

IN THIS CHAPTER

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Chapter 1

Buying Your Apple Watch

No doubt you've seen the little glass-covered watches with the (usually) colorful bands on the wrists of the young, the old, and the in-betweens. You'll often catch the wearers stealing a glimpse at their wrist multiple times over a period of time, but they're not always checking the time. They're checking text messages. Or being informed that they've reached their activity goals for the day. Or perhaps they're being reminded of a pending appointment. Maybe they're viewing a photo of their grandchildren or even holding a phone conversation with them. Or maybe they're translating something they read in a language they don't understand. Or — and how's this for cool — they're administering an electrocardiogram on themselves. Yes, with an Apple Watch, you can do those things and more, right from your wrist. You, dear reader, are about to be immersed in the world of Apple Watch, and I'm grateful to be your guide.

In this chapter, you learn about the various models of Apple Watch, as well as where to buy one. You also explore what's inside the Apple Watch box, find out what the buttons on the side are for, and discover where to get help if you should ever need it — beyond the little book in your hands, that is.

Discover the Newest Apple Watch Models and watchOS 9

Apple Watch gets its functionality from the combination of its hardware and its software operating system (called *watchOS*, which is short for *Apple Watch operating system*). The most current version of the operating system is watchOS 9. It's helpful to understand which new features the latest models and watchOS version offer the Apple Watch wearer (all of which are covered in much more detail throughout this book).

The newest Apple Watches to grace the lineup are Apple Watch Series 8 (shown in **Figure 1-1**), Apple Watch SE (second generation), and Apple Watch Ultra (seen in **Figure 1-2**). Although other smartwatches are on the market, Apple Watches are the smartwatch equivalent of William James Sidis. (I encourage you to look him up if you haven't heard of him.) Others may work with Android devices and some have more of a fitness bent, but none come close to Apple's offering. Sorry, but this is a book about Apple Watch written by an Apple fan for other Apple fans, so there will be no tomfoolery with further discussions of “competitors.” I digress. . .

Apple Watch Series 8 is a continuation of the most popular model in Apple's line of smartwatches, boasting several new and updated features, including:

- » Always-on display
- » Built-in temperature sensor

- » Crash detection
- » Low-power mode



Courtesy of Apple Inc.

FIGURE 1-1



Courtesy of Apple Inc.

FIGURE 1-2

Most versions of the Series 8 are mid-range in terms of cost.

The second generation of the Apple Watch SE is Apple's lower-cost model but is by no means a slouch. New and updated features include:

- » Crash detection
- » Optical heart-rate sensor
- » A powerful S8 chip

Apple has also released the ultimate tough, rugged, take-almost-anywhere and do-almost-everything Apple Watch yet: the Apple Watch Ultra. Here are a few features that set it apart:

- » 36-hour battery life
- » Dual-frequency GPS
- » Flat sapphire crystal face and aerospace-grade titanium body
- » All-new Action button
- » The Depth app for divers



TIP

Consider acquiring AppleCare+, which is Apple's extended warranty, currently priced for two years at \$49 for Apple Watch SE, \$79 for Apple Watch Series 8, and \$99 for Apple Watch Ultra. The cost is \$149 for three years for the far more expensive Apple Watch Hermès (essentially an extremely souped-up model of Apple Watch Series 8). AppleCare+ extends the warranties of the respective models, and includes unlimited incidents of accidental damage (at a nominal extra cost, depending on the model). The accidental damage coverage could more than cover the cost of repairing your Apple Watch without it. Visit www.apple.com/support/products/watch/ to learn more.

This book is based on version 9 of watchOS, which is supported for Apple Watch Series 4, Apple Watch Series 5, Apple Watch SE, Apple Watch Series 6, Apple Watch Series 7, Apple Watch Series 8, and Apple Watch Ultra. This update to the operating system adds many features, including (but most certainly not limited to) the following:

- » Four new customizable and shareable watch faces
- » Sleep stage tracking
- » Custom workouts
- » Redesigned notifications
- » Apple Watch mirroring, which allows you to control your Apple Watch using your iPhone's display
- » AFib (atrial fibrillation) history
- » A new Medications app for tracking your medications



TIP

Not all features of watchOS 9 work with every Apple Watch model. If you have an older Apple Watch, you may not be able to use certain watchOS 9 features due to hardware limitations.

These are but some of the improvements made to the latest version of watchOS. Please consider visiting www.apple.com/watchos/watchos-9 to discover more.

WHAT IN THE WORLD IS A COMPLICATION?

Have you ever noticed the tiny little windows and miniature hands and faces that litter the larger face of some analog watches? These little doo-dads are called *complications* (as shown in the corners of the watch face in the figure), and they allow your watch to provide you much more information than just the time (such as the date or moon phases, for examples). watchOS has always provided complications for your Apple Watch faces. Those complications may be part of watchOS or they may come with other third-party apps that you install on your Apple Watch.



Courtesy of Apple Inc.

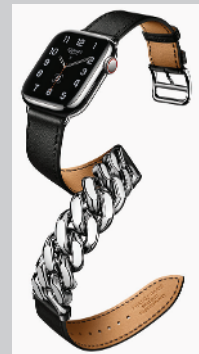
Choose the Right Apple Watch for You

There's an Apple Watch out there that's just right for you, trust me. This gadget is the most customizable Apple's ever offered, and there's a style to suit every taste.

Apple sells several versions of Apple Watch at various price and consumer focus points. Apple Watch Series 8 is the most popular of the newest models, so that will be the primary focus of this section, but I will make some comparisons between it, the Apple Watch SE (second generation), and the Apple Watch Ultra (which are the other new models Apple currently sells).

APPLE WATCH COLLECTIONS

Apple also offers Apple Watch in collections, including Apple Watch Nike and Apple Watch Hermès (versions of each are shown in the figure). Apple Watch Nike (www.apple.com/apple-watch-nike/) allows you to select from several unique Nike-designed bands and includes special apps focused on Nike fitness activities. Apple Watch Hermès (www.apple.com/apple-watch-hermes/) is the upper echelon of Apple Watch models. It comes with a unique watch face and you can choose from an extensive array of gorgeous bands and clasps ranging from top-of-the-line fabrics to luxurious leathers.



Courtesy of Apple Inc.

Apple Watch Series 8 models come in 41mm and 45mm case sizes, SE models come in 40mm and 44mm, and Ultra comes in 49mm.



TIP

You might think “the larger the better” applies here when it comes to tapping on the screen of your Apple Watch, and that may be true if you have larger wrists and fingers. However, small wrists have necessitated my use of the 40mm and older 38mm cases for years, and I’ve had no trouble at all.

When selecting your Apple Watch, you’ll need to select not only a size for your case but a wealth of other choices:

» **Case material:** Apple Watch Series 8 comes in aluminum and stainless steel.

» **Case color:** Apple Watch Series 8 offers a multitude of case colors (each depending on the material you select):

- Midnight (aluminum)
- Starlight (aluminum)
- Product RED (aluminum)
- Silver (aluminum)
- Gold (stainless steel)
- Graphite (stainless steel)
- Space Black (stainless steel)

» **Band:** Selecting a band might be your most time-consuming task, as there is no shortage of colors (you name it!), styles (loops, bands, wraps, and more) and material types (rubber, leather, metals, fabrics, and so on) to choose from.

» **Cellular or non-cellular:** Every Apple Watch has GPS, but you can also opt for the GPS + cellular model, which allows you to use it with or without your iPhone for calls, texts, and more activities that require a data connection. Visit www.apple.com/watch/cellular/ to find a full list of cellular carriers for the Apple Watch model you’d like to use.

Some differences between Apple Watch models come from the current operating system, watchOS 9. Newer models, such as the Apple Watch Series 8, support some tasks that older models do not.

Table 1-1 gives you a quick comparison of Apple Watch Series 8, Apple Watch SE (second generation), and Apple Watch Ultra (models currently sold by Apple). All costs were current when this book was written. (Some carriers may introduce non-contract terms.)

TABLE 1-1 Apple Watch Model Comparison

Model	Materials	Sizes	Cost	Carriers
Series 8	Aluminum and stainless steel	41mm and 45mm	from \$399	AT&T, Verizon, T-Mobile, and others
SE (second gen)	Aluminum only	40mm and 44mm	from \$249	AT&T, Verizon, T-Mobile, and others
Ultra	Titanium only	49mm	\$799	AT&T, Verizon, T-Mobile, and others



TIP

For a side-by-side comparison of all three models Apple currently sells, check out www.apple.com/watch/compare/.

Understand What You Need to Use Your Apple Watch

Before taking the plunge with a new Apple Watch, you should know what you'll need to take full advantage of its wares.

Right off the bat, you'll need an iPhone (even GPS + cellular versions require you have one) — no ifs, ands, or buts. The iPhone is necessary for updating your Apple Watch's operating system (watchOS), installing apps, setting up optional services such as Apple's Fitness+, and more. You simply must have an iPhone, along with its Watch app, if you want to set up and get going with your Apple Watch. If you

have a GPS + cellular model, you still need the iPhone to get started before you can begin to use the Apple Watch without it. The three Apple Watch models Apple currently sells require an iPhone capable of running at least iOS 16.



TIP

Family Setup is an option in watchOS that allows you to use a single iPhone to set up multiple Apple Watches. That way, everyone in the family won't need their own individual iPhone. For more info on this great feature, visit <https://support.apple.com/en-us/HT211768>.

If you want to be able to use your Apple Watch GPS + cellular model without an iPhone (aside from the requirement to have one for setting up, as mentioned in the preceding paragraph), you'll need to add your Apple Watch to the data plan account you have with your cellular provider. The data plan allows you to exchange information over the internet (such as emails and text messages) and download content (such as music). Try to verify the strength of coverage in your area, as well as how much data your plan provides each month, before you sign up.

You should already have a free iCloud account (since you have or will get an iPhone), Apple's online storage and syncing service, to store and share content online among your Apple devices, keep track of your devices, and more. For example, you can set up iCloud in such a way that you can find Apple devices you've lost, which is handy if you happen to misplace your Apple Watch.

Find Out Where to Buy Your Apple Watch

You can buy an Apple Watch from just about anywhere, including local retailers and online. You can find them at a brick-and-mortar or online Apple Store, from mobile phone providers, such as AT&T, Sprint, T-Mobile, and Verizon, and at major retailers, such as Best Buy and Walmart, but the choice of models and bands may be limited to on-hand supplies. You can also find Apple Watch at several online retailers (such as Amazon.com and Newegg.com) and through smaller, local stores and shops.

However, if you want to explore the full range of Apple Watch models and options, visit Apple Watch Studio found at www.apple.com/shop/studio/apple-watch. If you don't need your Apple Watch this very instant, Apple Watch Studio is your best bet to find the Apple Watch that meets your every wish in wearable wrist technology. Click the blue Get Started button and customize to your heart's content.



TIP

Apple also offers an easy way to find your nearest Apple Watch retailer. Visit <https://locate.apple.com/>, click Explore Sales Locations, enter your address or ZIP code, select Apple Watch from the Products menu, and click Go to see a list of local establishments.

See What's in the Box

When you fork over your hard-earned money for your Apple Watch, you'll be left holding a minimalist-inspired long, slender box. Box details and colors may vary, depending on the series you purchase.

Guess what you'll find when you take off the shrink wrap and open the box? More boxes, of course!

One box contains:



TIP

- » **Your Apple Watch:** Save all the packaging until you're certain you won't return the Apple Watch. Apple's standard return period is 14 days, but only for products you purchase directly from them. If you purchase your Apple Watch from a third party, check with them for their return policies.
- » **Documentation (as with other Apple products, I use the term loosely):** The documentation typically includes a small pamphlet, a sheet of Apple logo stickers, and a few more bits of information.
- » **USB-C charging cable:** Use this cable to connect the Apple Watch to your computer or USB power adapter (not included) for charging.

The second box contains your watch bands. Be on the lookout for the little green dot on one end of the box, which indicates the tab you pull to open it.



TIP

You can search for Apple Watch accessories online. You'll find covers and cases, bands, headphones, stands, screen guards, and much more. Apple's own website should be your first stop for such accessories (www.apple.com/shop/watch/accessories), but don't limit yourself to only that site. There's a seemingly endless array of worthy retailers vying for your business.

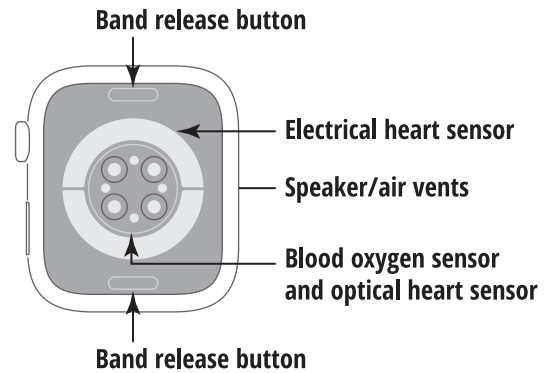
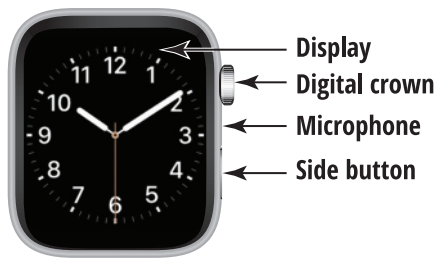
Take a First Look at Apple Watch

In this section, I give you a bit more information about the buttons and other physical features of the newest Apple Watch models. **Figure 1-3** shows you the location of these items on the Apple Watch Series 8, Apple Watch SE.

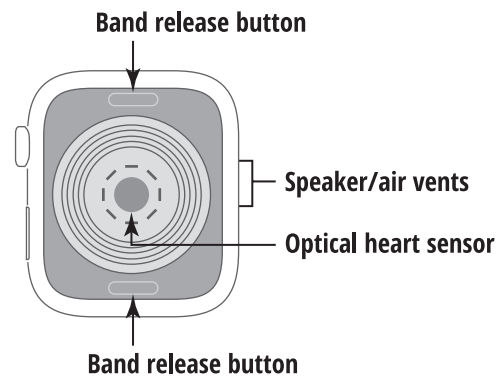
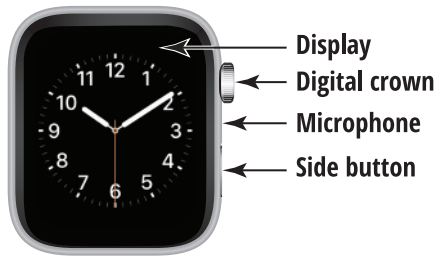
Here's the rundown on many of the hardware features for the given Apple Watch models and what they do:

- » **Side button:** Turn your Apple Watch on or off, show or hide the dock, use Apple Pay, or use the emergency SOS feature.
- » **Digital crown:** Launch Siri, double-click to return to the previous app, scroll up and down lists, zoom in and out, and more.
- » **Display:** See where the cool stuff appears in the window on your Apple Watch.
- » **Electrical heart sensor:** Measure electrical signals in your blood, allowing your watch to perform an ECG and provide accurate heart health diagnostics.
- » **Optical heart sensor:** Measure how quickly your heart beats and your blood flows. Although not as accurate as an electrical heart sensor for some measurements, the optical heart sensor is handy during workouts.

Series 8



SE second generation



Ultra

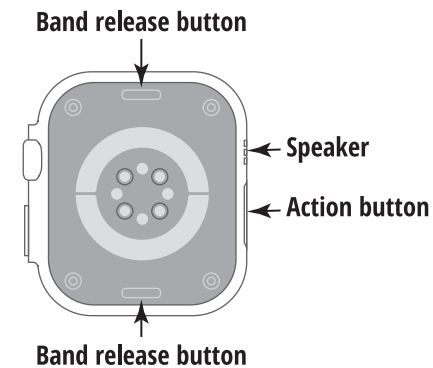
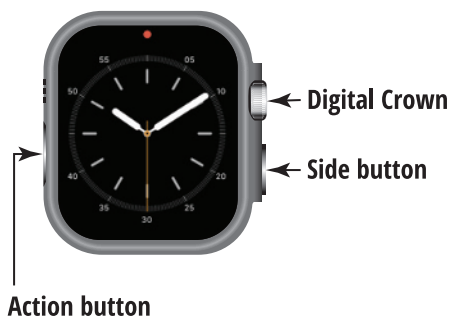


FIGURE 1-3

- » **Blood oxygen sensor:** Measure your blood's oxygen saturation. Using clusters of red, green, and infrared lights, the sensor detects the color of the blood flowing through your veins to determine how much oxygen it contains.
- » **Speaker/air vents:** Hear audio output and equalize pressure to assist the altimeter in providing more accurate altitude measurements.
- » **Band release buttons:** Press to release the bands connected to your Apple Watch, and then slide the bands out to remove them.
- » **Action button (Ultra only):** Allows quick and easy access to an app or feature you use regularly and need to quickly return to often, without having to peruse the Apple Watch apps on your display.
- » **Microphone:** Speak into your Apple Watch to deliver commands or content. This feature allows you to do such things as make phone calls, dictate text messages, and work with other apps that accept audio input, such as the Siri built-in assistant.

Get Further Help for Your Apple Watch

The book you hold in your hands is *the* one (in my humble opinion) you'll need to get started with your Apple Watch and to understand how to use it for your purposes. However, I can't pretend that it covers everything that's possible to know or understand about your *Star Trek*-ish device. For example, you may be an engineer who wants to know how apps are developed for Apple Watch — I don't dabble in software development in *Apple Watch For Seniors For Dummies*. Or perhaps you want to get in touch with Apple if the unfortunate happens and you need help with troublesome hardware that won't work as it should — I tell you where to find such help in this section.

Here are several helpful resources every Apple Watch owner should be aware of:

- » Apple's official Apple Watch support website can be found at <https://support.apple.com/watch>.

- » Apple's official support contact website is at <https://support.apple.com/contact>.
- » The phone number for reaching Apple support in the United States is 1-800-275-2273. For Canada, call 1-800-263-3394. To find numbers for other regions, visit <https://support.apple.com/en-us/HT201232>.
- » If you prefer to contact Apple for shopping or support with an ASL interpreter, check out <https://signtime.apple/applecare/us-EN/asl>.
- » Does your Apple Watch need servicing or do you simply want to check your warranty status? Visit Apple's Apple Watch service and repair website at <https://support.apple.com/watch/repair/service>.
- » Do you need help finding the serial number or IMEI (International Mobile Equipment Identity) for your Apple Watch? This article will help: <https://support.apple.com/en-us/HT204520>.
- » Please do take the time to review the following website for Apple Watch safety information: <https://support.apple.com/guide/watch/important-safety-information-apdcf2ff54e9/9.0/watchos/9.0>. You'll find a good deal of info on how to properly use and store your investment both for its protection and, more importantly by far, for your own.
- » And for the aforementioned engineers in the crowd who can't resist the urge to dig deeper into the how's of Apple Watch, here you go: <https://developer.apple.com/watchos/>. Have fun!