

# My Apple Watch™



QUE®

Craig James Johnston

FREE SAMPLE CHAPTER



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# My Apple Watch™

Craig James Johnston

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## About the Author

**Craig James Johnston** has been involved with technology since his high school days at Glenwood High in Durban, South Africa, when his school was given some Apple ][ Europluses. From that moment, technology captivated him, and he has owned, supported, evangelized, and written about it.

Craig has been involved in designing and supporting large-scale enterprise networks with integrated email and directory services since 1989. He has held many different IT-related positions in his career, ranging from sales support engineer to mobile architect for a 40,000-smartphone infrastructure at a large bank.

In addition to designing and supporting mobile computing environments, Craig cohosts the CrackBerry.com podcast as well as guest hosting on other podcasts, including iPhone and iPad Live podcasts. You can see Craig's previously published work in his books *Professional BlackBerry*, *My iMovie*, and many books in the *My* series covering devices by BlackBerry, Palm, HTC, Motorola, Samsung, and Google.

Craig also enjoys high-horsepower, high-speed vehicles and tries very hard to keep to the speed limit while driving them.

Originally from Durban, South Africa, Craig has lived in the United Kingdom, the San Francisco Bay Area, and New Jersey, where he now lives with his wife, Karen, and a couple of cats.

Craig would love to hear from you. Feel free to contact Craig about your experiences with *My Apple Watch* at <http://www.CraigsBooks.info>.

All comments, suggestions, and feedback are welcome, including positive and negative.

## Dedication

*I love deadlines. I like the whooshing sound they make as they fly by.*

—Douglas Adams

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In this prologue, you become familiar with the external features of the Apple Watch and the basics of getting started with the Android operating system. Topics include the following:

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- Getting to know your Apple Watch's external features
- Setting up your Apple Watch for the first time
- Learning how to interact with your Apple Watch

## Prologue

# Getting to Know Your Apple Watch

Let's start by getting to know more about your Apple Watch by examining the external features, device features, and how you will interact with your Apple Watch.

## Your Apple Watch's External Features

Becoming familiar with the external features of your Apple Watch is a good place to start because you will be using them often. This section covers some of the technical specifications of your Apple Watch, including the touchscreen.

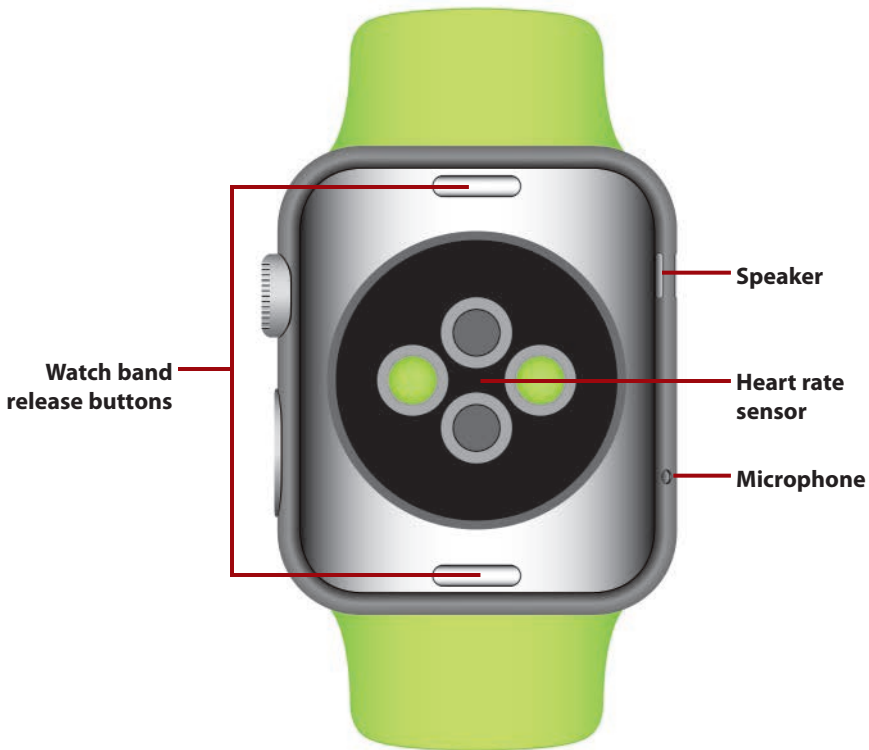
## Front and Right Side



- **Touchscreen**—The Apple Watch comes in two screen sizes: 38mm and 42mm. The 38mm screen has a resolution of 340×272 pixels, whereas the 42mm screen has a resolution of 390×312 pixels. The screen incorporates capacitive touch, which allows you to use your finger to make gestures to control the Watch.
- **Digital Crown**—The Digital Crown is very similar to a regular mechanical watch Crown. Like a mechanical watch Crown, the Digital Crown can be rotated between your thumb and forefinger, or by running your finger over the edge of the Crown. You can press the Digital Crown to see the Home Screen, showing icons representing all apps installed on your Watch, similar to pressing the Home button on your iPhone. You can press and hold the Digital Crown to activate Siri, and you can double-press the Crown to return to the last Watch app you were using.

- **Side Button**—Press the Side Button to see and interact with your friends. Double-press the Side Button to activate Apple Pay. Press and hold the Side Button to choose whether you want to power off your Watch, activate Power Reserve, or lock your Watch.

## Back



- **Watch band release buttons**—Press to release the band from your Watch and replace it with a new one.
- **Microphone**—You use the microphone when you are on a phone call, or to speak commands to Siri.
- **Speaker**—The speaker is used while you're on a phone call, and it is also used to play all audio, including notifications and music.



- **Heart rate sensor**—The heart rate sensor uses infrared and green light to measure your heart rate. Your Watch captures your heart rate automatically every 10 minutes.

## First-Time Setup

Your Apple Watch only works when it is paired with your iPhone. You must be using an iPhone 5 or later; otherwise, you will not be able to use your Apple Watch. Finally, your iPhone must be running iOS version 8.2 or later.

1. Put your Apple Watch on your wrist.
2. Press and hold the Side Button until you see the Apple logo.
3. Use the Digital Crown to choose your language, and tap the language on the screen to select it.
4. Your Apple Watch now pairs with your iPhone. Leave your Apple Watch on your wrist, and pick up your iPhone to continue the steps.
5. Tap the Apple Watch app to open it.



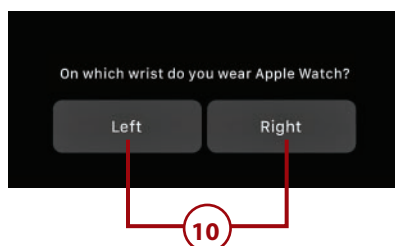
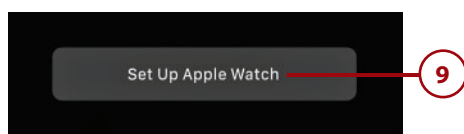
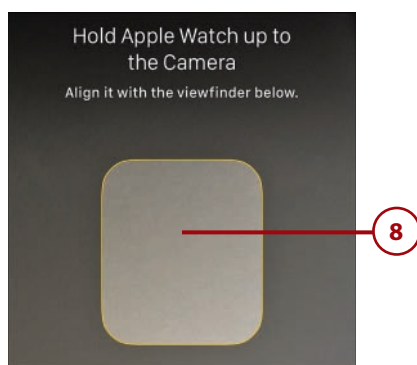
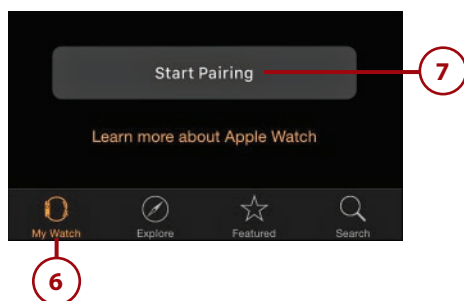
### What If I Don't See the Apple Watch App?

The Apple Watch app is included with iOS 8.2 or later. If you don't see the Apple Watch app on your iPhone, it is most likely because you have not yet updated to iOS 8.2. To do this, tap the Settings icon, tap General, and tap Software Update. You may need to free up some space on your iPhone to accommodate the update.

6. Tap the My Watch icon.
7. Tap Start Pairing.
8. Hold your iPhone so that your Apple Watch fits into the viewfinder. Your Apple Watch's screen displays colorful patterns, and your iPhone uses those patterns to complete the Bluetooth pairing between your iPhone and Apple Watch.
9. Tap Set Up Apple Watch once you see the next screen.
10. Tap Left or Right to choose on which wrist you will be wearing your Apple Watch.

## Having a Better Right Wrist Experience

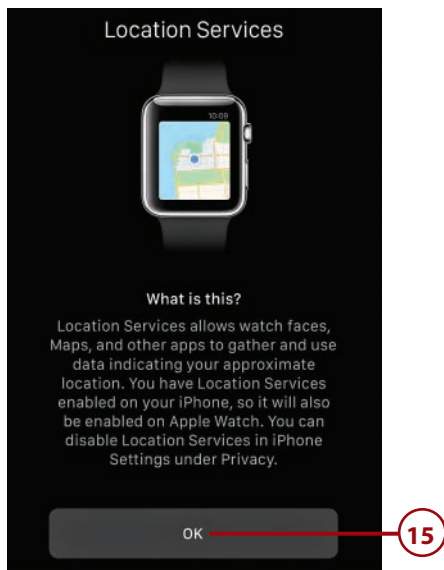
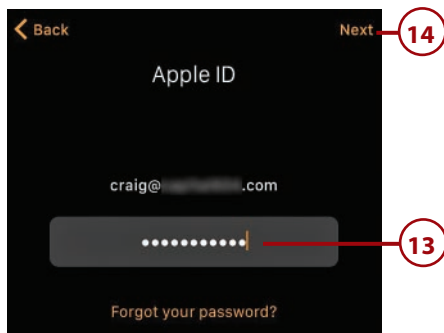
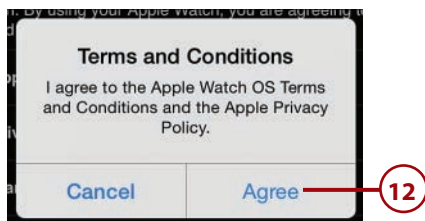
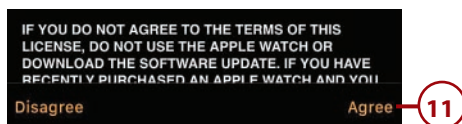
Your choice of which wrist you wear your Apple Watch (left or right) helps the Apple Watch more accurately determine when you are lifting your arm. If you wear your Apple Watch on your right wrist, like wearing a mechanical watch on your right wrist, nothing about the Watch will change. If you find it is awkward to manipulate the Digital Crown and Side Button, you have an additional setting that allows you to wear the Watch upside down so that the Digital Crown and Side Button are now on the left of the Watch. This may allow you to manipulate the Digital Crown and Side Button more easily. This setting also flips the onscreen image upside down so it appears right way up to you. To make this change, after you have finished setting up your Watch, in the Apple Watch app, tap General, tap Watch Orientation, and tap Digital Crown on Left Side.



11. Tap Agree to agree with the terms and conditions of using your Apple Watch.
12. Tap Agree again to confirm that you agree with the terms and conditions.
13. Type the password for your Apple ID.
14. Tap Next.
15. Tap OK on the Location Services screen to continue. If you have Location Services turned off on your iPhone, you are asked if you want to enable them on this screen.

## Why Do I Need Location Services?

Your iPhone and Apple Watch can use your current location to provide important information such as the weather in your current location, adjust the time correctly based on the time zone you are in, and provide walking or driving directions. If you keep Location Services turned off, you will not be able to take advantage of many of the Apple Watch's features.



- 16.** Tap OK on the Siri screen to continue with setup. If you have Siri turned off on your iPhone, you are asked if you want to enable it on this screen.

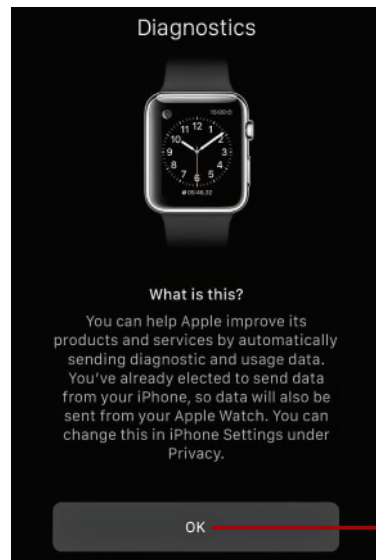
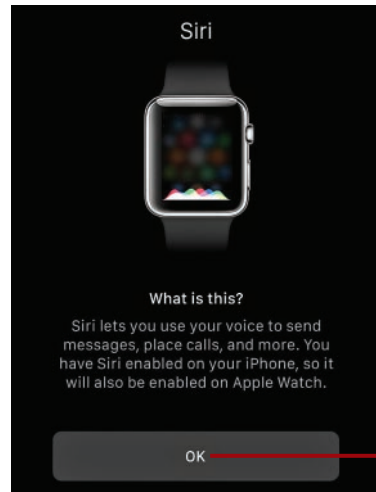
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### Why Do I Need Siri?

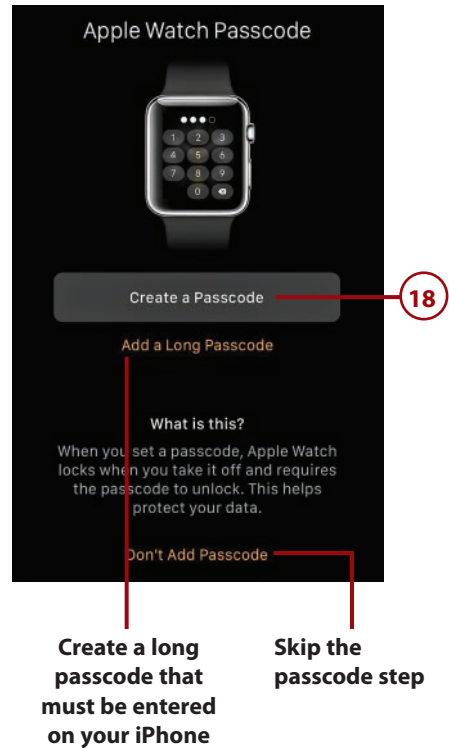
Your iPhone and Apple Watch can listen for your voice commands to send messages, place calls, create calendar events, launch apps, and more. With Siri enabled, you are able to lift your wrist and say “Hey Siri,” followed by commands.

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- 17.** Tap OK on the Diagnostics screen to continue. If you have the option to send usage and diagnostics information to Apple turned off on your iPhone, you are asked whether you want to enable it on this screen.



18. Tap **Create a Passcode** to enter a four-digit passcode on your Watch. The passcode is used in the future to unlock your Watch when you take it off and then put it back on.
19. Enter a passcode on your Apple Watch (not shown). After you have entered your new passcode, keep looking at your Watch for the next step. If you chose not to add a passcode, skip to step 21.



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## How Does the Passcode Work?

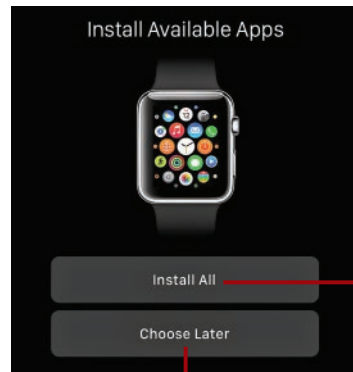
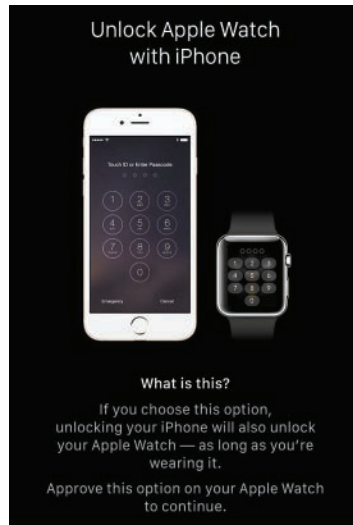
Your Apple Watch uses a sensor on the back to detect when it is in contact with your skin, so it knows whether or not it is being worn. If you set a four-digit passcode in step 18, when you remove your Watch, it will lock itself. When you put your Watch back on, it will prompt you to enter the passcode before you are able to use it. You enter the four-digit passcode on your Watch. If you chose to create a long passcode, when you put your Watch on, you are prompted to enter that longer passcode on your iPhone before your Watch is unlocked. Remember that you only need to unlock your Watch if you take it off and later put it back on. It is advisable to use a passcode on your Watch because if you lose it, or it is stolen, your information will be vulnerable. What makes securing your Watch with a passcode more manageable is that you can choose to have your Watch unlocked when you unlock your iPhone (see step 20). With this option enabled, if your Watch detects that it is on your wrist, and you unlock your iPhone, your Watch automatically unlocks itself. Finally, if you choose not to add a passcode to your Watch, you are unable to use Apple Pay from your Watch.

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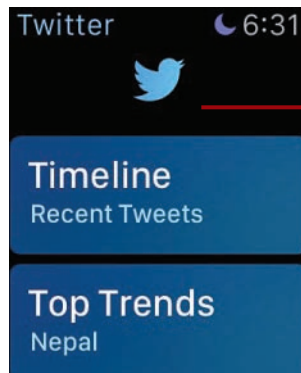
20. Choose whether you want your Apple Watch to be unlocked when it is on your wrist and you unlock your iPhone.
21. Tap Install All to install any Watch apps.

## How Do I Already Have Watch Apps?

Apps already installed on your iPhone might include a Watch version of those apps. Now that you have your Watch, you can take advantage of those additional Watch apps. An example of this is the Twitter Watch app, which allows you to quickly access your timeline or see the top trends.

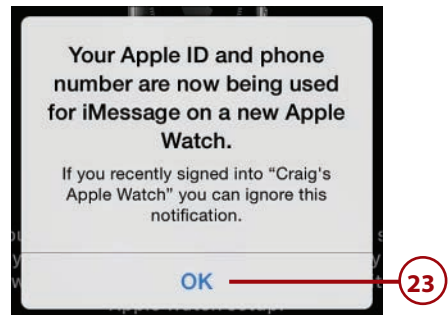
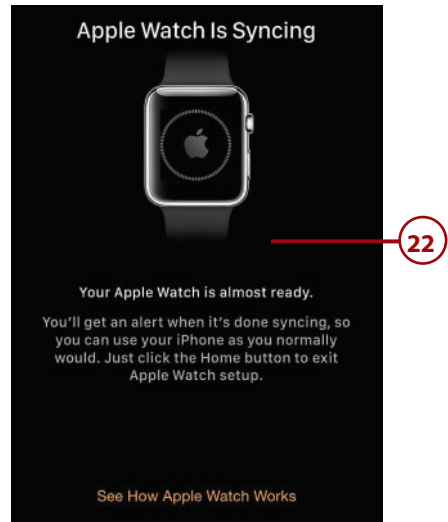


**Don't install any Watch apps right now**

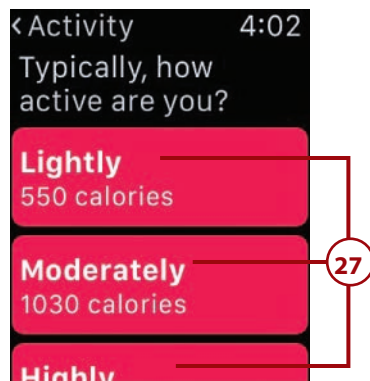
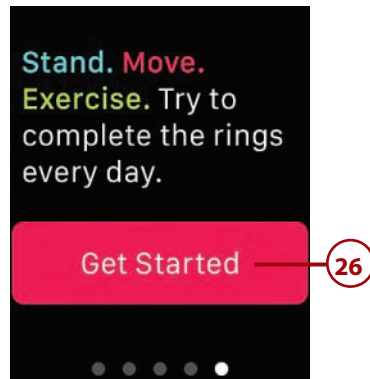
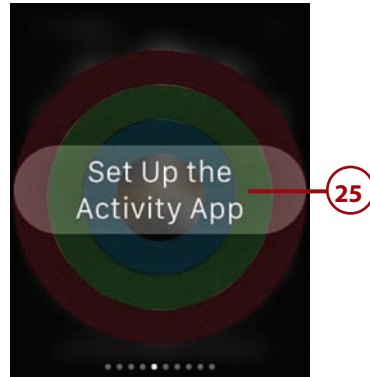


**Twitter Watch app**

22. Your Watch synchronizes with your iPhone for the first time. You can either wait on this screen, or press the Home button on your iPhone (not shown) to continue working and wait for an alert from the Apple Watch app letting you know that the synchronization is complete.
23. Tap OK on your iPhone when you see the information message telling you that your Apple ID has been used to sign in to your Apple Watch. This is just confirming what you did in step 13.
24. Tap OK, and look at your Watch for the remaining steps of the Watch setup. If your Watch has gone to sleep, press the Digital Crown to wake it up and continue to step 25.



25. Tap Set Up the Activity App and then swipe through the screens that explain how your activity is tracked.
26. Tap Get Started to choose your daily activity level and how many calories you want to burn each day.
27. Tap to choose how active you are during the day. The choices you make tell the Activity app how many calories you normally burn each day, but you have the option of adjusting that in the next step.

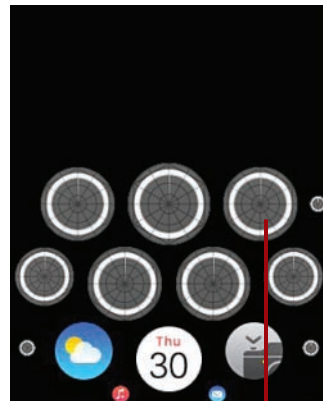
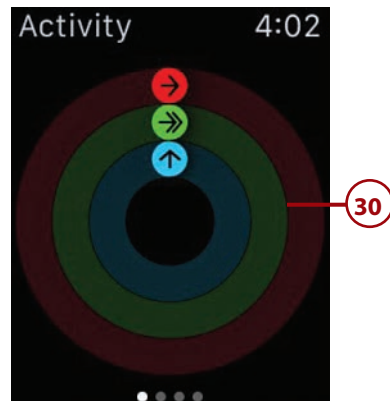
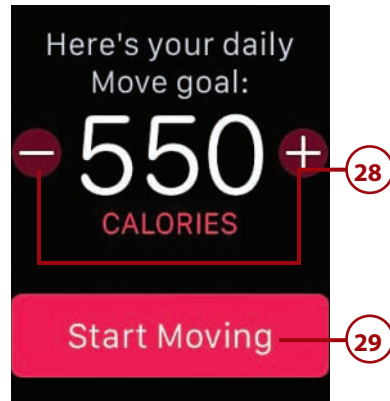




28. Tap the minus and plus symbols to decrease or increase the number of calories you want to burn each day, also known as your Move Goal.
29. Tap Start Moving.
30. Press the Digital Crown to see a list of your Watch apps when you see the Activity screen. At this point your Apple Watch is completely set up.

### Wait for Apps to Finish Installing

After you finish setting up your Apple Watch, you will naturally want to start exploring it right away. If you chose to install all Apple Watch apps in step 21, those apps might still be installing and might slow down your Watch. You can see the progress of an app install because it looks very much like the app install progress icon you see on your iPhone. Either wait for all apps to finish installing or be aware that you may experience some delayed responses from your Watch as they install.



Watch app install progress

# Learning How to Use Your Apple Watch

Your Apple Watch is designed to allow you to quickly view and respond to alerts, perform simple tasks, run apps, communicate with friends, and of course show you the time. This section covers the essential information you need to use your Apple Watch.

You'll need to master a few touchscreen gestures and button interactions in order to interact with your Watch more efficiently. Let's take a look at them.

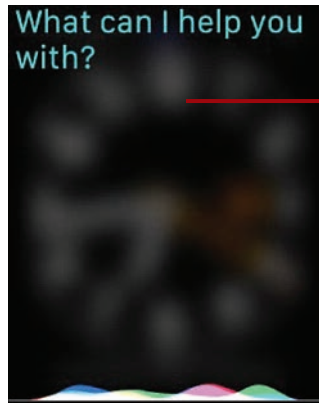
## Use the Digital Crown

The Digital Crown is modeled after the Crown on a mechanical watch, and can be turned by using your thumb and forefinger or by rolling it under your forefinger. You can also press the Digital Crown, double-press it, or press and hold it to achieve certain actions.

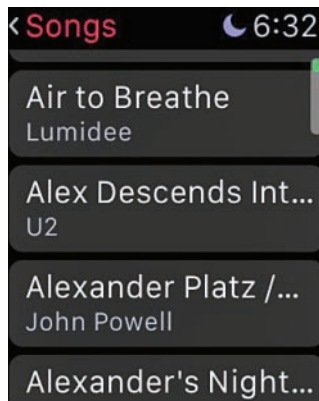
1. Press the Digital Crown to toggle between the time and the Home Screen that shows the list of apps. For example, if you are looking at the list of apps and you press the Digital Crown, you see the time using the watch face you previously chose to use. If you are looking at your watch face and you press the Digital Crown, you are taken to the list of apps.
2. Press the Digital Crown to return to the centermost app when viewing the list of apps. For example, if you have been scrolling around the list of apps and want to quickly return to the centermost app (the clock), press the Digital Crown.



3. Press the Digital Crown to exit an app and return to the Home Screen.
4. Double-press the Digital Crown to switch to the app you were last using. For example, if you were looking at your email in the Mail app, and then switched to the Photos app, double-press the Digital Crown to switch back to the Mail app.
5. Press and hold the Digital Crown for two seconds to activate Siri. After you feel the tap on your wrist, you can speak commands to Siri, or ask her questions.
6. Rotate the Digital Crown to scroll up and down a list. Any time an app presents you with a list, such as a list of your email or list of songs, you can scroll through that list using the Digital Crown. As you turn the Digital Crown, an indicator shows you how far down the list you are. You can also use the Digital Crown to move through options in an app. For example, when you are customizing your watch face, you can scroll through the customization options using the Digital Crown.



**Speak  
to Siri**



**List  
progress  
indicator**

**6**



**Detail  
selection  
indicator**

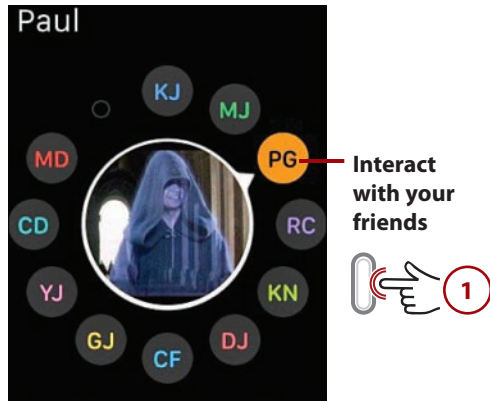
## Use the Side Button

You can also press the Side Button, double-press it, or press and hold it to achieve certain actions.

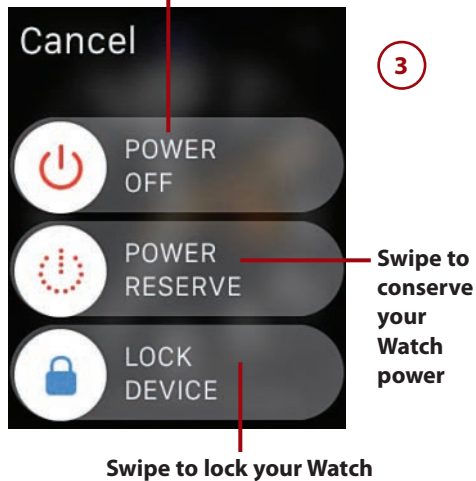
1. Press the Side Button once to see your Friends list and access ways to interact with them.
2. Double-press the Side Button to activate Apple Pay. Once Apple Pay is activated, hold your Watch near the reader at the checkout counter to pay for items.
3. Press and hold the Side Button for two seconds to choose whether you want to power off your Apple Watch, activate Power Reserve, or lock your Apple Watch by swiping one of the choices to the right.

### What Is Power Reserve?

When your Watch is in Power Reserve mode, it just shows the time. Your Watch stops communicating with your iPhone, and you are not be able to use any of your Watch apps. Power Reserve mode is automatically enabled when your Watch battery is getting low on power, so you shouldn't need to activate it manually. To exit Power Reserve mode, first charge your Watch, and then press and hold the Side Button until you see the Apple logo. This indicates that your Watch is restarting.



### Swipe to power your Watch off



## Use the Touchscreen

In addition to using the Digital Crown and Side Button, you also interact with your Apple Watch by touching the screen, which is known as making gestures on the screen. You can tap, double-tap, swipe, and Force Touch.



- **Tap**—To start an app, tap its icon. Tap an onscreen button to select it. Tap the numbers of the onscreen keypad to unlock your Watch.



- **Swipe**—Swipe in any direction on the screen. You can swipe slowly or quickly. Swipe a notification to clear it. Swipe to explore your photos.



- **Drag**—Dragging is essentially a swipe, but with this gesture you drag an onscreen object to perform a function. Drag the map in the Maps app to reposition it. Drag the slider left to right to power off your Watch.



- **Double-tap**—Double-tapping is like double-clicking a mouse on a desktop computer. Tap the screen twice in quick succession. For example, you can double-tap the map in the Maps app to zoom in.



- **Force Touch**—Force Touch is a hard press on the screen. When you perform a Force Touch, you will see options to choose that are contextual. For example, if you Force Touch on a watch face, you can customize it or choose a different watch face. If you Force Touch during a workout, you can stop the workout.

---

## Practicing Force Touch

The best way to practice how hard you need to press the screen to use the Force Touch gesture is to practice Force Touch on a watch face. Start by pressing softly, and you will notice that the watch face starts zooming out very slowly. The harder you push, the further it zooms out, until you eventually see the word **Customize** appear below the watch face, and feel a tap on your wrist (and your finger). Tap the watch face to zoom in on it again. Now, press on the screen again, but use the same amount of force that you were using when you saw the word **Customize** appear and felt the tap on your wrist and finger. If you got the pressure correct, you should immediately see the word **Customize** appear and feel the tap on your wrist. Use this same amount of pressure in the future when you want to perform the Force Touch gesture to access additional features, such as choosing the view mode for the Calendar app.

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## Use the Lock Screen

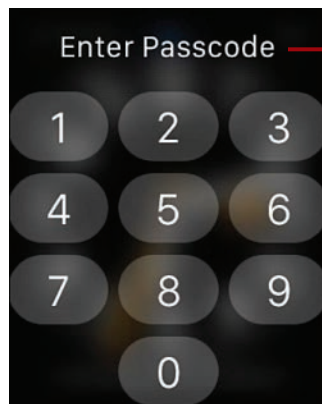
If you chose to lock your Watch with a passcode (highly recommended), when you take your Watch off, it locks itself. When you put your Watch back on your wrist, it remains locked until you unlock it. Once your Watch is unlocked, it remains unlocked until you take it off, or you choose to manually lock it.

1. Remove your Watch and wait for it to lock. Replace it on your wrist and lift your wrist to interact with your Watch in any way, such as by tapping the screen to access the Enter Passcode screen. Alternatively, just wait a few seconds after raising your wrist, and the Enter Passcode screen appears automatically.
2. Enter the four-digit passcode to unlock your Watch.



Indicates  
Watch is  
locked

1



Enter your  
passcode

2

---

## Other Unlock Methods

When you set up your Watch, you might have chosen to use a long passcode. If you did, instead of your Watch prompting you to enter the passcode, your iPhone prompts you to enter the long passcode. If you chose to have your Watch automatically unlocked when you unlock your iPhone, simply unlock your iPhone using a passcode or Touch ID, and your Watch is also unlocked. If you are holding the Watch in your hand, you can still unlock it by entering the passcode. Because it is not on your wrist, your Watch does not automatically unlock when you unlock your iPhone because it cannot detect your skin.

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## Interacting with the Watch Face

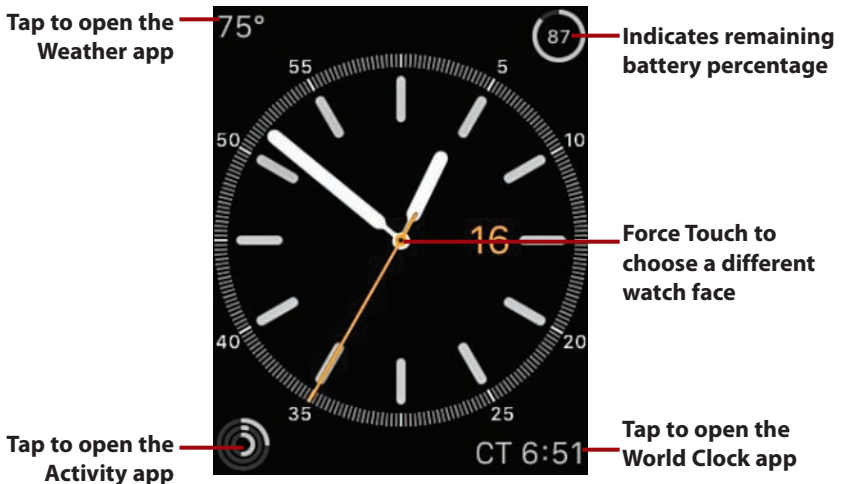
The most common screen you see on your Watch is the watch face. Here is how to interact with the various watch faces. Depending on the watch face you choose, and how you customize it, it might include one or more *complications*, which are additional icons that show information but also sometimes allow you to tap them to open the associated app. We will cover choosing and customizing your watch face in more depth in Chapter 1, “Personalizing Your Apple Watch.”

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### What Are Complications?

Makers of mechanical watches use the term “complications” to describe any mechanical watch function that is in addition to displaying the time in hours and minutes. In fact, a watch that only shows the hours and minutes is said to have a simple movement. Because mechanical watches are made using tiny gears, springs, and other mechanical pieces, adding extra functionality is complicated, and hence adding something such as the date to the display is said to be a complication. This is true not only in watch construction, but also when the watch needs to be repaired. Some examples of mechanical watch complications include a chronograph, moon phases, and displaying time in different times zones. When Apple designed the Apple Watch, they wanted to keep the traditional language surrounding watches, and so a watch face on your Apple Watch can include complications, which are essentially icons that show additional information such as the time in a different time zone or the weather.

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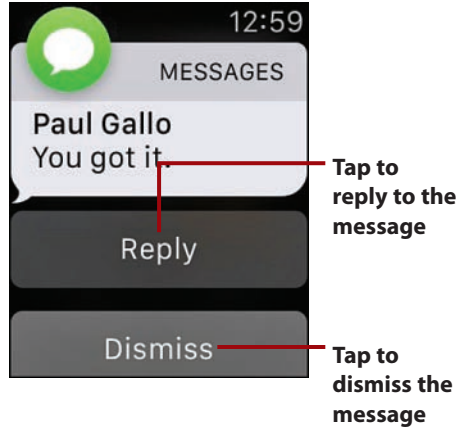




## Work with Notifications

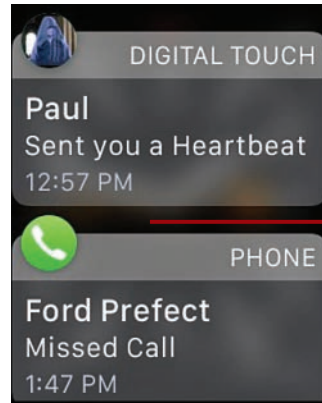
When an app needs to alert you, your Watch taps you on the wrist. If you lift your arm within a second or two after you feel the tap, the notification is displayed on the screen. You are then able to dismiss it, or in some cases, take action on it. For example, if someone sends you a text message (or iMessage), you can reply to that message right on your Watch. More on choosing which notifications you want to see on your Apple Watch can be found in Chapter 1.

If you ignore the notification, later when you look at your Watch you will see a red dot on the top of your Watch screen. This indicates that you have missed notifications. Swipe down from the top of the Watch screen to see and manage your notifications.

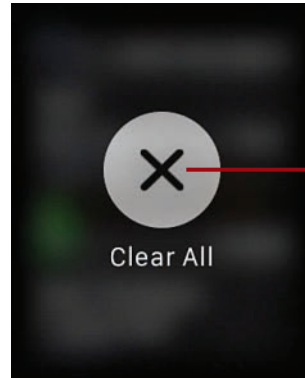




To clear notifications one by one, swipe the notification to the left and then tap the Clear icon. To clear all notifications at the same time, Force Touch and tap the Clear All icon.



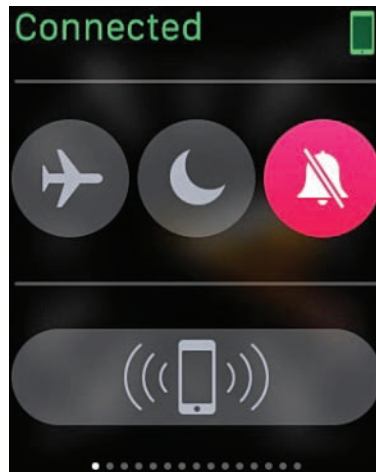
**Force  
Touch**



**Tap to  
clear all  
notifications**

## Use Glances

Glances are similar to Widgets on your iPhone. They provide real-time information and some functionality. Examples of Glances are Calendar Glance, Weather Glance, and even the Settings Glance. Besides the built-in Glances, certain apps you install on your Watch may include their own Glances. Examples of these include the Instagram app and the Swarm app. Swipe up from the bottom of your Watch screen to see Glances. Swipe left and right to scroll through the Glances. We will cover more on choosing which Glances you want to see on your Apple Watch in Chapter 1.



**Swipe left and right to  
move between Glances**

## Run an App

In addition to telling the time, allowing you to respond to notifications, and showing you information via Glances, your Apple Watch can run apps. To run an app, press the Digital Crown to view the available apps, and then tap an app icon. Turning the Digital Crown zooms in and out of the list of apps. More on choosing which apps you want to see on your Apple Watch and how the list of apps is laid out can be found in Chapter 1.

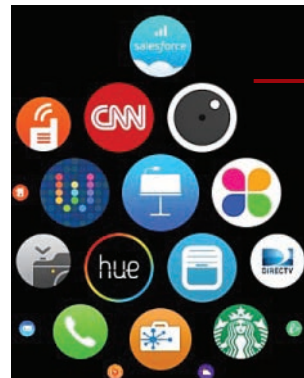
If you don't see the app icon, swipe around on the screen to move the view of apps to find the one you are looking for. Pressing the Digital Crown centers the view of the apps.

If you zoom in all the way to an app icon at the center of your Watch screen, that particular app launches.

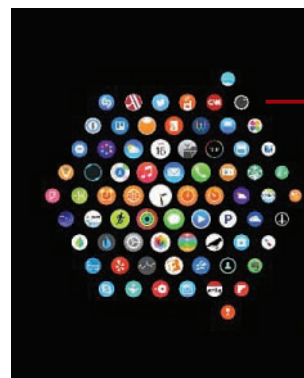


Swipe in all directions

Tap an app icon to launch the app



Outer edge of your app list

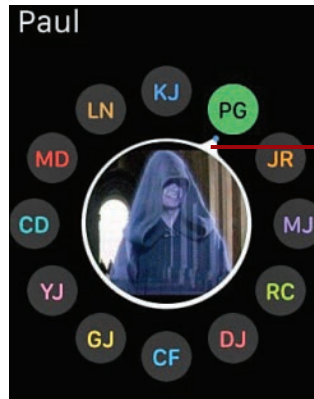


App list zoomed out

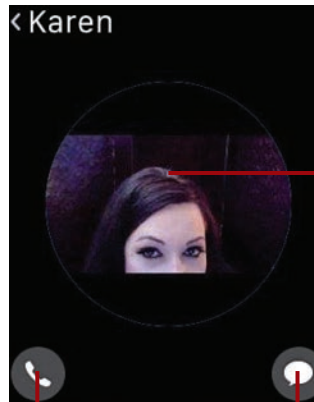
## Quickly Access Your Friends

If you press the Side Button, you see the Friends list (contacts are called Friends in the Watch app). Turning the Digital Crown allows you to choose a friend. If you wait a few seconds after selecting your friend, you see a screen of communication options. You can find more on choosing which friends you want to see on your Apple Watch in Chapter 1.

For friends that do not have Apple Watches, you can call them and send them text messages (and iMessages). For friends that do have Apple Watches, you can also communicate with them using Digital Touch. Digital Touch allows you to send your actual heart beat, send pictures you draw on your Watch screen, and send a sequence of taps. See Chapter 2, “Messages, Email, and Phone Calls,” for more on interacting with the Friends app.



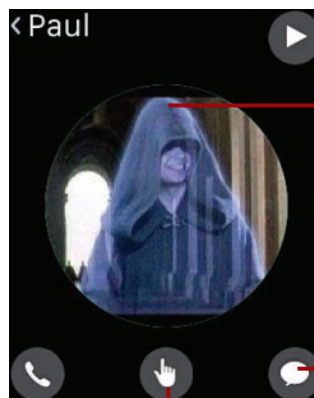
**Rotating the Digital Crown moves the selector**



**Friend without an Apple Watch**

**Tap to call**

**Tap to send a message**



**Friend with an Apple Watch**

**Tap to call**

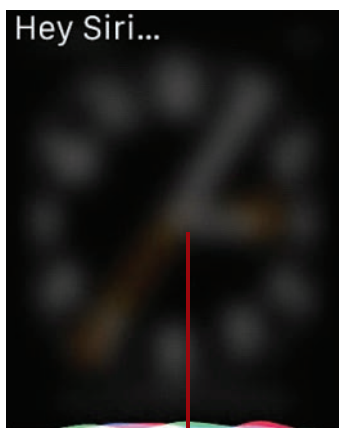
**Tap to use Digital Touch**

**Tap to send a message**

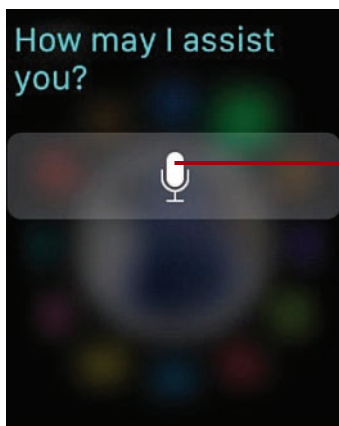
## Command Your Watch Using Siri

If you raise your wrist and say, “Hey Siri,” Siri starts listening for your spoken commands. You can also press and hold the Digital Crown to activate Siri. Some examples of using Siri are “Hey Siri, where can I get a pizza around here?” and “Hey Siri, call Karen.” Chapter 3, “Using Siri,” covers how to interact with Siri on your Watch in more depth.

If you don’t speak right away, tap the microphone icon to speak.



**Tell Siri what to do or  
ask her a question**



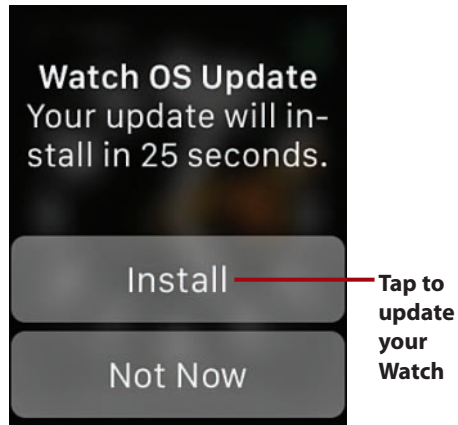
**Tap to  
speak**

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## Updating Your Apple Watch

From time to time, Apple will release an update for your Apple Watch. Updates can fix bugs and add new features. When a new update is available, you will see a red badge on the corner of the Watch app on your iPhone. Tap on the Watch app, and then tap General and choose Software Update. Tap Download and Install to download the Watch update, prepare it, and install it on your Watch. Your Watch must be on its charger, and have more than 50% charge before you can complete the update. Once the update is ready, the Watch app on your iPhone sends it to your Watch. On your Watch screen, you see a notice telling you that the update will start in 30 seconds. You will be able to tap Not Now to delay the update, or tap Install to install it immediately. See Chapter 8, “Installing and Managing Watch Apps,” for more information on this topic.

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Goal  
achievements



In this chapter, you learn how your Watch keeps track of your activity and helps you stay healthy. Topics include the following:

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- Becoming familiar with the Activity app
- Using the Workout app
- Viewing detailed information in the Health app

# 7

## Using Your Watch to Stay Active

Your Apple Watch automatically monitors your heart rate and activity to keep track of your health, and it allows you to record your workouts.



## Becoming Familiar with the Activity App

The Activity app on your Watch keeps track of how often you stand up, how much you move around, and how much exercise you do.

1. Press the Digital Crown to see the Home Screen.
2. Tap the Activity app icon.



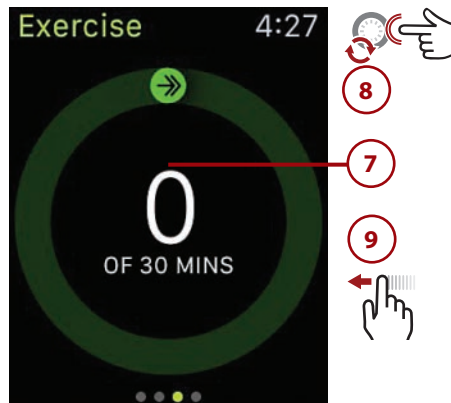
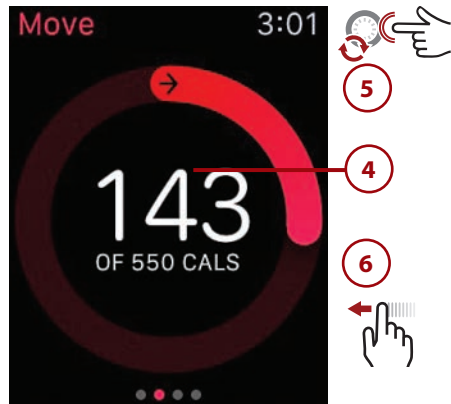
### Navigate the Activity App on Your Watch

Using the Activity app on your Watch, you can view your activity information and change your Move Goal.

1. The Activity screen shows an overview of your activity. The blue ring shows how many times you have stood and moved around for 60 seconds or more, the green ring shows how much vigorous activity you have done so far, and the red ring shows you how much you have moved around.
2. Turn the Digital Crown to scroll down and see active calories, total number of steps, and total distance.
3. Swipe right to left through the screens to see your move progress.



4. The Move screen shows you information specific to how many calories you have burned by moving so far.
5. Turn the Digital Crown to scroll down and see a graph showing calories burned per hour of the day.
6. Swipe left to see your exercise progress.
7. The Exercise screen shows you how many minutes of exercise you have done out of a total of 30 minutes. The Activity app records exercise as activities you do that are above and beyond your normal standing and walking around. It is loosely define as an activity that is similar to a brisk walk.

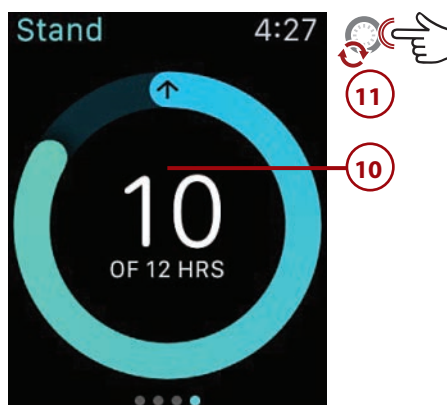


## Other Apps Count Towards Exercise

In the Fall of 2015 when Apple releases the watchOS 2 update, you will be able to use your third-party exercise apps, and the data that they capture for your exercise, to be set to count against the Exercise ring in the Activity app. This will allow for a more complete picture of your exercise.

8. Turn the Digital Crown to scroll down and see a graph showing exercise per hour of the day.
9. Swipe left to see your stand progress.

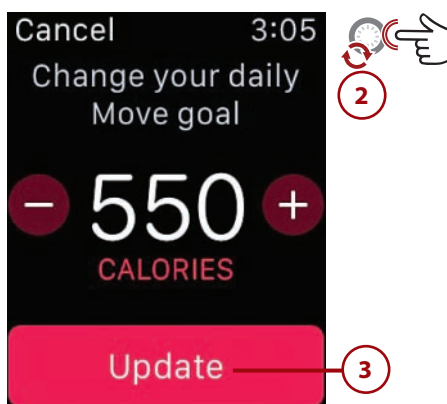
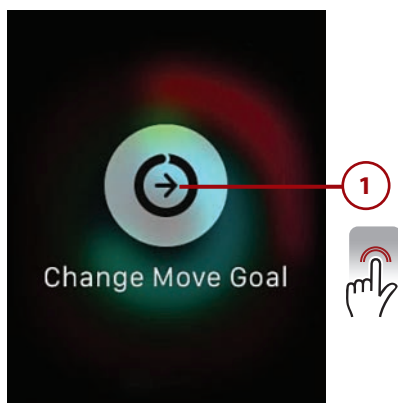
10. The Stand screen shows you how many hours of the day you stood up and walked around, up to a maximum of 12 hours. Within each hour, if you stood up and walked around for at least 60 seconds, you are credited with standing during that hour.
11. Turn the Digital Crown to scroll down and see a graph showing each of the 12 hours and which ones you stood up during.



## Change Your Move Goal

If you want to change your Move Goal (that is, how many calories you want to try to burn during a single day), do the following.

1. Force Touch on any screen of the Activity app.
2. Tap Change Your Daily Move Goal.
3. Turn the Digital Crown to adjust the number of active calories you want to aim to burn each day. Tap Update to make the change.



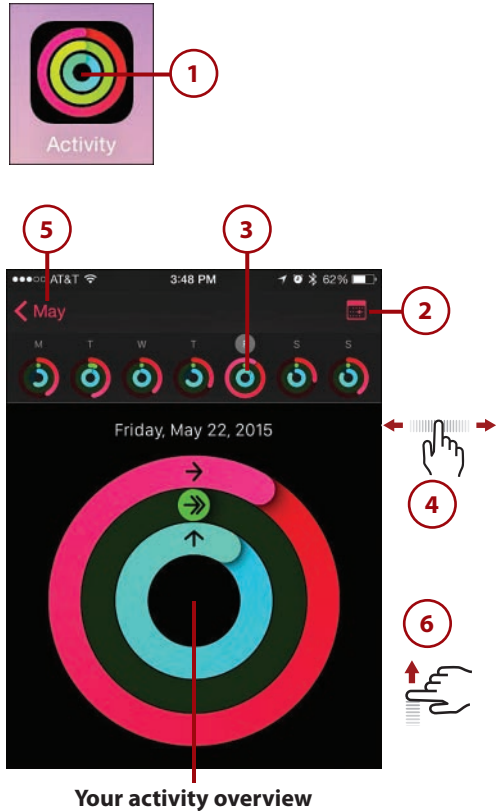
## Time to Stand Up

If you haven't stood up and moved around for at least 60 seconds during a given hour of the day, 10 minutes before the top of that hour, the Activity app prompts you to stand up.

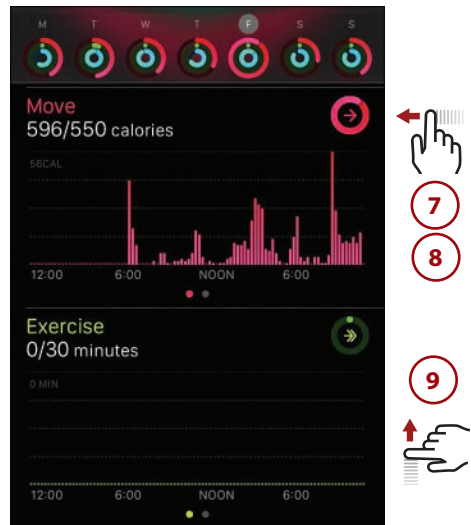
## Use the Activity App on your iPhone

Using the Activity app on your iPhone, you can view your activity information per day in more detail, including seeing active and resting calories, number of minutes of exercise, how often you stood, and information about workouts.

1. Tap the Activity app icon on your iPhone.
2. Tap the Today icon to show today's activity.
3. Tap a specific day in the week to show activity for that day.
4. Swipe left or right over the days of the week to show previous or next weeks.
5. Tap the month to show your activity overview for.
6. Swipe up to see more detailed move, exercise, and stand information.
7. Swipe left across the Move graph to see active, resting, and total calories burned.
8. Swipe left across the Exercise graph to see how many minutes you exercised and the total time you were active.
9. Swipe up to see the stand information.



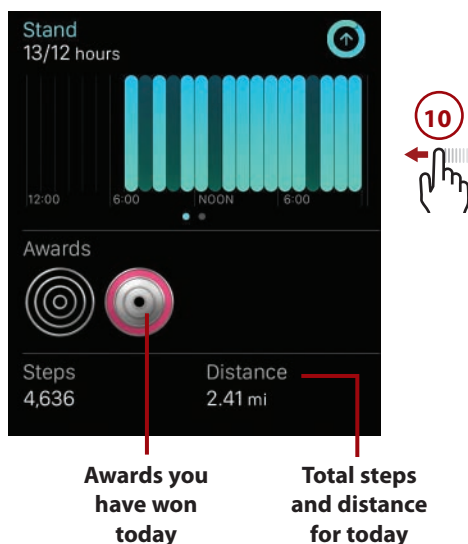
Your activity overview



10. Swipe right to left across the Stand graph to see how many hours you were idle as well as how many hours went by when you stood up.

### See Workout Information

If you worked out on the day you are viewing in the Activity app on your iPhone, you can scroll down to the bottom of the list of information to see your workout summary. Tap the right arrow to see the full information about your workout.



## Using the Workout App

When you work out, you can use the Workout app to keep track of your heart rate, activity, number of minutes you worked out, and calories burned.

1. Press the Digital Crown to see the Home Screen.
2. Tap the Workout app icon.

### Start a Workout with Siri

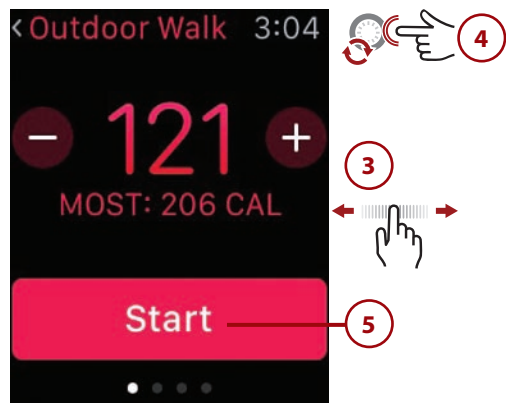
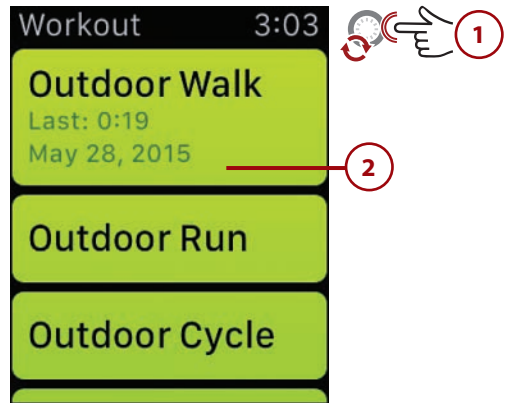
You can ask Siri to start a workout. To do this, activate Siri and tell her to "start a workout." Siri launches the Workout app for you. When watchOS 2 is released in the Fall of 2015, you will be able to use Siri for more a complete workout command like "start an outdoor walk workout for 20 minutes."



## Choose a Type of Workout and Start Your Workout

After the Workout app starts, you can choose the type of workout you are about to do as well as select the type of goal you want to set for the workout.

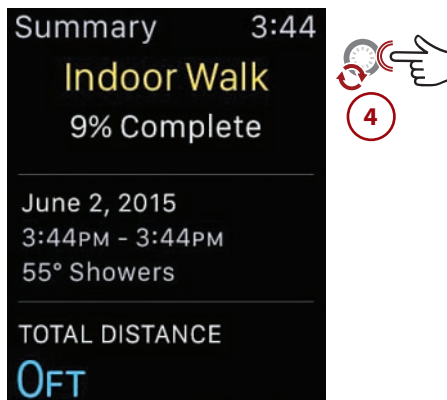
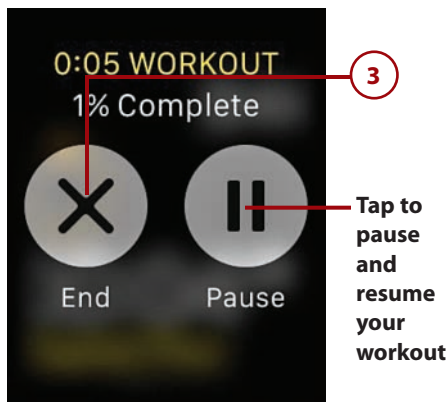
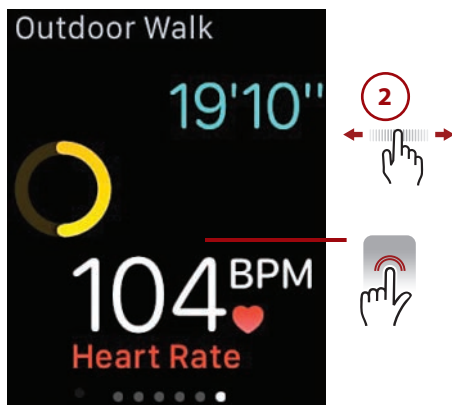
1. Turn the Digital Crown to scroll up and down the list of workout types.
2. Tap the type of workout. For this example, use the Outdoor Walk workout.
3. Swipe left and right to choose what goal you want to set yourself for the workout. You can choose an active calorie burn goal, a time goal, or a distance goal, or you can choose OPEN for no goal.
4. Turn the Digital Crown to adjust the value on the goal you have chosen.
5. Tap Start to start your workout.
6. Wait for the countdown to reach zero and then start your workout.



## View Information and End Your Workout

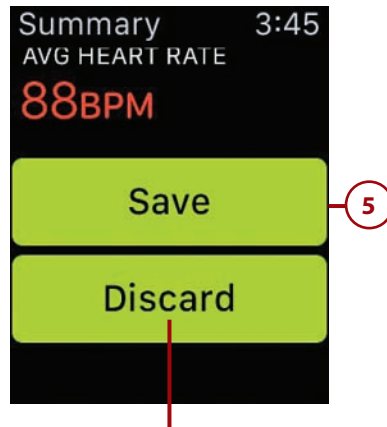
While you work out, you can see activity-related information in real time on your Watch. When you finish your workout, you can save the record of your workout.

1. Lift your wrist to see information relevant to your workout.
2. Swipe left and right to see all the information, including your real-time heart rate. Depending on the type of workout you have chosen, the information shown includes elapsed time, pace, distance, and active calories burned.
3. Force Touch the Watch screen when you have finished your workout and then tap End.
4. Turn the Digital Crown to scroll through the summary of your workout.





5. Tap Save to save the record of your workout.

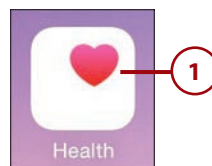


Tap to discard the record  
of the workout

## Using the Health App

The Health app on your iPhone is the central hub for all your health data. This includes the data collected by your Apple Watch, but it also includes data collected by other health-related apps on your iPhone as well as other types of medical hardware such as scales and blood pressure monitors. Using the Health app gives you a much deeper understanding of your health, and helps you take steps to become healthier.

1. Tap the Health app icon.

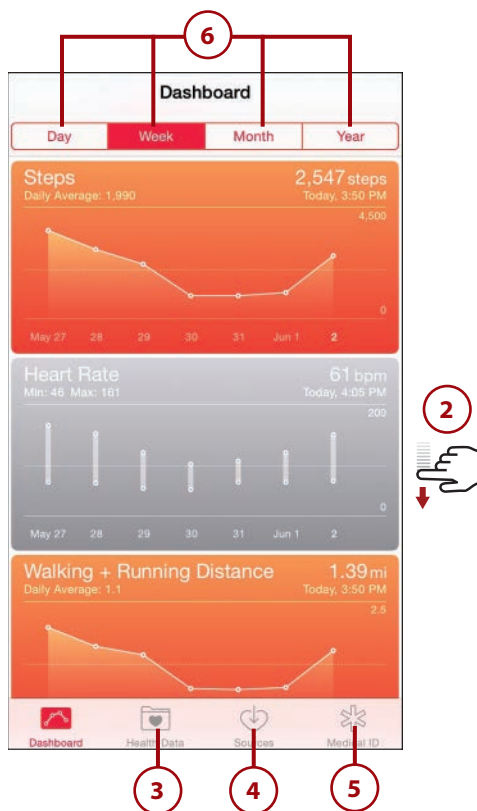




2. Swipe down to see more of your Dashboard.
3. Tap Health Data to see granular information about the health data being gathered and shared with the Health app.
4. Tap Sources to choose which devices and apps share their health data with the Health app, and which apps can read health data from the Health app.
5. Tap Medical ID to create or edit your medical ID.
6. Tap Day, Week, Month, or Year to adjust the range for the Dashboard.

## Rearrange the Dashboard

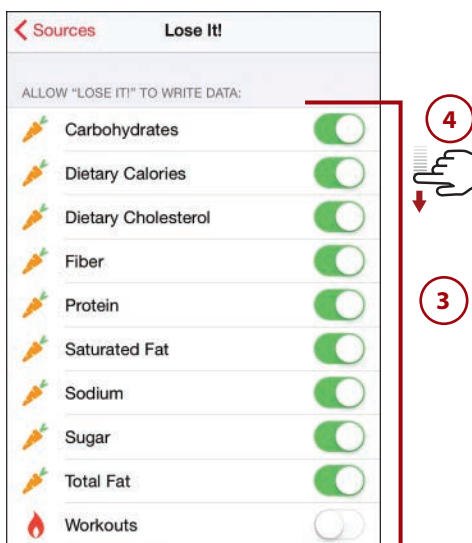
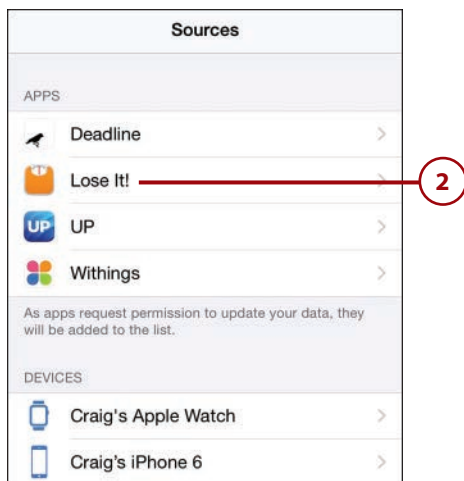
To rearrange the Dashboard, touch and hold on a section and move it up and down to reposition it. Tap a section to see more information about that section's health data.



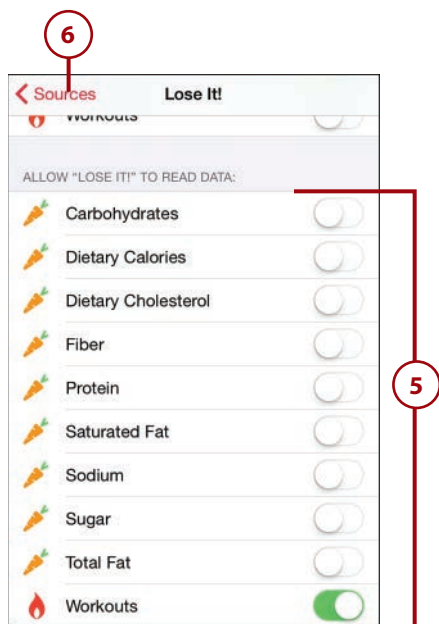
## Choose Health Sources

You can choose to allow other apps on your iPhone to read information gathered by the Health app. Then, you can decide which apps and devices can report information to the Health app.

1. Tap Sources.
2. Tap the name of an app to choose what data it can share with the Health app as well as what data it can read from the Health app. In this example, we will choose the Lose It! app.
3. Choose what data the app collects, to share with the Health app.
4. Swipe down to choose what data the app can read from the Health app.



5. Choose what data the Health app collects from other sources, to share with the app.
6. Choose what data the Health app collects from other sources, to share with the app.



## >>>Go Further

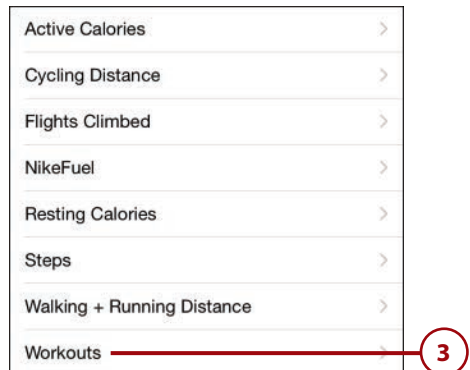
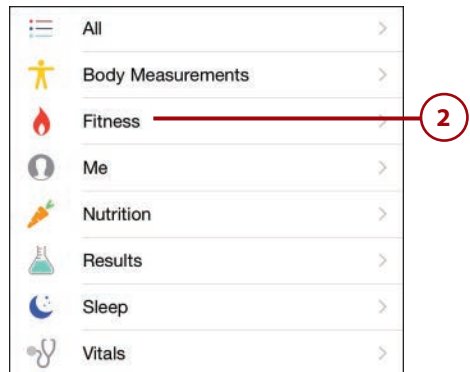
### CLARIFYING SOURCES

In the example used for the preceding task, the Lose It! app is shown. You can use it to track your food intake by using your iPhone's camera to scan the barcodes on the food you eat, and the Lose It! app automatically tracks the information about that food. For this example, the Lose It! app is configured to share all the information it collects with the Health app. Also, the Lose It! app is configured to only read Workout data from the Health app. You don't need it to collect the other data, because the Lose It! app is the one already gathering that data and sharing it with the Health app. The process is the same for all apps and devices you use—for example, sleep analysis bands, Wi-Fi scales, and blood pressure bands.

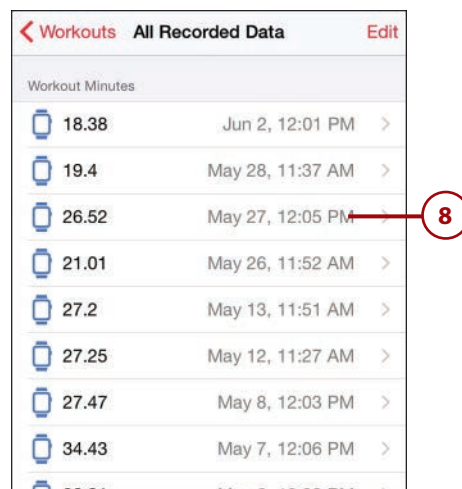
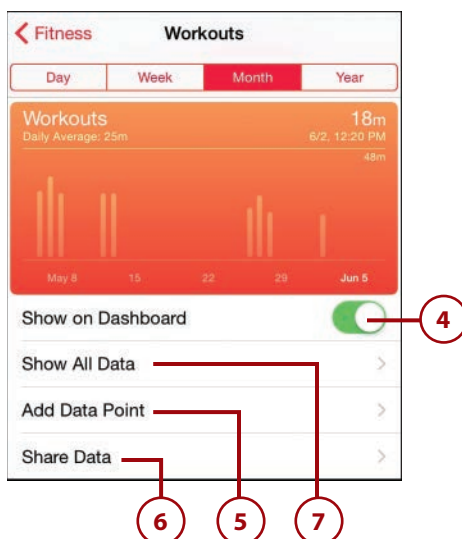
## View the Health Data

Your Apple Watch, along with your iPhone, other health and fitness apps, and other medical devices such as Wi-Fi scales, sleep analysis bands, and blood pressure bands, all report their data to the Health app. Here is how to drill down into that data.

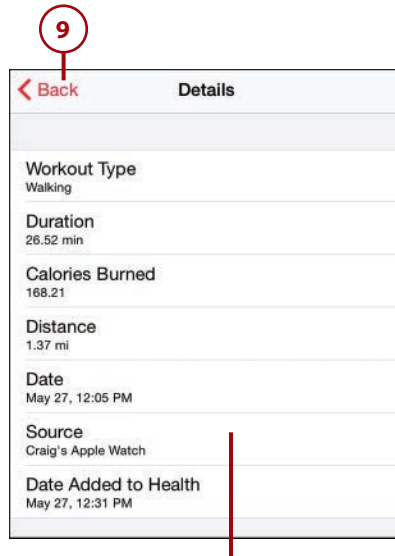
1. Tap Health Data.
2. Tap a data category. In this example, Fitness is used in order to look at the data collected by the Apple Watch.
3. Tap the type of data you want to see. In this example, notice the workout data that the Apple Watch has been tracking and submitting to the Health app.



4. Show on Dashboard lets you choose whether you want to have this health data on your Dashboard.
5. Tap Add Data Point if you want to manually add a data point (in this case, a workout) that is missing from the collected data for some reason.
6. Tap Share Data to choose what apps to share this data with and to see what apps or devices provided this data.
7. Tap Show All Data to see all apps or devices that provided this data and drill into each data point.
8. Tap a data point to see all the information about it.



9. Tap Back once you are finished looking at the information.



**What app or device  
provided the information**

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