

# How I Like my Apple Watch

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## Senior Tech Tuesday #27

May 25, 2021 10 AM CDT

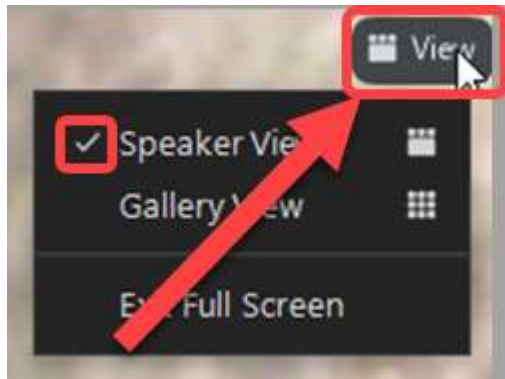


# Zoom Setup – GO Big!!

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## Use Speaker/Active Speaker View

Computer  
or laptop



iPad



# How this older adult likes his Apple Watch

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## Senior Tech Tuesday #27

May 25, 2021 10 AM CDT





# FREE Senior Tech Tuesdays Online Training Health, Fitness & Safety Series

Senior Tech Tuesday #27(STT27)  
– Use the Apple Watch for  
Health Fitness & Safety  
May 25, 2021

Last Senior Tech Tuesday for the school year





Stay Tuned for Details

Starts the week of June 12

Online for Q&A once per month



# Our Learning Tools

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- Zoom
- Your Questions
  - “Hey Don” or Chat
  - Email: [don@SeniorTechClub.com](mailto:don@SeniorTechClub.com)
- Online Class Page at:  
[Links.SeniorTechClub.com/STT27](https://links.SeniorTechClub.com/STT27)
- Online Pages for Previous Sessions  
[Links.SeniorTechClub.com/tuesdays](https://links.SeniorTechClub.com/tuesdays)



# How I like my Apple Watch

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- Apple Watch Introduction – It tracks time and.....
- Why I like my Apple Watch – 8 Ways
  - Fitness & Activity
  - Staying Connected – Messages, News & Siri
  - Health – Heart & Hearing
  - Safety – SOS & Falls Detection
  - Sleep Tracking
  - Music & Podcasts
  - Camera Remote
  - Find my iPhone



# Introducing the Apple Watch

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## Watch Lineup and Key Features

## Tracking Time

- Watch Faces and Complications

## iPhone Watch App

## Basic Controls





# Current Watch Lineup

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## Apple Watch Series 6

From \$399

44mm or 40mm case size

Always-On Retina display

—

GPS + Cellular<sup>1</sup>  
GPS



## Apple Watch SE

From \$279

44mm or 40mm case size

—

Retina display

GPS + Cellular<sup>1</sup>  
GPS



## Apple Watch Series 3

From \$199

42mm or 38mm case size

—

Retina display

—  
GPS

# Key Features

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- Always on Display
- Size
- Cellular for making calls w/o your iPhone
- Heart ECG/Book Oxygen app



# It Keeps Time – My collection of Watch Faces

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Swipe  
Left or  
Right to  
Change  
Faces



# Customize your Faces with “Complications”

## Have it Your Way

1. Date
2. Time
3. Weather
4. Battery
5. Workout App
6. Fitness (rings)



# iPhone Watch App

Setup and Edits can be performed  
from the iPhone Watch App



Online: [links.SeniorTechClub.com/STT27](https://links.SeniorTechClub.com/STT27)

# Three Basic Controls

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1. Face – Tap or swipe just like your iPhone
2. Crown – Press, long press or rotate. Like your iPhone's Home button
3. Side button – Press or Long Press



Takes a little practice! Not so intuitive

# Why I like my Apple Watch

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# Fitness & Activity – Complete your Rings



Red - Move Goal measured in Active Calories – Std: 600



Exercise Goal – Minutes of brisk activity – Std: 30 mins



Stand – Hours you have stood and moved at least one minute – Std: 12 hours

All goals can be adjusted for you





# Workout App

Tools to track workouts with:

- Time,
- Distance
- Elevation
- Calories
- Heart rates
- Map
- Weather conditions

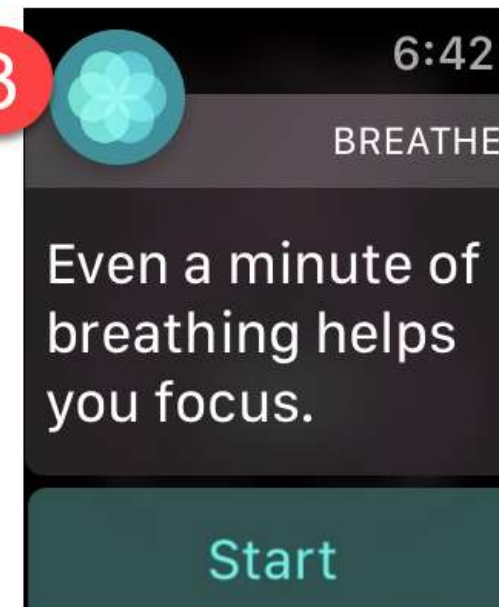
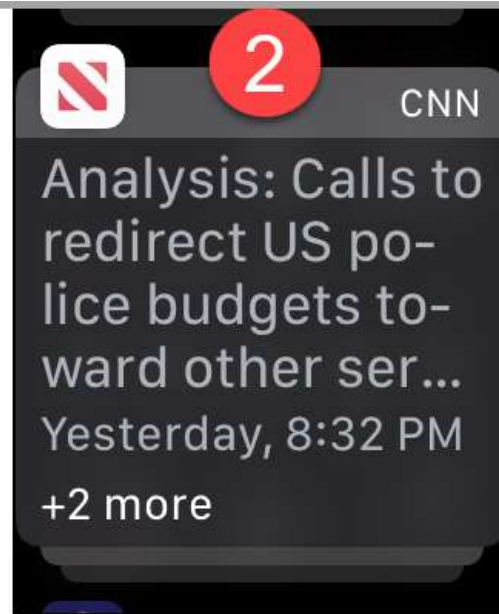
Launch with taps or Ask Siri “Start an outdoor walk”

Monitor details in the Activity app on your iPhone



# Staying Connected

1. Text Message & Email
2. News Headlines
3. App Notifications



# Health – Heart

## Tools for monitoring your heart health

- ECG – Watch Series 4+



## Heart Notifications

- High Heart Rate
- Low Heart Rate
- Low Cardio Fitness
- Irregular Heart Rhythm



# Health – Noise Monitoring

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Taps you on the wrist if the decibel levels rises to a dangerous point.

Monitors Headphone Audio Levels



# Safety

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# Safety

Fall Detection –

Set up in  
Watch>Emergency  
SOS

Calls if you don't  
respond

Emergency SOS –  
Press & Hold side  
button to make SOS  
call

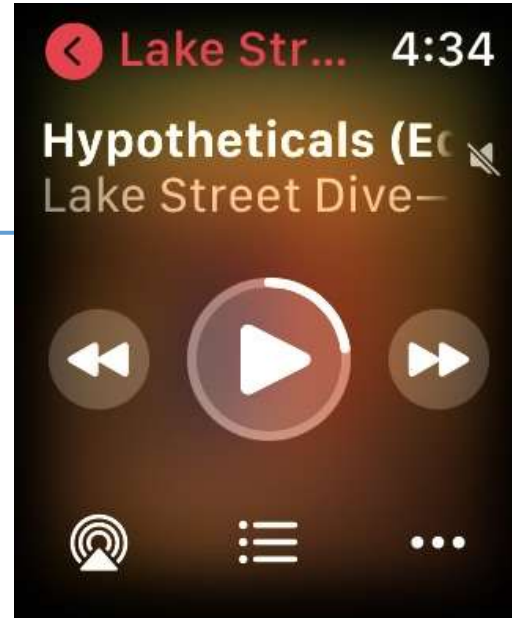




# Music & Podcasts

## Two Useful Functions:

1. Control Playback for iPhone/iPad
2. Play Directly on Watch through Bluetooth headphones or speakers.



# Camera Remote

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Put your iPhone in a tripod and use the Camera Remote to take the photo



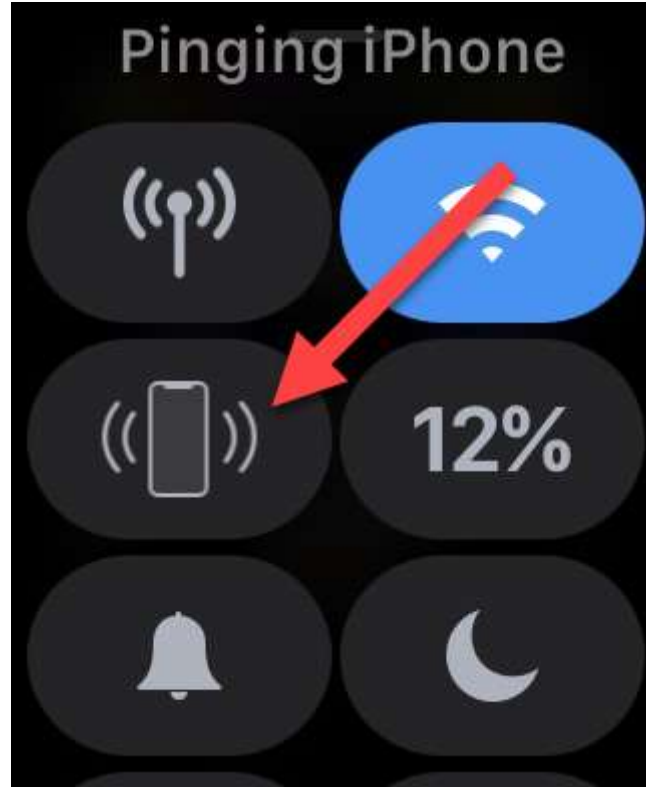


# Find my iPhone

Ask Siri “Find my Phone”

Use the Watch Control Center

- Swipe up to access control center
- Tap **Ping iPhone**



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Follow-up Questions?  
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# Thank You!

Stay Well  
Get Vaccinated  
Stay Safe & Healthy  
Keep Learning