

Apple Confidential



Apple Watch

User Guide

Contents

4	Chapter 1: First Things First
4	Set up and pair with iPhone
5	A quick look at Apple Watch
6	Status icons
6	The Apple Watch app on iPhone
7	Power on, wake, and unlock
8	Adjust brightness, volume, and tap intensity
10	Use and organize apps
10	Get your friends together
11	Switch to iPhone and back
12	Charge Apple Watch and save power
13	Find your iPhone
13	Use Apple Watch without iPhone
14	When you fly
14	Ask Siri on Apple Watch
15	Chapter 2: Watch Faces and Timekeeping
15	Customize your watch face
16	Faces and features
21	Check the time in other cities
23	Set alarms
25	Use a timer
26	Time events with a stopwatch
29	Chapter 3: Notifications and Glances
29	Overview
29	Respond to notifications
31	Get a quick glance at handy information
32	Chapter 4: Messages and Digital Touch
32	Read and reply to messages
34	Exchange a Digital Touch
36	Chapter 5: Phone Calls and Mail
36	Make and answer phone calls
37	Read mail
40	Chapter 6: Calendars and Reminders
40	Check and update your calendar
41	Set and respond to reminders
42	Chapter 7: Fitness and Health
42	Track daily activity

- 43 Monitor your workouts
- 44 Check your heart rate
- 44 Keep your data accurate

45 Chapter 8: Maps and Directions

- 45 Explore the map
- 46 Get directions

47 Chapter 9: Music and Remote Control

- 47 Control music on iPhone
- 47 Play music stored on Apple Watch
- 48 Play music in an iTunes Library
- 48 Control Apple TV

49 Chapter 10: Photos and Camera Remote

- 49 Use Apple Watch as viewfinder and remote shutter
- 49 View photos on Apple Watch

51 Chapter 11: Stocks and Weather

- 51 Track Stocks
- 52 Keep a watch on the weather

53 Chapter 12: Payments and Passes

- 53 Make purchases with Apple Pay
- 54 Use Passbook

55 Chapter 13: Accessibility and Related Settings

- 55 VoiceOver
- 56 Zoom
- 56 On/Off Button Labels
- 56 Mono Audio
- 56 Bold Text
- 57 Text Size
- 57 Siri

58 Chapter 14: Safety, Handling, and Support

- 58 Important safety information
- 60 Important handling information
- 62 Band care information
- 63 Change and fasten bands
- 63 Apple Watch Support site
- 63 Restart Apple Watch
- 63 Reset Apple Watch settings
- 63 Get information about your Apple Watch
- 64 Learn more, service, and support
- 64 FCC compliance statement for Apple Watch and Apple Watch Magnetic Charging Cable
- 65 Canadian regulatory statement for Apple Watch and Apple Watch Magnetic Charging Cable
- 65 Disposal and recycling information
- 67 Apple and the environment

First Things First

1



Set up and pair with iPhone

A setup assistant guides you through a few simple steps to pair Apple Watch with your iPhone and make it your own, ready to go.

Set up and pair. Update your iPhone to the latest version of iOS software (go to Settings > General > Software Update), which installs the companion Apple Watch app, then open the Apple Watch app on iPhone.



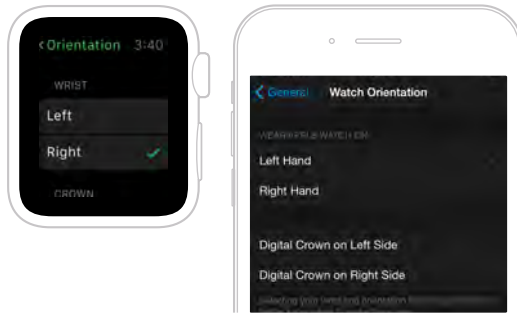
Apple Watch

Strap on your Apple Watch, then press and hold the side button until you see the Apple logo. Position your iPhone so that Apple Watch appears in the viewfinder on the screen. Follow the instructions on iPhone and Apple Watch to finish setup.

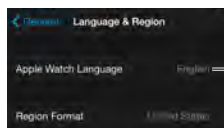


Switch wrists or flip the crown and button. If you move Apple Watch to your other wrist, or flip it so the crown is on the other side, you need to adjust your orientation settings so that raising your wrist wakes Apple Watch, and turning the crown moves things in the direction you expect. To change the settings on Apple Watch, open the Settings app (if you're looking at the watch face, press the crown, then tap , then go to General > Orientation. To change the settings in the Apple Watch app on iPhone, tap My Watch, then go to General > Watch Orientation.

Set orientation options on watch or in the Apple Watch app.



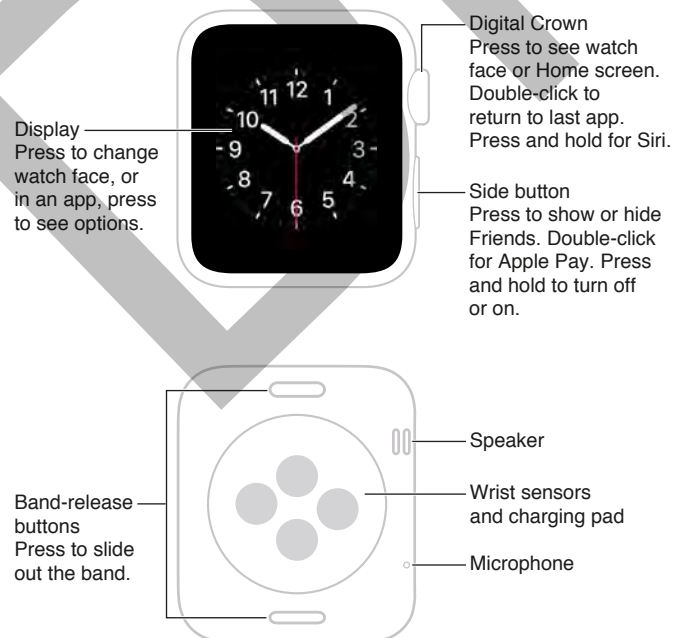
Change language or region format. Open the Apple Watch app on iPhone, tap My Watch, then go to General > Language & Region.



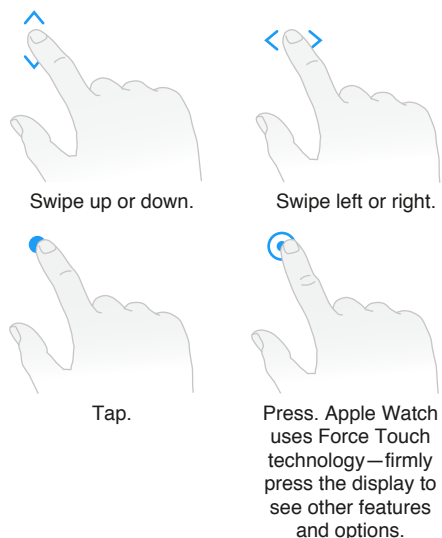
Changing and cleaning the watch band. For information about changing the band on your Apple Watch, or for help with the clasp or with cleaning, see [Band care information](#) on page 62.

A quick look at Apple Watch

Here are the features of your Apple Watch.



Here are the gestures you need to use Apple Watch and its apps.



Status icons

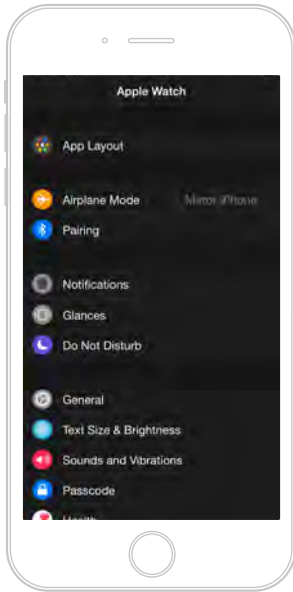
Status icons at the top of the screen give you information about Apple Watch:

- ✈ Airplane mode is on—you can't access the internet, but non-wireless features are available.
- 🌙 Do Not Disturb is on—calls and alerts won't sound or light up the screen, but alarms are still in effect.
- 🔇 Mute is on—Apple Watch won't make any sounds.
- 🌐 Network activity—there's network activity or an active process happening.
- 📱 Paired iPhone—shows that Apple Watch is paired with iPhone.
- ⚡ Charging—you'll see this when Apple Watch is on the charger.
- <lock_icon> Lock—Apple Watch is locked with a passcode.
- <red dot> Red dot—represents an unread notification.

The Apple Watch app on iPhone

The Apple Watch app on iPhone lets you connect to Apple Watch, customize app settings and options, and set up your Apple Watch and iPhone to interact seamlessly with each other.

Using the Apple Watch app. On iPhone, tap the Apple Watch app icon, then tap My Watch to open the settings for Apple Watch.



Power on, wake, and unlock

Turn on Apple Watch. If Apple Watch is off, press and hold the side button until the Apple logo appears, then wait for the watch face.

Turn off Apple Watch. Though you shouldn't need to during daily use, you can power off Apple Watch—press and hold the side button until the Power Off slider appears, then drag the slider to the right.

Wake Apple Watch. Just raise your wrist so you can see the display. Apple Watch sleeps when you lower your wrist. You can also wake Apple Watch by pressing the crown—handy if you're not wearing it. If Apple Watch doesn't wake when you raise your wrist, press the crown to wake it, open Settings , then make sure General > Orientation is set to the wrist you wear Apple Watch on.

Wake to the watch face—or your last activity? You can set Apple Watch to show the watch face when it wakes, or return you to the last thing you were doing before it went to sleep. To choose, open Settings , tap General, then tap Activate on Wrist Raise.

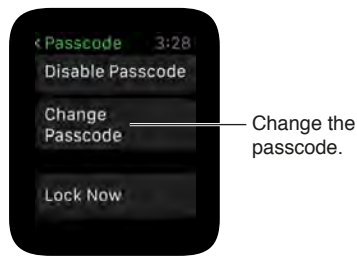


Set what to wake the watch to.

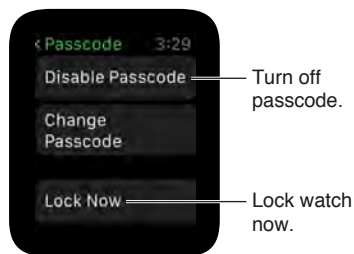
Unlock with iPhone. To unlock Apple Watch by entering the passcode on iPhone, open the Apple Watch app on iPhone, tap My Watch, then tap Passcode > Unlock with iPhone.

Enter your passcode. If you take Apple Watch off your wrist, it asks you for your passcode the next time you try to use it. When the passcode number pad appears, just tap your passcode.

Change the passcode. On Apple Watch, open Settings , scroll down, tap Passcode, then tap Change Passcode. Enter a new 4-digit passcode, then confirm it.



Turn off the passcode. On Apple Watch, open Settings , tap Passcode, then tap Disable Passcode.



Note: If you disable your passcode, you can't use Apple Pay on Apple Watch.

Lock it now. On Apple Watch, open Settings , tap Passcode, then tap Lock Now. Apple Watch is locked, and you must enter the passcode to open Apple Watch.

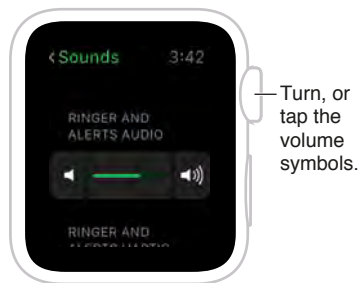
If you forget. Unpair Apple Watch from its companion iPhone to erase Apple Watch settings and passcode.

Adjust brightness, volume, and tap intensity

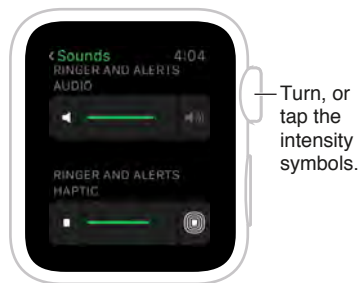
Adjust brightness. On Apple Watch, open Settings , then scroll down and tap Brightness. Turn the crown or tap the brightness symbols to adjust.



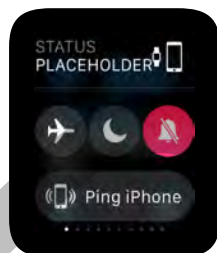
Adjust sound. On Apple Watch, open Settings , then scroll down and tap Sounds. Tap Audio, then turn the crown or tap the volume symbols to adjust.



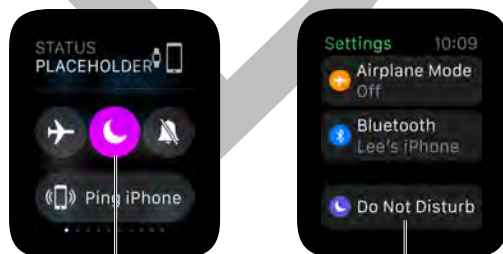
Adjust tap intensity. Apple Watch taps your wrist for certain notifications and alerts, and you can adjust the intensity of the taps. On Apple Watch, open Settings , then scroll down and tap Sounds. Tap Haptic, then turn the crown or tap the symbols to adjust.



Ensure silence. Swipe up on the watch face and swipe left or right to the Settings glance, then tap the Mute button .



Turn on Do Not Disturb. Swipe up on the watch face and swipe left or right to the Settings glance, then tap the Do Not Disturb button. Or open Settings  on Apple Watch, tap Do Not Disturb, then turn on Do Not Disturb. When Do Not Disturb is on, you'll see the  at the top of the screen.



Tap to set Do Not Disturb.

To silence both Apple Watch and iPhone, open the Apple Watch app on iPhone, tap My Watch, and turn on Do Not Disturb > Mirror iPhone. Then, any time you change Do Not Disturb on one, the other will change to match.

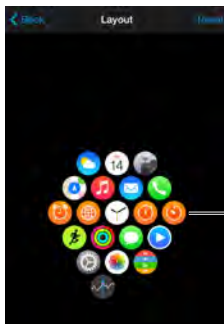
Use and organize apps

Apple Watch includes apps for a variety of communication, information, and timekeeping tasks. They're on a single Home screen, where you can arrange them as you like.

Open an app. From the watch face, press the crown to get to the Home screen, then tap the app icon.

Return to the last app. Double-click the crown.

Rearrange your apps. On Apple Watch, press the crown to get to the Home Screen. Touch and drag icons to move apps to new locations. On iPhone, open the Apple Watch app, tap My Watch, then tap App Layout. Touch and drag apps to move them to new locations. Tap Reset to restore apps to the original layout.



Touch and drag to move apps around.

Go to the App Store. On iPhone, open the Apple Watch app. Tap the Featured, Top Charts, Explore, or Search tabs to explore apps you can use with Apple Watch.

Image

Install and remove apps. [info needed]

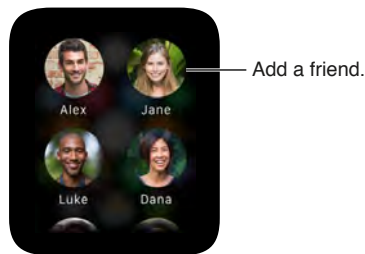
See how many apps you have installed. [info needed]

Check storage used by apps. On iPhone, open the Apple Watch app, tap My Watch, then go to General > Usage. View the storage used by each app and the available storage left on Apple Watch.

Get your friends together

The side button on Apple Watch gives you quick access to people you stay in touch with. Press the button, pick a friend, then call, send a message, or use Digital Touch. But first, add your friends to Apple Watch.

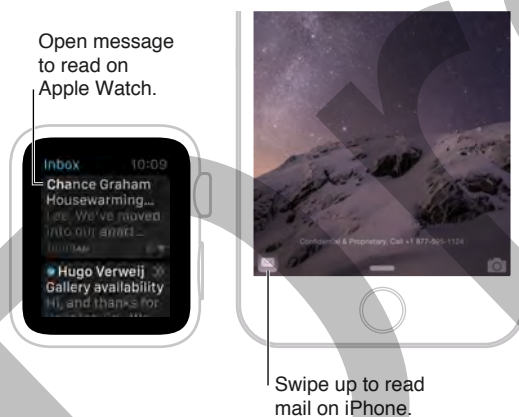
Add friends on Apple Watch. Press the side button to see your friends, tap the Add (+) button, then choose your friend from the list of contacts that appears. If your friend isn't in the list, add them to your contacts on iPhone, then try again.



Add friends to Apple Watch on iPhone. Open the Apple Watch app, tap My Watch, tap Friends, tap Add below the friends list, then tap your friend in the list of contacts that appears. If your friend isn't in the list, open the Contacts app on iPhone and add them, then try again. Friends you add here appear when you press the side button on Apple Watch.

Switch to iPhone and back

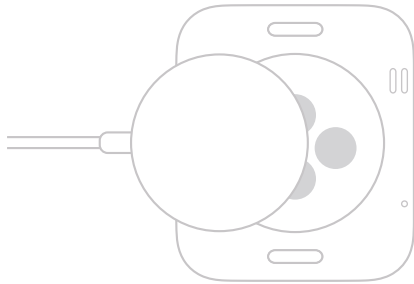
With the Handoff features of your Apple Watch, iPhone, and Mac, you can move from device to device without losing focus on what you're doing. For example, you can easily check email on Apple Watch, but you might want to switch to iPhone to type a long reply using the onscreen keyboard. Simply wake iPhone, and you see an icon in the lower-left corner of the lock screen that matches the app you're using on Apple Watch—in this case, Mail. Swipe up on the icon to open the same email on iPhone, then keep writing your reply.



Turn Handoff on or off. On iPhone, open the Apple Watch app, tap My Watch, then tap General > Enable Handoff.

Charge Apple Watch and save power

Charge Apple Watch. Place the included charger on a flat surface, and plug it into a power outlet. Position the back of Apple Watch on the charger. You'll see a charging symbol on the watch face. The symbol turns green ⚡ when Apple Watch is fully charged.

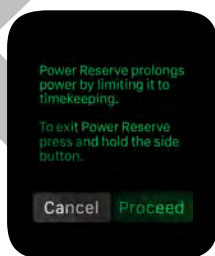


Check remaining power. On Apple Watch, swipe up on the watch face, then swipe left or right to the Power glance.

You can also add the battery power indicator to your watch face. With the watch face showing, press the display, tap Customize, then swipe to the left until you can choose individual feature locations. Tap a location, turn the crown to choose Battery, then press the crown to exit. You can add battery status to these faces: Utility, Simple, Chronograph, Color, Modular, and Mickey.



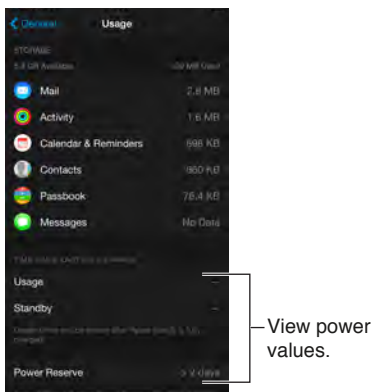
Use Power Reserve to stretch available power. You can put Apple Watch in Power Reserve mode to save power when the battery is low. Apple Watch continues to keep time, but other apps aren't available for use. Swipe up on the watch face, swipe left or right to the Power glance, tap Power Reserve, then tap Proceed.



Note: Apple Watch will automatically enter Power Reserve mode if the battery goes below 10% charged.

Return to normal power mode. Press and hold the side button on Apple Watch.

Check time since last charge. On iPhone, open the Apple Watch app, tap My Watch, then go to General > Usage, where you can view the Time Since Last Full Charge and the Standby usage values. Below that, you can see the Power Reserve value.

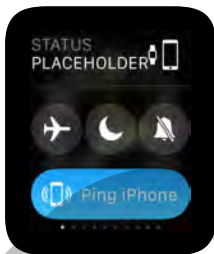


Find your iPhone

Left your iPhone somewhere around the house? Apple Watch can find it if it's nearby.

Make iPhone make noise. Swipe up on the watch face, swipe left or right to the Settings glance, then tap Ping iPhone.

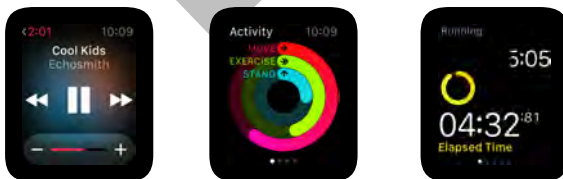
If iPhone is not in range of Apple Watch, you can always try to find it using Find My iPhone from iCloud.com.



Use Apple Watch without iPhone

To get the most out of Apple Watch, it needs to work together with a paired iPhone. There are, however, a few things that Apple Watch does just fine without iPhone:

- Play music stored on Apple Watch
- Track Activity (stand, move, exercise)
- Track workout steps and intensity
- Use Apple Pay to make purchases. See [Make purchases with Apple Pay](#) on page 53.



When you fly

Some airlines might let you fly with Apple Watch (and iPhone) turned on if you put them in Airplane Mode so they can't possibly interfere with aircraft systems.

Turn on Airplane Mode. Swipe up on the watch face, swipe left or right to the Settings glance, then tap the Airplane Mode button. Or, open the Settings app  on Apple Watch, then tap Airplane Mode. When Airplane Mode is on, you'll see  at the top of the screen.



To place both Apple Watch and iPhone in Airplane Mode, open the Apple Watch app on iPhone, tap My Watch, and turn on Airplane Mode > Mirror iPhone. Then, any time you switch to Airplane Mode on one device, the other will switch to match.

Ask Siri on Apple Watch

Siri, the helpful iOS assistant, can deliver lots of info right on Apple Watch. And, like most activities, a Siri conversation that you start on Apple Watch continues on iPhone if you switch devices.

Ask Siri for a favor. Press and hold the crown until you hear the tone, feel the tap, or see the sound waves at the bottom of the screen, then speak your request. To reply to a question from Siri, provide more information, or just continue the conversation, press the crown (you don't need to hold it down).



You'll find suggestions of things you can ask Siri throughout this user guide—they look like this:



Watch Faces and Timekeeping

2



Customize your watch face

Choose from a variety of watch face designs. Pick a face, customize it by adjusting colors, features, and other details, then add it to your collection so you can switch when you need the right timekeeping tool—or whenever the mood strikes.

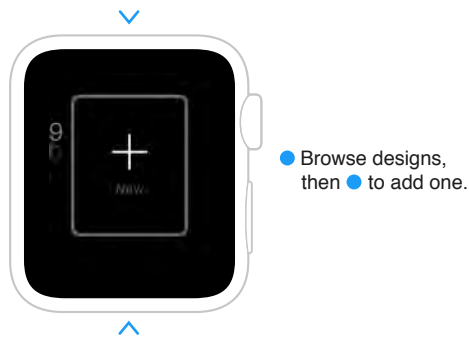
Change the watch face. If you're not already looking at the current watch face, press the crown repeatedly until it appears. With the watch face showing, press the display, then swipe left or right to see the faces in your collection. When you find the face you want, tap it or press the crown.



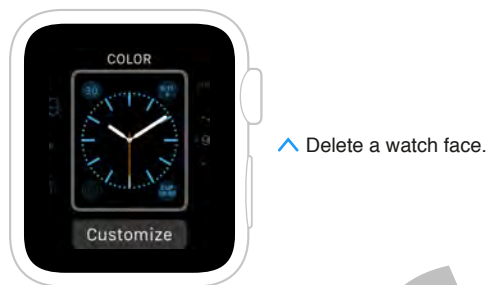
Customize face features. Press the display while the watch face is showing, then tap Customize. Swipe left or right to highlight a feature, then rotate the crown to adjust. On some faces, you need to tap a feature to highlight it. When you're finished, press the crown to save your changes. Tap the face to switch to it.



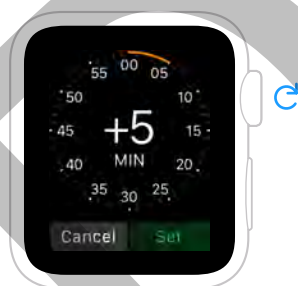
Add a face to your collection. Assemble your own collection of custom faces—even different versions of the same design. Press on the current watch face, swipe all the way to the right, then tap the New button (+). Swipe up and down to browse designs, then tap the one you want to add. After you add it, you can customize it.



Delete a face from your collection. Don't use a face much anymore? Press on your current watch face, swipe left or right to the face you don't want, then swipe it up and away.



Advance the watch time. Like to set your watch ahead? Open the Settings app on Apple Watch, tap Time, tap +0 min, then rotate the crown to advance the displayed time by as much as 59 minutes. This setting only changes the time shown on the watch face—it doesn't affect alarms, times in notifications, or any other times.



Faces and features

Apple Watch includes a variety of watch faces, any of which you can customize to suit you. [Dev Note: If the consensus is that these face descriptions are useful, we'll probably try to collapse them into a single illustration per face with callouts instead of the bullet lists.]

Modular



You can adjust these basic characteristics:

- Color

You can also add this information to the face:

- Calendar/date
- Moon phase
- Sunrise/sunset
- Weather
- Stocks
- Activity summary
- Alarm
- Timer
- Stopwatch
- Battery charge
- World clock
- Next scheduled meeting
- Detailed lunar information
- Detailed sunrise/sunset info
- Detailed weather info
- Detailed activity summary

Color



You can adjust these basic characteristics:

- Dial and hand color

You can also add this information to the face:

- Calendar/date
- Moon phase
- Sunrise/sunset

- Weather
- Activity summary
- Alarm
- Timer
- Stopwatch
- Battery charge
- World clock
- Your monogram

Utility



You can adjust these basic characteristics:

- Color of the sweep hand
- Detail and numbering of the dial

You can also add this information to the face:

- Moon phase
- Sunrise/sunset
- Weather
- Activity summary
- Alarm
- Timer
- Stopwatch
- Battery charge
- World clock
- Calendar
- Next scheduled meeting
- Detailed moon phase
- Detailed sunrise/sunset info
- Detailed weather info
- Detailed stocks info

Simple



You can adjust these basic characteristics:

- Color of the sweep hand
- Detail and numbering of the dial

You can also add this information to the face:

- Moon phase
- Sunrise/sunset
- Weather
- Activity summary
- Alarm
- Timer
- Stopwatch
- Battery charge
- World clock
- Date

Chronograph



You can adjust these basic characteristics:

- Dial divisions
- Face color

You can also add this information to the face:

- Moon phase
- Sunrise/sunset
- Weather
- Activity summary
- Alarm
- Timer
- Battery charge

- World clock
- Calendar
- Stock

Astronomy



Explore:

- Tap the orrery in the lower right to see the current position of the planets in our solar system.
- Tap the Moon to fly there.
- While viewing Earth, the Moon, or the planets, tap the screen, then rotate the crown to play with time.

This face displays only the day, date, and current time, and can't be modified.

Mickey



You can add this information to the face:

- Moon phase
- Sunrise/sunset
- Weather
- Activity summary
- Alarm
- Timer
- Stopwatch
- Battery charge
- World clock
- Next scheduled meeting
- Detailed moon phase
- Detailed sunrise/sunset info
- Detailed weather info
- Detailed stocks info
- Detailed activity summary

Solar

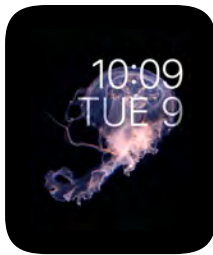


Explore:

- Rotate the crown to move the sun in the sky to dusk, dawn, zenith, sunset, and darkness.

This face displays only the day, date, and current time, and can't be modified.

Motion



You can adjust these basic characteristics:

- The object in motion

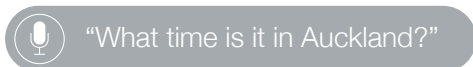
You can also add this information to the face:

- Date, or day and date

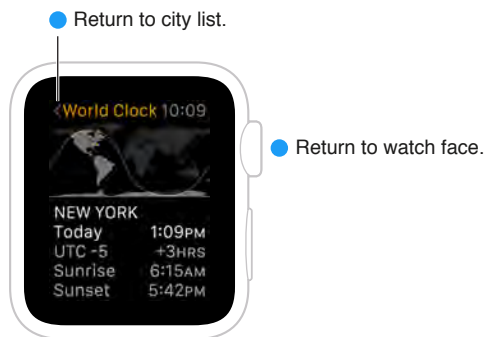
Check the time in other cities

The World Clock app on Apple Watch lets you check the time in cities around the globe. Open the app to check times at other locations, or add cities to your watch face for quick reference.

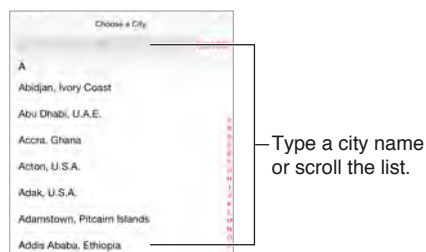
Check the time in another city. Open the World Clock app. Rotate the crown to scroll the list. If there's a city you check frequently, tap to add it to your watch face.



See additional information. To see more information about a city, including time of sunrise and sunset, tap the city in the World Clock list. When you're finished, tap < in the upper left, or swipe from the left edge to return to the city list. As always, you can press the crown to return to the watch face.



Add a city. The cities you add on iPhone appear in World Clock on Apple Watch. Open the Clock app on iPhone, tap World Clock, then tap the Add button (+).



Add a world clock to your watch face. You can add a world clock to several watch face types—some faces will let you add more than one. While viewing the face, press the display, then tap Customize. Swipe left until you can select individual face features, tap the one you'd like to use for a world clock, then rotate the crown to choose a city. When you're finished, press the crown. You can add a world clock to these faces: Modular, Color, Utility, Chronograph (and most of those allow more than one).

View city options, then to select.



Change city abbreviations. If you want to change a city abbreviation used on Apple Watch to identify a location, open the Apple Watch app on iPhone, tap My Watch, then go to Clock > City Abbreviations. Tap any city to change its abbreviation.



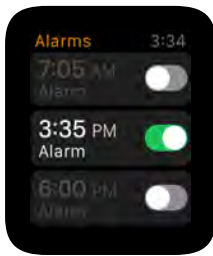
Set alarms

Need to be on time? Use the Alarm Clock app 🕒 to play a sound on or vibrate Apple Watch at the right time. To see upcoming alarms at a glance, add an alarm feature to your watch face—and it lets you open the Alarm app with one tap on the watch face.

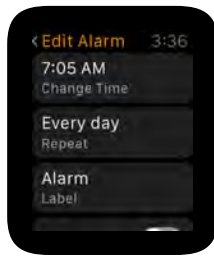
Add an alarm. Open Alarm Clock 🕒, press the display, then tap New (+). Tap Change Time, tap AM or PM, tap the hours or minutes, then rotate the crown to adjust. Tap < in the upper left to return to the alarm settings, then set repeat, label, sound, and snooze to suit you.



Set or adjust an alarm. Open Alarm Clock 🕒, then tap the alarm in the list to change its settings. Tap the button next to the alarm to set or clear it.



● Choose alarm.



● Edit options.



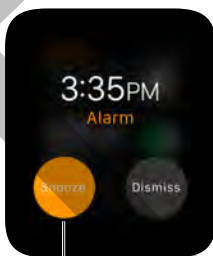
See the upcoming alarm on your watch face. Press the face, then tap Customize. Swipe left until you can select individual face features, tap the one you'd like to use for alarms, then rotate the crown to choose the alarm. When you're finished, press the crown. You can add alarms to these faces: Modular, Color, Utility, Chronograph.



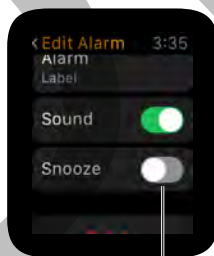
Choose alarm feature to view on watch.



Don't let yourself snooze. Normally, a sounding alarm offers a Snooze button you can tap to wait nine minutes before sounding again. If you don't want to allow snooze, tap the alarm in the list of alarms, then turn off Snooze.

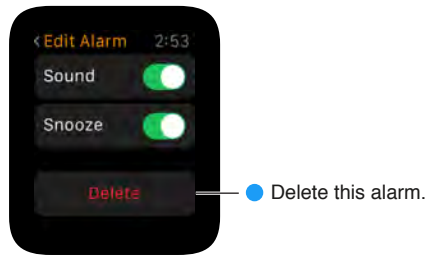


● Snooze for 9 minutes.



Turn off Snooze feature.

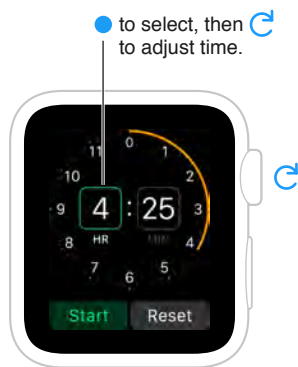
Delete an alarm. Open Alarm Clock 🕒 on Apple Watch, tap the alarm in the list, scroll to the bottom of the Edit Alarm settings, then tap Delete.



Use a timer

Cooking, watering, or waiting for paint to dry? The Timer app ⌚ on Apple Watch can help you keep track. Set timers up to 24 hours.

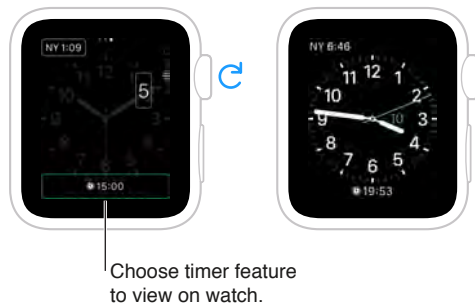
Set a timer. Open Timer ⌚ on Apple Watch, tap hours or minutes, rotate the crown to adjust, then tap Start. If you use a timer often, add a timer to your watch face.



Set a timer for longer than 12 hours. While adjusting the timer, press the display, then tap 24.



See the timer on your watch face. To see the timer on your watch face, press the display while viewing the face, then tap Customize. Swipe left until you can select individual face features, tap the one you'd like to use for the timer, then rotate the crown to choose the timer. When you're finished, press the crown. You can add a timer to these faces: Modular, Color, Utility, Simple, Chronograph, Mickey.



Time events with a stopwatch

Time events as accurately as you can tap your finger. Apple Watch can time full events and keep track of lap or split times, then show the results as a list, a graph, or live on your watch face. If you choose the Chronograph face, the stopwatch is built in. Otherwise, you can add a stopwatch to these faces: Modular, Color, Utility, Simple, Mickey.

Switch to the Stopwatch. Open the Stopwatch app 🕒 from your Home screen, or tap the Stopwatch feature on your watch face (if you've added it). If you use the Chronograph watch face, the stopwatch is built in, and the start/stop and lap buttons are always available.



Start, stop, and reset. Open Stopwatch 🕒, press to choose a type, then tap the start button. Tap the Lap button to record a lap or split. Tap Stop to record the final time. Timing continues while you switch back to the watch face or open other apps. When you're finished, tap the Reset button or the Lap button to reset.



Choose analog/digital/graph/hybrid. You can change the format of the timing display at any time—before, after, or during timing. Press the Stopwatch display, then choose one of the four formats.



Switch between analog 1-dial and 3-dial with splits. Swipe up on the 1-dial analog stopwatch display to see separate minute, second, and tenths dials above a scrolling list of lap times.



Review results. Review results on the display you used for timing, or change displays after timing to analyze lap times and fastest/slowest laps (marked with green and red) in preferred format. Press the Stopwatch display, then choose one of the four display options. If the display includes a list of lap times, rotate the crown to scroll.



Monitor timing from the watch face. If you want to keep an eye on a timing session while displaying your regular watch face, add a stopwatch feature to the face. Then the current elapsed time is visible at a glance, and you can tap it to switch to the full Stopwatch 🕒 for checking lap times.



● Open Stopwatch app.

Quit Stopwatch. If you're using the Stopwatch app 🕒, just press the crown. If you're using the Chronograph watch face, the stopwatch controls are always on the face—tap the lap button to reset.

Notifications and Glances

3



Overview

From the watch face on Apple Watch, you have quick access to notifications and frequently viewed information, called glances. Swipe down on the watch face to view any unread notifications; swipe up to navigate glances.

Notifications



Glances



Respond to notifications

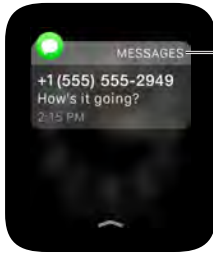
Red dot at the top of your watch face? You have a notification—swipe down to view.



View notifications.

Respond to a notification. When you hear or feel a notification, raise Apple Watch to view, rotate the crown to scroll to the bottom of the notification, then tap any of the buttons you see there. Or tap the app icon in the notification to open the corresponding app.

See notifications you haven't responded to. If you don't respond to a notification when it arrives, it's saved in the Notifications center. A red dot at the top of the watch face lets you know you have an unread notification. Swipe down on the watch face to see the notifications list. Swipe up or down on the list or rotate the crown to scroll the list. Tap a notification to see more details. Tap the app icon in the notification details to open the content of the notification in the corresponding app.



● Open Messages app or ● message to respond.

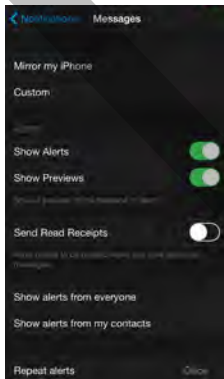
Clear notifications. Apple Watch removes notifications from the notification list after you've read them. To delete a notification as you browse the list, swipe it to the left, then tap Clear. To clear all notifications, press the notifications list, then tap Clear All.



● to clear, ● to clear all notifications.

Dismiss a notification. Swipe down on the notification you're reading, or scroll to the bottom of the notification and tap Dismiss.

Choose which notifications you get. On iPhone, go to Settings > Notifications to specify which apps and events generate a notification. Then, to apply these same settings for an app on Apple Watch, open the Apple Watch app on iPhone, tap My Watch, tap Notifications, tap an app (for example, Messages), then choose Mirror my iPhone. To choose different notification settings on Apple Watch, choose Custom instead.



Silence notifications. To temporarily silence notifications on Apple Watch, swipe to the Settings glance, then tap the Mute button or Do Not Disturb button. To stop notifications from particular apps from making sounds on Apple Watch or iPhone, go to Settings > Notifications on iPhone, tap an app, then choose None for the Notification Sound.

Get a quick glance at handy information

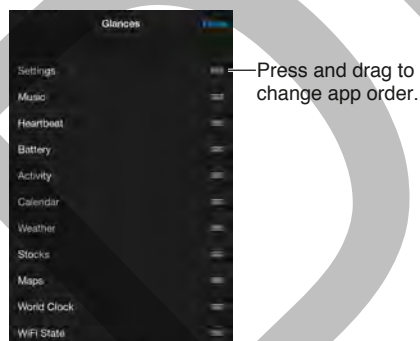


Swipe up on the watch face at any time to see glances of handy info.

Check your glances. If you're not looking at the watch face, press the crown one or more times until it appears. Swipe up on the watch face to see the glance you viewed last. Swipe left or right to see other glances. Swipe down to return to the watch face.

See only what you want to see. To choose which glances you see, open the Apple Watch app on iPhone, tap My Watch, tap Glances, then toggle on or off the glances you want to see. You can't turn off the Settings glance.

Put them in the handiest order. Open the Apple Watch app on iPhone, tap My Watch, tap Glances, tap Edit in the upper right corner, then drag the reorder buttons.



When a glance isn't enough. To open the related app and see more info, tap the glance.

Messages and Digital Touch

4



Read and reply to messages

You can read incoming text messages right on Apple Watch. You can also reply from Apple Watch, by dictating or choosing a prepared response, or switch to iPhone and use its keyboard for serious typing.

Read a message. You'll feel a notification tap or hear an alert sound when a message arrives—just raise Apple Watch to read it. Rotate the crown to scroll. Tap the notification to open the conversation in the Messages app  on Apple Watch. If the message includes a photo, tap it to view it, double-tap to fill the screen, and drag to pan. When you're finished, swipe left on the photo to return to the conversation. If the message includes an audio clip, tap it to listen. The clip is deleted after two minutes to save space—if you want to keep it, tap Keep below the clip. To jump to the top of a long message, tap the top of the display.

Reply to a message. If the message just arrived, tap its alert, scroll to the bottom of the message, then tap Reply. If it arrived a while ago, swipe down on the watch face to see the message notification, tap it, then scroll to the bottom and tap the Reply button.



Start a new conversation. Open the Messages app , press the list of conversations, then tap New Message. Tap a contact in the list of recent conversations that appears, or tap person+ in the lower left to choose from your full list of contacts. You'll feel a quick tap to confirm that the message was sent.

You have several options for composing message content:

- Use prepared phrases
- Dictate new text
- Dictate an audio clip
- Send an animated image
- Send a map showing your location
- Switch to iPhone and use the full keyboard to type a message