Table of Contents

Read Me First ............................................................................................................. 7
  Updates and More .................................................................................................... 7
  What’s New in Version 1.1 ...................................................................................... 8

Introduction .................................................................................................................. 10

Apple Watch Quick Start ............................................................................................. 11

Understand the Apple Watch ....................................................................................... 14
  The iPhone Connection ........................................................................................... 14
  Charge the Apple Watch .......................................................................................... 15
  Apple Pay and Wallet ............................................................................................... 16
  Security .................................................................................................................. 16
  Which Watch? .......................................................................................................... 17
  Bluetooth, Wi-Fi, and Cellular Connections .......................................................... 23
  Watch Bands ............................................................................................................ 24

Apple Watch First Tasks ............................................................................................. 25
  Switch to the App List View .................................................................................... 25
  Turn Off the Option to Auto-Add Apps ................................................................ 26
  Set the Watch’s Default Wi-Fi Network ................................................................... 26
  Set the Appearance and Feedback ......................................................................... 27
  Set Up Medical ID ................................................................................................... 29
  Activate Find My Apple Watch .............................................................................. 29
  Give Siri a Try ......................................................................................................... 30

Interact with the Apple Watch ...................................................................................... 31
  The Digital Crown ................................................................................................... 31
  The Side Button ....................................................................................................... 32
  Interact with the Screen .......................................................................................... 33
  Talk to Your Wrist .................................................................................................... 35
  Haptic Feedback ....................................................................................................... 37

Personalize the Apple Watch Face ............................................................................... 38
  Pick a Watch Face .................................................................................................... 38
  Set Up and Use Complications .............................................................................. 41
  Save a Custom Face ................................................................................................. 44

Click here to buy the full 196-page “Take Control of Apple Watch” for only $14.99!
<table>
<thead>
<tr>
<th>Use Your Own Photos</th>
<th>45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Share Watch Faces</td>
<td>49</td>
</tr>
<tr>
<td><strong>Use Control Center</strong></td>
<td>53</td>
</tr>
<tr>
<td>Connection Info</td>
<td>53</td>
</tr>
<tr>
<td>Cellular</td>
<td>54</td>
</tr>
<tr>
<td>Wi-Fi</td>
<td>55</td>
</tr>
<tr>
<td>Airplane Mode</td>
<td>56</td>
</tr>
<tr>
<td>Battery Level</td>
<td>56</td>
</tr>
<tr>
<td>Ping iPhone</td>
<td>56</td>
</tr>
<tr>
<td>Flashlight</td>
<td>57</td>
</tr>
<tr>
<td>Do Not Disturb</td>
<td>58</td>
</tr>
<tr>
<td>Silent Mode</td>
<td>59</td>
</tr>
<tr>
<td>Theater Mode</td>
<td>59</td>
</tr>
<tr>
<td>Water Lock</td>
<td>59</td>
</tr>
<tr>
<td>Audio Output</td>
<td>60</td>
</tr>
<tr>
<td>Announce Messages</td>
<td>61</td>
</tr>
<tr>
<td>Walkie Talkie</td>
<td>61</td>
</tr>
<tr>
<td>Sleep Mode</td>
<td>61</td>
</tr>
<tr>
<td>Edit Control Center Icons</td>
<td>61</td>
</tr>
<tr>
<td><strong>Work with Apps</strong></td>
<td>63</td>
</tr>
<tr>
<td>Locate and Open Apps</td>
<td>63</td>
</tr>
<tr>
<td>Access the Dock</td>
<td>64</td>
</tr>
<tr>
<td>Add and Organize Dock Apps</td>
<td>64</td>
</tr>
<tr>
<td>Turn Off Animation</td>
<td>66</td>
</tr>
<tr>
<td>Customize the Home Screen</td>
<td>66</td>
</tr>
<tr>
<td>Install Apps</td>
<td>68</td>
</tr>
<tr>
<td>Remove Apps</td>
<td>71</td>
</tr>
<tr>
<td><strong>Manage Notifications</strong></td>
<td>73</td>
</tr>
<tr>
<td>Act on a Notification</td>
<td>73</td>
</tr>
<tr>
<td>Keep Notifications Private</td>
<td>74</td>
</tr>
<tr>
<td>View Missed Notifications</td>
<td>74</td>
</tr>
<tr>
<td>Clear Notifications</td>
<td>75</td>
</tr>
<tr>
<td>Choose Which Notifications You Receive</td>
<td>76</td>
</tr>
<tr>
<td>Choose Feedback for Alerts</td>
<td>77</td>
</tr>
<tr>
<td>Receive Mail from VIPs Only</td>
<td>78</td>
</tr>
</tbody>
</table>

Click here to buy the full 196-page “Take Control of Apple Watch” for only $14.99!
# Communicate with Friends
- Reply to Messages .......................................................... 80
- Chat Using Messages ....................................................... 87
- Communicate by Phone .................................................... 89
- Speak Using Walkie-Talkie ............................................... 93
- Find Your Friends .......................................................... 95

# Communicate Using Mail
- Read Email ..................................................................... 97
- Reply to a Message .......................................................... 99
- Write Email ................................................................... 100
- Personalize Mail Browsing ............................................... 101

# Stay Healthy with the Apple Watch
- Activity Tracking ............................................................ 103
- Monitor Your Heart Health ............................................... 107
- Measure Your Blood Oxygen Level .................................... 110
- Monitor Your Hearing ...................................................... 111
- Share Activity ............................................................... 113
- Work the Workout .......................................................... 114
- Calibrate the Sensors ..................................................... 121
- Track Your Cycle ............................................................ 122
- Breathe ........................................................................ 123
- Sleep Better .................................................................. 124
- Thoroughly Wash Your Hands .......................................... 128

# Use Apple Pay and Wallet
- Set Up Cards for Apple Pay ............................................. 131
- Use Apple Pay in Person .................................................. 133
- Use Apple Pay on a Mac .................................................. 133
- Work in Wallet ............................................................... 135

# Use Maps and Directions
- Find a Location Using Siri ................................................ 136
- Find a Location Using the Maps App .................................. 137
- Get Directions .................................................................. 139
- Return Home ................................................................. 143
- Compass ........................................................................ 144
- About the GPS ................................................................ 145

Click here to buy the full 196-page “Take Control of Apple Watch” for only $14.99!
# Manage Calendars and Reminders

- Open the Calendar App .................................................. 146
- Views in the Calendar App .............................................. 147
- Use Siri with Calendar .................................................. 148
- Respond to a Reminder .................................................. 148
- Use the Reminders App .................................................. 149

# Experience Media on the Apple Watch

- Now Playing .............................................................. 153
- Listen to Music, Podcasts, and Audiobooks ..................... 154
- Control Media Remotely ................................................ 159
- View (and Capture) Photos .............................................. 162

# Use Family Setup

- Add a Watch Using Family Setup ...................................... 167
- Configure Schooltime Mode ............................................ 169

# Customizations and Important Settings

- Watch Orientation ........................................................ 171
- Wake Screen Options .................................................... 172
- Adjust Appearance ....................................................... 173
- Sounds and Haptics ..................................................... 174
- Rename Your Watch ..................................................... 175
- Nightstand Mode ........................................................ 175
- Accessibility ............................................................... 176
- Passcode ................................................................. 178
- Wrist Detection .......................................................... 179
- Pair Another Watch ..................................................... 179
- Unlock Your Mac ........................................................ 180
- Use Emergency Features ................................................ 182

# Care and Feeding of Your Apple Watch

- Recharge the Watch ................................................... 185
- Restart the Watch ....................................................... 186
- Reset the Watch ......................................................... 187
- Restore the Watch ....................................................... 188
- Updating the Watch’s Software ........................................ 189
- If the Watch Goes Missing ............................................ 189
- Cleaning ..................................................................... 192

Click here to buy the full 196-page “Take Control of Apple Watch” for only $14.99!
This ebook was published in September 2020 by alt concepts inc. It was written by Jeff Carlson and edited by Joe Kissell.

This book helps you with the Apple Watch, Apple’s wearable digital device. It focuses on what the Apple Watch is (and isn’t), how it interacts with other Apple devices, and how you can incorporate the Apple Watch into your daily life.

If you want to share this ebook with a friend, we ask that you do so as you would with a physical book: “lend” it for a quick look, but ask your friend to buy a copy for careful reading or reference. Discounted classroom and user group copies are available.

Copyright © 2020, Jeff Carlson. All rights reserved.

Updates and More

You can access extras related to this ebook on the web (use the link in Ebook Extras, near the end; it’s available only to purchasers). On the ebook’s Take Control Extras page, you can:

• Download any available new version of the ebook for free, or buy any subsequent edition at a discount.

• Download various formats, including PDF, EPUB, and Mobipocket. (Learn about reading on mobile devices on our Device Advice page.)

• Read the ebook’s blog. You may find new tips or information, as well as a link to an author interview.

If you bought this ebook from the Take Control website, it has been added to your account, where you can download it in other formats and access any future updates.
What’s New in Version 1.1

This book started as *Apple Watch: A Take Control Crash Course* and was published even before the first Apple Watch arrived. Since then, the watch has become a major product in Apple’s lineup and I see people wearing them everywhere. The book you’re reading now is a complete overhaul and expansion of that humble little guide into a full Take Control title.

This version incorporates the changes in the new watchOS 7. Noteworthy changes include:

- A major (but too-frequently hidden) way of interacting with the Apple Watch is now gone. watchOS 7 removes the Force Touch gesture for bringing up additional controls. The book has been updated throughout; for example, to Clear Notifications, a new Clear All button appears instead of requiring you to force-press the screen.

- In the same necessary spirit, this book covers topics specifically with an emphasis on watchOS 7. Although most features throughout are similar between watchOS 6 and watchOS 7, some actions (like buttons that replace Force Touch) aren’t available in the previous operating system. Furthermore, watchOS 7 works only with Series 3 and later watches. So if, for example, you’ve inherited an old Series 2 watch that can run only watchOS 6, some of the instructions here won’t match.

- If you own an Apple Watch Series 6, *Measure Your Blood Oxygen Level* as another means of helping you keep tabs on your overall health.

- In addition to new watch faces, watchOS 7 adds the capability to Share Watch Faces with friends, and load complications layouts you’ve received from others.

- The language translation capabilities introduced in iOS 14 extend to the watch, so when you Give Siri a Try, you can ask Siri to translate phrases for you.

Click here to buy the full 196-page “Take Control of Apple Watch” for only $14.99!
• When you Edit Control Center Icons, you can now remove icons you don’t use (such as Walkie Talkie) to declutter the interface.

• More options to Stay Healthy with the Apple Watch have been added. The watch can help you Sleep Better by tracking your sleep quality and setting up a sleep schedule, remind you to Thoroughly Wash Your Hands, and of course give you credit for dancing when you Work the Workout.

• Use Family Setup to configure and manage other watches for members of your family who don’t have iPhones, such as kids.

• If you find yourself with multiple Apple Watch models, learn how to Pair Another Watch with the same iPhone to keep all your data consistent.
Introduction

Apple is hailed as a pinnacle of consumer electronics design, but it has also been an unexpected driver of fashion. The iPod was notable for storing 1,000 songs in a device the size of a deck of cards, but one of its lasting impacts was to introduce white earbuds to nearly every public space. Wearing them now is so commonplace that we don’t even think about it, yet more than a decade ago they were a fashion statement: *I own an Apple product.*

Now, with the Apple Watch, the company has made another fashion statement: *Your personal technology can be more personal, and more distinctive.* It’s not a sliver of glass you pull out of your pocket or bag. It’s a timepiece, a communications center, and a connection to your personal information that you wear all the time. And if your experience is like mine, you now see Apple Watches everywhere.

Maybe you currently wear a traditional watch, or perhaps you haven’t worn one for years, if ever. What’s the appeal of an Apple timepiece?

The Apple Watch is an extension of the information you deal with every day. Without making the now-common-but-still-distracting motion of pulling out your iPhone, you can keep up with notifications, your schedule, and reminders; interact with people via text messaging or phone; track fitness goals and record vital exercise information generated by the sensors in the watch and in your iPhone; purchase items using Apple Pay; and much more. And you’ll look stylish while doing it.

This book is your essential guide to the Apple Watch and its capabilities and possibilities. I’ve worn my Apple Watch every day since it was first available. It has surprised, delighted, and, yes, occasionally perplexed me—it’s my job, after all, to be confused and solve problems first, so I can guide you to the solutions.

The Apple Watch is now one of my essential devices, and I think you’ll find that it becomes one of yours, too.
The Apple Watch offers numerous capabilities, none of which need to be tackled in a specific order. Feel free to jump to any topic below, although I do recommend that you start with the first chapters.

**Discover the Apple Watch:**
- New to the watch? Start with the [Apple Watch First Tasks](#) for my recommendations on settings that improve your experience.
- Read [Understand the Apple Watch](#) to get an idea of how to think about it and how it can become part of your everyday life.
- If you don’t yet own a watch, hit up [Which Watch?](#) for details on models, materials, sizes, and bands.
- The watch introduces new ways of interacting with an Apple device, so be sure to read [Interact with the Apple Watch](#).

**Make it your own:**
- Start with what you’ll see the most and [Personalize the Apple Watch Face](#) with different themes and *complications* (additional elements that display information on the face). Then, [Share Watch Faces](#) with your friends and add others’ faces to your watch.
- Add frequently used apps to [Access the Dock](#) and quickly access system-wide features when you [Use Control Center](#).
- Install and run apps from the iPhone or the App Store on the watch in [Work with Apps](#).
- To take a deeper dive into the setup process, read [Customizations and Important Settings](#).

**Communicate with the world:**
- Aside from checking the time, you’ll probably interact the most with the Apple Watch through [Manage Notifications](#); learn how to view the most important ones and limit which of the others get through so that you’re not overwhelmed.
• In Communicate with Friends, discover how to send text and audio messages, as well as Digital Touch taps and drawings, place and answer phone calls, and use Walkie-Talkie to chat directly in bursts.

• Manage, reply to, and compose email messages in Communicate Using Mail.

**Push yourself:**
• In Stay Healthy with the Apple Watch, learn how to track daily activity and how to use the watch with workouts.

• Stay on top of your personal health: Monitor Your Heart Health, Measure Your Blood Oxygen Level, Monitor Your Hearing, Track Your Cycle, Sleep Better, and for goodness’ sake, Thoroughly Wash Your Hands.

**Find your way:**
The Apple Watch can help you get around using Use Maps and Directions. It can also keep you on task with Manage Calendars and Reminders.

**Control your media:**
• Listen to Music, Podcasts, and Audiobooks directly on the watch, from your iPhone, or streamed from Apple Music.

• Since the watch is always on your wrist, it becomes a universal remote that won’t get lost in the living room. Read Control Media Remotely and start controlling playback from your Apple TV, Music or iTunes on a computer, and iPhone.

• The watch can control the camera in your iPhone, and you can view photos on the watch; see View (and Capture) Photos.

**Put your wallet away:**
Read Use Apple Pay and Wallet and start buying goods and redeeming tickets with the press of a button.

---

Click here to buy the full 196-page “Take Control of Apple Watch” for only $14.99!
**Take care of your watch:**
Don’t neglect the Care and Feeding of Your Apple Watch, which involves everything from cleaning the case and bands to resetting the watch to its factory defaults if necessary.

**Invite the whole family:**
If you’re more comfortable giving a child a watch than a phone, an Apple Watch is a great way to communicate and keep tabs on them. **Use Family Setup** to activate a cellular-enabled model from your iPhone.
Understand the Apple Watch

It would be easy to assume that the Apple Watch is like an iPhone for your wrist, but that’s not really the case. The watch expressly emphasizes short, focused interaction with your information. For example, on the watch you can receive text messages and can send quick replies, but lengthy correspondence is best shifted to the iPhone.

It’s important to understand this approach. We’re so accustomed to devices that demand our focus that it’s slightly jarring at first when the Apple Watch shuns attention. Don’t be surprised if it takes a few days to adopt this mindset after you start using the watch, even knowing about it ahead of time.

The iPhone Connection

Although the device does feature a touchscreen, wireless communication, and a microprocessor to run it all, the Apple Watch isn’t yet an independent device. It still relies on a companion iPhone to be truly useful—though standalone versions are almost certainly planned for the future. For now, specifically, you need an iPhone 6s or later running iOS 13 or later to connect to and set up the watch. The Apple Watch works only with an iPhone, not an iPad or iPod touch. Starting with watchOS 7, it’s possible to set up a watch using someone else’s iPhone, such as for a child who doesn’t have their own phone; see Use Family Setup.

The core software functions of the Apple Watch—such as the clock and activity tracker—are dedicated apps that live in the watch’s memory. Third-party apps can be installed using the wireless communication with an iPhone via Bluetooth and Wi-Fi, or downloaded directly from the App Store app on the watch. In many cases, the data you see in those apps is fed from their iPhone counterparts.
The watch piggybacks on the iPhone’s internet connection or uses a local Wi-Fi network. Models equipped with cellular radios can also connect through cell networks when the iPhone is out of range (such as if you’re out for a run).

A companion app on the iPhone, unsurprisingly called Watch, is used to configure the watch’s Home app icon layout, enable fitness features, choose how messages display, install watchOS updates, and more, as I discuss throughout this book.

### Charge the Apple Watch

Apple expects that the battery will last “all day,” or 18 hours of normal use, depending on the model. So, watch owners will charge the device once a day. (Exercise drains the battery faster; see The Heart of the Sensors.) I usually end up with about 60 percent or more power left at the end of the day, so Apple’s estimate is actually conservative.

The included charger attaches magnetically to the back of the watch, while the battery receives power via inductive charging (so there’s no exposed plug that’s difficult to locate in the dark) (**Figure 1**).

**Figure 1:** The charger attaches to the back of the watch using magnets that position it correctly.
Apple Watch First Tasks

Over my years of wearing an Apple Watch, I’ve discovered several things that improve my interaction with it. Some are small details, while others make a big difference to me. Feel free to pick and choose among these suggestions to see what works best for you.

Switch to the App List View

The default Grid view layout of the Home screen is a novel idea for arranging apps on a small screen, but I find it frustrating. If you can’t easily identify an app’s icon, it feels like poking at fish in a barrel. I prefer the List view, which displays larger icons and the app names.

To change the view on the watch, press the Digital Crown to view the Home screen, then go to Settings > App View and tap the List View button (Figure 6).

![Switch to the List view for a more sane view of your apps.](image)

Figure 6: Switch to the List view for a more sane view of your apps.

If the list involves too much scrolling for your taste, use the same steps to switch back to the Grid view. You can always Customize the Home Screen.
**Tip:** Most settings can be applied on both the watch itself and in the Watch app on the iPhone. In this case, tap App View on the My Watch screen and choose List View as your preference.

---

**Turn Off the Option to Auto-Add Apps**

When you install an app on your iPhone that includes an Apple Watch version, the watch app is automatically added. The assumption is that you probably wanted both components, so Apple is doing some of the work for you.

Maybe I put too many apps on my iPhone, because this feature quickly loaded up my watch’s Home screen with apps I didn’t want, including many that I didn’t realize were available on the watch.

Instead, open the Watch app on the iPhone, go to General, and turn off Automatic App Install. You can always Install Apps manually, which isn’t difficult.

---

**Set the Watch’s Default Wi-Fi Network**

The Apple Watch includes a Wi-Fi radio, and in theory, if your iPhone is out of range but on the same Wi-Fi network, the two can still communicate. Or, if the iPhone is turned off, the watch will still communicate with the internet using Wi-Fi. However, for the longest time I noticed that my watch acted as if Wi-Fi was just an invisible dream.

To make sure it can connect to your Wi-Fi network independently, do the following:

1. On the watch, go to Settings > Wi-Fi.
2. Under Choose Network, tap the name of your preferred network (Figure 7).
Interact with the Apple Watch

When Steve Jobs introduced the iPhone, he explained that the ideal tool to use it was not a stylus or physical buttons, but our fingers. The responsiveness of the touchscreen made finger gestures—tapping, swiping, and pinching—the new language of interaction with technology. But fingers are usually too big to do the same with a watch, so Apple incorporated additional interaction methods—and, in watchOS 7, removed one: force touch.

The Digital Crown

Let’s start with the watch’s signature controller, the knob on the side called the Digital Crown. A crown is a staple of mechanical watch design, used to set the time and, on some models, to wind the mechanism that keeps it running.

Turning the Crown

Turning the Digital Crown scrolls content on the screen, zooms in and out on the Home screen and when you’re viewing photos or maps (Figure 10), and switches between other visible options.

Figure 10: Turn the Digital Crown to zoom into a map.
Pressing the Crown

Pressing the Digital Crown has various effects, depending on the context:

• When the watch face is visible, a single press of the Digital Crown displays the Home screen.

• On the Home screen, or while viewing a notification or the Dock, pressing the crown returns to the watch face.

• On the Home screen in grid mode, rotate the crown to zoom in to and launch the centered app (which is the watch face by default).

• Pressing and holding the crown for a second initiates Siri’s voice-activated interface.

• Double-pressing the crown switches to the last app you used. Double-pressing it again opens the app opened previously.

On the Series 4, Series 5, and Series 6 models, the crown also acts as part of the electrical connection used to take an ECG measurement. See Monitor Your Heart Health.

What’s Digital About the Crown?

What’s “digital” about the Digital Crown? Instead of operating mechanical gears inside the watch, the crown translates rotary movement into digital data using internal infrared LEDs and photo diodes.

The Side Button

The “side button” (Apple’s official name for the physical button next to the digital crown) triggers a few actions based on context:

• Press the button once at any point to display the Dock (Figure 11), which you can use to see and switch to your favorite apps (see Access the Dock).
Personalize the Apple Watch Face

Personalizing the Apple Watch goes beyond merely choosing the case material and watch band. Its Retina screen can display digital, analog, and even several whimsical watch faces. When you’ve found a combination that works for you, share it with friends or add their watch faces to yours.

Pick a Watch Face

The Apple Watch offers several watch faces, from simulated traditional chronographs to Mickey Mouse and his tapping toes to an astronomical design that lets you explore our solar system.

Activate a Face

The easiest method of switching faces is to swipe from the left or right edge of the screen. Another option is to touch and hold the current watch face until you see the Edit button, swipe to highlight the face you want, and then tap to select it or press the Digital Crown (Figure 15).

![Figure 15: If you touch and hold the watch face, an Edit button appears below most faces.](image-url)
Tip: When you’re viewing faces on the watch, turn the crown to quickly zip through them, instead of swiping between each one.

For a broader view of the available faces, open the Watch app on the iPhone and tap the Face Gallery button (Figure 16). This screen displays every face type along with a row highlighting the faces added in the most recent watchOS update.

![Figure 16: Browse the Face Gallery in the iPhone’s Watch app.](image)

Tap the face you want, optionally customize its appearance and complications (more on that in a moment), and then tap the Add button to include it in your set of active faces that appear on the watch. Doing so also makes that face the current active one.

Tip: You can set a photo or album as the watch face, which I describe just ahead in Use Your Own Photos.

**Change a Face’s Appearance**

Many faces feature multiple options for interface items such as the color of hands and numbers, whether the design is full screen or in a circular arrangement, and more.
Use Control Center

Many of the things you find yourself doing on the watch are quick commands or peeks at information. Control Center collects them into one place. Swipe up from the bottom of the screen when the watch face is visible to reveal it.

The icons range from the merely informational (your battery level) to highly functional (icons for toggling on and off Airplane Mode, Mute, Do Not Disturb, and so on). Icons that represent a state you can toggle change color when you tap them to turn them on.

Connection Info

The top of Control Center displays info about the watch’s connection status:

- A red phone icon or a red X and “Disconnected” (on models with cellular networking enabled) means the watch is disconnected from your iPhone and a trusted Wi-Fi network or cellular network on compatible models (Figure 28).

Figure 28: The Control Center shows connection status above a set of icons. The icons are (left to right) Cellular, Wi-Fi, Airplane Mode, Battery Level, Ping iPhone, and Flashlight (Airplane Mode is active here).
• A blue Wi-Fi icon indicates that the watch is connected to a trusted Wi-Fi network (the name of which also appears), but not to your phone. This might happen, for example, if you are at home and your iPhone, but not your watch, is in Airplane Mode.

• A green phone icon appears when your watch is connected to your iPhone.

• A blue location icon indicates that the watch or an app has accessed location data recently.

---

**Cellular**

On Apple Watch models equipped with cellular radios, the Cellular button turns white to indicate that cellular is on but not currently in use due to a Bluetooth or Wi-Fi connection. If the button is dark, tap it and turn on the Cellular option.

When cellular is the only connection, such as when you’re out and the iPhone is at home, the button turns green and displays the current signal strength above it (Figure 29).

![Image of watch interface with green phone icon and 42% battery]

**Figure 29:** The watch can take calls and messages and access the internet via its cellular connection when the button is green.
Work with Apps

“There’s an app for that” became a catch phrase because of the incredible variety of apps that sprang up with the iPhone. iOS developers create versions of iPhone apps for the watch, too. In fact, many apps you already own probably have a watch component.

Locate and Open Apps

In most cases, pressing the Digital Crown displays the Home screen (Figure 38) (the exceptions are when you’re viewing notifications or are already on the Home screen).

Figure 38: The Home screen as it normally appears.

Slide your finger on the display in any direction to view apps that are currently outside the screen edges.

To open an app, do any of the following:

- Tap its icon on the Home screen.

- Turn the Digital Crown away from you to zoom in and open whichever app is centered. (Turn the crown the other direction to zoom out to reveal all app icons.)

- Raise the watch and say “Hey Siri, open app’s name.”

Click here to buy the full 196-page “Take Control of Apple Watch” for only $14.99!
Access the Dock

Press the side button to reveal the Dock, an app switcher that functions much like the Dock in iOS and macOS. It can hold up to 10 recent apps or favorite apps, displayed three at a time like stacked cards (Figure 39). Swipe up or down, or turn the Digital Crown, to switch among the Dock’s apps. Tap one of the visible apps to open it.

![Dock App Switcher]

**Figure 39:** The Dock gives you quick access to up to 10 apps.

Every app in the Dock is stored in a suspended state in the watch’s memory, making them even quicker to launch than other apps.

Add and Organize Dock Apps

Normally, the Dock includes the most recently opened apps, but you can instead populate it with your favorite apps. In the Watch app on the iPhone, tap Dock and change the Dock Ordering option to Favorites. Next, tap Edit (Figure 40).
Manage Notifications

Of the Apple Watch’s many features, I take advantage of notifications the most. When a text message, Twitter reply, bank card alert, or other notification arrives, it appears on my watch; in fact, my iPhone, asleep in my pocket, doesn’t chime or vibrate. (Conversely, if you’re actively using the iPhone, notifications don’t appear on the watch.) This is the heart of the watch’s interaction: you can quickly, and discreetly if needed, check a notification on your wrist without pulling out the iPhone.

Act on a Notification

When a notification arrives, the watch taps your wrist and the notification appears (Figure 49).

![Figure 49: Several types of notifications appear on the watch, identified by the app name and icon at the top.]

Depending on the type, you can take several actions:

- Tap the app icon or title to open that app—if it exists—on the watch. In the figure above, tapping Facebook does nothing because the Facebook app for iOS doesn’t offer a watch component. But tapping the Photos app icon in the second screen displays the attached image.
• Tap the Dismiss button to acknowledge you’ve read a notification. You can also swipe down from the top of the screen to dismiss it.

• Tap an action button, depending on the app. On the first screen above, you could tap one of the reply buttons to send a text in Messages (see Reply to Messages).

• Do nothing: the notification disappears after a few seconds of inaction (or with a flick of the wrist to put the screen to sleep). It’s then added to Notification Center.

---

**Keep Notifications Private**

If you want to ensure that no one can see notification text as messages arrive, open the Watch app on the iPhone, tap Notifications, and turn on the Notification Privacy switch.

Now, each new incoming notification arrives with only the sender and the associated app. Tap it to view its details.

---

**View Missed Notifications**

If you have any unread notifications, a red dot appears at the top of the watch face (Figure 50).

![Figure 50: The red dot has become my Skinner lever. When it appears, I must check Notification Center!](image)

Swipe down to reveal Notification Center and catch up on notifications you’ve missed (or ignored) (Figure 51). Use the Digital Crown or swipe to scroll through the list. When several notifications belong to the same app, they appear in a stack; tap the stack to expand it.
Communicate with Friends

A phone is a communication device; that’s easy to understand. The iPhone broadened our understanding of what a phone can do by enabling us to send text messages, take part in video calls and conferences, and participate in social networks like Twitter and Facebook. So how does the Apple Watch fit in? It’s almost as capable as the iPhone, incorporating text and audio messages via the Messages app and making and receiving phone calls. You can even use your watch to find your friends.

Reply to Messages

When someone sends a text to your iPhone, you’re initially notified by the Taptic Engine on your watch. To reply to the message, do the following:

1. Raise the watch to display the sender and the message (Figure 58).

![Figure 58: This incoming text message includes a question with two options.](image)

2. Tap an icon or text label to send a reply in any of numerous formats, including preset text, dictated text, audio recordings, emoji, handwritten messages or stickers, a scribble (handwriting recognition), and more. All these reply types are described ahead.

Click here to buy the full 196-page “Take Control of Apple Watch” for only $14.99!
Reply via Preset Text

Apple has developed an interesting feature called smart replies that analyzes the message and presents you with likely preset replies based on the original message (Figure 59).

![Figure 59: Scroll to see contextual responses based on the message.](image)

Scroll down to choose from more-generic preset replies, such as “Sure!” “What’s up?” or “In a meeting. Call you Later?” Tap one to send it.

To create your own preset replies, open the Watch app on the iPhone and go to Messages > Default Replies, tap Add Reply, and enter your own text (including emoji). Tap Messages to return to the previous screen.

**Tip:** You can also tap Edit to delete existing replies or rearrange the default replies so that the ones you use most appear at the top of the list.

Reply with a Scribble

Scribble uses a form of handwriting recognition to let you write replies letter by letter. To scribble a reply, tap the Scribble button and then use your fingertip to draw each character on the screen (Figure 60). Tap Space for a space character, or tap the delete button to erase the last letter.
Email on the Apple Watch is a curious thing—you’re actually discouraged from engaging too deeply with your mail. The watch ties into the Mail app on the iPhone primarily to help you read and sort your Inbox, as well as dash off quick replies. That’s not a bad thing. The goal is to stay up to date on your correspondence and engage as needed, saving more extensive communication for your iPhone or a computer.

**Read Email**

To take a peek at your waiting messages, do this:

1. Open the Mail 📧 app from the Home screen.

   Your inbox(es) and a couple of messages are displayed. Even in a small space, the app delivers quite a bit of information:

   ‣ A blue dot indicates a message is unread, while an orange dot notes a flagged message; you may also have an unread flagged message, which appears as blue dot with an orange outline.

   ‣ Icons in the lower-right corner note whether it’s from a VIP, contains attachments (which in most cases can’t be displayed on the watch), or has been forwarded or replied to (Figure 77).

   >>>Figure 77: The star and paperclip (highlighted here) let you know that the message is from a VIP and carrying an attachment. The blue dot next to the sender’s name indicates that the message is unread.

   ‣ A chevron character (») in the top-right corner of a message tells you it’s part of a thread.

Click here to buy the full 196-page “Take Control of Apple Watch” for only $14.99!
2. Tap a message to read it.

3. With the message open, scroll to the bottom of message to reveal additional options: reply, flag the message, mark it as unread, or send it to the Trash.

You can also act on a message in the Inbox view by swiping left and tapping either the Trash-trash icon or the Flag-flag icon button (Figure 78). (Depending how your email is set up, Trash may be replaced with an Archive button.)

![Figure 78: Take action from the message list.](image)

**Tip:** To manually check for new mail, scroll to the top of the mailbox and turn the Digital Crown toward you or drag the messages down with a finger, mimicking the "pull to refresh" gesture on the iPhone.

**Note:** Oddly, if you ask Siri to check whether you have any unread email—as you would using the feature on the iPhone—it offers only to use Handoff to check on the phone. However, Siri works fine for simply opening the Mail app on the watch.
Stay Healthy with the Apple Watch

The Apple Watch is as much a fitness companion as it is a timepiece or communication device. Sensors in the watch measure movement and track your heart rate, while the GPS chip provides location and acceleration data. Included apps, such as ECG and Blood Oxygen (on some models) use this data to help you be more active and health-focused.

While the Activity app is a quiet reminder to stay active, the Workout app is the personal trainer pushing you to the next goal. Workout offers several common exercises (like walking, running, swimming, and cycling), as well as wheelchair workouts, and tracks your performance while you exercise. The Breathe app reminds you to take deep-breathing breaks.

Activity Tracking

Open the Activity app (from the Home screen or the Activity complication on some watch faces) to view your daily activity progress (Figure 84).

![Activity Tracking](image)

**Figure 84:** Try to fill all the activity rings during the day.
Three rings represent the day’s activity. Rings close as you meet goals:

- **Calories:** The red Move ring on the outside tracks calories burned during activity (computed based on your age, weight, sex, and activity amount).

- **Activity:** A full circle of the green Exercise ring in the middle indicates 30 minutes of activity involving a consistently elevated heart rate and motion “at or above a brisk walk,” according to Apple. The algorithms are based on your general health information (age, height, weight, etc.) and change over time as you track more data. If you think the watch isn’t accurately tracking your activity, Calibrate the Sensors.

- **Standing:** The blue inner Stand ring keeps count of how often you’ve stood up from a sitting position and moved around; the goal is to be in motion for at least one minute an hour out of 12 hours in a day. However, “stand” is somewhat misleading: the watch is really encouraging you to move, not just stand up. Moving your watch arm for about 30 seconds will often count toward the Stand goal.

In the app, scroll down for details, such as a breakdown of when you burned calories, were active, and stood during the day (Figure 85). Keep scrolling to view the day’s total steps, if that’s one way to check in on your daily progress.

![Activity](image.png)

**Figure 85:** View details about each activity ring.
Use Apple Pay and Wallet

The first time you use your Apple Watch to pay for something feels almost like science fiction: You activate Apple Pay, move your wrist close to a payment terminal, and then...well, that’s it. You may have to enter your debit card’s PIN, but otherwise you’re done. “Frictionless” is a perfect description. It’s also extremely safe. Instead of handing a credit card number over to be stored in a merchant’s database, Apple Pay sends a token that matches up with the card you set up; even if the data were to be intercepted, it’s useless to an attacker.

The Wallet app, where your credit card data is stored, is also a convenient holding area for items that use barcodes for transactions, such as store loyalty cards and tickets for flights, movies, baseball games, and more.

Set Up Cards for Apple Pay

If you’ve set up Apple Pay on your iPhone, your cards are not automatically added to the watch. You can add up to eight cards to the watch:

1. In the Watch app on the iPhone, tap Wallet & Apple Pay.

   To add a card already on your phone, tap the Add button next to its name, follow the prompts, and skip the remaining steps below.

2. To add a new card, tap Add Card.

3. Follow the instructions provided, which entail scanning your credit or debit card using the iPhone’s camera—which is incredibly slick—or entering the details manually, and accepting terms of service.

   You will also need to complete the verification process, which can be done via email, phone call, or text, depending on the provider.

4. To use your watch to Use Apple Pay on a Mac, turn on Allow Payments on Mac.
When you’re done, the cards appear in the Watch app and on the watch: open the Wallet 🎨 app to view them (**Figure 107**).

**Figure 107:** Apple Pay cards set up in the Watch app on the iPhone (left) appear in the Wallet app on the watch (right).

If you have multiple cards, tap Default Card in the Watch app on your iPhone and pick the one you want to use most.

**Note:** If you live in an area where mass transit can record fares using the Apple Watch, specify a card to use by tapping Express Transit Card in the Watch app. With that set, all you have to do is make sure the watch is on and hold the face near the contactless reader. Some areas can use the watch as a transit card, but you must authenticate each transaction. See [Where you can ride transit with Apple Pay](#).
Use Maps and Directions

Instead of staring at your phone while you follow directions in the Maps app (which I can’t recommend, from a safety perspective), the Apple Watch can guide you from your wrist. Is that really better? Perhaps not, but it’s better to glance quickly at one prominent piece of information on your wrist than parse everything on your phone screen.

Find a Location Using Siri

It’s easy to ask for directions when you’re doing it to your wrist:

1. Raise the watch and say, “Hey Siri,” or press and hold the Digital Crown, and ask to find a location: a specific landmark or business, one of your contacts, or a query like, “Where’s good coffee near here?”

2. From the results (Figure 110), tap a location to view more details.

Figure 110: Siri returns a list of answers to your query.

3. Scroll down to view the spot and its address on a map, and then tap the map to open the Maps app. Drag with one finger to pan across the map, and turn the Digital Crown to zoom (Figure 111). You can also double-tap the map to zoom in to the spot you tapped.
To find your location on the map, tap the Tracking button (which appears in the lower-left corner if your position is not centered) to focus the map on your location. Tap the top of the screen to reveal the Back button to exit the map and return to the location details.

If you want the watch to guide you there, Get Directions.

Tap the More button to bring up two additional options: Search Here, which begins a new search in the area visible on the map, and (if available) Transit Map, which displays public transit routes.

---

**Find a Location Using the Maps App**

Opening the Maps app directly gives you access to favorite and recent locations, in addition to searching via the watch’s input mechanisms:

1. Open the Maps app to view Search, favorites, collections, and recent places (Figure 112).
Manage Calendars and Reminders

From the Newton and PalmPilot to the iPhone, iPad, and now the Apple Watch, personal technology products have taken on the challenge of wrangling our schedules. For this task, the Apple Watch has an advantage. After all, what better place to be reminded of an event than on the object you use to check the time?

Open the Calendar App

Most watch faces I use include a Calendar complication to quickly see what’s next on my schedule. When I need more information, there are several ways to open the Calendar app:

- Tap the Calendar icon on the Home screen.
- Ask Siri to open the Calendar app: “Hey Siri, open Calendar app.”
- Tap a calendar complication, or just the date on some faces (Figure 120).

![Image of Calendar complication on Apple Watch]

**Figure 120:** The Calendar complication in the center shows the next item on your schedule; tap it to jump to the Calendar app. On this face, you can also tap the date above the time.

Click here to buy the full 196-page “Take Control of Apple Watch” for only $14.99!
Views in the Calendar App

The Calendar app displays four possible views of your schedule. Go to Settings > Calendar and choose one of the following views:

- **List view:** Calendar’s default view is List view (Figure 121). Scroll using the Digital Crown or via touch to reveal events up to seven days in the future. (For more than that, or to check events in the past, open the Calendar app on the iPhone.)

  ![Figure 121](image)

  **Figure 121:** Events are listed in the Calendar app.

- **Day view:** Day view is an alternative to the scrolling List view that shows today’s schedule in a single scrolling screen, color-coded according to the calendars you use on the iPhone. Switch between days by swiping left or right.

- **Up Next:** View only the next item on your schedule. Turn the Digital Crown to flip between the cards for each item.

- **Monthly grid:** Tap the date at the top-left corner (such as < Today). This grid is just a view of the dates—tapping it goes back to Today, not a specific date you tap.

Tap an event in either Day or List view to see more details about it. You can’t edit it, but you can read any notes and other information.
Experience Media on the Apple Watch

Just the name of this chapter sounds like the setup for a punchline. Some people have a hard time adjusting to how much media we consume on phones, and now we’re turning to an even smaller device? We’re not watching movies on our wrists (yet?), but the Apple Watch works well as a music and podcast player, a way to control other media such as an Apple TV, record voice memos, and, yes, even view and capture photos (with some help).

Now Playing

When you play any type of media on your iPhone, the Now Playing app on the watch jumps forward to give you quick playback access. You can play or pause, skip ahead or back, choose the audio output, adjust volume, and more (Figure 126). (I cover the controls just ahead.)

Figure 126: Control whatever is playing on your phone.

Tap the back button to reveal other nearby devices you can control, such as a HomePod or Apple TV.
Listen to Music, Podcasts, and Audiobooks

If your iPhone is usually in range, the watch plays songs, podcast episodes, or audiobooks from the phone. However, you can also Sync Media to the Watch and play items when the iPhone is nowhere nearby, such as while exercising. Or, on cellular models, you can stream tunes from the internet using an Apple Music subscription.

Listen to Music

The process of playing audio is mostly the same with music, podcasts, and audiobooks, so I’ll use the watch’s Music 🎵 app as the example. Here’s how to do it:

1. Open the app, choose a source for your music; this could look different based on whether you’ve synced files to the watch’s internal storage or subscribe to Apple Music (Figure 127).

![Figure 127: The Music app looks slightly different with no media synced (left) and with albums and playlists stored on the watch (right). Scroll up to flip past the onboard songs to reach the same options at left.](image)

The On iPhone option plays audio through the iPhone’s speakers or connected headphones; Library accesses your music collection and then plays audio through the watch to AirPods or another connected Bluetooth device. If you subscribe to Apple Music, the For You
Use Family Setup

Until watchOS 7, every Apple Watch needed to be paired with an iPhone. It’s been possible to pair multiple watches with one iPhone, but with the expectation that the same person is using them. I know friends who use older watch models at night to track their sleep, for example; or, you might have a stainless steel watch for wearing at the office and an aluminum Nike model when exercising. The person’s data is shared among all paired watches.

This model falls apart if you want to give a watch to someone in your family who does not have an iPhone to pair it with, such as a child or an elderly parent. The Family Setup option in watchOS 7 makes it possible to pair several watches with one iPhone, and keep the data on each watch separate.

The family member gets most of the features of the Apple Watch—such as activity tracking, running apps, setting alarms and reminders, and of course telling time—while you’re able to communicate with them via text or voice, use Find My Friends to know where they are, and be alerted if anything happens (like detecting a fall or needing to Use Emergency Features).

Family Setup does have several important caveats:

• It works only with Apple Watch Series 4 and later models, including the Apple Watch SE.

• It requires a cellular-enabled model with an active cellular plan for that watch.

• Some standout features of those watch models aren’t active for devices configured under Family Setup. According to Apple, those are “irregular heart rhythm notifications, ECG, Cycle Tracking, Sleep, Blood Oxygen, Podcasts, Remote, News, Home, Shortcuts, and Apple Pay.” (So if you’re setting up a watch for a family member, save your money and buy an Apple Watch SE or a used Series 4 or 5—cellular models, remember.)
• You must have Family Sharing turned on for your Apple ID.

• If the family member’s Apple ID is being used on a Mac, that device must be upgraded to macOS 14 Catalina or later.

---

**Add a Watch Using Family Setup**

If the watch is not already unpaired and erased (in the case of a supported hand-me-down model), be sure to [Reset the Watch](#) first. Then, follow these steps:

1. Put the watch on your wrist or the family member’s wrist. Position the watch close to your iPhone until you see the option to set up the watch; tap Continue.

2. On the setup screen, tap the Set Up for a Family Member button. Tap through the successive screens about how the feature works and how Apple uses your data.

3. Scan the cloud animation on the watch face to pair the watch with the iPhone, then tap Set Up Apple Watch.

4. Follow the standard setup steps, such as choosing a font size, and creating a unique passcode for the wearer.

5. Choose the family member who will be wearing the watch, and have them sign in using their Apple ID.

6. After signing in, step through the screens that ask you to enable features such as Siri, the cellular connection, and others. Most of the options can be set up later if you choose.

When the setup is complete, tap All Watches at the top of the Watch app’s main screen to find the new device listed under Family Watches ([Figure 138](#)). To adjust its settings from the iPhone, tap the watch; the name appears prominently at the top of the My Watch screen so you don’t get confused about which device you’re editing.
Customizations and Important Settings

When it comes to the Apple Watch, details matter. Some details are large and important, like your watch’s orientation or passcode. Other details are small but make a big impact on your daily experience, like the size and appearance of text. This chapter is all about how to customize your Apple Watch so that it works best for you. (I discussed how to Personalize the Apple Watch Face in an earlier chapter.)

Watch Orientation

Most people wear a watch on the left wrist, with the crown facing the hand. But the Apple Watch is ambidextrous—you can wear it on either wrist, or in a different orientation on the same wrist.

On your Watch, go to Settings > General > Orientation (Figure 142). Or, on the iPhone in the Watch app, go to General > Watch Orientation.

Figure 142: What madness is this? Some people find this “reverse crown” orientation better for pressing and turning the Digital Crown.
Choose to wear the watch on your left or right wrist, and then choose whether the Digital Crown is on the left or right.

## Wake Screen Options

When you raise your wrist, the watch face appears; in the case of the Series 5 and later, the always-on face switches to the active version. To change this behavior in the Watch app on the iPhone, go to General > Wake Screen (Figure 143). Or, on the watch itself, go to Settings 🌍 > General > Wake Screen.

![Figure 143: The Wake Screen options let you configure what happens when your watch wakes up.](image)

On the Wake Screen, choose from these options:

- **Wake Screen on Wrist Raise**: With this on, your watch wakes whenever you raise your wrist to look at it.

- **Wake Screen on Crown Up**: With this option on, turn the Digital Crown slowly clockwise to wake the display and increase its brightness.

- **On Tap**: Choose how long the screen remains active after you tap to wake it up (15 or 70 seconds).
Care and Feeding of Your Apple Watch

It may be a sharp-looking timepiece, but the Apple Watch is also a piece of highly technical electronics. Taking care of it involves more than a polish here and there.

Recharge the Watch

As I mentioned earlier, expect to top off the battery every day or so by connecting the included charging cable to the back of the watch.

If you want to actively conserve battery life, you can manually put the watch into its Power Reserve mode, which shuts down everything but a minimal digital time readout that appears only when you press the side button. This mode also kicks in when the battery level is below 10%.

To enable Power Reserve mode manually, swipe up from the bottom of the display to show Control Center, tap the battery level, and then tap the Power Reserve button (Figure 152).

Figure 152: Tapping the battery level in Control Center leads here.

To return to normal battery mode, press and hold the side button to restart the watch.
Tip: In the Watch app on the iPhone, go to General > Usage to view the time since the last full charge at the bottom of the screen.

**Restart the Watch**

If the Apple Watch is misbehaving, it’s helpful to power it off and turn it back on again. To do so, press and hold the side button to bring up the power controls and slide the Power Off slider. Wait a few moments and then press and hold the side button again until you see the Apple logo appear.

In rare cases, the watch may freeze and require a force-reset. In that case, press and hold both the side button and the Digital Crown until you see the Apple logo.

**Restarting Bluetooth**

If the Apple Watch can’t communicate with the iPhone, odd things can happen. For example, app icons may appear generic, or the watch may report that the iPhone isn’t within range (when you’re positive that it is).

Try restarting Bluetooth on the iPhone: Swipe up from the bottom of the screen to reveal Control Center, and then tap the Bluetooth button to turn it off. Tap it again to restart Bluetooth.

**Force-Quit an App**

Occasionally an app may refuse to work, in which case you can try to force-quit it. In the misbehaving app, do this:

1. Press the side button to reveal the Dock. (Make sure the Dock is set to display recent apps, not favorites.)

2. Swipe left on the app you want to quit.

3. Tap the X button to close the app.

4. Launch the app again.

The app should now operate normally.
Thank you for purchasing this Take Control book. We hope you find it both useful and enjoyable to read. We welcome your comments.

You can access extras related to this ebook on the web. Once you’re on the ebook’s Take Control Extras page, you can:

- Download any available new version of the ebook for free, or buy a subsequent edition at a discount.
- Download various formats, including PDF, EPUB, and Mobipocket. (Learn about reading on mobile devices on our Device Advice page.)
- Read the ebook’s blog. You may find new tips or information, as well as a link to an author interview.
- Find out if we have any update plans for the ebook.

If you bought this ebook from the Take Control website, it has been automatically added to your account, where you can download it in other formats and access any future updates.

This is but one of many Take Control titles! We have books that cover a wide range of technology topics, with extra emphasis on the Mac and other Apple products.

You can buy Take Control books from the Take Control online catalog as well as from venues such as Amazon and the Apple Books Store. But it’s a better user experience and our authors earn more when you buy directly from us. Just saying...

Our ebooks are available in three popular formats: PDF, EPUB, and the Kindle’s Mobipocket. All are DRM-free.
About the Author

Author and photographer Jeff Carlson (@jeffcarlson on Twitter and Instagram, jeff@jeffcarlson.com) is a contributing editor at TidBITS, plus he writes for publications such as Macworld and DPReview. He is the author of *Take Control of Your Digital Photos* and *Take Control of Your Digital Storage*, among many other books. He believes there’s never enough coffee and does his best to test that theory.

To stay current with his projects, go to jeffcarlson.com and sign up for his newsletter.

Acknowledgments

Special thanks to:

- Kimberly and Ellie for their love and encouragement.
- Joe Kissell for editing and steering the book to completion, and most of all for believing in it.
- Scholle McFarland, Michael Cohen, and Jason Snell for their editing contributions to the original incarnation of this book, back when it was a Take Control Crash Course.
- *Coffea arabica*, for your stimulating contribution to me and writers everywhere.
alt concepts inc., publisher of Take Control Books, is operated by Joe Kissell and Morgen Jahnke, who acquired the ebook series from TidBITS Publishing Inc.’s owners, Adam and Tonya Engst, in May 2017. Joe brings his decades of experience as author of more than 60 books on tech topics (including many popular Take Control titles) to his role as Publisher. Morgen’s professional background is in development work for nonprofit organizations, and she employs those skills as Director of Marketing and Publicity. Joe and Morgen live in San Diego with their two children and their cat.

Credits

• Editor and Publisher: Joe Kissell
• Cover design: Sam Schick of Neversink
• Logo design: Geoff Allen of FUN is OK
• Apple Watch photos: Jeff Carlson, except for two figures that use images provided by Apple Inc. This title is an independent publication and has not been authorized, sponsored, or otherwise approved by Apple, Inc.
Copyright and Fine Print

Take Control of Apple Watch
ISBN: 978-1-947282-49-0
Copyright © 2020, Jeff Carlson. All rights reserved.

alt concepts inc. 4142 Adams Ave. #103-619, San Diego CA 92116, USA

Why Take Control? We designed Take Control electronic books to help readers regain a measure of control in an oftentimes out-of-control universe. With Take Control, we also work to streamline the publication process so that information about quickly changing technical topics can be published while it’s still relevant and accurate.

Our books are DRM-free: This ebook doesn’t use digital rights management in any way because DRM makes life harder for everyone. So we ask a favor of our readers. If you want to share your copy of this ebook with a friend, please do so as you would a physical book, meaning that if your friend uses it regularly, they should buy a copy. Your support makes it possible for future Take Control ebooks to hit the internet long before you’d find the same information in a printed book. Plus, if you buy the ebook, you’re entitled to any free updates that become available.

Remember the trees! You have our permission to make a single print copy of this ebook for personal use, if you must. Please reference this page if a print service refuses to print the ebook for copyright reasons.

Caveat lector: Although the author and alt concepts inc. have made a reasonable effort to ensure the accuracy of the information herein, they assume no responsibility for errors or omissions. The information in this book is distributed “As Is,” without warranty of any kind. Neither alt concepts inc. nor the author shall be liable to any person or entity for any special, indirect, incidental, or consequential damages, including without limitation lost revenues or lost profits, that may result (or that are alleged to result) from the use of these materials. In other words, use this information at your own risk.

It’s just a name: Many of the designations in this ebook used to distinguish products and services are claimed as trademarks or service marks. Any trademarks, service marks, product names, or named features that appear in this title are assumed to be the property of their respective owners. All product names and services are used in an editorial fashion only, with no intention of infringement. No such use, or the use of any trade name, is meant to convey endorsement or other affiliation with this title.

We aren’t Apple: This title is an independent publication and has not been authorized, sponsored, or otherwise approved by Apple Inc. Because of the nature of this title, it uses terms that are registered trademarks or service marks of Apple Inc. If you’re into that sort of thing, you can view a complete list of Apple Inc.’s registered trademarks and service marks.

Click here to buy the full 196-page “Take Control of Apple Watch” for only $14.99!