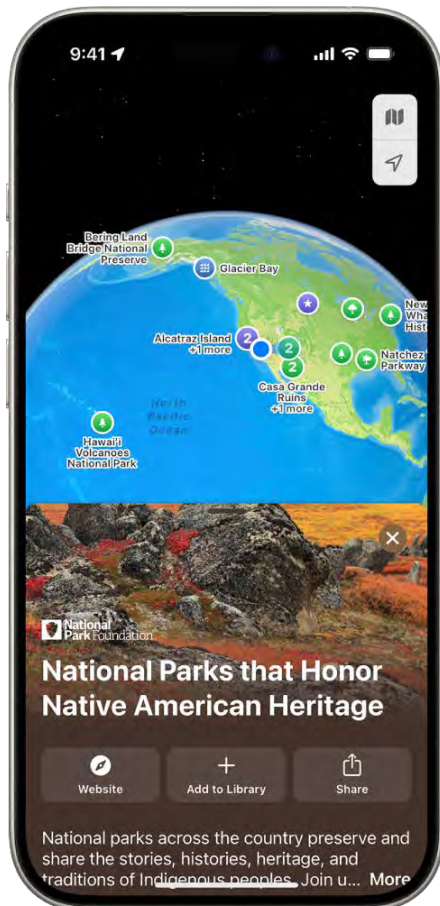
- **City:** Tap  [Alt text: the Go Down button] near the top of the screen, or scroll down to the Cities category.
- **Interest:** Swipe right to see more interests, then tap to browse guides in that group.
- **Publisher:** Scroll down to the Browse by Publisher category.

View, share, and save a guide

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. To open a Guide, tap its cover. To view its contents, scroll down.

You can also do the following:

- **Share the Guide:** Tap Share  [ALT N/A], then choose an option.
- **Save the Guide:** Tap Add to Library.
- **See saved Guides:** Below Library, tap  [Alt text: the More button], then tap Guides. See [Organize places in custom guides](#).
- **Close the Guide:** Tap  [Alt text: the Close button].



[Alt text: The Maps app showing a guide about underwater locations.]

- COMMENT - [#ba](#) [#locations](#) [#businessdata](#) [#websites](#)

Tip: Look for [App Clips](#) buttons. These allow you to do things like reserve a table directly from a Guide.

Guides are available for many cities worldwide, with more places coming.

Related

[Customize sharing options in an iPhone app](#)

[Organize places in custom guides in Maps on iPhone](#)

[Rate places and add photos in Maps on iPhone](#)

[Find nearby attractions, restaurants, and services in Maps on iPhone](#)

P9 NAV TITLE: [Look around places](#)

Look around places in Maps on iPhone

Metadata

Summary: [In Maps on iPhone, view cities in interactive 3D.](#)

[You can look around some places with 360-degree panoramic views.](#)



[Alt text: A moveable, 360-degree panoramic view appears above a map of the area. The Look Around icon overlaid on the map points in the direction of the view.]

- COMMENT - #locations

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. In select cities, tap  [Alt text: the Look Around button] near the bottom of a map.
3. To change the view, do any of the following:
 - *Pan:* Drag a finger left or right on the scene.
 - *Move forward:* Tap the scene.
 - *Zoom in or out:* Pinch open or closed.
 - *View another point of interest:* Switch from full-screen view, then tap elsewhere on the map, or drag the map.
 - *Switch to or from full-screen view:* Tap  [Alt text: the Enter Full Screen Mode button] or  [Alt text: the Exit Full Screen Mode button] .

- *Remove labels in full-screen view:* Swipe up from the place name near the bottom of the screen, then tap Hide Labels  [ALT N/A] .

4. When finished, tap Done.

Look Around is available in select cities. See the [iOS and iPadOS Feature Availability website](#).

Related

[View maps on iPhone](#)

[Explore 3D maps or a globe on iPhone](#)

[Take Flyover tours in Maps on iPhone](#)

NAV TITLE: [Take Flyover tours](#)

Take Flyover tours in Maps on iPhone

Metadata

Summary: In Maps on iPhone, fly over many of the world's major cities and landmarks.

You can virtually fly over many of the world's major landmarks and cities. Flyover landmarks are identified by the Flyover button on their place cards.



[Alt text: A Flyover tour in progress, showing a 3D image from the sky looking toward a landmark and a button to pause the tour.]

- COMMENT - #ba #locations

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. [Search](#) for a city or the name of a landmark, then tap its name in the search results.
3. Tap Flyover on the place card.

If Flyover doesn't appear on the place card, tap More  [ALT N/A] (on the right side of the place card), then tap Flyover.
4. Tap Start Tour or Start City Tour in the card at the bottom of the screen. (If the card doesn't appear, tap anywhere on the screen.)
5. To return to the map, tap  [Alt text: the Close button] . (Tap anywhere on the screen if  [Alt text: the Close button, doesn't appear.]

For a list of sites with Flyover, see the [iOS and iPadOS Feature Availability website](#).

Related

[View maps on iPhone](#)

[Explore 3D maps or a globe on iPhone](#)

P9 [Look around places in Maps on iPhone](#)

NAV TITLE: [Clear location history](#)

Clear your location history in Maps on iPhone

Metadata

Summary: In Maps on iPhone, delete records of the places you recently visited.

The Maps app uses information about your significant locations from [Location Services](#) to provide you with personalized services like predictive traffic routing. Your significant locations are end-to-end encrypted and can't be read by Apple. You can delete your significant locations at any time—for example, to reset predictive traffic routing and similar personalized services.

1. Go to Settings  [ALT N/A] > Privacy & Security.
2. Tap Location Services, tap System Services, then tap Significant Locations.
3. Tap Clear History.

This action clears all your significant locations everywhere you're [signed in to the same Apple Account](#).

Related

[Delete recent directions in Maps on iPhone](#)

[Mark a location with a pin in Maps on iPhone](#)

NAV TITLE: [Delete recent directions](#)

Delete recent directions in Maps on iPhone

Metadata

Summary: In Maps on iPhone, delete your recently viewed searches and routes.

You can delete directions that you recently viewed.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Scroll down in the card to Recents, then do one of the following:

- *Delete a single item:* Swipe the item left.
- *Delete all recent:* Tap More, then tap Clear.

Related

[Clear your location history in Maps on iPhone](#)

[Control the location information you share on iPhone](#)

[Control access to information in apps on iPhone](#)

NAV TITLE: [Choose a default travel mode and units](#)

Choose a default travel mode and Maps units on iPhone

Metadata

Summary: In Maps on iPhone, find your preferences for travel mode and units.

You can review and change your settings for the Maps app, including travel mode and units.

Choose default travel mode and preferences

Maps defaults to your preferred way to travel when providing directions. You can define your default travel mode for directions: driving, walking, transit, and cycling.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right of the card, tap Preferences, then tap options.
(If neither your picture nor initials appears next to the search field, tap Cancel next to the field, or tap the search field, then tap Cancel.)
3. To find more options, tap Maps Settings at the bottom of the screen.

Depending on the mode of travel, you may have other route options, such as choosing an arrival time when driving, avoiding heavy traffic when cycling or walking, or choosing which transit method you prefer.

Change the units used in Maps

On a 2D map, a scale appears in the upper left as you zoom out. You can change the units used for the scale.

1. Go to Settings  [ALT N/A] > General > Language & Region > Measurement System.
2. Select an option.

Related

[Change settings for spoken directions in Maps on iPhone](#)

[Report an issue with Maps on iPhone](#)

[Add places and notes to your library on iPhone](#)

[Organize places in custom guides in Maps on iPhone](#)

NAV TITLE: [Report an issue with Maps](#)

Report an issue with Maps on iPhone

Metadata

Summary: In Maps on iPhone, find your preferences for travel mode and units.

If you notice something's missing in Maps—an address, business, transit stop, or another feature—you can add it. You can also report other kinds of issues, such as an incorrect step in directions or a business that has closed.

1. Go to the Maps app  [ALT N/A] on your iPhone.
2. Do one of the following:
 - Touch and hold the map until a pin marker appears, tap More  [ALT N/A] (on the right side of the place card), then tap Report Something Missing.
 - Tap your picture or initials at the top right of the card, tap Reports, then tap Report a New Issue.
3. Choose an option, then follow the onscreen instructions.

To change the address used for your home or work, see [Add notes about a place](#).

If you have a business (large or small), you can use [Apple Business Connect](#) to help your customers find it in Maps, Apple Wallet, Siri, and more. Learn more about [Apple Business Connect](#).

Related

[Apple Support article: If Maps isn't working on your Apple device](#)

[Clear your location history in Maps on iPhone](#)

[Delete recent directions in Maps on iPhone](#)

Measure

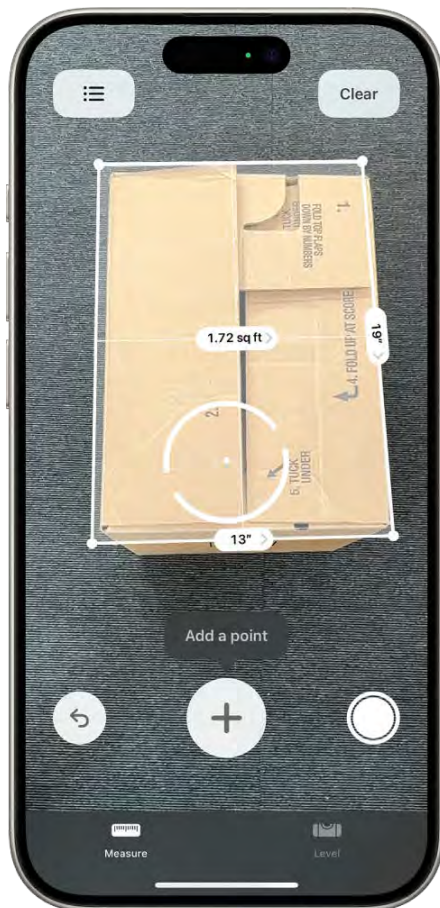
NAV TITLE: [Measure dimensions](#)

Measure dimensions with iPhone

Metadata

Summary: In Measure on iPhone, use the camera to measure the dimensions of real-world objects near you.

You can use your iPhone camera to measure nearby objects—automatically detect the dimensions of rectangular objects or manually set the start and end points of a measurement.



[Alt text: A screen showing the measurement of the dimensions of a box in the Measure app. The area of the box is calculated from the measurements of the dimensions.]

For best results, use Measure on well-defined objects located 0.5 to 3 meters (2 to 10 feet) from iPhone. (Measurements are approximate.)

Note: You can use Measure on external displays without turning on Screen Mirroring in

Control Center.

Start a measurement

1. Go to the Measure app  [ALT N/A] (in the Utilities folder) on your iPhone.
2. Use the iPhone camera to slowly scan nearby objects.
3. Position iPhone so that the object you want to measure appears on the screen.

Note: For your privacy, when you use Measure to take measurements, a green dot appears at the top of the screen to indicate your camera is in use.

Take an automatic rectangle measurement

1. Go to the Measure app  [ALT N/A] (in the Utilities folder) on your iPhone.
2. Use the iPhone camera to slowly scan nearby objects.
3. When iPhone detects the edges of a rectangular object, a white box frames the object; tap the white box or  [Alt text: the Add button] to see the dimensions.
4. To take a photo of your measurement, tap  [Alt text: the Take Picture button] .

Take a manual measurement

1. Go to the Measure app  [ALT N/A] (in the Utilities folder) on your iPhone.
2. Align the dot at the center of the screen with the point where you want to start measuring, then tap  [Alt text: the Add button] .
3. Slowly pan iPhone to the end point, then tap  [Alt text: the Add button] to see the measured length.
4. To take a photo of your measurement, tap  [Alt text: the Take Picture button] .
5. Take another measurement, or tap Clear to start over.

Use edge guides

On [supported models](#), you can easily measure the height and straight edges of furniture, countertops, and other objects using guide lines that appear automatically.

1. Go to the Measure app  [ALT N/A] (in the Utilities folder) on your iPhone.
2. Position the dot at the center of the screen along the straight edge of an object until a guide line appears.
3. Tap  [Alt text: the Add button] where you want to begin measuring.
4. Slowly pan along the guide line, then tap  [Alt text: the Add button] at the endpoint to see the measured length.
5. To take a photo of your measurement, tap  [Alt text: the Take Picture button] .

Use Ruler view

On [supported models](#), you can see more detail in your measurements with Ruler view.

1. Go to the Measure app  [ALT N/A] (in the Utilities folder) on your iPhone.
2. After measuring the distance between two points, move iPhone closer to the measurement line until it transforms into a ruler, showing incremental units of length.
3. To take a photo of your measurement, tap  [Alt text: the Take Picture button] .

Related

[View and save measurements on iPhone](#)

NAV TITLE: [View and save measurements](#)

View and save measurements on iPhone

Metadata

Summary: In the Measure app on supported iPhone models, view and save a list of all the measurements you take in a single session.

On [supported models](#), you can save a list of all the measurements you take in a single session, complete with screenshots, so you can easily share and access them whenever you need them.

1. Go to the Measure app  [ALT N/A] (in the Utilities folder) on your iPhone.
2. Tap  [Alt text: the History button] to see a list of your recent measurements.

Swipe up from the top of the list to see more measurements.

3. To save the measurements, tap Copy, open another app (for example, Notes), tap in a document, then tap Paste.

Note: Height measurements aren't included in this list. To save a person's height measurement, see [Measure a person's height](#).

Related

[Measure a person's height with iPhone](#)

NAV TITLE: [Measure a person's height](#)

Measure a person's height with iPhone

Metadata

Summary: In Measure on supported iPhone models, instantly measure a person's height.

On [supported models](#), you can instantly measure a person's height from the floor to the top of their head, hair, or hat. (You can even measure a person's seated height.)



[Alt text: A person's height being measured in the Measure app, with the height measurement showing at the top of the person's head. The Take Picture button is active near the lower-right corner for taking a picture of the measurement. The green Camera In Use indicator appears at the top.]

1. Go to the Measure app  [ALT N/A] (in the Utilities folder) on your iPhone.
2. Position iPhone so that the person you want to measure appears on the screen from head to toe.

After a moment, a line appears at the top of the person's head (or hair, or hat), with the height measurement showing just below the line.

3. To take a photo of the measurement, tap  [Alt text: the Take Picture button] .

4. To save the photo, tap the screenshot in the lower-left corner, tap Done, then choose Save to Photos or Save to Files.

You can easily access and share the height measurement image from Photos or Files on iPhone whenever you want.

To take the measurement again, turn iPhone away for a moment to reset the height.

Related

[View photos and videos in Photos on iPhone](#)

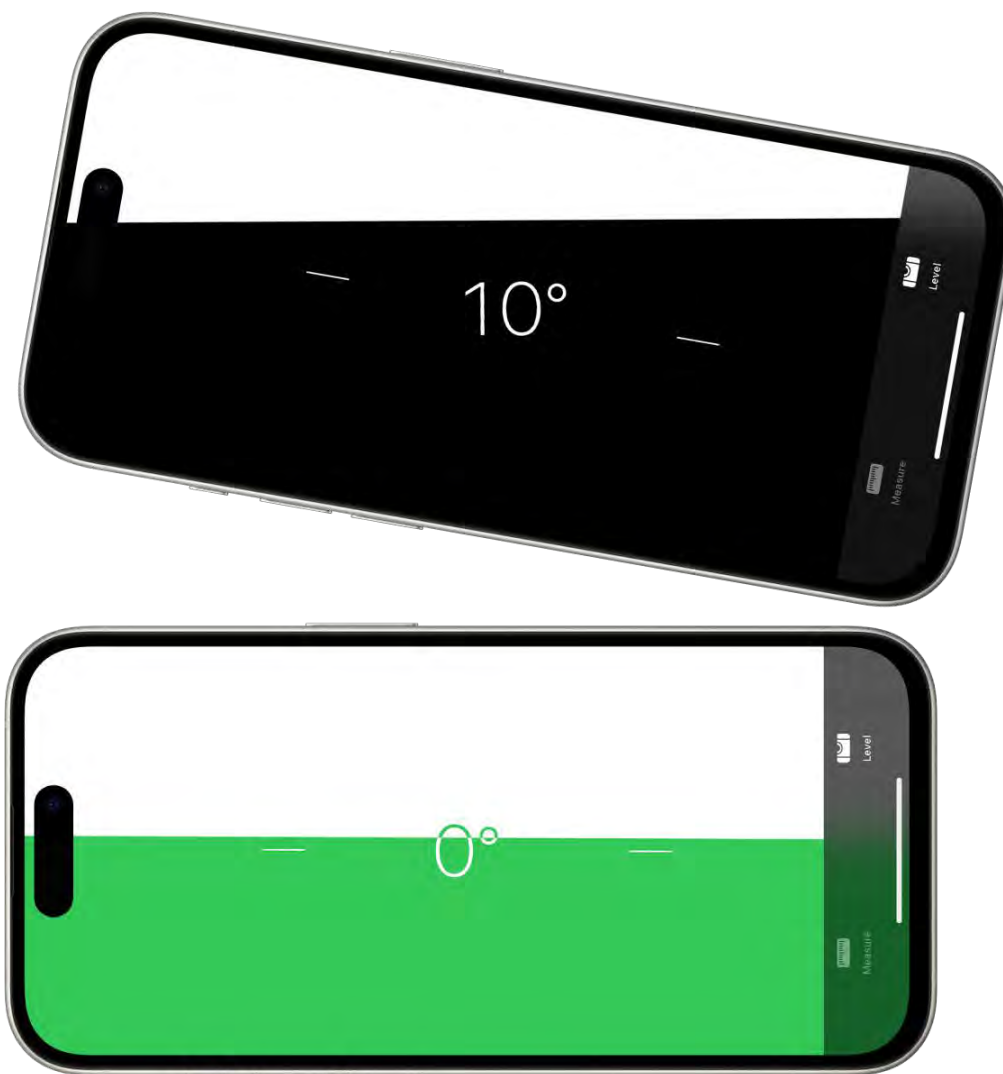
NAV TITLE: [Use the level](#)

Use iPhone as a level

Metadata

Summary: In Measure on iPhone, determine whether an object is level (parallel to the ground), or how many degrees it varies from level.

Use your iPhone to determine whether an object near you is level (parallel to the ground), or how many degrees it varies from level (measurements are approximate).



[Alt text: The level screen in the Measure app. On the top, iPhone is tilted at an angle of 10 degrees; on the bottom, iPhone is level.]

1. Go to the Measure app  [ALT N/A] (in the Utilities folder) on your iPhone.
2. Tap Level, then hold iPhone against an object, such as a picture frame.
 - *Make an object level:* Rotate the object and iPhone until you see green.
 - *Match the slope:* Tap the screen to capture the slope of the first object. Hold iPhone against another object and rotate both of them until the screen turns green.

To reset the level, tap the screen again.

Related

[Measure dimensions with iPhone](#)

Messages

NAV TITLE: [Set up Messages](#)

Set up Messages on iPhone

Metadata

Summary: Set up Messages and iMessage on iPhone to exchange text messages and other media.

You can send text messages several different ways in the Messages app  [ALT N/A] :

- Over Wi-Fi or cellular service, using [iMessage](#) with others who also use iMessage. Your iMessage texts appear in blue bubbles.
- Over cellular service with SMS, MMS, or RCS messages, which appear in green bubbles. See [Set up cellular service](#). (RCS messages aren't supported by all carriers or in all countries or regions.)
- Over satellite when you're outside of cellular and Wi-Fi coverage, using iMessage or SMS on supported iPhone models and certain carriers (U.S. and Canada only). See [Send a text message via satellite](#).

For more information, see the Apple Support article [What is the difference between iMessage and SMS/MMS/RCS?](#), the [Wireless carrier support and features for iPhone in the United States and Canada website](#), and the [iOS and iPadOS Feature Availability website](#).

Turn on iMessage

1. Go to Settings  [ALT N/A] > Apps > Messages.
2. Turn on iMessage.
3. To select which of your phone numbers and email addresses you want to use with iMessage, go to Settings > Apps > Messages, tap Send & Receive, then choose from the available options below “You can receive iMessages to and reply from.”

Learn more about [iMessage](#).

Access your messages on all your Apple devices

When you turn on Messages in iCloud, messages you send and receive on your iPhone are saved in iCloud. When you [sign in to the same Apple Account](#) on another online device where you turn on Messages in iCloud, your conversations show up there too.

- COMMENT - Personal Safety content

1. Go to Settings  [ALT N/A] > [your name] > iCloud, then tap See All next to Saved to iCloud.
2. Turn on Messages (if it's not already turned on).
3. To confirm which other devices will receive any SMS, MMS, or RCS text messages you get on your iPhone, go to Settings > Apps > Messages, then tap Text Message Forwarding.

After you turn on Messages in iCloud, any messages or attachments you delete from iPhone are also deleted from your other Apple devices (iOS 11.4, iPadOS 13, macOS 10.13.5, watchOS 1, visionOS 1, or later) where Messages in iCloud is turned on. See [Set up iCloud for Messages on all your devices](#) in the iCloud User Guide.

Note: Messages in iCloud uses iCloud storage. See [Use iCloud](#).

Choose other devices for SMS, MMS, or RCS messaging

If you haven't [turned on Messages in iCloud](#), you can set up your iPhone so that when you send or receive an SMS, MMS, or RCS message, it appears on your other Apple devices.

Note: Availability varies by region and carrier.

1. Go to Settings  [ALT N/A] > Apps > Messages.
2. Tap Text Message Forwarding, then turn on any devices you want to include.

Note: If you're not using [two-factor authentication](#), you need to enter a six-digit activation code that appears on the other device.

Share your name and photo

In Messages, you can share your name and photo with others. You decide whether to share it whenever you send or receive a message from someone new.

1. Go to the Messages app  [ALT N/A] on your iPhone.
2. In the Messages conversation list, do one of the following:
 - Tap Edit in the top-left corner.
 - Tap  [Alt text: the More button] in the top-right corner.
3. Tap Set Up Name & Photo, turn on Name & Photo Sharing, then change any of the following:
 - *Your picture:* Tap Edit below the circle, then choose an option. Your photo can be a Memoji, emoji, or custom image.
 - *Your name:* Tap Name.
 - *Who can see your name and picture:* Tap Share Automatically, then choose an option.

To change your name, picture, or who can see them after you set them up, tap Edit or  [Alt text: the More button], then tap Name & Photo.

Note: Your name and photo may not appear as expected when you send messages to recipients who are using non-Apple devices.

Related

[Apple Support article: Add or remove your phone number in Messages or FaceTime](#)

[Change message notifications on iPhone](#)

[Manage information sharing with Safety Check on iPhone](#)

[Set up cellular service on iPhone](#)

NAV TITLE: [About iMessage](#)

About iMessage on iPhone

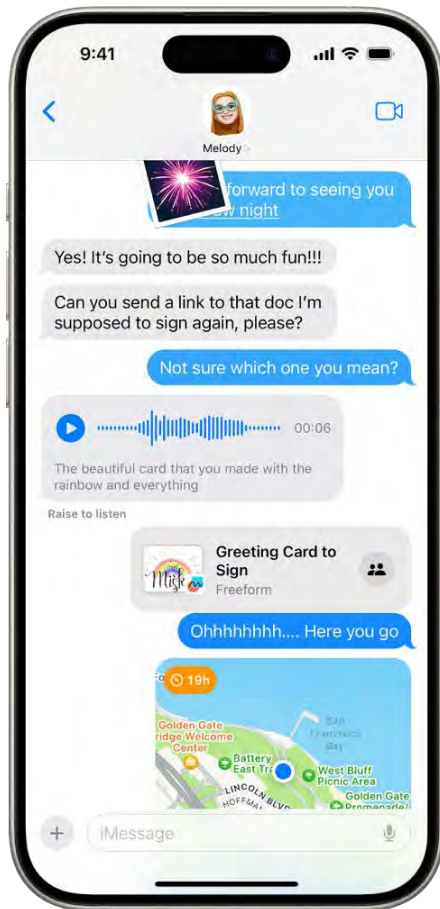
Metadata

Summary: iMessage is a secure messaging service that you can use to send and receive messages on iPhone.

iMessage is a secure messaging service that you can use to send and receive text messages in the Messages app  [ALT N/A] on your iPhone, iPad, Mac, Apple Watch, and Apple Vision Pro.

If someone sends a message to your email address or phone number using iMessage, you receive the message [on all your Apple devices](#) that are set up to receive messages sent to that email address or phone number. When you view an iMessage conversation, you see all messages sent from any device, so you can keep in touch with others wherever you are.

You need an [Apple Account](#) to use some iMessage features. If you've made purchases from the iTunes Store or App Store or you've signed in to iCloud, you have an Apple Account.



[Alt text: A Messages conversation showing iMessage features.]

- COMMENT - #ba #locations

Some things to know about communicating in iMessage:

- You can send texts over Wi-Fi or cellular service.
- Texts you send and receive using iMessage don't count against your SMS, MMS, or RCS allowances in your cellular messaging plan, but cellular data rates may apply.
- When you communicate with others who also use iMessage on an Apple device, the texts appear in blue bubbles. (SMS, MMS, and RCS messages appear in green bubbles.)

Your message will be sent with iMessage when you see a blue  [Alt text: the Send button] send button; a green send button indicates the message will be sent with SMS, MMS, or RCS or your cellular service.

- When you're in a conversation with one other person, you can each see if someone's writing a message. If the other person has [read receipts](#) turned on, you can also see if they've opened your message.

- You can use a wider range of apps and features, like [styles](#), [drawings](#), [Memoji](#), [inline replies](#), [editing](#), [unsending](#), [scheduling](#), [collaboration](#), [group conversation management](#), and more.
- A greater range of options are available when you [react with Tapbacks](#), [send audio messages](#), or [send via satellite](#).
- When you use iMessage, you can [report spam or junk messages](#) to Apple.
- For security, messages sent using iMessage are end-to-end encrypted before they're sent, and you can also use [Contact Key Verification](#).

Related

[Turn on iMessage](#)

[Set up Messages on iPhone](#)

[Send and reply to messages on iPhone](#)

[Apple Support article: What is the difference between iMessage and SMS/MMS/RCS?](#)

NAV TITLE: [Send and reply to messages](#)

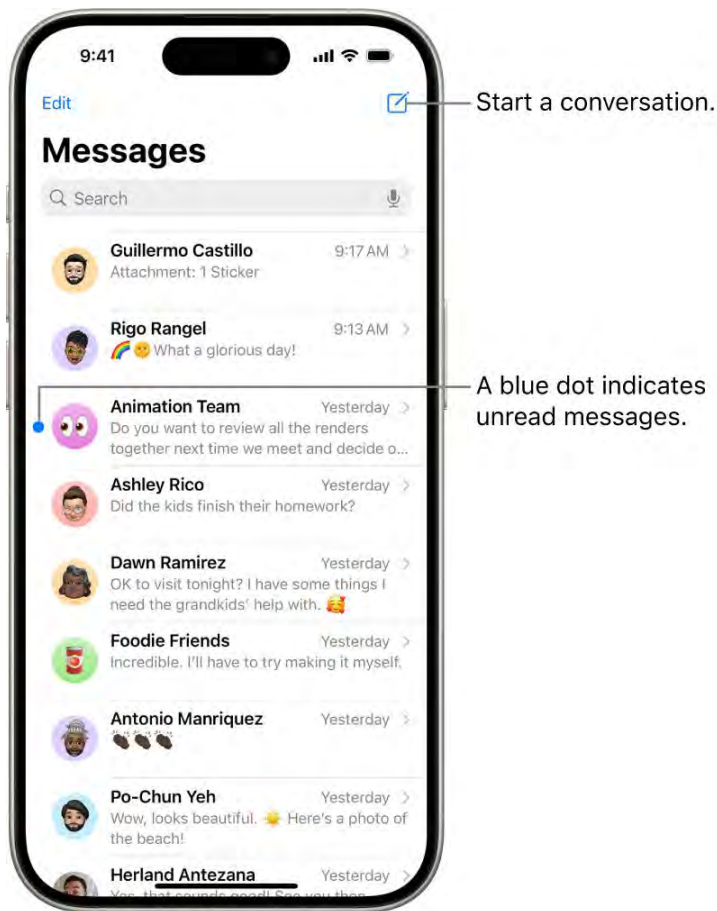
Send and reply to messages on iPhone

Metadata

Summary: In Messages on iPhone, send and reply to text messages through iMessage, SMS, MMS, or RCS.

You can send text messages, images, and much more. You can reply within a conversation or to specific comments in a thread. You can even use Siri to listen and respond to your messages.

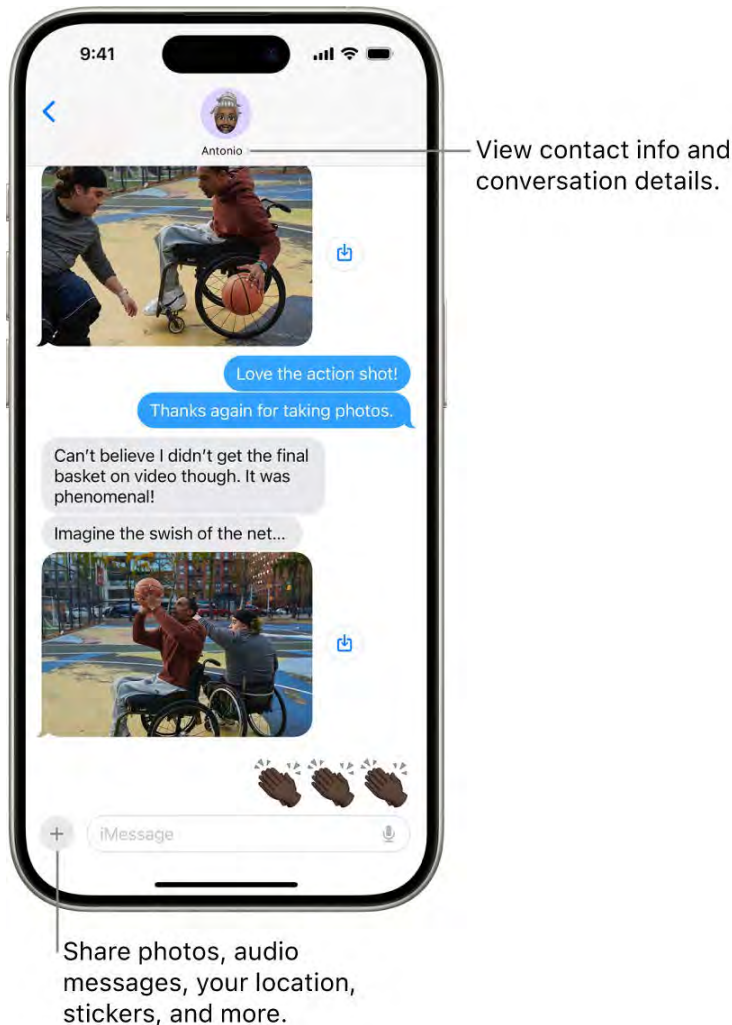
To fully use all the features in the Messages app, make sure you [set up Messages](#).



[Alt text: The Messages conversation list, with the Compose button at the top right. A blue dot to the left of a message indicates it's unread.]

Send a text message

You can send a text message to one or more people to start a new conversation.



[Alt text: A Messages conversation. The name of the person you're sending messages to is at the top of the screen. You can tap their name to see conversation details. The Add button is in the bottom-left corner.]

1. Go to the Messages app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Compose button] at the top of the screen.
3. Enter the phone number, contact name, or [Apple Account](#) of each recipient.
Or tap  [Alt text: the Add Contact button] on the right, then choose [contacts](#) from the list.
4. Do any of the following:
 - Tap the text field above the keyboard, then type your message. (Tap  [Alt text: the Emoji key] or  [Alt text: the Next Keyboard key] to add [emoji](#).)
 - Tap  [Alt text: the Dictate key] to [dictate text](#) in the language of your [keyboard](#).

- Tap the  [Alt text: the Apps button] to send [photos](#), [videos](#), [your location](#), [audio messages](#), [stickers](#), and more with [iMessage apps](#).

5. Tap  [Alt text: the Send button] to send.

If a message can't be sent, an alert appears. Tap  [Alt text: the Send Failure button] to try sending the message again.

To return to the Messages list from a conversation, tap  [Alt text: the Back button] .

Send a text message from your other number

If your iPhone is set up with [Dual SIM](#), you can tap your number to switch to your other outgoing line as you compose your message.

Reply to a message

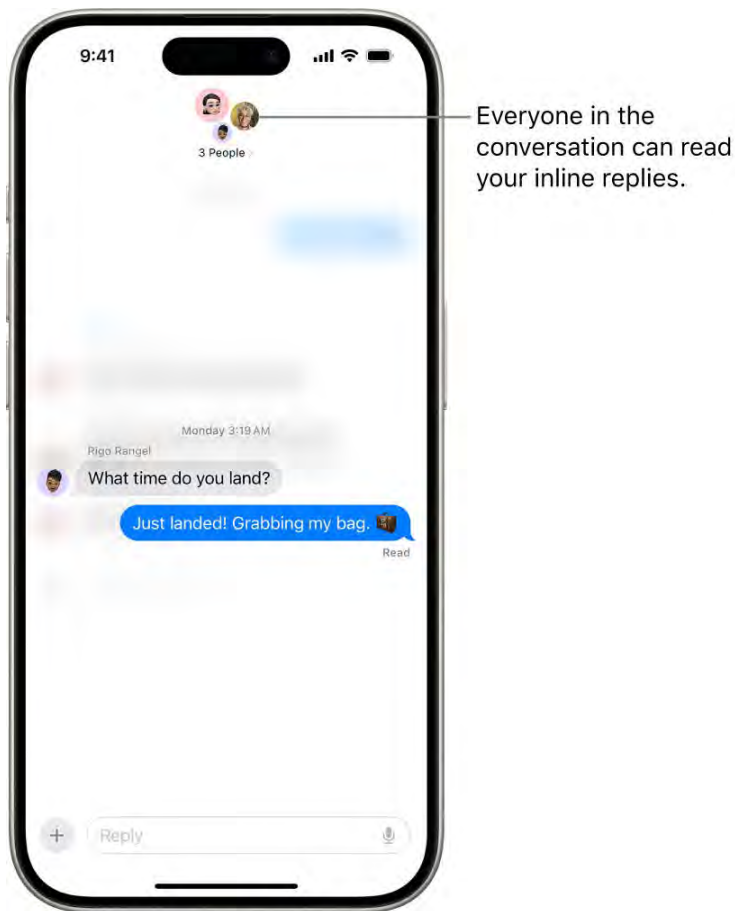
Messages are grouped by conversation in the Messages list. A dot indicates you haven't yet read one or more messages in that conversation.

1. Go to the Messages app  [ALT N/A] on your iPhone.
2. In the Messages list, tap the conversation that you want to participate in.
3. Tap the text field, create your message, then tap  [Alt text: the Send button] to send your message.

Tip: Find out when a message was sent to you. Drag the message bubble to the left to see timestamps for all messages in the conversation.

Reply inline to a specific message

You can respond to a specific message inline. An inline reply quotes the message you're responding to. This keeps a busy conversation organized by clarifying which response relates to which message.



[Alt text: Composing an inline reply in a group conversation in Messages. Icons of the people in the group are at the top of the screen. The onscreen keyboard is in the bottom half of the screen. Most of the message conversation is blurred except for the specific text that's being replied to with an inline reply.]

- COMMENT - #marcom

1. Go to the Messages app  [ALT N/A] on your iPhone.
2. Swipe right on the message bubble that you want to reply to.
3. Enter your message, then tap  [Alt text: the Send button] .
4. To return to the main conversation, tap the blurred background.

Touch and hold a message to react with a [Tapback](#), such as a thumbs-up or a heart.

If you're replying in a [group conversation](#) and you don't want everyone to read your message, start a new conversation with the person you want to reply to.

Use Siri to send, read, and reply to messages

You can use Siri to send messages for you, read your incoming texts out loud, and reply to messages. [Learn how to use Siri.](#)

Siri: Say something like:

- “Send a message to Mayuri saying, how about tomorrow?”
- “Read my last message from Antonio”
- “Reply, that’s great news!”

Siri can send a message right after it has been read back to you. Go to Settings  [ALT N/A] > Siri > Messaging with Siri > Automatically Send Messages, then turn on Automatically Send Messages.

WARNING: Avoid distractions while driving. See [Important safety information](#).

Reply to messages from your Lock Screen

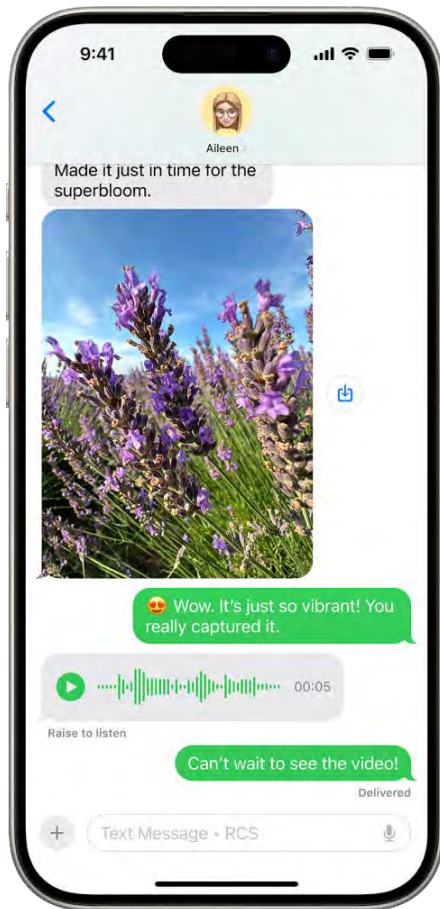
You can reply to messages on your Lock Screen without opening Messages. See [Turn on Lock Screen features](#).

Why are some bubbles blue and others green?

If a message can be sent using [iMessage](#), you see a blue Send arrow  [ALT N/A], and the message appears in a blue bubble.

If you can’t use iMessage (which happens, for example, when a recipient isn’t using an Apple device), you can use SMS, MMS, or RCS. Messages sent with SMS, MMS, or RCS appear in green bubbles.

For more information, see the Apple Support article [What is the difference between iMessage and SMS/MMS/RCS?](#)



[Alt text: A group conversation in Messages. Icons of the people in the group are at the top of the screen. The onscreen keyboard is in the bottom half of the screen. The message bubbles are green, which indicates that at least one person isn't using iMessage.]

Note: Content may not appear as expected when you send messages to recipients who are using non-Apple devices.

Related

- [Unsend and edit messages on iPhone](#)
- [Draw and handwrite messages on iPhone](#)
- [Collaborate on projects with Messages on iPhone](#)
- [Send and receive text messages with CarPlay](#)

NAV TITLE: [Text via satellite](#)

Send a text message via satellite on iPhone

Metadata

Summary: Send a text message via satellite on iPhone when you're offline.

Important: Messages via satellite is not for emergency use. Dial 911 to use [Emergency SOS](#) instead.

On iPhone 14 models or later (any model) with iOS 18 or later, you can text friends and family via satellite when you're outside of cellular and Wi-Fi coverage (U.S. and Canada only).

Messages via satellite automatically prompts you to connect to your nearest satellite so you can send and receive texts, emoji, and Tapbacks over iMessage and SMS. Texts you send via satellite with iMessage are end-to-end encrypted.

Note: Not all carriers support text via satellite, and some features may vary. Third-party network service providers or Globalstar, Inc. and its affiliates provide the satellite network for features that use a satellite connection.

Sending messages to groups and sharing photos or videos isn't supported over satellite, and character count may be limited.

For more information, see the Apple Support article [About Messages via satellite](#).



[Alt text: The prompt to connect to a satellite, which appears when you open the Messages app on an iPhone 14 or later and don't have cellular or Wi-Fi coverage.]

Before leaving cellular and Wi-Fi coverage

To use iMessage via satellite, do the following *before* you're outside cellular or Wi-Fi coverage:

- [Turn on iMessage](#).
- Make sure anyone you want to communicate with using iMessage via satellite recently [updated their iOS](#) and is in your [contacts](#), including their phone number.
- Make sure you sent or received a message using iMessage recently (in the last month or so) from anyone you want to contact using iMessage via satellite.

When iMessage isn't available, iPhone uses SMS via satellite to reach any mobile phone number. Do the following *before* you're outside cellular or Wi-Fi coverage:

- If you want someone to use SMS via satellite to contact you, add them to your [Family Sharing group](#) or emergency contacts (see [Set up and view your Medical ID](#)). For all others, you must first send a message using SMS via satellite before they can reply.

- Make sure your SIM is active. You can't send or receive an SMS via satellite without a supported carrier. See the [Wireless carrier support and features for iPhone in the United States and Canada website](#).

Use iMessage via satellite

1. Go to the Messages app  [ALT N/A] on your iPhone.
2. If you're out of cellular and Wi-Fi coverage, a prompt automatically appears. Tap Use Messages via Satellite.
3. Follow the instructions to connect to a satellite, while remaining aware of your surroundings. You don't need to raise your phone—just hold it as you normally would, and make sure that you're outside with a clear view of the sky and the horizon. If you're under heavy foliage or surrounded by other obstructions, you might not be able to connect to a satellite.

Other satellite-enabled services become available, including [Emergency SOS](#), [Roadside Assistance](#), and [Find My](#).

4. Enter your message, then tap  [Alt text: the Send button] .

Note: It may take a few minutes to send your message via satellite.

While using iMessage outside of cellular and Wi-Fi coverage, anyone you communicate with who's in your contacts and has a cellular or Wi-Fi connection sees a status letting them know that you're receiving messages via satellite.

When you connect, a green dot and  [Alt text: a satellite icon] appear at the top of your screen. If your connection weakens, the green dot turns orange, and  [Alt text: a left arrow] and  [Alt text: a right arrow] tell you where to find the signal.

In order to receive an iMessage via satellite, your recipient must use iOS 18, iPadOS 18, macOS Sequoia, watchOS 11, visionOS 2, or later. Otherwise, your message is sent over SMS.

Use SMS via satellite

1. Go to Settings  [ALT N/A] > Apps > Messages.
2. Turn on Send as Text Message.
3. Connect to a satellite and send a message, as above. (See [Use iMessage via satellite](#).)

The Send button is green instead of blue when sending with SMS.

Related

[Apple Support article: About Messages via satellite](#)

[Use Emergency SOS via satellite on your iPhone](#)

[Send your location via satellite in Find My on iPhone](#)

[Request Roadside Assistance via satellite on your iPhone](#)

NAV TITLE: [Send later](#)

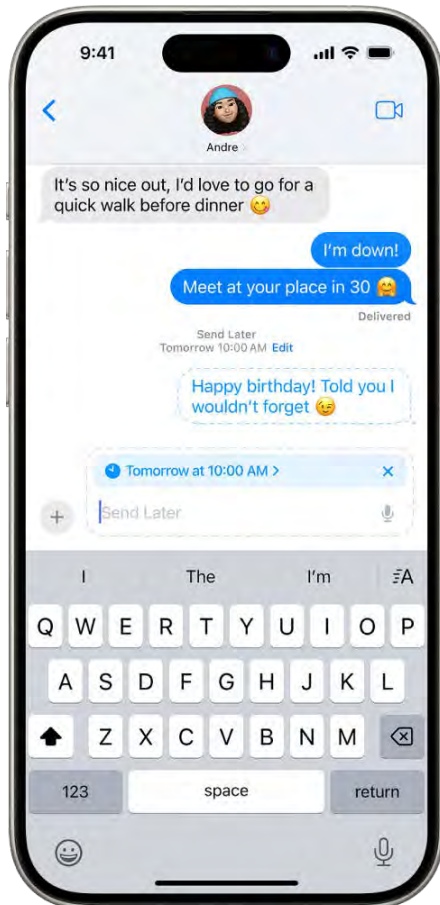
Schedule a message on iPhone to send later

Metadata

Summary: Schedule a message to send later on iPhone.

If it's too late at night or too important to forget, you can schedule a message to be sent at a later time.

Note: You must be using [iMessage](#) with iOS 18, iPadOS 18, macOS Sequoia, watchOS 11, visionOS 2, or later. Your recipient can use any device, and they won't know that the message was scheduled.



[Alt text: A Messages conversation with an iMessage scheduled to be sent later.]

Schedule a message

You can schedule a message up to 14 days into the future.

1. Go to the Messages app  [ALT N/A] on your iPhone.

2. Tap  [Alt text: the Apps button], then tap Send Later.

3. Tap the time to open the scheduler, then choose when you want to send your message.

The border of the text field turns into a dashed line, and the time your message will be sent appears above the message.

4. Enter a message, then tap  [Alt text: the Send button].

The message appears with a dashed line until it's time to send it, and it's delivered even if all your devices are offline.

Note: Scheduled messages are encrypted and stored on Apple servers only until they're sent. When a message is sent, it's removed from Apple servers, the balloon becomes a solid color, and its dashed line disappears.

Change the time to send a message

You can reschedule a message until its delivery time.

Note: You must be online to reschedule a message.

1. Go to the Messages app  [ALT N/A] on your iPhone.

2. Go to the conversation with the message you want to reschedule.

3. Scroll to the bottom of the conversation if you don't see your message (scheduled messages may appear below other sent messages).

4. Tap Edit beside the date (above your scheduled message), then do any of the following:

- *Reschedule it:* Tap Edit Time, choose a new time, then tap away from the schedule to commit the new time.
- *Send it immediately:* Tap Send Message.

Edit a scheduled message

You can edit a scheduled message until its delivery time.

Note: You must be online to edit a scheduled message.

1. Go to the Messages app  [ALT N/A] on your iPhone.

2. Go to the conversation with the scheduled message you want to edit.

3. Scroll to the bottom of the conversation if you don't see your message (scheduled messages may appear below other sent messages.)

4. Touch and hold the message bubble, then tap Edit.

5. Make any changes, then tap  [Alt text: the Send Edit button] to resend with edits or  [Alt text: the Cancel Edit button] to revert.

Delete a scheduled message

When you delete a message before its scheduled time, it's canceled and not delivered to the recipient.

Note: You must be online to delete a scheduled message.

1. Go to the Messages app  [ALT N/A] on your iPhone.
2. Go to the conversation with the scheduled message you want to delete.
3. Scroll to the bottom of the conversation if you don't see your message (scheduled messages may appear below other sent messages).
4. Touch and hold the message you want to cancel, then tap Delete.

Related

[Unsend and edit messages on iPhone](#)

[Turn read receipts on or off in Messages on iPhone](#)

[Delete messages and attachments in Messages on iPhone](#)

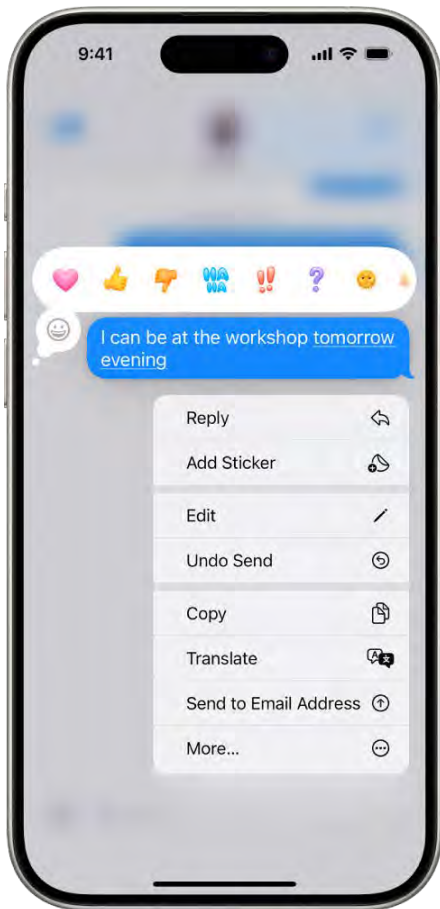
NAV TITLE: [Unsend and edit messages](#)

Unsend and edit messages on iPhone

Metadata

Summary: Unsend or edit recently sent messages on iPhone.

You can unsend and edit recent text messages, giving you the opportunity to fix a typo or pull back a message that you accidentally sent to the wrong person.



[Alt text: A text message in Messages with the undo send and edit menu visible. The rest of the conversation is blurred except for the specific text that's selected.]

Note: To unsend or edit text messages, you must be using [iMessage](#) with iOS 16, iPadOS 16.1, macOS 13, visionOS 1, or later. If your recipients have devices with earlier versions, they receive follow-up messages with the preface “Edited to” and your new message in quotation marks. SMS, MMS, or RCS text messages cannot be edited or unsent. However, SMS, MMS, or RCS text messages can be edited in a group conversation as long as there’s at least one other iMessage user in the group.

Unsend a message

You can undo a recently sent message for up to 2 minutes after sending it.

1. Go to the Messages app  [ALT N/A] on your iPhone.
2. Touch and hold the message bubble, then tap Undo Send.

A note confirming that you unsent the message appears in both conversation transcripts: yours and your recipient’s.

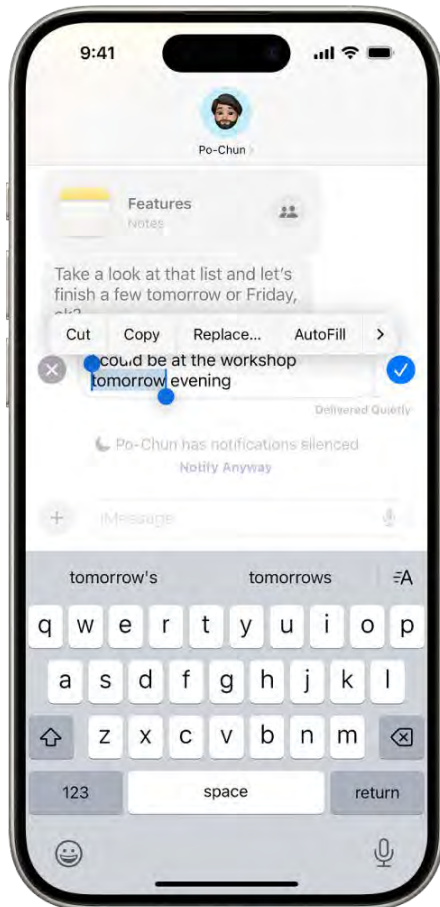
Unsending removes the message from your recipient’s device.

Note: You can't unsend messages in group conversations that use SMS, MMS, or RCS.

If you unsend a message to someone using a device with iOS 15.6, iPadOS 15.6, macOS 12, or earlier, the original message remains in the conversation. When you unsend a message, you're notified that the recipient may still see the original message in the conversation transcript.

Edit a sent message

You can edit a recently sent message up to five times within 15 minutes of sending it.



[Alt text: A conversation in Messages showing the last message being edited. The onscreen keyboard is in the bottom half of the screen, with suggestions to replace the highlighted word along the top of the keyboard. Most of the conversation is lighter, except for the specific text message that's being edited.]

1. Go to the Messages app  [ALT N/A] on your iPhone.
2. Select a conversation with the message you want to edit.
3. Touch and hold the message bubble, then tap Edit.
4. Make any changes, then tap  [Alt text: the Send Edit button] to resend with edits or  [Alt text: the Cancel Edit button] to revert.

Note: The message is marked as Edited in the conversation transcript.

The message bubble updates to reflect your edits on both your iPhone and your recipient's device, and both of you can tap Edited to see previous versions of your message.

Note: To edit messages, you must be using iMessage with iOS 16, iPadOS 16.1, macOS 13, visionOS 1, or later. If you edit a message to someone using an earlier version of macOS, iOS, or iPadOS, they receive a new message with your updated text, rather than an edited message.

Related

[Delete messages and attachments in Messages on iPhone](#)

[Keep track of messages on iPhone](#)

[Block, filter, and report messages on iPhone](#)

NAV TITLE: [Keep track of messages](#)

Keep track of messages on iPhone

Metadata

Summary: In Messages on iPhone, catch up on messages, mark messages as unread, and pin conversations.

You can catch up on text messages you missed, mark messages as unread, and pin and unpin conversations to prioritize messages in the Messages list.

Catch up on messages you missed

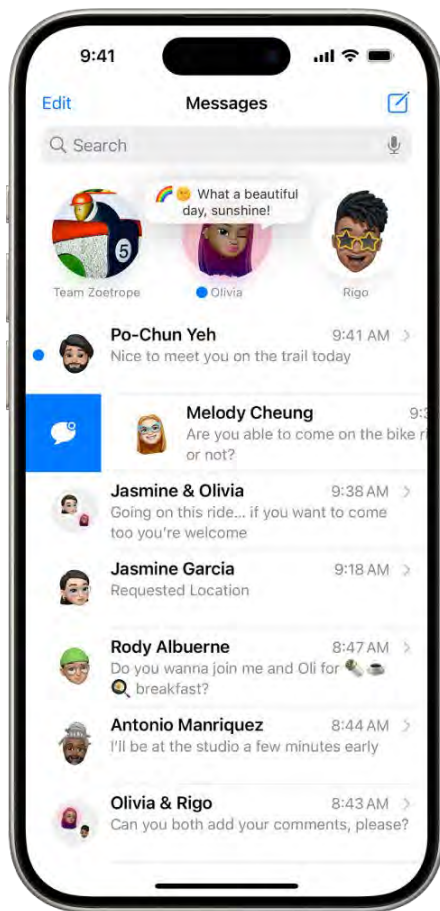
If you receive messages while you have notifications paused or you're away from your iPhone, you can jump to the first message you haven't seen in a conversation.

1. Go to the Messages app  [ALT: N/A] on your iPhone.
2. Open an unread conversation, then tap  [Alt text: the Catch up button] .

Your view of the conversation moves up to the first unread message.

Mark messages as unread

When you don't have time to respond, you can mark conversations as unread so you can return to them later.



[Alt text: A Messages conversation list with two unread messages and one being marked as unread.]

1. Go to the Messages app  [ALT N/A] on your iPhone.
2. In the Messages list, do one of the following:
 - Swipe right on a conversation to mark it as unread.
 - Drag right and tap  [Alt text: the Mark as Unread button] .

Tip: You can also mark several messages as unread at the same time. Tap Edit or  [Alt text: the More button] , tap Select Messages, select the conversations you want to mark as unread, then tap Unread in the bottom-left corner.

See a list of your unread messages

To see a list of your unread messages, you must first set up message filtering.

1. Go to Settings  [ALT N/A] > Apps > Messages.
2. Scroll down to Message Filtering, then turn on Filter Unknown Senders.
3. Go to the Messages app  [ALT N/A] on your iPhone.

4. In the Messages conversation list, tap Filters, then tap Unread Messages.

Pin a conversation

You can pin specific conversations to the top of the Messages list so the people you contact most always come first in the list. Pinned conversations appear as larger icons at the top of your messages list.

1. Go to the Messages app  [ALT N/A] on your iPhone.
2. Touch and hold a conversation, then tap Pin.

You can also pin certain shared items—such as links or collaboration invitations—within a conversation. Touch and hold a message, then tap Pin. You can find pinned items in the Pins section when you tap the name of your contact or group at the top of the conversation.

Unpin a conversation

You can unpin specific conversations so that they don't appear at the top of the Messages list.

1. Go to the Messages app  [ALT N/A] on your iPhone.
2. Touch and hold a pinned conversation, then do one of the following:
 - Drag the message to the bottom of the list, and let go.
 - Tap Unpin.

Related

[Delete messages and attachments in Messages on iPhone](#)

[Search in Messages on iPhone](#)

[Change message notifications on iPhone](#)

[Block, filter, and report messages on iPhone](#)

NAV TITLE: [Search](#)

Search in Messages on iPhone

Metadata

Summary: In Messages on iPhone, search for messages and attachments using different criteria.

You can search for text messages and attachments, using different criteria to narrow your results.



[Alt text: The search field in the Messages app. The search field contains a tag limiting the search to photos sent by one person.]

1. Go to the Messages app  [ALT N/A] on your iPhone.
2. Tap the search field above the conversation list. (You may need to swipe down to reveal the search field.)
3. Enter what you're looking for (such as a word or phrase).

When you enter a search term—such as Photo, Link, Wallet (for passes), or the name of a conversation or person—a filter appears below the search field. Tap it to add it to the search as a filter.

Tip: To limit your search to one person or conversation, start by typing a person's name, tap "Messages with" or "Messages in," then tap other criteria that appear or add any text you want to find in your conversation.