RON PLAIN

INSTRUCTOR

TODAY'S AGENDA

- HEALTH APP

- ACTIVITY APP

- SLEEP APP

# TIP:
LATEST APPLE WATCH OS VERSION

VERSION 11.3.1

According to Apple's release notes, watch OS 11.3.1 adds improvements and bug fixes, including a fix for an issue with writing, breathing, disturbances, data to HealthKit for some users.

TURN ON OR OFF FALL DECTION

OPEN THE APPLE WATCH APP ON YOUR IPHONE, THEN TAP THE MY WATCH TAB.

- TAP EMERGENCY SOS.

- TURN FALL DETECTION ON OR OFF. IF FALL DETECTION IS ON, YOU CAN SELECT ALWAYS ON OR ONLY ON DURING WORKOUTS.

- IF YOU ENTERED YOUR AGE WHEN YOU SET UP YOUR APPLE WATCH, OR IN THE HEALTH APP, AND YOU'RE AGE 55 AND OVER, THIS FEATURE TURNS ON AUTOMATICALLY. MAKE SURE THAT YOUR CORRECT AGE APPEARS IN YOUR MEDICAL ID AND YOUR HEALTH PROFILE. FALL DETECTION IS AVAILABLE ONLY FOR THOSE 18 OR OLDER.

- APPLE WATCH CANNOT DETECT ALL FALLS. YOUR WATCH MIGHT DETECT HIGH-IMPACT ACTIVITY AS A FALL AND TRIGGER FALL DETECTION.

SET UP YOUR MEDICAL ID AND ADD EMERGENCY CONTACTS
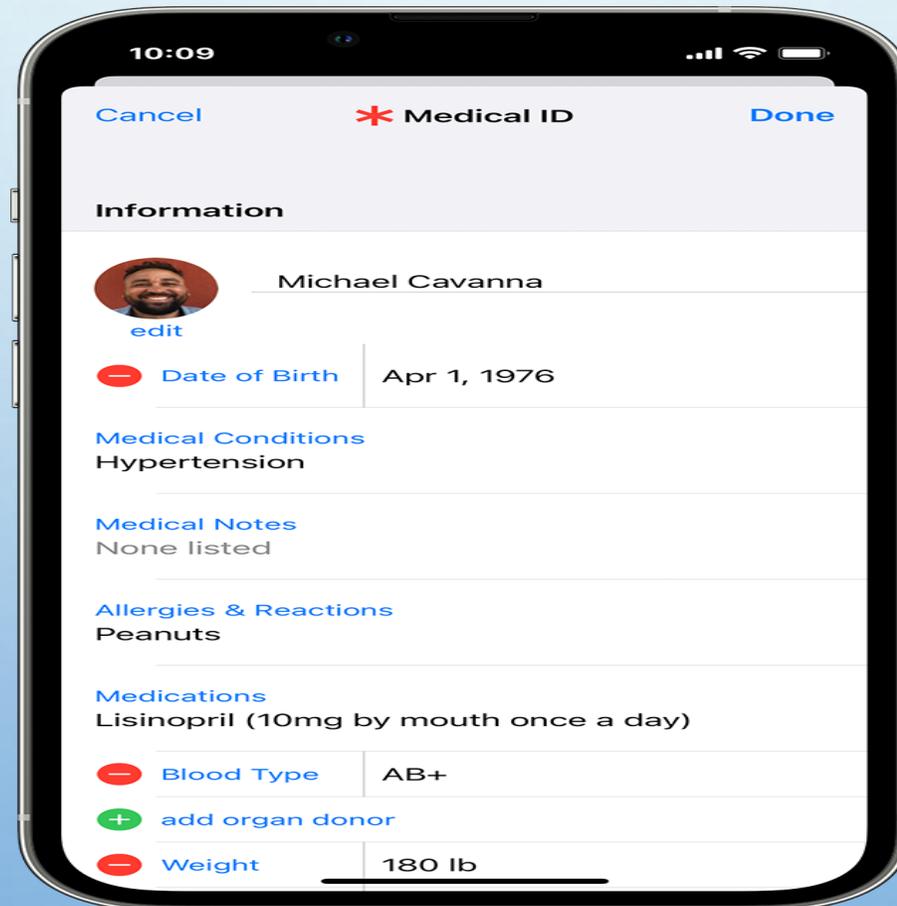
HEALTH APP

Now it's easier than ever to organize and access your important health information. The new Health app consolidates data from your iPhone, Apple Watch, and third-party apps you already use, so you can view all your progress in one convenient place. See your long-term trends, or dive into the daily details for a wide range of health metrics.

CATCH THE HIGHLIGHTS.

- THE HEALTH APP USES MACHINE LEARNING TO DETERMINE THE METRICS THAT MATTER MOST TO YOU, AND IT AUTOMATICALLY CREATES HIGHLIGHTS TO BRING THAT INFORMATION FRONT AND CENTER. YOU CAN DESIGNATE FAVORITES. AND YOU'LL SEE ALERTS FOR THINGS LIKE EXCESSIVE NOISE EXPOSURE OR IF AN UNUSUALLY HIGH OR LOW HEART RATE IS DETECTED.

ALL SORTS OF DATA, EASILY SORTED.

- YOUR BODY IS A COMPLEX SYSTEM. THE HEALTH APP MAKES TRACKING IT SIMPLE. YOU CAN STORE A VAST ARRAY OF HEALTH DATA AND SORT THROUGH IT WITH EASE. USING THE UPDATED SEARCH AND BROWSE TAB, WEIGHT, HEART RATE.

ACTIVITY APP VIDEO

- HTTPS://WWW.GOOGLE.COM/SEARCH?CLIENT=SAFARI&RLS=EN&Q=APPLE+WATCH+ACTIVITY+APP&IE=UTF-8&OE=UTF-8#FPSTATE=IVE&VLD=CID:5A3DE26C,VID:UIYZDXWOU1E,ST:0

THE ACTIVITY APP

THE ACTIVITY APP

- THE ACTIVITY APP ON AN APPLE WATCH TRACKS A PERSON'S MOVEMENT THROUGHOUT THE DAY AND ENCOURAGES THEM TO MEET THEIR FITNESS GOALS. IT TRACKS HOW MUCH A PERSON MOVES, HOW OFTEN THEY STAND, AND HOW LONG THEY EXERCISE.

- HOW IT WORKS

- THE APP USES THREE COLORED RINGS TO SUMMARIZE A PERSON'S PROGRESS.

- THE GOAL IS TO COMPLETE EACH RING EVERY DAY.

- THE APP TRACKS ACTIVE CALORIES BURNED, WHICH ARE CALORIES BURNED THROUGH MOVEMENT.

THE ACTIVITY APP

The Activity app 🎯 on your Apple Watch keeps track of your movement throughout the day and encourages you to meet your fitness goals. The app tracks how often you stand, how much you move, and how many minutes of exercise you do. Three rings in different colors summarize your progress. The goal is to sit less, move more, and get some exercise by completing each ring every day.

The Fitness app on your iPhone keeps a record of your activity. If you've tracked at least 6 months of activity, it displays daily trend data for active calories, exercise minutes, stand hours, stand minutes, walk distance, cardio fitness, walking pace, and more. In the Fitness app on iPhone, tap Summary, then scroll to Trends to see how you're doing compared with your average activity.

THE ACTIVITY APP

Check your progress

Go to the Activity app on your Apple Watch at any time to see how you're doing. The Activity app displays three rings:

•The red Move ring shows how many active calories you've burned.

•The green Exercise ring shows how many minutes of brisk activity you've done.

•The blue Stand ring shows how many times in the day you've stood and moved for at least 1 minute per hour.

SEE YOUR WEEKLY SUMMARY

1. OPEN THE FITNESS APP ON YOUR IPHONE AND SELECT SUMMARY.

2. TAP ON THE ACTIVITY RINGS, THEN SELECT 📅, FOLLOWED BY A DATE.

IF ACTIVITY APP ISN'T WORKING

- F YOUR APPLE WATCH ISN'T TRACKING ACTIVITY, IT COULD BE BECAUSE: YOU HAVEN'T ENABLED THE NECESSARY PERMISSIONS IN YOUR IPHONE SETTINGS, YOUR WATCH ISN'T WORN TIGHTLY ENOUGH, THE WRIST DETECTION FEATURE IS OFF, YOU NEED TO UPDATE YOUR SOFTWARE, OR THERE MIGHT BE A PROBLEM WITH YOUR APPLE HEALTH SETTINGS; CHECK YOUR PRIVACY SETTINGS ON YOUR IPHONE TO ENSURE THE ACTIVITY APP HAS ACCESS TO YOUR MOTION DATA, AND MAKE SURE YOUR WATCH IS SNUG ON YOUR WRI

IF ACTIVITY ISN'T WORKING

- HERE ARE A FEW THINGS TO CHECK:

- **CHECK PRIVACY SETTINGS:** ON YOUR IPHONE, GO TO SETTINGS > PRIVACY > MOTION & FITNESS AND MAKE SURE FITNESS TRACKING IS TURNED ON.

- **WRIST DETECTION:** ENSURE WRIST DETECTION IS ENABLED ON YOUR APPLE WATCH.

- **WEAR IT TIGHTLY:** MAKE SURE YOUR APPLE WATCH IS WORN SNUGLY ON YOUR WRIST.

- **SOFTWARE UPDATES:** CHECK FOR UPDATES ON BOTH YOUR IPHONE AND APPLE WATCH.

- **RESTART DEVICES:** TRY RESTARTING YOUR APPLE WATCH AND IPHONE.

- **CALIBRATE FITNESS DATA:** RESET YOUR FITNESS CALIBRATION DATA IN YOUR IPHONE SETTINGS IF NEEDED.

- **CHECK FOR ISSUES WITH GPS:** IF YOU'RE TRYING TO TRACK OUTDOOR ACTIVITY, VERIFY THAT YOUR APPLE WATCH HAS A GOOD GPS SIGNAL.

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TRACK YOUR SLEEP WITH APPLE WATCH

With the Sleep app 🛏 on Apple Watch, you can create bedtime schedules to help you meet your sleep goals. Wear your watch to bed, and Apple Watch can estimate the time you spent in each sleep stage—REM, Core, and Deep—as well as when you might have woken up. When you wake up, open the Sleep app to learn how much sleep you got and see your sleep trends over the past 14 days.

If your Apple Watch is charged less than 30 percent before you go to bed, you're prompted to charge it. In the morning, just glance at the greeting to see how much charge remains

SLEEP ON APPLE WATCH

- *NOTE:* APPLE WATCH TRACKS YOUR SLEEP BASED ON THE SLEEP SCHEDULE YOU CREATE. APPLE WATCH CAN ALSO TRACK YOUR SLEEP WHEN YOU MANUALLY TURN ON SLEEP FOCUS. TO RECEIVE SLEEP DATA FROM APPLE WATCH, IT MUST TRACK YOUR SLEEP FOR AT LEAST FOUR HOURS EACH NIGHT.

SET UP SLEEP ON APPLE WATCH

You can also open the Health app on iPhone, tap Browse, tap Sleep, then tap Get Started (under Set Up Sleep).

1. Open the Sleep app 🛏 on your Apple Watch
2. Follow the onscreen instructions

You can also open the Health app on iPhone, tap Browse, tap Sleep, then tap Get Started (under Set Up Sleep).

CHANGE OR ADD A SLEEP SCHEDULE

1. OPEN THE SLEEP APP ON YOUR APPLE WATCH

2. TAP FULL SCHEDULE, THEN DO ONE OF THE FOLLOWING:

    1. *CHANGE A SLEEP SCHEDULE:* TAP THE CURRENT SCHEDULE.

    - *ADD A SLEEP SCHEDULE:* TAP ADD SCHEDULE.

    - *CHANGE YOUR SLEEP GOAL:* TAP SLEEP GOAL, THEN SET THE AMOUNT OF TIME YOU WANT TO SLEEP.

    - *CHANGE WIND DOWN TIME:* TAP WIND DOWN, THEN SET THE AMOUNT OF TIME YOU WANT THE SLEEP FOCUS TO BE ACTIVE BEFORE BEDTIME.

    - THE SLEEP FOCUS TURNS OFF THE WATCH DISPLAY AND TURNS ON DO NOT DISTURB TO REDUCE DISTRACTIONS BEFORE YOUR SCHEDULED BEDTIME.

3. DO ANY OF THE FOLLOWING:

    1. *SET THE DAYS FOR YOUR SCHEDULE:* TAP YOUR SCHEDULE, THEN TAP ACTIVE ON. CHOOSE DAYS, THEN TAP

SLEEP SCHEDULE CONTINUED

- *DJUST YOUR WAKE TIME AND BEDTIME:* TAP YOUR SCHEDULE, TAP WAKE UP OR BEDTIME, TURN THE DIGITAL CROWN TO SET A NEW TIME, THEN TAP

- *SET THE ALARM OPTIONS:* TAP YOUR SCHEDULE, THEN TURN ALARM OFF OR ON AND TAP SOUND & HAPTICS TO CHOOSE AN ALARM SOUND.

- *REMOVE OR CANCEL A SLEEP SCHEDULE:* TAP YOUR SCHEDULE, THEN TAP DELETE SCHEDULE (AT THE BOTTOM OF THE SCREEN) TO REMOVE AN EXISTING SCHEDULE, OR TAP CANCEL (AT THE TOP OF THE SCREEN) TO CANCEL CREATING A NEW ONE.

CHANGE SLEEP OPTIONS

- OPEN THE SETTINGS APP ON YOUR APPLE WATCH.

1. OPEN THE SETTINGS APP ON YOUR APPLE WATCH

2. TAP SLEEP, THEN ADJUST THESE SETTINGS:

   - *TURN ON AT WIND DOWN:* BY DEFAULT, THE SLEEP FOCUS BEGINS AT THE WIND DOWN TIME YOU SET IN THE SLEEP APP. IF YOU'D PREFER TO CONTROL THE SLEEP FOCUS MANUALLY IN CONTROL CENTER, TURN THIS OPTION OFF.

   - *SLEEP SCREEN:* YOUR APPLE WATCH DISPLAY AND IPHONE LOCK SCREEN ARE SIMPLIFIED TO REDUCE DISTRACTIONS.

   - *SHOW TIME:* SHOW THE DATE AND TIME ON YOUR IPHONE AND APPLE WATCH WHILE THE SLEEP FOCUS IS ACTIVE.

3. TURN SLEEP TRACKING AND CHARGING REMINDERS ON OR OFF.

4. WHEN SLEEP TRACKING IS ON, YOUR APPLE WATCH TRACKS YOUR SLEEP AND ADDS SLEEP DATA TO THE HEALTH APP ON YOUR IPHONE.

5. TURN ON CHARGING REMINDERS TO HAVE YOUR APPLE WATCH REMIND YOU TO CHARGE YOUR WATCH BEFORE YOUR WIND DOWN TIME AND NOTIFY YOU WHEN YOUR WATCH IS FULLY CHARGED.

- YOU CAN ALSO CHANGE THESE SLEEP OPTIONS ON YOUR IPHONE. OPEN THE APPLE WATCH APP ON YOUR IPHONE, TAP MY WATCH, THEN TAP SLEEP.

VIEW YOUR RECENT HISTORY

- VIEW YOUR RECENT SLEEP HISTORY.   ON YOUR APPLE WATCH.

1.Scroll down to see the amount of sleep you got the night before, the time spent in each sleep stage, and your sleep average over the last 14 days.
To see your sleep history on iPhone, open the Health app on iPhone, tap Browse, then tap Sleep. For more details—the average time you spent in each sleep stage, for example—tap Show More Sleep Data.

REVIEW YOUR SLEEPING RESPIRATORY RATE

- YOUR APPLE WATCH CAN HELP TRACK YOUR BREATHING RATE AS YOU SLEEP, WHICH CAN GIVE YOU GREATER INSIGHT INTO YOUR OVERALL HEALTH. AFTER WEARING YOUR WATCH TO BED, FOLLOW THESE STEPS:

1. OPEN THE HEALTH APP ON YOUR IPHONE, TAP BROWSE, THEN TAP RESPIRATORY.

2. TAP RESPIRATORY RATE, THEN TAP SHOW MORE RESPIRATORY RATE DATA.

3. THE SLEEP ENTRY SHOWS THE RANGE OF YOUR RESPIRATORY RATE AS YOU'VE SLEPT.

CUSTOMIZE YOUR WATCH FACES

- PRESS THE DIGITAL CROWN TO GO TO THE WATCH FACE.

- FIRMLY PRESS THE DISPLAY.

- SWIPE LEFT OR RIGHT TO CHOOSE A FACE, THEN TAP CUSTOMIZE.

- SWIPE LEFT OR RIGHT TO SELECT A FEATURE, THEN TURN THE DIGITAL CROWN TO CHANGE IT. FOR EXAMPLE, YOU MIGHT CHANGE THE COLOR OF THE SECOND HAND OR THE MARKINGS ON THE FACE.
  SWIPE ALL THE WAY TO THE LEFT TO EDIT COMPLICATIONS. TAP A COMPLICATION TO SELECT IT, THEN TURN THE DIGITAL CROWN TO CHANGE IT. YOU CAN ALSO ADD COMPLICATIONS FROM OTHER APPS.

  WHEN YOU'RE FINISHED, PRESS THE DIGITAL CROWN TO SAVE YOUR CHANGES.

- TAP THE WATCH FACE TO SET IT AS YOUR CURRENT FACE.

- YOU CAN ALSO CHANGE THE WATCH FACE FROM YOUR IPHONE. OPEN THE APPLE WATCH APP, THEN TAP THE FACE GALLERY TAB.

CUSTOMIZE YOUR WATCH FACES

- LAUNCH THE WATCH APP ON YOUR IPHONE.

- TAP THE FACE GALLERY TAB.

- TAP A WATCH FACE TO SELECT IT. THEY ARE ORGANIZED BY TYPE.

- CUSTOMIZE THE COMPLICATIONS AND STYLE AND COLOR OF THE WATCH FACE.

- TAP ADD.

WHAT IS A COMPLICATION?

- **APPLE WATCH COMPLICATIONS** ARE LITTLE BITS OF INFORMATION FROM APPS THAT APPEAR ON THE **WATCH FACE**. DIFFERENT **WATCH FACES**, AS WELL AS DIFFERENT **APPLE WATCH** MODELS, SUPPORT DIFFERENT SIZE **COMPLICATIONS**, WHICH APP DEVELOPERS HAVE TO BUILD SPECIFICALLY FOR.

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