BILL'S HOME TECH
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BILL'S COMPLETE MANUALS · NO. 11

Apple Watch

The little computer on your wrist that looks out for you — explained in plain English, one step at a time

A plain-English guide for every Apple Watch owner

Take your time — you can't break it

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(330) 200-8042 · BillsHomeTech.com

For all recent Apple Watch models and watchOS · facts current November 2026

What's Inside

This is your Apple Watch manual. Read it in any order and at your own pace — there is no test, and you can't fall behind. Keep it nearby and reach for whatever you need. Every feature comes with what it actually does *for you*, and slow step-by-step directions anyone can follow. Apple updates the Watch's software every year, so if a setting sits in a slightly different spot on yours, don't worry — I'll always tell you what to look *for*, and the idea stays the same. Pay special attention to Part 5: those safety features are the real reason an Apple Watch is such a comfort to have.

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PART 1

Welcome & What an Apple Watch Is

What the watch on your wrist actually is, which one you have, and the handful of buttons and finger-moves that run everything. Start here — no rush.

CHAPTER 1

A Note from Bill

Hello, and welcome. Whoever is holding this book right now — this is for **you**. Maybe a son or daughter gave you an Apple Watch and you've been a little unsure what it's really for. Maybe you've worn one for a while and only ever use it to tell the time. Maybe you've heard it can call for help if you fall, and that's exactly why you want to learn it. Wherever you're starting from, you've come to the right place, and I'm glad you're here.

I'm Bill. Helping folks feel at home with their technology is what I do every day, and I wrote this book the same way I'd sit down next to you at your kitchen table: patiently, in plain English, with no rushing and no fancy words. If I ever use a term you don't know, I'll stop and explain it right then — you won't have to look anything up.

Why an Apple Watch is worth learning

An Apple Watch is far more than a fancy timepiece. At its best, it's a quiet companion that looks out for you. It can tell you the time and the weather, yes — but it can also tap your wrist when a loved one texts, let you answer a phone call without digging for your phone, keep a gentle eye on your heart, remind you to take your pills, and — this is the big one — call for help and tell someone where you are if you take a hard fall and can't reach a phone. For a lot of folks, and especially for those of us who live alone or want a little more peace of mind, that last part alone is worth the price of admission.

This book is yours — read it any way you like

You do not have to read these pages in order, and there is no test at the end. Start on page one, or flip straight to the chapter that answers today's question. Fold the corners, underline things, scribble in the margins. Keep it in the drawer by your chair and pull it out whenever you need it. It's a reference, not a race — you cannot fall behind.

The big promise: you truly can't break it

Here is the most important thing in this whole book, so I'll say it plainly. **You cannot break your Apple Watch by tapping around and exploring.** You can't wipe it out by poking a menu. You can't ring up a big bill just by looking. Nearly everything can be turned off, turned back on, or changed right back — and I'll show you how as we go. Pressing buttons and swiping to see what happens is exactly how everyone learns, including me.

WHAT THIS DOES FOR YOU

Why this matters

When you stop worrying about breaking something, you start actually using it — and that's when the watch becomes genuinely useful: a little more independence, a little more safety, and the quiet confidence that if something went wrong, help is right there on your wrist.

An honest word about the health features

I want to be straight with you from the start, because that's how I do things. The Apple Watch can watch over your heart, your breathing, and your sleep, and it can be genuinely helpful. But it is **not a doctor**, and it is not a medical device in the way your pharmacy's blood-pressure cuff or your doctor's equipment is. It can give you useful hints and early nudges — but it can also miss things, and it can sometimes raise a flag over nothing. Throughout Part 6 I'll tell you honestly what each feature can and cannot do. The watch is a helper, not a replacement for seeing your doctor. Keep that in your back pocket and you'll get the best of it.

And I'm only a phone call away

This book will carry you a long way on your own. But if you ever get truly stuck, you are never stuck alone — that's not how I do things. Call me at **(330) 200-8042** and we'll work it out together, with no judgment and no eye-rolling. There is no such thing as a silly question. The only bad question is the one you talked yourself out of asking.

— Bill

CHAPTER 2

What an Apple Watch Actually Is

Before we press a single button, let's answer the simplest question of all: what *is* this thing on your wrist?

A tiny computer that works with your iPhone

The easiest way to picture an Apple Watch is as a very small computer you wear like a wristwatch. It has a little screen you touch, it buzzes gently to get your attention, and it can show you the time, your messages, your heart rate, and much more. It's made by the same company — **Apple** — that makes the iPhone, and the two are built to work hand in hand.

That partnership is the key thing to understand. Your Apple Watch is a **companion** to an iPhone. It leans on the phone for a lot of its cleverness — setting things up, downloading apps, and reaching the internet. When your phone is nearby, the two chat quietly to each other without you doing a thing. Most things you set up on the watch are actually adjusted on the phone, in an app called **Watch** — we'll meet it in Part 2.

GOOD TO KNOW

You need an iPhone — not an Android phone

An Apple Watch only works with an **iPhone**. It does not pair with an Android phone (such as a Samsung or a Google Pixel). If you don't have an iPhone, the watch won't set up. If you're not sure what kind of phone you have, it's an easy thing to check together on a call — or ask whoever helps you with your phone.

What it is not

An Apple Watch is not a telephone you can use entirely on its own (unless it's a special **cellular** model — more on that later), it is not a medical device, and it is not something you have to fuss over all day. You don't need to understand every feature. If all you ever did was wear it for the fall detection and to see your messages, it would still be well worth having.

TIP

Think of it as a helpful sidekick, not a second job

Nobody uses every feature, and you don't have to either. Learn the few things that matter to you — the time, your people, and the safety features — and let the rest wait until you're curious. There's no prize for using it all.

CHAPTER 3

Which Apple Watch Do You Have?

Apple makes a few different Apple Watches, and over the years there have been many models. You don't need to memorize them — but it helps to know roughly which family yours belongs to, because a few features depend on the model.

The three families

At any given time, Apple sells its watches in three lines. The names and numbers tick up a little each year, but the families stay the same:

Family	Who it's for
Apple Watch SE	The most affordable one. It covers the essentials beautifully — time, messages, calls, Activity, Emergency SOS, fall and crash detection. A wonderful, sensible choice for most folks.
Apple Watch (the numbered Series)	The main line — Series 9, 10, 11, and so on. It adds the fuller health suite, such as the ECG app and (where available) blood oxygen, plus a brighter, always-on screen.
Apple Watch Ultra	The big, rugged, expensive one, built for hikers, divers, and the outdoors. Most folks don't need it, but its extra-long battery and satellite help can appeal to people far from town.

As a rough guide to price — and these change, so take them as ballpark only — an SE runs a few hundred dollars, the numbered Series a bit more, and the Ultra considerably more. Any of them does the safety features that matter most.

How to find out exactly which one you have

1. On your iPhone, open the **Watch** app (a black circle with a watch outline).
2. Tap **General**, then **About**.
3. Look for **Model Name** — it will say something like "Apple Watch Series 10" or "Apple Watch SE." That's your answer.

> **GOOD TO KNOW**
>
> **"watchOS" is the watch's software**
>
> You'll hear me mention **watchOS** (say it "watch-oh-ess"). That's simply the name for the software that runs your watch — like the engine under the hood. Apple puts out a new version each year (watchOS 26 is the current one as I write this), and it arrives as a free update. Keeping it up to date keeps your watch safe and working its best; Part 2 shows you how.

Older watches still do plenty

If yours is a few years old, don't feel you must rush out and replace it. Many older models still receive the yearly software updates and still do the important things — telling the time, showing messages, Emergency SOS, and (on most) fall detection. This book is written at the *family* level on purpose, so it fits your watch whether it's brand new or a hand-me-down from a grandchild.

CHAPTER 4

The Buttons, the Crown & the Screen

An Apple Watch has a touchscreen like your phone, plus just two physical buttons on the side. That's the whole set of controls. Let's name them so nothing feels mysterious — and so you know which is which when I refer to them later.

The Digital Crown — the little dial

On the side of the watch is a small round dial you can **turn** and **press**. Apple calls it the **Digital Crown** — "crown" is the old watchmaker's word for the winding knob. It's the most useful control on the whole watch:

- **Turn it** to scroll up and down a list, or to zoom in and out — gently, like tuning an old radio.
- **Press it once** to go to the grid of all your apps, or back to the clock face from wherever you are. Think of it as the watch's "home" button.
- **Press it twice quickly** to jump back to the last app you used.
- **Press and hold it** to talk to Siri (the watch's helper — Part 4).

TIP

The crown is your way home

If you ever tap something and feel lost, just **press the Digital Crown once**. It carries you back to your app grid, and pressing it again usually brings you to the clock face — safe, familiar ground. You can always start over from there. This is the single most useful thing to remember on the whole watch.

The side button — the flat one

Just below the crown is a longer, flatter button. It has a few jobs:

- **Press it once** to open the **Dock** — a quick row of your favorite and recent apps.
- **Press it twice quickly** to bring up Apple Pay (paying with your watch — Part 8).
- **Press and hold it** to reach the power options and the **Emergency SOS** slider. This is a button you'll want to know well; Part 5 covers it in full.

The screen

The glass face is a touchscreen, just like your phone's. You **tap** it to choose things and **swipe** (slide a finger across it) to move between screens. Because the watch screen is small, Apple keeps things simple — usually just a few choices at a time. We'll practice the finger-moves in the next chapter.

GOOD TO KNOW

Only two buttons — that's the whole set

Between the **Digital Crown** (the turning dial) and the **side button** (the flat one below it), plus tapping the screen, you can run the entire watch. There's nothing hidden. Once these two buttons feel familiar, the rest comes easily.

CHAPTER 5

Gestures: Taps, Swipes & Turning the Crown

The Apple Watch runs on a small handful of finger-moves. If you've used an iPhone or iPad, you already know most of them. Let's name them clearly so the rest of the book makes sense.

The handful of moves

- **Tap** — one light touch to choose or open something. You never need to press hard.
- **Swipe** — rest a finger on the glass and slide it. Swipe **up** from the bottom for quick settings (Control Center), **down** from the top for your notifications, and **left or right** to flip between watch faces or screens.
- **Press and hold** — touch and keep your finger there a moment. On many screens this brings up extra choices, like editing your watch face.
- **Turn the Digital Crown** — the dial on the side; turn it to scroll a long list instead of swiping, which some folks find steadier.

TIP

Turning the crown is easier than swiping for many of us

If your fingers are a little dry or unsteady and swiping the small screen feels fiddly, remember you can almost always **turn the Digital Crown** to scroll instead. It's precise, it never misses, and it's gentle on the joints. Use whichever feels better to you.

Waking the screen

To save its battery, the watch screen dims or goes dark when you're not looking at it. To wake it, just **raise your wrist** as if to check the time, or **tap the screen**, or **turn the crown** a little. The newer models keep a dim clock showing all the time (this is called an **always-on display**) and brighten when you raise your wrist.

GOOD TO KNOW

If the screen won't wake when you raise your wrist

Raise-to-wake can be turned on or off. If yours isn't waking, tap the screen or turn the crown to be sure, then check the setting later in **Settings** > **Display & Brightness** > **Wake on Wrist Raise**. A gentle, deliberate turn of the wrist works best — a quick flick sometimes isn't enough.

A gentle practice

Spend five minutes, with no goal in mind, just raising your wrist, tapping the screen, swiping down and back up, and turning the crown to watch a list scroll. You truly can't hurt a thing. Getting comfortable with these moves now makes everything that follows feel easy.

CHAPTER 6

What You'll Need: iPhone, Wi-Fi & an Apple ID

Before we set the watch up in Part 2, let's make sure you have the three things it leans on. If any of these is unfamiliar, that's perfectly fine — this is exactly the kind of thing I help folks sort out.

1. An iPhone

As we said, the Apple Watch is a companion to an iPhone, and it needs one to set up and to do most of its work. The phone should be reasonably recent and kept up to date. If your iPhone is quite old, the newest watch may ask for a newer phone — something worth checking before you buy.

2. Wi-Fi or a phone signal

Wi-Fi is your home's internet, sent through the air so your devices don't need a cable. The watch uses it (or your phone's signal) during setup and to keep itself updated. You don't need to understand how it works — just that the watch is happiest when it can reach the internet through your phone or your home Wi-Fi.

3. An Apple ID

An **Apple ID** is the free account that ties all your Apple things together — your iPhone, the App Store, iCloud, and your watch. It's simply an email address and a password. If you already use an iPhone, you almost certainly already have one, and the watch will use the same one. You rarely have to type it; your phone usually hands it over for you.

HEADS UP

Keep your Apple ID details written down somewhere safe

Your Apple ID email and password are the key to your whole Apple world. Write them on a card and keep it somewhere private at home — not stuck to the device. If you're ever asked for them and can't recall them, that's a very common reason folks call me, and it's an easy thing to sort out together.

SCAM ALERT

Apple will never call you out of the blue about your Apple ID

If you ever get a phone call, text, or email saying there's a problem with your Apple ID or iCloud and you must "verify" or "confirm" your password, **stop**. That's a scam, and a common one aimed at older folks. Apple doesn't work that way. Never give your password or a code to anyone who contacts *you*. When in doubt, hang up and call me — I'd far rather take that call than see you caught out.

CHAPTER 7

Making It Easier to See, Hear & Feel

The watch screen is small, and the standard settings aren't for everyone. The good news is you have far more control than you might think, and nothing here is permanent — try things and change them right back if you don't care for them.

Bigger, bolder text

You can make the writing larger and heavier. The easiest way is from your iPhone: open the **Watch** app, tap **Display & Brightness**, then **Text Size**, and slide it bigger. There's also a **Bold Text** switch nearby that thickens the letters. You can do the same right on the watch under **Settings** > **Display & Brightness**.

A brighter screen

If the screen is hard to read, turn up the brightness: on the watch, open **Settings** > **Display & Brightness** and nudge the brightness up. A brighter screen uses a little more battery, but for most folks that trade is well worth it.

Stronger taps on your wrist

The watch gets your attention with a gentle tap called **haptics** — a soft buzz you feel rather than hear. If you're missing them, you can make them stronger: on the watch, open **Settings** > **Sounds & Haptics** and turn on **Prominent Haptics**, or raise the haptic strength. This is a lovely setting for anyone who doesn't always feel the standard tap.

If your hearing isn't what it was

You can turn the watch's sounds up or down in the same **Sounds & Haptics** screen, and because it also taps your wrist, you'll often feel an alert even when you don't hear it. That combination — a buzz you feel *and* a sound — is one reason the watch suits many of us so well.

WHAT THIS DOES FOR YOU

Set it up for your eyes and hands, not someone else's

There's no prize for squinting or missing alerts. Ten minutes making the text bigger, the screen brighter, and the taps stronger turns the watch from a strain into a genuine pleasure — and it means you won't miss the messages and reminders that matter. Make it yours.

GOOD TO KNOW

There's a whole Accessibility menu, too

Under **Settings** > **Accessibility** (on the watch or in the Watch app on your phone) you'll find more helpers: a zoom magnifier, a setting to reduce motion if animations bother you, and options for shaky hands. It's worth a browse. If you'd like a hand setting it all up for how *you* see and move, that's exactly the sort of visit I enjoy.

CHAPTER 8

Your First Hour with the Watch

If you've just got your watch set up (Part 2 covers that), here's a gentle, no-pressure way to spend your first hour getting comfortable. Think of it as a friendly tour, not a to-do list — do as much or as little as you like.

A gentle tour, step by step

1. **Raise your wrist** and watch the clock light up. Lower it and watch it dim. Do it a few times until it feels natural.
2. **Press the Digital Crown** to see all your apps, then press it again to come back to the clock. That's your way home — practice it until it's second nature.
3. **Swipe up** from the bottom for the quick switches, and **swipe down** from the top for notifications. Swipe back to the clock.
4. **Swipe left and right** across the face to see your watch faces.
5. **Press and hold the Digital Crown** and say "What time is it?" to meet Siri.
6. **Tap the flashlight** (swipe up, tap the flashlight) and turn it off again — a small win, and a feature you'll use.

> TIP
>
> **Explore with no goal in mind**
>
> The best thing you can do in your first hour is simply poke around with nothing you're trying to accomplish. Tap things, see what happens, press the crown to come home. You **cannot** break it, and this relaxed exploring is exactly how the watch stops feeling strange and starts feeling like yours.

Then, when you're ready

Once the buttons and swipes feel familiar, the two things I'd do first are: set up your watch face the way you like it (Part 3), and set up the safety features (Part 5). Everything else can wait until you're curious. There's no rush, and no wrong order.

PART 2

Setting Up Your Watch

Charging it, pairing it with your iPhone, the Watch app that controls everything, the first settings to get right, and keeping it up to date. We'll go slowly.

CHAPTER 9

Charging Your Watch & Understanding the Battery

Let's start with the thing that worries people most: keeping it charged. It's simpler than you'd think, and once you build it into a daily habit, you'll rarely think about it again.

How the charger works

The Apple Watch charges without plugging anything into the watch itself. The charger is a round puck on the end of a cable. You set the back of the watch against the puck, and a magnet pulls them together so they line up on their own. Plug the other end of the cable into a USB power block (the kind that goes in the wall), and that's it — you'll see a green lightning bolt on the watch to tell you it's charging.

1. Plug the charging cable into a power block and into the wall.
2. Rest the back of the watch on the round puck — the magnet snaps it into place.
3. Look for the **green lightning bolt** or charging circle on the screen. That means it's drinking up power.

How long it lasts, and when to charge

Most Apple Watches comfortably last a full day on a charge — morning till bedtime and then some. The big Ultra models last considerably longer. The simplest habit is to charge it at the **same time every day**: many folks pop it on the charger while they shower and get dressed, or while they read the paper, and it's full again in well under an hour.

> TIP
> **Pick one daily charging habit and stick to it**
>
> The folks who never run out are the ones who charge at a **fixed time** — not when the battery gets low, but as part of a daily routine. A charge over morning coffee, or in the evening while you watch the news, keeps it topped up without a second thought. Choose the time that fits your day.

If you want to wear it to bed

The watch can track your sleep (Part 6), so some folks wear it overnight and charge in the daytime instead. Either way works — the rule is just to find a daily window when it's off your wrist and on the puck. You don't have to do both sleep tracking and overnight charging; pick

whichever suits you.

GOOD TO KNOW

Low Power Mode stretches a tired battery

If the battery is getting low and you can't charge yet, you can turn on **Low Power Mode** to make it last longer (swipe up for Control Center, tap the battery percentage). Just know that in Low Power Mode some background health checks — like heart-rate and irregular-rhythm alerts — are paused, so turn it back off once you've charged.

CHAPTER 10

Pairing Your Watch with Your iPhone

"Pairing" simply means introducing your watch to your iPhone so the two work together. You do this once, when the watch is new (or newly reset). It's a guided process — the phone walks you through it — and it's one of the nicest times to have a patient person beside you, so don't hesitate to call me if you'd like company for it.

Before you begin

- Charge the watch a little first, so it doesn't die mid-setup.
- Have your iPhone nearby, unlocked, and connected to Wi-Fi.
- Know your Apple ID email and password (Chapter 6), in case you're asked.

The pairing steps

1. Turn the watch on by **pressing and holding the side button** until the Apple logo appears. Put it on your wrist.
2. Hold your iPhone close to the watch. A card should slide up on the phone saying **"Use your iPhone to set up this Apple Watch."** Tap **Continue**. (If it doesn't appear, open the **Watch** app on the phone and tap **Pair New Watch**.)
3. The phone asks you to **point its camera at the watch**. Hold the phone so the watch's swirling pattern sits inside the circle on the phone screen — about six inches away. It pairs on its own in a moment.
4. Choose **Set Up for Myself** (or "Set up for a family member" if you're helping someone else). Then follow the prompts: which wrist, agreeing to terms, signing in with your Apple ID.
5. Choose **Set Up as New Apple Watch** if it's your first, or **Restore from Backup** if you're replacing an older watch and want your settings carried over.
6. Set a **passcode** when asked (more on why in Chapter 12), and let the watch finish syncing — it'll take a few minutes. You can watch the progress on the phone.

> **TIP**
>
> **If the camera step won't cooperate, go manual**
>
> Sometimes the camera pairing doesn't catch. If so, tap **Pair Apple Watch Manually** at the bottom of the phone screen, and the watch will show a six-digit number to type into the phone. Same result, just by hand. No harm done either way.

HEADS UP

A watch that was paired to someone else must be reset first

If you were given a used watch — say a grandchild's old one — it may still be tied to their phone and Apple ID. It'll need to be **unpaired and erased** from their side first, or it won't set up for you. This trips a lot of people up and is nobody's fault. If you hit this wall, don't force it — give me a ring and we'll clear it in a few minutes.

When pairing finishes, you'll feel a tap on your wrist and the watch face will appear. Congratulations — the hard part is done, and everything from here is the fun part.

CHAPTER 11

The Watch App on Your iPhone — Your Control Room

Here's a secret that makes the whole Apple Watch far easier: most of the fiddly setting-up is done not on the tiny watch screen, but on your **iPhone**, in a bigger, friendlier app called simply **Watch**. Think of it as the control room for the watch on your wrist.

Finding and opening it

On your iPhone's Home Screen, look for a round black icon with a white watch outline, labeled **Watch**. Tap it. If you can't spot it, swipe down on the middle of the Home Screen to bring up Search, type "Watch," and tap it there.

What's inside

The Watch app opens on a page called **My Watch** — a long list of everything you can adjust. The most useful spots for us are:

Where	What it's for
My Watch (the list)	Every setting for the watch: notifications, sounds, the face, your apps.
Notifications	Choose which apps are allowed to tap your wrist, and which stay quiet.
General > About	Find your model name and watchOS version.
Emergency SOS	Turn Fall Detection on, and set what happens in an emergency (Part 5).
Heart	Set up heart-rate and irregular-rhythm alerts (Part 6).
Face Gallery (tab at the bottom)	Browse and add new watch faces — far easier here than on the watch.
Discover (tab at the bottom)	Tips and short how-tos from Apple.

TIP

When in doubt, reach for the phone

Any time a setting feels fiddly to change on the little watch screen, stop and open the **Watch** app on your phone instead. The bigger screen, the full keyboard, and the clear labels make everything easier. I do it myself. The watch and the app stay perfectly in step — change it in one place and it appears in the other.

The bottom tabs

Along the bottom of the Watch app are a few tabs: **My Watch** (the main settings list), **Face Gallery** (watch faces to choose from), and **Discover** (tips). We'll come back to the Face Gallery in Part 3 — it's the pleasant way to dress up your watch face.

CHAPTER 12

The First Settings to Get Right

Once your watch is paired, a short visit to a few settings pays off for months. You don't have to do all of these at once — but these are the ones I'd set early for a comfortable, useful watch.

Wrist and crown side

In the Watch app, under **General** > **Watch Orientation**, you can tell it which wrist you wear it on and which side the crown faces. Getting this right makes raise-to-wake work properly and puts the buttons where your fingers expect them.

Text size and brightness

We covered these in Chapter 7, but they're worth doing now: make the text a comfortable size and the screen bright enough to read at a glance. These two changes do more for everyday happiness than almost anything else.

Sounds and haptics

Decide how you want the watch to get your attention — a sound, a tap on the wrist, or both. Many folks turn on **Prominent Haptics** for a firmer tap. If you'd rather it stay quiet in company, you can set it to tap only, with no sound.

Your watch face

Pick a face that shows what you care about at a glance — the time, of course, plus perhaps the date, the weather, and your Activity rings. Part 3 is all about this, and it's one of the nicer afternoons you'll spend with your watch.

> **FROM BILL**
>
> **The settings that actually matter**
>
> Don't feel you must comb through every option. If you get just four things right — comfortable text size, a bright-enough screen, an attention-getter you'll notice (sound or haptic), and the safety features in Part 5 — you'll have a watch that genuinely serves you. Everything else you can pick up at your leisure, or leave alone entirely.

Rearranging and hiding apps

The watch comes crowded with little apps you may never use. You don't have to delete them, but you can tidy them up: in the Watch app, scroll down to the installed apps, and you can remove the ones you'll never touch. A simpler watch is a calmer watch. Don't worry — removing an app from the watch doesn't remove it from your phone, and you can always add it back.

CHAPTER 13

The Passcode & Wrist Detection — Why They Matter

Two settings deserve a chapter of their own, because they quietly protect you and make several other features work. They're easy to set, and well worth understanding.

The passcode

Your watch has a short **passcode** — usually four digits — just like your phone. You set it during pairing. Its job is to keep your watch private if it's ever lost or taken, and to protect Apple Pay. Here's the good part: on your own wrist, you almost never have to type it. The watch unlocks itself when you put it on and enter your passcode (or unlock your paired phone) once, and stays unlocked as long as it's on your wrist.

Wrist detection — the clever bit

The watch can tell when it's on your wrist and when it's been taken off, using sensors on its back. This is called **wrist detection**, and it does three important things:

- It **locks the watch** automatically the moment it leaves your wrist, so a stranger can't use it.
- It lets the watch **read your heart rate** and run the health features — which it can only do while it's snug against your skin.
- It is **required for fall detection to call for help on its own** — the single most important safety feature for many of us.

STAY SAFE

Leave wrist detection ON

You'll find **Wrist Detection** in the Watch app under **Passcode**. Please leave it **on**. If you turn it off, the watch can no longer tell when you've fallen and gone still, so **fall detection will not automatically call for help** — and that's the very feature that makes the watch such a comfort. The only common reason to turn it off is certain medical or mobility situations; if you think that's you, let's talk it through together first.

Wearing it snugly

For the sensors to work — heart rate, wrist detection, all of it — the watch needs to sit **snug but comfortable** against the top of your wrist, not loose and sliding around. A touch firmer

during a workout. Not so tight it leaves a mark. If your readings seem off, a band that's too loose is the usual culprit.

CHAPTER 14

Cellular vs. GPS: Which You Have & What It Means

When you bought (or were given) the watch, there was a choice between two kinds. Knowing which you have matters, especially for the safety features, so let's make it plain.

The two kinds

Kind	What it can do
GPS model	The standard kind. It relies on your iPhone being nearby, or on known Wi-Fi, to make calls, send messages, and reach the internet. Away from your phone and Wi-Fi, it can still tell the time and track a walk, but it can't call out.
GPS + Cellular model	Has its own phone connection built in, like a tiny phone of its own. It can make calls, send texts, and call for help even when your iPhone is nowhere nearby — on a walk, in the garden, out and about.

Why it matters for safety

This is the part to take to heart. If you have a **GPS-only** watch and you fall in the garden while your phone sits on the kitchen counter, the watch may not be able to call for help — it needs the phone or Wi-Fi within reach. A **cellular** watch can call for help on its own, anywhere it has a signal. For someone who spends time away from their phone — gardening, walking the dog, pottering about the property — a cellular watch is the safer choice, and in my view well worth the extra cost and small monthly fee.

GOOD TO KNOW

Cellular needs a plan from your phone company

A cellular watch needs to be added to your mobile phone plan — usually a small monthly charge (roughly ten dollars a month with many US carriers, though it varies). It uses the same phone number as your iPhone. If you're not sure whether yours is set up, your phone company or I can check it in a few minutes.

How to tell which you have

In the Watch app on your phone, tap **Cellular**. If you see options to set up a plan, you have a cellular-capable watch. If there's no Cellular section at all, yours is GPS-only. You can also look at the watch itself — cellular models have a small red dot or ring on the Digital Crown on

many models.

CHAPTER 15

Keeping watchOS Up to Date

I mentioned **watchOS**, the software that runs your watch. Apple improves it and patches its security regularly, and those improvements arrive as free updates. Keeping up to date keeps your watch safe, working smoothly, and able to do the newest features.

Letting it update on its own

The easiest path is to let the watch update itself overnight. In the Watch app, tap **General** > **Software Update** > **Automatic Updates** and switch it on. Then, as long as the watch is on its charger and near your phone at night, it'll quietly keep itself current. You'll usually wake to find it done.

Updating it yourself

1. Keep the watch on its charger, charged above halfway, and near your iPhone.
2. On the phone, open the **Watch** app, tap **General**, then **Software Update**.
3. If an update is offered, tap **Download and Install** and enter your passcode if asked.
4. Leave the watch on the charger until it finishes — it may restart once or twice. Don't rush it.

HEADS UP

Big updates take a while — don't interrupt them

A watch update can take a good half hour or more, especially the big yearly one. That's perfectly normal. Leave it on the charger, leave your phone nearby, and let it finish in its own time. Pulling it off the charger partway through is the one thing to avoid. If it ever seems truly stuck for hours, that's a fine reason to call me rather than worry.

WHAT THIS DOES FOR YOU

Updates are how new safety features reach you

This isn't just housekeeping. Apple has added real safety and health features through these free updates over the years — things your watch didn't do when it left the shop. Staying current means your watch quietly gets *better* at looking after you, at no cost to you.

CHAPTER 16

A Watch for Someone Without an iPhone (Family Setup)

Here's a feature that surprises people, and that I think is wonderful for families: with something Apple calls **Family Setup**, you can set up and manage an Apple Watch for a loved one who **doesn't have their own iPhone at all** — an older parent, say — using *your* iPhone. The watch they wear gives them the safety net; you help look after the settings from your phone.

Who this is for

Family Setup is ideal when someone would benefit from the watch's calling, messaging, and especially its **fall detection and Emergency SOS**, but doesn't want or use a smartphone. A son or daughter sets the watch up on their own iPhone, and the parent simply wears it. The watch needs to be a **cellular** model (Chapter 13) so it can call and text on its own.

Setting it up

1. On the family member's iPhone (the one who'll manage it), open the **Watch** app and tap **All Watches** > **Add Watch**.
2. Choose **Set Up for a Family Member** and follow the steps — the watch gets its own phone number through your carrier, with its own small monthly fee.
3. Fill in the wearer's **Medical ID and emergency contacts** (Part 5), and turn on **fall detection**. This is the whole point — don't skip it.
4. Choose any limits or features that suit, and hand over the watch, charged and ready to wear.

WHAT THIS DOES FOR YOU

Independence for them, peace of mind for you

Family Setup lets an older parent who's done with smartphones still carry a watch that will call for help if they fall, and let them ring family with a tap — while a daughter or son keeps the settings sensible from afar. For a lot of families, it's the gentlest way to add a real safety net without asking Mom or Dad to take up a phone they don't want.

FROM BILL

This one is well worth a hand to set up

Family Setup has a few more moving parts than an ordinary pairing — the carrier plan, the Medical ID, the fall-detection settings all need to be right for it to do its job. It's exactly the sort of thing I'm glad to walk a family through, so everyone can trust it works. Give me a ring at (330) 200-8042 and we'll get it set up properly together.

PART 3

Everyday Use — Faces, Notifications & the Basics

Telling the time, choosing a watch face you love, the little helpers called complications, and how the watch gets your attention without taking over your day.

CHAPTER 17

Telling the Time & Waking the Screen

Let's begin with the thing a watch is for: telling you the time. It sounds obvious, but there are a couple of comforts worth knowing.

Waking the clock

Raise your wrist as if to check the time, and the screen lights up showing your watch face. Lower your wrist and it dims again to save battery. On newer models the clock stays faintly visible all the time (the **always-on display**) and simply brightens when you look. You can also tap the screen or turn the Digital Crown to wake it.

Checking the time without raising your wrist

If your hands are full, the watch can **chime the time** or tap it out on your wrist. There's even a setting for folks who prefer their watch to speak. We'll keep it simple for now, but it's nice to know the watch can tell you the time in more ways than one.

> **TIP**
>
> **A gentle, deliberate wrist-turn works best**
>
> If the screen isn't lighting up when you raise your wrist, try a slower, more deliberate turn — as though you were genuinely looking at a wristwatch — rather than a quick flick. The watch reads that natural motion best. You can always just tap the glass if you'd rather.

CHAPTER 18

Watch Faces — Choosing One You Love

One of the real joys of an Apple Watch is that the face isn't fixed — you can change how it looks whenever the mood takes you, and you can keep several and switch between them. Let's make yours a pleasure to look at.

Switching between faces you already have

From the clock, **swipe left or right** across the screen to flip through the faces you've set up. Stop on the one you want. That's all there is to it — a different look in a second.

Adding a new face

The pleasant way to browse faces is on your phone:

1. Open the **Watch** app on your iPhone and tap the **Face Gallery** tab at the bottom.
2. Scroll through the faces — some are plain and clear, some show the weather or your Activity, some let you set a favorite photo as the background.
3. Tap one you like, choose its colors and what it shows, then tap **Add**. It appears on your watch, ready to swipe to.

You can also add and edit faces right on the watch: press and hold the current face, then swipe to a **+ New** option, or tap **Edit** to change the one you're on.

A face for seeing clearly

For many of us, the best face is the plainest. Faces with large, bold numbers — look for ones with names suggesting "numerals" or simple analog hands — are the easiest to read at a glance. Don't feel you must choose a busy, flashy face; a clear one you can read instantly is the better watch.

> **TIP**
>
> **A photo of the grandkids as your watch face**
>
> You can set a favorite photo — a grandchild, a pet, a place you love — as your watch background. In the Face Gallery choose the **Photos** face and pick your picture. A little smile every time you check the time, and genuinely one of the nicest small touches the watch offers.

CHAPTER 19

Complications — Little Helpers on Your Face

"Complication" is an old, fancy watchmaker's word for anything on a watch face besides the time — the date, a tiny thermometer, a little dial. On the Apple Watch, complications are small shortcuts and readouts you can place around your face. Don't let the odd name put you off; they're simply handy extras.

What they can show

- The **date** and day of the week.
- The **weather** and temperature, right now and the day ahead.
- Your **Activity rings** (how much you've moved today — Part 7).
- A **timer**, **alarm**, or **battery** readout.
- A one-tap shortcut to an app you use often, like Messages or Medications.

Choosing your complications

1. From the clock, **press and hold** the face, then tap **Edit**.
2. Swipe to the screen that shows the complication spots as little boxes.
3. Tap a spot, then turn the Digital Crown to pick what goes there. Press the crown when done.

TIP

Put the things you check most within a glance

Think about the three or four things you look at most — the date, the weather, your next reminder, your Activity — and put just those on your face. Resist the urge to cram in everything; a clear face with a few useful extras beats a cluttered one every time.

GOOD TO KNOW

You can doubtless do this more easily on the phone

As with faces, you can edit complications in the **Watch** app's Face Gallery on your phone, where the labels are bigger and the choices clearer. Change them there and they appear on your wrist. Use whichever feels easier to you.

CHAPTER 20

Finding Your Apps: the Grid & the Dock

Beyond the clock face, your watch holds little programs called **apps** — one for messages, one for the heart rate, one for workouts, and so on. Here's how to find them without getting lost.

The app grid

Press the **Digital Crown** once from the clock face and you'll see all your apps, either as a honeycomb of little circles or a list (your choice). Turn the crown or swipe to move around, and tap an app to open it. Press the crown again to come back to the clock.

> TIP
>
> **Switch the grid to a plain list**
>
> Many folks find the honeycomb of tiny circles hard to aim at. You can switch it to a simple alphabetical **list** instead, which is far easier to read and tap. Press and hold the grid, then choose **List View** — or set it in Settings > App View. A small change that makes a real difference.

The Dock — your favorites, a press away

The **Dock** is a short row of your favorite and recently used apps. Press the **side button** (the flat one) to open it, then turn the crown to scroll through and tap one to open it. It's the quickest way to the handful of apps you use daily. You choose which favorites live there in the Watch app, under **Dock**.

Getting back to the clock — always

This bears repeating because it's such a comfort: no matter how deep you wander into apps and menus, **pressing the Digital Crown** brings you back toward the clock face. Press it once or twice and you're home. You can never truly get lost.

CHAPTER 21

Control Center & the Quick Settings

There's a tidy panel of switches for the things you reach for most — the flashlight, silent mode, battery, Wi-Fi. Apple calls it **Control Center**, and it's one swipe away.

Opening it

Swipe up from the very bottom of the watch face (from the clock screen). A grid of round buttons slides up. Turn the crown or swipe to see them all; tap one to turn it on or off. Swipe back down, or press the crown, to close it.

The handy switches

Switch	What it does
Battery percentage	Tap it to see how much charge is left, and to turn on Low Power Mode.
Flashlight	Turns the screen into a bright light — surprisingly useful in the night.
Silent mode (a bell)	Silences sounds; the watch still taps your wrist.
Do Not Disturb (a moon)	Quiets notifications for a while — good for naps and meals.
Airplane mode	Turns off all signals; rarely needed, but there if you fly.
Ping my iPhone	Makes your phone chirp so you can find it — a daily lifesaver (Part 8).
Water Lock (a droplet)	Locks the screen before you shower or swim (Part 8).

TIP

The flashlight is handier than it sounds

A small thing, but folks come to love it: swipe up, tap the **flashlight**, and your wrist lights your way to the bathroom at night or helps you find a keyhole in the dark — without fumbling for your phone. Turn your wrist and it even changes brightness. Swipe up and tap it again to turn it off.

CHAPTER 22

Notifications on Your Wrist

A **notification** is simply the watch letting you know something happened — a text arrived, it's time for a pill, a friend commented on your photo. The watch taps your wrist and shows a little message. This is one of the most genuinely useful things it does, once you've set it to tap you about the *right* things and stay quiet about the rest.

Reading a notification

When your wrist taps and the screen shows a message, raise your wrist to read it. Tap it to open the full thing, or lower your wrist to deal with it later. To see ones you missed, **swipe down** from the top of the watch face — that's your notification list. Swipe left on any one and tap to clear it.

Choosing what's allowed to tap you

This is worth doing carefully, because a watch that buzzes all day becomes a nuisance, while a well-tuned one is a quiet helper. Do it on your phone:

1. Open the **Watch** app and tap **Notifications**.
2. Go down the list of apps. Turn *on* the ones you want to feel on your wrist — Messages, Phone, Medications, Reminders, and the safety alerts.
3. Turn *off* the ones you'd rather not be bothered by — games, shopping apps, and anything that buzzes for no good reason.

TIP

Let only your people and your health reach your wrist

My advice: keep notifications on for the things that matter — calls, texts from family, pill reminders, and the heart and safety alerts — and turn the rest off. The joy of the watch is a gentle tap for something that matters, not a constant buzzing. You can always turn one back on later.

GOOD TO KNOW

Notifications follow your phone's lead

If your phone is unlocked and in your hand, notifications usually show there rather than on the watch, so the two don't both buzz at once. When your phone is away or asleep, the watch takes over. It's all automatic — nothing for you to manage.

CHAPTER 23

Widgets & the Smart Stack

Newer watches have a handy feature called the **Smart Stack** — a little pile of cards showing timely information, like the weather, your next appointment, or your Activity. It's optional and easy, so let's take a quick look.

Opening the Smart Stack

From the clock face, **turn the Digital Crown upward** (or swipe up a little from the middle of the face). A stack of cards appears. Turn the crown to scroll through them; tap one to open its app. Press the crown to go back to the clock.

What it shows

The watch tries to show you what's useful right now — the weather first thing in the morning, a timer while you're cooking, your next calendar event before an appointment. You can pin the cards you always want (press and hold a card to pin it) and ignore the rest.

> **TIP**
>
> **Don't feel you must use it**
>
> The Smart Stack is a nice convenience, not a chore. If you find it more confusing than helpful, simply leave it alone — your watch works perfectly well without ever turning the crown up. Come back to it when you're curious. Nothing here is required.

CHAPTER 24

Quiet Time: Silent Mode, Do Not Disturb & Focus

Sometimes you want the watch to hush — during a meal, a nap, church, or a visit with company. The watch gives you a few gentle ways to do that, and none of them is permanent.

Silent mode

Swipe up for Control Center and tap the **bell** to turn on Silent mode. Now the watch makes no sounds — but it still taps your wrist, so you won't miss anything important, it just won't chirp out loud. Lovely for quiet rooms.

Do Not Disturb

Tap the **moon** in Control Center for **Do Not Disturb**, which holds back notifications — no sound *and* no wrist tap — for a chosen while. You can set it for an hour, until this evening, or until you leave where you are. Good for a proper rest or a meal out.

STAY SAFE

Emergency calls still get through

Here's the reassuring part: even in Silent mode or Do Not Disturb, the watch's **emergency features keep working**. Fall detection will still call for help, and you can still start an Emergency SOS. Quieting the everyday buzzes never silences the safety net. Rest easy.

Focus and Sleep

You may see other "Focus" modes, including a **Sleep** focus that dims the watch and quiets it overnight. These work together with your iPhone. You don't need to learn them all — Silent mode and Do Not Disturb cover almost everything most folks want. The rest is there if you ever care to explore.

CHAPTER 25

Traveling with Your Watch & Time Zones

Your watch is a fine travel companion — it adjusts the time for you, keeps your boarding pass handy, and carries its safety features wherever you go. A few things are worth knowing before you set off to visit family or take a trip.

The time takes care of itself

When you travel to a new time zone, the watch updates to local time on its own, so you don't have to change a thing. If you like to keep an eye on the time back home too, add a **World Clock** complication to your face (Chapter 17) showing your home town — handy for knowing when it's a decent hour to call.

Safety features travel with you

Emergency SOS is smart about calling the **right emergency number** for wherever you are. Fall detection and crash detection keep working too. If you have a cellular watch, check with your carrier about using it in another country; within the United States it simply works.

TIP

Airplane mode for the flight, then back on

When the crew asks for phones in airplane mode, swipe up on the watch and tap the **airplane** icon to do the same. Once you've landed, tap it off so your calls, messages, and safety features come back. That's the only travel setting most folks ever touch.

GOOD TO KNOW

Low Power Mode stretches a long travel day

On a long day of travel away from a charger, turn on **Low Power Mode** (Chapter 8) to make the battery last — just remember to switch it back off afterward so the background heart and rhythm checks resume. A portable charger in your bag is a comfort on big trips.

PART 4

Staying in Touch

Taking a call from your wrist, reading and answering messages without a keyboard, asking Siri for help, and the walkie-talkie that turns two watches into a pair of old field radios.

CHAPTER 26

Phone Calls on Your Wrist

One of the first things that delights people is answering the phone from their wrist — no digging in a pocket or purse while it rings. Let's walk through it.

Answering a call

When your phone rings, your watch rings too — it taps your wrist and shows who's calling. To answer, tap the **green phone** button and simply talk; the watch has a speaker and microphone built in, so you hold your wrist up a little like an old spy watch. To decline, tap the **red** button. You can also turn the Digital Crown to adjust the volume while you talk.

Making a call

1. Press the **Digital Crown** and open the **Phone** app (a green handset).
2. Tap **Contacts** or **Favorites**, turn the crown to find the person, and tap their name.
3. Tap the **phone** button to call. Talk into the watch, or move the call to your phone or a headset if you'd rather.

GOOD TO KNOW

On a GPS-only watch, your phone must be nearby

If your watch is the GPS-only kind (Chapter 13), calling from the wrist works when your iPhone is nearby or you're on known Wi-Fi — the watch borrows the phone's connection. A **cellular** watch can call entirely on its own, phone or no phone. Either way, answering and chatting from your wrist is the same pleasant trick.

TIP

Move a call to your phone with one tap

Started a call on your wrist but want the comfort of holding your phone to your ear? While the call's going, pick up your iPhone and tap the green bar at the top, and it hops over seamlessly. Nothing is lost. The watch is a convenience, not a commitment.

CHAPTER 27

Messages — Reading & Replying

Text messages — those short notes from family — show up on your wrist, and you can read and answer them without reaching for your phone. For keeping in touch with grandchildren, who often prefer a text to a call, this is wonderful.

Reading a message

When a text arrives, your wrist taps and the message appears. Raise your wrist to read it. To see your conversations any time, open the **Messages** app (a green speech bubble) from the app grid, and turn the crown to scroll through them.

Replying — four easy ways

The watch gives you several ways to answer, none of which needs a full keyboard:

- **Dictate it** — tap the little microphone and simply *speak* your reply; the watch turns your words into text. This is how most folks answer, and it works remarkably well.
- **Tap a quick reply** — the watch offers ready-made answers like "OK," "Thanks!," or "On my way," and suggests fitting replies based on the message.
- **Send an emoji or a Tapback** — a thumbs-up or a heart, tapped in a second.
- **Scribble** — trace letters one at a time on the screen with a fingertip, and the watch reads your handwriting (slower, but handy in a quiet room).

TIP

Dictation is the easy way — speak naturally

Don't be shy about talking to your watch. Tap the microphone, hold your wrist up, and speak your message in a normal voice — "Running ten minutes late, see you soon." It types it for you. Say "period" or "question mark" if you want punctuation. You can read it back before sending, so there's no risk of a muddle going out.

GOOD TO KNOW

Green bubbles and blue bubbles

You may notice messages come in two colors. **Blue** ones are between Apple devices (iMessage); **green** ones go to or from other kinds of phones. They work the same for you — read and reply just as described. The color is nothing to worry about.

CHAPTER 28

Writing Without a Keyboard: Dictation & Scribble

Because the watch screen is small, Apple built clever ways to put words in without a full keyboard. They're worth a chapter, because once they feel natural, the whole watch opens up.

Dictation — just talk

Anywhere the watch wants words — a text, a search, a reminder — look for a small **microphone** symbol. Tap it, hold your wrist up near your mouth, and speak clearly and naturally. The watch converts your speech to text. It handles ordinary sentences very well; speak at a calm, even pace and it rarely trips up.

Scribble — trace letters

If you'd rather not speak out loud — in a waiting room, say — you can **Scribble**: trace letters one at a time with your fingertip on the screen, and the watch reads your handwriting into words. It's slower than talking, but it's private and it works.

TIP

Speak, don't type — your voice is the shortcut

The single best habit on the watch is to **talk to it**. Dictation turns the slow job of poking at a tiny screen into a quick sentence spoken aloud. It feels odd for a day or two, then it feels like magic. Give it a fair try before deciding it's not for you.

CHAPTER 29

Siri on Your Wrist

Siri (say it "seer-ee") is the watch's built-in helper — you ask it things out loud and it answers or does them for you. It's one of the most useful features for anyone who finds the small screen fiddly, because you can skip the screen altogether and just ask.

How to call on Siri

- **Press and hold the Digital Crown** until Siri appears, then speak.
- Or simply **raise your wrist and say "Siri"** (on most models), then your request.
- Or raise the watch close and talk — newer models listen when you lift them to your mouth.

Good things to ask Siri

Try saying…	What Siri does
"Call my daughter."	Places a call to a contact by name or relationship.
"Send a message to Tom: running late."	Writes and sends a text, spoken aloud.
"Set a timer for 20 minutes."	Great for the kitchen and for medicine.
"Remind me to take my pills at 8."	Creates a reminder that taps your wrist later.
"What's the weather today?"	Reads out the forecast.
"What time is it in Florida?"	Handy for calling family in another time zone.
"Start a walking workout."	Begins tracking a walk (Part 7).

WHAT THIS DOES FOR YOU

Siri is the shortcut past the small screen

If your eyes or fingers struggle with the little screen, Siri is your friend. Nearly anything you can do by tapping, you can do by asking out loud — calling, texting, reminders, timers, the weather. Speak plainly, as you would to a helpful grandchild, and give it a moment to think. It won't always be perfect, but it's often the easiest way in.

GOOD TO KNOW

Siri needs a connection to do its best work

For many requests Siri reaches out to the internet (through your phone, Wi-Fi, or a cellular watch). Simple things like timers work anywhere; answering questions usually needs a connection. If Siri says it can't help right now, a weak signal is the usual reason — try again when you're back near your phone or Wi-Fi.

CHAPTER 30

Walkie-Talkie — Instant Voice to a Loved One

Walkie-Talkie turns two Apple Watches into a pair of old field radios: press a button, talk, and your voice comes out of the other person's wrist a moment later — no dialing, no waiting for an answer. It's a delightful, simple way to stay in quick touch with a spouse, a friend, or a grandchild who also has an Apple Watch.

Setting it up

1. Both people need an Apple Watch and must have the other saved as a contact.
2. Open the **Walkie-Talkie** app (a yellow radio icon) on your watch.
3. Tap the person you want to reach to send an invitation. Once they accept, you're connected.

Using it

Open Walkie-Talkie, tap the person, then **press and hold the big yellow button** while you talk — like a real walkie-talkie. Let go, and they hear you and can hold their button to reply. When you're not using it, slide the switch at the top to make yourself **unavailable** so it stays quiet.

TIP

A lovely, low-fuss line to one special person

Walkie-Talkie shines between two people who want an easy, instant way to reach each other — spouses in a big house or garden, or a grandparent and a grandchild who both have watches. No call to answer, no typing. Just "Supper's ready" and a press of a button. Set it up with one person you talk to often.

GOOD TO KNOW

It needs a connection and a willing friend

Walkie-Talkie works over Wi-Fi or cellular, and only with other Apple Watch wearers who've accepted your invite. If a grandchild has an Android phone, this one won't reach them — a regular call or text will. It's a special treat for watch-to-watch, not a replacement for ordinary calling.

CHAPTER 31

Email & Staying Reachable

Your watch can show your **email** too, so a note from the doctor's office or a family member reaches your wrist. The watch is best for *reading* email and firing off a short reply — longer letters are nicer on the phone or a computer.

Reading email on the watch

Open the **Mail** app (a blue envelope) from the app grid, or tap an email notification when it taps your wrist. Turn the crown to scroll through the message. To answer, tap **Reply** and dictate a short note, or send a quick canned reply.

Deciding whether to bother

Honestly, many folks choose *not* to have email buzz their wrist — it can get busy, and email rarely needs answering that instant. If yours is noisy, turn Mail's notifications off in the Watch app (Chapter 20) and read email on your phone at your leisure. The watch is at its best for the quick, personal things; let it stay that way.

> **TIP**
>
> **Keep the wrist for the people, the phone for the paperwork**
>
> A good rule of thumb: let calls, texts, and your health reminders tap your wrist, and leave email, newsletters, and anything that can wait on the phone. Your watch stays a calm, friendly helper instead of another inbox buzzing at you all day. You're always in charge of the balance.

PART 5

The Safety Features — Your Watch Looking Out for You

This is the heart of the book. Medical ID, Emergency SOS, fall detection, crash detection, and sharing your whereabouts — set these up, and your watch becomes a quiet guardian. Please don't skip this part.

CHAPTER 32

Why These Features Matter

If you read only one part of this book, make it this one. The safety features are, for many of us, the real reason to wear an Apple Watch at all — and they're the features I most want to see set up correctly when I visit a client's home.

What the watch can do when something goes wrong

Worn on your wrist, with the right settings turned on, your Apple Watch can:

- **Detect a hard fall** and, if you don't get up or respond, **call emergency services on its own** and tell them where you are.
- Let you **call for help fast** by holding one button, even without unlocking anything.
- Share your **Medical ID** — your conditions, medicines, and allergies — with the responders who come to help.
- Text your chosen **emergency contacts** to let them know, with your location, so family isn't left in the dark.

None of this replaces a medical alert pendant prescribed by your doctor, and no device catches everything. But for a great many people — especially those who live alone or spend time away from the phone — these features add a real layer of safety, right there on the wrist you already wear.

STAY SAFE

Set these up today — not someday

The one regret I hear is "I wish I'd set it up before." These features only help if they're turned on *before* you need them, and if your emergency contacts and Medical ID are filled in. It takes about fifteen minutes. Do it this week — or call me and we'll do it together on the phone. It's the most worthwhile quarter-hour you'll spend with your watch.

How this part is laid out

We'll set things up in a sensible order: first your **Medical ID** and emergency contacts (the information the watch shares), then **Emergency SOS** (calling for help by hand), then **fall detection** and **crash detection** (the watch calling on its own), and finally sharing your location for everyday peace of mind. Take them one at a time.

CHAPTER 33

Setting Up Your Medical ID

Your **Medical ID** is a little card that lives on your iPhone and Apple Watch, holding the facts a paramedic would want to know in a hurry: your name and age, your medical conditions, the medicines you take, your allergies, your blood type, and who to call. Setting it up is the first and most important safety step, because the other features lean on it.

Filling it in — on your iPhone

1. On your iPhone, open the **Health** app (a white icon with a red heart).
2. Tap your **picture or initials** in the top corner, then tap **Medical ID**.
3. Tap **Edit** (or **Get Started** the first time).
4. Fill in what you can: **medical conditions** (for example, diabetes, heart condition), **medications**, **allergies and reactions**, your **blood type** if you know it, your **date of birth**, and your **weight and height**.
5. Add your **emergency contacts** — tap **add emergency contact**, choose a person, and say how they're related to you (daughter, son, neighbor).
6. Turn on **Show When Locked** so responders can see it without your passcode, and **Share During Emergency Call** so it's shared automatically when the watch calls for help. Then tap **Done**.

STAY SAFE

Turn on "Share During Emergency Call"

This switch matters. With **Share During Emergency Call** on, the moment your watch or phone calls emergency services, your Medical ID is offered to them — your conditions and medicines, right when it counts. It's at the bottom of the Medical ID edit screen. Please make sure it's on.

Seeing your Medical ID on the watch

Once it's filled in, anyone can view your Medical ID from the locked watch in an emergency: **press and hold the side button**, and on the emergency screen there's a **Medical ID** slider to drag. That's how a helper learns your allergies and who to call, even if you can't speak. It's worth showing a family member how to find it.

FROM BILL

Keep it current, especially your medicines

A Medical ID only helps if it's right. When your doctor changes a medicine or you develop a new allergy, take two minutes to update it in the Health app. I suggest giving it a quick once-over each time your prescriptions change, or at least once a year. If you'd like a hand filling it in accurately the first time, that's exactly the sort of thing I'm glad to sit down and do with you.

CHAPTER 34

Emergency SOS — Calling for Help Fast

Emergency SOS is the watch's panic button: a way to summon help quickly, by hand, whenever *you* decide you need it — chest pains, a fall you're conscious for, a stranger at the door, a loved one in trouble. It works even if the watch is locked.

How to start an Emergency SOS

Press and hold the side button (the flat one) until sliders appear on the screen. Then either:

- **Drag the "Emergency Call" slider** to the right to call emergency services straight away, or
- **Keep holding the side button** — the watch counts down with a loud warning sound, and when the countdown ends it calls emergency services for you. (This is handy if you can't look at the screen.)

When the call connects, the watch speaks with the dispatcher through its speaker, and — if you set it up — shares your location and Medical ID. After the call, it can text your emergency contacts to let them know and where you are.

Practice the motion — gently

It's worth knowing the feel of that side-button press *before* you ever need it, so your hand knows what to do. You can practice finding and pressing the button — just **don't let the countdown finish**, and don't drag the call slider, or you'll place a real emergency call. Press and hold until the sliders appear, feel where they are, then let go and tap **Cancel**.

HEADS UP

If you do call 911 by accident, don't just hang up

If an emergency call starts by mistake, the best thing is to **stay on and tell the dispatcher it was an accident and you're fine** — they'd much rather hear that than have a silent call they must chase down. A quick "I'm sorry, I pressed it by accident, everything's okay" is all it takes. No one will be cross with you.

STAY SAFE

It calls your local emergency number, wherever you are

Emergency SOS is smart about calling the right number for where you happen to be — 911 here at home, the local number if you travel. On a cellular watch it can call even without your phone. On a GPS-only watch, your iPhone needs to be within reach or you need Wi-Fi. One more reason a cellular watch is worth considering for folks who are out and about.

CHAPTER 35

Fall Detection — Setup & What Happens in a Fall

This is the feature that, more than any other, makes the Apple Watch such a comfort. If you take a **hard fall** and can't get up or reach a phone, the watch can call for help on its own and tell responders where you are. Let's set it up carefully and understand exactly what it does.

Turning fall detection on

1. On your iPhone, open the **Watch** app and tap **Emergency SOS**.
2. Find **Fall Detection** and switch it **on**.
3. Choose **Always on** (recommended for most older folks, so it watches over you all day), rather than "Only during workouts."

You can also set it on the watch itself: **Settings** > **SOS** > **Fall Detection**. And remember from Chapter 12 that **wrist detection must be on** for the automatic call to work.

> GOOD TO KNOW
> **It may already be on — but check "Always on"**
> For folks setting up a new watch who tell it they're 55 or older, fall detection is often switched on automatically. That's good — but still open the setting and confirm it's set to **Always on**, not just during workouts, so you're covered going about your ordinary day, not only when you're exercising.

What happens when you fall

Here is exactly what the watch does, step by step, so there are no surprises:

1. The watch feels a hard impact. It **taps your wrist firmly, sounds an alarm, and shows an alert** asking if you're alright.
2. If you're fine, tap **"I'm OK"** (or press the crown) to dismiss it. Nothing more happens.
3. If you need help, you can drag the **Emergency Call** slider yourself right then.
4. If you **don't respond and the watch senses you've been still for about a minute**, it begins a **30-second countdown** with a loud, rising alarm to rouse you or those nearby.
5. If the countdown finishes with no response, the watch **calls emergency services**, plays a recorded message that a hard fall was detected, and gives your location. It then notifies your emergency contacts with your whereabouts.

STAY SAFE

Honest limits: it can't catch every fall

I promised you honesty, so here it is. Apple itself says the watch **cannot detect all falls** — a slow slide to the floor may not register as a "hard" fall, and it works best for sudden, hard impacts. It can also mistake a vigorous activity for a fall. It is a wonderful backup, not a guarantee, and not a substitute for a medical alert system your doctor recommends. Think of it as one more set of eyes looking out for you — a very good one, but not a perfect one.

FROM BILL

Who gets called, and making sure it's the right people

The automatic call goes to emergency services, and then your watch texts the **emergency contacts** you listed in your Medical ID (Chapter 30) — so make sure those are people who would actually come or act: a nearby daughter, a trusted neighbor. It's worth telling those folks they're on your list, so a text from your watch doesn't catch them off guard. If you want help thinking through the right contacts, give me a ring.

CHAPTER 36

Crash Detection — Help After a Car Accident

Newer Apple Watches (and iPhones) can also sense a **severe car crash** and call for help much like fall detection does. If you drive, or ride along with family, it's a quiet comfort to have.

How it works

If the watch detects the violent forces of a serious crash, it shows an alert and begins a countdown with a loud alarm. If you don't tap to say you're okay — because you're hurt or shaken — it **calls emergency services**, shares your location, and notifies your emergency contacts, just like a fall. You don't have to set it up; on the models that have it, it's on by default. You can confirm it under **Settings** > **SOS** on the watch.

GOOD TO KNOW

Only on recent models, and not every crash

Crash detection arrived on newer Apple Watches and iPhones, so an older watch may not have it. And, like fall detection, it's designed for **severe** crashes — it won't fire for a little fender-bender, nor catch every accident. It's a backup for the worst moments, when you might not be able to reach for a phone yourself.

TIP

If your phone and watch both have it, all the better

If you carry an iPhone that also has crash detection, the two work together and either can make the call. For a long drive to visit family, that pair of guardians riding along is a genuine comfort — for you and for the family waiting at the other end.

CHAPTER 37

Emergency Contacts & What Responders See

We've mentioned emergency contacts a few times; this chapter pulls it together, because getting this right is what turns a clever gadget into a real safety net for you and your family.

Choosing good emergency contacts

Your emergency contacts are the people your watch texts when it calls for help after a fall or crash. Choose them with care:

- Pick people who are **likely to be reachable** and who **live or work nearby** enough to act — a local daughter or son, a close neighbor, a good friend in town.
- A faraway relative is fine as a *second* contact, but your first should be someone who can get to you.
- **Tell each person** you've listed them, so a sudden text from your watch — "Emergency SOS" — means something to them and isn't mistaken for a scam.

What the responders and your contacts receive

Who	What they get
Emergency services	A call (spoken by you or by the watch's recorded message) and your location. With Share During Emergency Call on, your Medical ID too.
Your emergency contacts	A text message saying your watch placed an emergency call, with a map of where you are. Updated if your location changes.
Anyone with your locked watch	Can view your Medical ID by holding the side button and dragging the Medical ID slider — your conditions, medicines, and who to call.

STAY SAFE

The system is only as good as the information in it

I can't say this enough: fall detection, crash detection, and Emergency SOS all lean on your **Medical ID and emergency contacts** being filled in and current. A watch that calls 911 but has no contacts and a blank Medical ID helps far less than one that's properly set up. Fifteen minutes with the Health app (Chapter 30) is what makes the whole safety net real. Please do it — and update it when things change.

CHAPTER 38

Check In & Sharing Your Location

Beyond emergencies, the watch and phone offer gentler ways to give family peace of mind about where you are — useful for a walk, a drive, or simply letting a worried daughter know you got home safe.

Check In — "let me know you arrived"

Check In is a feature (in Messages) where you tell your phone you're heading somewhere or doing something, and it automatically lets a chosen person know when you've safely arrived — or alerts them if you get unexpectedly delayed and stop responding. It's a lovely, low-fuss way to ease a family member's mind without a string of phone calls. You start it on your iPhone; the watch can show its progress.

Sharing your location with family

You can let trusted family members see your location on a map (through the **Find My** feature — Part 8), so they can glance and see you're home or at the store. This is entirely your choice and can be turned off any time. For some families it's a real comfort; others prefer their privacy. There's no right answer — only what's right for you.

GOOD TO KNOW

You are always in control of who sees you

Location sharing only happens with people *you* choose, and you can stop it with a tap. The watch never quietly broadcasts where you are to strangers. If sharing with a close family member would help everyone worry less, it's worth a conversation; if you'd rather not, that's perfectly fine too. Your watch, your call.

FROM BILL

Peace of mind runs both ways

Some of the kindest uses of these features I've helped set up are the simple ones: a daughter who stops worrying because she knows Mom's watch will call for help, and a mother who feels freer to potter in the garden because she knows the same. That two-way peace of mind is what this part of the book is really about. If you'd like help setting it up with your family, I'm always glad to.

PART 6

Health & Wellness

Your heart, your breathing, your sleep, and your medicines — what the watch watches, what the numbers mean, and (just as important) what the watch cannot do. Honest and plain.

CHAPTER 39

Not a Doctor: An Honest Word First

Before we look at any health feature, I want to set the ground rules — honestly, the way I'd want them set for my own parents. The Apple Watch can be a helpful companion for your health. It is **not** a doctor, and it is not a diagnosis.

What these features are — and aren't

- They are **general wellness tools** and early nudges — a reason to pay attention, to rest, or to ring your doctor.
- They are **not** a replacement for medical care, prescribed monitors, or your doctor's judgment.
- They can **miss** real problems, and they can **flag** things that turn out to be nothing.
- A reading from your wrist is a **starting point for a conversation** with your doctor — never the final word.

STAY SAFE

If you feel unwell, trust that — not the watch

This is the most important sentence in Part 6: if you have chest pain, trouble breathing, sudden weakness, or you simply feel something is seriously wrong, **get help right away** — call 911 or your doctor — no matter what your watch says. A watch that shows a normal reading has *not* ruled anything out. Your own body and a real doctor outrank any gadget, every time.

With that understood, these features really can be useful — many folks have been prompted to see a doctor by something their watch noticed. So let's go through them plainly, so you know what each one is actually telling you.

GOOD TO KNOW

Availability varies by model, software, and even country

Some health features depend on your watch model, on keeping watchOS up to date, and even on which country you're in — the rules around a couple of them have changed over the years. Throughout this part I'll tell you where that's the case. If a feature in this book isn't on your watch, your model or region may simply not have it; that's normal, and nothing you did wrong.

CHAPTER 40

Heart Rate — The Basics

The green lights you may have noticed on the back of the watch read your **heart rate** — how many times your heart beats each minute — right through your skin. It's the foundation of most of the watch's health features.

Checking your heart rate

Open the **Heart Rate** app (a red heart) from the app grid, or add a heart-rate complication to your watch face (Chapter 17) to see it at a glance. You'll see your current beats per minute, your resting rate, and more. The watch also checks quietly in the background through the day — no need to open anything.

What the numbers roughly mean

A **resting** heart rate for adults is commonly somewhere in the range of about 60 to 100 beats a minute, though yours may sit higher or lower and still be perfectly normal for you — fitness, age, and medicines all play a part. What's often more telling than any single number is a **change** in your usual pattern. If you're curious what's normal for *you*, that's a good question for your doctor, who knows your history.

TIP

A snug band gives truer readings

The heart-rate sensor only works well when the watch sits snug against your skin (Chapter 12). If a reading looks wildly off, the usual cause is a loose band or a very cold, dry wrist. Settle it comfortably firm on the top of your wrist and try again.

CHAPTER 41

High & Low Heart Rate Notifications

Your watch can tap your wrist if your heart rate climbs unusually high or drops unusually low while you've been inactive — a gentle heads-up that something may be worth a look.

Turning the alerts on

1. On your iPhone, open the **Watch** app and tap **Heart**.
2. Tap **High Heart Rate** and choose a threshold to be alerted above (your doctor can advise a sensible number; the watch suggests options).
3. Do the same for **Low Heart Rate**.

What to do if you get one

A high or low heart rate alert is not a diagnosis — it's a nudge. If you feel fine, note it and carry on; if it keeps happening, or you also feel unwell, dizzy, or breathless, **mention it to your doctor** and show them the readings (the watch saves them in the Health app). If you feel seriously unwell, don't wait — get help.

HEADS UP

These alerts pause in Low Power Mode

Remember from Part 2: when the watch is in **Low Power Mode** to save battery, the background heart checks and irregular-rhythm alerts are paused. So if you rely on these notifications, keep Low Power Mode off during the day and charge at a set time instead (Chapter 8).

CHAPTER 42

Irregular Rhythm Notifications & AFib

The watch can occasionally check the rhythm of your heartbeat in the background and tap you if it spots a pattern that looks like **atrial fibrillation** — "AFib" for short — a common irregular heartbeat that can raise the risk of stroke and is well worth catching.

Setting it up

1. On your iPhone, open the **Health** app, tap **Browse**, then **Heart**.
2. Tap **Irregular Rhythm Notifications** and follow the setup. (You can also reach it in the Watch app under Heart.)

GOOD TO KNOW

It's for people without a known diagnosis

Here's an honest wrinkle worth knowing: the irregular-rhythm notification is designed for people who have **not** already been diagnosed with AFib. If your doctor has already diagnosed you, the setup won't let you turn this particular alert on — there's a separate feature (AFib History) meant for that situation. It also isn't available in every country. Don't be puzzled if it behaves differently than a friend's; it depends on your history and where you live.

If you get an irregular rhythm notification

Don't panic — but don't ignore it either. It means the watch noticed something that *might* be AFib; it is not a diagnosis. The right next step is to **tell your doctor** and, if your watch has the ECG app (next chapter), take a reading or two to show them. Only a doctor can say what it means.

WHAT THIS DOES FOR YOU

A quiet early warning that has helped many

This feature's whole purpose is to catch something you might not feel, early enough to do something about it. A number of folks have learned of a heart rhythm problem this way and got it treated. That's the watch at its best: not diagnosing, but gently pointing you toward the doctor who can.

CHAPTER 43

The ECG App

On the fuller Apple Watch models (the numbered Series, from Series 4 onward — not the SE line), there's an **ECG** app that takes a single-lead electrocardiogram: a quick reading of your heart's electrical activity, the same idea as the strips your doctor takes, though simpler and from one point.

Taking a reading

1. Rest your arm on a table, sit still and relax.
2. Open the **ECG** app on the watch.
3. Hold a fingertip of your *other* hand lightly on the **Digital Crown** — don't press it, just touch it — and hold still for about 30 seconds while it records.
4. Read the result, and know it's saved in the Health app on your phone.

What the result tells you

The ECG app may report a normal rhythm ("sinus rhythm"), signs of AFib, or an inconclusive reading. Again — a *hint*, not a diagnosis. Its real value is that you can turn a reading into a **PDF document** from the Health app and hand it to your doctor, giving them a snapshot from the moment you felt off, which they could never have captured in the office.

TIP

Take a reading when you feel something, and save it for the doctor

The handiest time to use the ECG app is the moment your heart feels fluttery or odd — sit down, take a reading, and it's saved with the date and time. Bring that to your next appointment. Doctors genuinely appreciate a record from the exact moment symptoms struck. It's one of the watch's most useful honest tricks.

GOOD TO KNOW

Not on every model, and only in some countries

The ECG app is on the numbered Series watches (Series 4 and later), not the SE models, and it's available only where it has been cleared by the authorities. If you don't see it, your model or country may be the reason. Irregular-rhythm notifications (previous chapter) reach more models than the ECG app does.

CHAPTER 44

Blood Oxygen

Some Apple Watches can estimate the **oxygen level in your blood** — a wellness reading, not a medical one. This is the feature with the most complicated history, so let me explain it plainly.

The honest situation

Because of a patent dispute, the blood-oxygen feature was **removed from new Apple Watches sold in the United States** for a stretch, then partly brought back in a **redesigned** form through a software update, where the watch collects the reading but your iPhone does the calculating and shows it in the Health app. Watches bought outside the US, and older ones that kept the original feature, work differently. The upshot: **whether and how blood oxygen works on your watch depends on your model, where and when you bought it, and your software.** If it's missing or works oddly, that tangled history is almost certainly why — not anything you did.

If your watch has it

Where available, you can open the **Blood Oxygen** app, rest your arm, hold still for about 15 seconds, and get a reading (shown as a percentage). The watch also takes occasional background readings. You'll find the history in the Health app on your phone, under Respiratory.

HEADS UP

Treat blood oxygen as a rough wellness number only

Apple is clear that this is a **general wellness** feature, not a medical measurement — it is not meant to diagnose or monitor any condition. Readings wander with how still and warm you are and how snug the watch sits. If you have a lung or heart condition and need to watch your oxygen, use the **fingertip pulse oximeter** your doctor or pharmacy provides, and follow your doctor's guidance — not your wrist.

CHAPTER 45

The Medications App & Reminders

This is one of the most quietly useful features for many of us: the watch (working with the Health app on your phone) can keep a list of your **medications** and tap your wrist when it's time to take them. No more "did I take my pill this morning?"

Adding your medications

1. On your iPhone, open the **Health** app, tap **Browse**, then **Medications**.
2. Tap **Add a Medication** and enter its name (you can even point the camera at the label on many bottles).
3. Set the **strength, how often** you take it, and **what times** of day.
4. Repeat for each medicine, vitamin, or supplement you want to track.

Taking them with the watch

At each scheduled time, your watch taps your wrist with a reminder. You tap to mark it **Taken** (or Skipped), and the watch keeps a tidy log. Add the **Medications** app to your Dock or a complication so it's always a tap away.

WHAT THIS DOES FOR YOU

No more wondering whether you took it

The log is the real gift here. When you can't remember whether you took your morning pills, a glance at the watch or the Health app answers it — Taken, at 8:02. That ends a worry a lot of us know well, and it helps avoid both missed doses and accidental double doses. For many folks, this feature alone earns the watch its keep.

HEADS UP

A reminder helps you remember — it doesn't dispense anything

The watch reminds and logs; it doesn't hand you the pills or check they're the right ones. Keep using your pill organizer and your pharmacist's advice as before. And the medication list is also a fine thing to mirror into your **Medical ID** (Chapter 30), so responders see what you take. Honest tool, used alongside your usual good habits.

CHAPTER 46

Sleep Tracking & Sleep Score

If you wear your watch to bed, it can quietly track your **sleep** — how long you slept and roughly how restful it was — and show you a simple summary in the morning. It's interesting, occasionally useful, and entirely optional.

Setting up a sleep schedule

In the **Health** app on your phone, tap **Browse** > **Sleep** to set your usual bedtime and wake time. At bedtime the watch can ease into a quiet **Sleep mode**, dimming the screen. In the morning, open the **Sleep** app on the watch, or the Health app, to see how you slept.

Sleep Score

Newer software gives a **Sleep Score** — a single number summing up your night, based on how long and how soundly you slept. Take it lightly: it's a rough guide to spot patterns over weeks, not a medical sleep study. If you genuinely struggle with sleep, that's a conversation for your doctor.

GOOD TO KNOW

Sleep tracking means charging in the daytime

You can't wear the watch to bed *and* charge it overnight — so if you want sleep tracking, build a daytime charging habit instead (Chapter 8), such as while you shower or read the paper. If a good night's charge matters more to you than sleep data, that's a perfectly fine choice too. Do whichever suits your life.

TIP

Some folks love it; some don't — both are fine

Sleep tracking fascinates some people and feels like one gadget too many to others. There's no need to use it. If a morning number would only make you fret over your sleep, skip it with a clear conscience. The watch is here to serve you, not to grade you.

CHAPTER 47

Mindfulness, Breathing & Quiet Moments

The watch has a gentle **Mindfulness** app that guides you through a minute or two of slow breathing — a small, pleasant pause in a busy or anxious day. No special skill needed; you just follow along.

Taking a breathing break

1. Open the **Mindfulness** app (a soft blue flower-like icon).
2. Tap **Breathe**, set how long (a minute is plenty to start), and tap to begin.
3. Follow the growing and shrinking shape on screen — breathe in as it grows, out as it shrinks. The watch taps your wrist to pace you, so you can even close your eyes.

WHAT THIS DOES FOR YOU

A small calm in your day

A single slow minute of breathing can genuinely take the edge off a worried moment — before a doctor's appointment, after a frustrating phone call, or just to settle before sleep. It asks nothing of you but to follow a gentle rhythm. Try it once; it may surprise you how much a minute helps.

A note on other sensors

Depending on your model, the watch may also keep an eye on **loud noise** around you (and warn when it could harm your hearing), your **wrist temperature** overnight, and more. You'll meet these in the Health app. None requires anything of you — they simply gather gently in the background, there if you ever want to look.

CHAPTER 48

The Health App on Your iPhone

Everything the watch gathers — heart rate, steps, sleep, medications, your ECG readings — flows into one place on your iPhone: the **Health** app. It's the big picture, far easier to read on the phone's screen than on your wrist.

Finding your way around it

Open the **Health** app (white icon, red heart). The **Summary** tab shows highlights — today's activity, your heart rate, recent readings. The **Browse** tab lets you dig into any category: Heart, Respiratory, Sleep, Medications, and so on. Tap any item to see its history as simple charts over days, weeks, and months.

TIP

The trends matter more than any single day

Don't fuss over one high reading or one poor night. The Health app is at its best for **trends** — is your resting heart rate drifting up over months? Are you walking less than you used to? Those gentle patterns, seen over time, are the useful part, and they're exactly the kind of thing worth mentioning at a check-up.

CHAPTER 49

Sharing Health Data with Family & Your Doctor

Your health information is private, and it stays that way unless you choose to share it. But you *can* share — selectively — in two ways that many families find reassuring.

Sharing with a family member

The Health app lets you share chosen highlights — such as heart rate or activity trends — with a trusted family member who also has an iPhone. They see a simple dashboard, and the app can alert them to certain changes. It's a kind way for a caring daughter or son to keep a gentle, respectful eye out, without you reciting numbers over the phone.

Sharing with your doctor

You can turn an **ECG reading** (or other data) into a **PDF document** from the Health app and email or print it for your doctor. Some doctors' offices can even receive your health data directly. At minimum, you can show them the charts on your phone at an appointment.

GOOD TO KNOW

You decide exactly what's shared, and with whom

Sharing is never all-or-nothing and never automatic with strangers. You pick the person and the specific information, and you can stop at any time. If setting up a sensible share with one trusted family member would give everyone a little more peace of mind, it's worth a conversation — and it's something I'm glad to help you set up carefully and privately.

CHAPTER 50

Walking Steadiness — a Heads-Up on Fall Risk

Here's a quieter health feature that's especially worth knowing about for us: working with your iPhone, the system can keep an eye on **how steady your walking is**, and gently let you know if your balance seems to be slipping in a way that could raise your risk of a fall. Since a fall avoided is far better than a fall caught, this one earns its place.

How it works

Walking Steadiness lives in the **Health** app on your iPhone (under Mobility). Using the motion sensors as you carry your phone and wear your watch, it rates your steadiness over time and can send a notification if it drops to a level associated with a higher chance of falling. To get the readings, you generally need to carry your iPhone with you as you walk — near your waist, in a pocket — not leave it on the table.

Turning on the notifications

1. On your iPhone, open the **Health** app and tap **Browse**, then **Mobility**.
2. Tap **Walking Steadiness** and turn on the **notifications**, entering your details if asked.
3. Carry your phone with you on your usual walks so it has something to measure.

STAY SAFE

A nudge to act early — then talk to your doctor

If you get a Walking Steadiness notification that your balance looks low or very low, don't be alarmed, but do **take it seriously and mention it to your doctor**. Falls are one of the biggest risks we face as we age, and catching a decline early — with exercises, a cane, a review of medicines, a home safety check — can prevent a bad one. This is the watch and phone pointing you toward prevention, which beats any emergency call.

GOOD TO KNOW

It needs your phone along, and recent-enough devices

Walking Steadiness depends on carrying a reasonably recent iPhone as you walk, and it's one of those features whose availability can depend on your devices and software. If you don't see it in the Health app, that's likely why. The watch's fall detection (Part 5) works independently and is the safety net if a fall does happen.

PART 7

Fitness — Gentle Movement, No Pressure

The Activity rings, workouts, and encouragement that meets you where you are. This part is about feeling a little better, a little more often — not about running marathons.

CHAPTER 51

The Activity Rings — Move, Exercise & Stand

The three colored rings you'll see on the watch are Apple's simple picture of your day's movement. The idea is to "close" each ring by doing a little of three things. Don't let them boss you — they're a friendly nudge, nothing more.

What the three rings mean

Ring	What it tracks
Move (red)	How many active calories you've burned — a measure of moving about. You set the goal yourself.
Exercise (green)	Minutes of brisk activity, like a good walk. The usual goal is 30 minutes, but you can lower it.
Stand (blue)	Whether you stood up and moved a little during at least 12 different hours of the day — good medicine against sitting too long.

Over the day the rings fill in. "Closing" a ring just means reaching that goal. The watch gives a little celebration when you do — and absolutely nothing bad happens when you don't.

TIP

The Stand ring is the quiet hero

Of the three, the **Stand** ring may be the most valuable for us: a gentle tap once an hour to get up, stretch, and take a few steps. Sitting for hours on end isn't kind to the body, and that little hourly nudge — stand, walk to the window, get a glass of water — adds up to real good over a day. It asks only a minute at a time.

CHAPTER 52

Setting Goals That Fit You

The watch's starting goals are set for a general adult, and they may be too high — or too low — for you. You can change them to something that fits your body and your doctor's advice, and there's no shame in setting them gently.

Changing your Move goal

1. Open the **Activity** app on the watch (the three rings).
2. Turn the Digital Crown to scroll down and tap **Change Goals** (or press and hold the screen).
3. Adjust the **Move**, **Exercise**, and **Stand** goals up or down with the + and – buttons, and confirm.

FROM BILL

Start where you are, not where a 30-year-old is

If a goal has you feeling defeated by noon, it's too high — set it lower. A goal you can meet most days builds the habit and the good feeling; a goal you always miss just nags. There's no medal for a big number. The best goal is the one that nudges you to move a little more than yesterday and leaves you feeling capable, not scolded. And always follow your doctor's advice on what's right for you.

CHAPTER 53

The Workout App — Tracking a Walk or More

When you set out for a deliberate walk, bike ride, swim, or session of exercise, the **Workout** app records it — your time, distance, heart rate, and more — and gives you proper credit on your rings. A walk is a workout; never think it has to be strenuous to count.

Starting a workout

1. Open the **Workout** app (a running figure) on the watch.
2. Turn the crown to find your activity — **Outdoor Walk** is the one most folks use — and tap it.
3. Give it a moment to begin (or set a goal first), then set off. The watch tracks as you go.
4. When you're done, **swipe right** and tap **End**, then review your summary.

> **TIP**
>
> **The easiest way to start: just ask Siri**
>
> You don't have to tap through anything. Raise your wrist and say, "Siri, start an outdoor walk," and it begins. Say "Siri, end my workout" when you're home. For a daily stroll, that's the whole routine — no fiddling with the screen at all.

Pausing and locking

Need to stop and chat with a neighbor? Swipe right during a workout and tap **Pause**, then **Resume** when you carry on. If you're walking in the rain or near water, you can lock the screen against stray taps (the Water Lock droplet in Control Center) and the workout keeps running.

CHAPTER 54

Walking: the Gentlest, Best Workout

If you take one thing from this part, take this: **a daily walk is wonderful exercise**, and the watch is a lovely companion for it. You don't need a gym, special clothes, or a young person's pace — just your own two feet and a few minutes.

Making a habit of it

- Start small — ten minutes around the block counts, and counts a lot.
- Let the watch track it as an **Outdoor Walk** so you can see your progress grow over weeks.
- Walk at a pace where you could still hold a conversation — that's "brisk" enough to do good.
- Pop in a favorite podcast or some music (Part 8) and the time flies.

WHAT THIS DOES FOR YOU

The most doctor-approved thing your watch encourages

Of everything the Apple Watch does, gently nudging you to walk a little more may be the most genuinely good for you. Regular walking helps the heart, the mood, the balance, and the sleep — and your watch cheers you on, remembers your streak, and never judges a slow day. It's the feature your doctor would most heartily approve of.

HEADS UP

Listen to your body first, the watch second

If a walk leaves you unusually breathless, dizzy, or in pain, **stop and rest**, and check with your doctor before doing more. The watch is a cheerleader, not a coach who knows your health. Build up slowly, and let how you feel — not a number on the screen — set your pace.

CHAPTER 55

Awards, Streaks & Friendly Encouragement

The watch sprinkles in little celebrations — badges for closing your rings, a cheer for a new personal best, a note when you're on a streak. For some folks these are a delightful spur; for others they're clutter. You're free to enjoy them or ignore them.

Where to find your awards

In the **Fitness** app on your iPhone (or the Activity app on the watch), there's an **Awards** section with the badges you've earned. It's a pleasant place to glance now and then and see how far you've come.

TIP

If the nudging becomes nagging, turn it down

Should the celebrations and reminders start to feel like pestering, you can quiet them: in the Watch app under **Notifications** > **Activity**, turn off the bits you don't care for — goal reminders, coaching, the lot — while keeping the app itself. Encouragement should feel good. If it doesn't, dial it back with a clear conscience.

CHAPTER 56

Sharing Activity with Family — Gently

You can share your Activity rings with family or friends who also have an Apple Watch, so you can cheer each other on. Done in the right spirit, it's a warm little daily connection — a grandchild seeing Grandpa closed his rings, and sending a thumbs-up.

Setting it up

1. Open the **Fitness** app on your iPhone and tap **Sharing** (or the people icon).
2. Tap to **invite** a friend or family member who has an Apple Watch.
3. Once they accept, you'll each see the other's progress and can send a little encouragement.

GOOD TO KNOW

Share with people who lift you up — or don't share at all

Sharing works best with kind folks who'll cheer, not compete. If comparing your day to a fitness-mad grandchild's would only discourage you, it's perfectly fine not to share, or to share with just one gentle soul. And you can stop sharing any time. This is meant to warm your day, never to shame it.

CHAPTER 57

Apple Fitness+ & Guided Workouts (Optional)

Apple offers a paid service called **Fitness+** with video workouts you follow on a phone, tablet, or TV while your watch tracks along — including gentle ones made for older beginners, seated exercises, and simple stretching. It's entirely optional and costs a monthly fee, so I mention it only so you know it exists.

Is it worth it for you?

If you'd enjoy a friendly instructor guiding you through gentle movement at home — especially the beginner, senior, and chair-based sessions — it can be a nice way to stay active without leaving the house. If a daily walk suits you fine, you need none of it. There's often a free trial, so you can try before you decide.

TIP

Try the gentle and seated workouts first

If you do give Fitness+ a look, start with the sessions labeled for **beginners**, **seniors**, or **seated/chair** workouts, and the **Mindful Cooldown** stretches. They're paced kindly and need no special equipment. You can pause any time, and nobody's watching. Move at your own speed — that's the whole point.

PART 8

Handy Extras, Your Cheat-Sheet & When to Call Bill

The useful odds and ends — paying with your wrist, finding a lost phone, timers and the flashlight — plus quick fixes, a plain glossary, a cheat-sheet to keep, and an honest word about when to pick up the phone.

CHAPTER 58

Apple Pay — Paying with Your Wrist

Apple Pay lets you pay at the shop by holding your watch near the little card reader — no wallet, no card, no fumbling. It sounds futuristic, but it's genuinely easy and, in an important way, **safer** than handing over your card.

Setting up a card

1. On your iPhone, open the **Watch** app and tap **Wallet & Apple Pay**.
2. Tap **Add Card** and follow the prompts — you can point the camera at your card to save typing.
3. Your bank may send a code to confirm it's really you. Enter it, and the card is ready on your watch.

Paying at the shop

1. At the card reader, **double-press the side button** (the flat one).
2. Your card appears. Hold the **face of the watch** near the reader until it beeps or taps.
3. That's it — paid. A little receipt shows on the watch.

STAY SAFE

Apple Pay is safer than your plastic card

Here's the reassuring part: Apple Pay never shares your real card number with the shop — it uses a one-time disguised number instead, so the cashier and the store never see your actual card. And because it needs *your* watch, on *your* wrist, unlocked, a thief can't use it. If you've been nervous about card fraud, paying by watch is one of the safer ways to pay there is.

GOOD TO KNOW

Look for the tap-to-pay symbol

Apple Pay works at readers showing the little "wave" contactless symbol — you'll see it at most grocery stores, pharmacies, and gas stations now. If a shop doesn't have it, just use your card as usual. No harm, no fuss.

CHAPTER 59

Find My — Finding a Lost Phone or Watch

How many times have you mislaid your phone around the house? Your watch can make it chirp so you can find it — and if the watch itself goes missing, your phone can help find that too. This is a small feature folks come to rely on daily.

Ping your iPhone

Swipe up on the watch for **Control Center**, and tap the **phone icon with sound waves**. Your iPhone plays a loud chirp — even if it's down the back of the couch — so you can follow the sound to it. Tap it again to make it chirp once more.

Finding a lost watch

If you lose the watch, open the **Find My** app on your iPhone (or at iCloud.com), tap **Devices**, choose your watch, and you can make it play a sound, see it on a map, or mark it lost. It's the same idea, in reverse.

> **TIP**
>
> **The daily lifesaver nobody mentions**
>
> Of all the clever things the watch does, "ping my phone" may be the one you use most. Swipe up, tap the button, follow the chirp — phone found in seconds. Show this one to anyone who's ever spent ten minutes hunting for their phone. It alone can be worth wearing the watch.

CHAPTER 60

The Flashlight, Timers, Alarms & Stopwatch

A handful of small, everyday tools live on your wrist, ready in a second. None needs explaining much, but together they replace a drawer full of gadgets.

The flashlight

Swipe up for Control Center and tap the **flashlight**. Your wrist becomes a light for the hallway at night, reading a menu in a dim restaurant, or finding a keyhole. Swipe the screen for a steadier white, a softer red, or a blinking light. Tap it off when done.

Timers and alarms

- **Timer** — open the Timer app, or just say "Siri, set a timer for 15 minutes." Wonderful for the oven, the laundry, or a cup of tea.
- **Alarm** — set a wake-up or reminder alarm that taps your wrist and sounds. "Siri, wake me at 6:30."
- **Stopwatch** — time anything, from a brisk lap of the yard to how long the kettle takes.

TIP

A gentle alarm that won't wake the whole house

A watch alarm taps your *wrist*, so it can wake you without a blaring sound that disturbs a spouse. It's also handy as a discreet reminder — a quiet buzz at pill time or before a favorite program — that only you feel. Let Siri set them for you; it's the quickest way.

CHAPTER 61

Weather, Calendar, Reminders & Everyday Helpers

Your watch holds small versions of several useful apps, so a glance at your wrist answers everyday questions without reaching for your phone.

App	What it's good for
Weather	Tap the Weather app or add it to your face — today's forecast and the hours ahead, at a glance. "Siri, will it rain today?"
Calendar	Your appointments, with a tap on your wrist before each one so you don't forget the doctor or the hair salon.
Reminders	To-do notes that tap you at the right time or place. "Siri, remind me to call the pharmacy at 2."
Alarms & Timers	As in the last chapter — quick, spoken, hands-free.
Calculator	A small calculator for the shop or the checkbook, right on your wrist.

WHAT THIS DOES FOR YOU

Let Reminders carry the mental load

One of the kindest uses of the watch is handing it the little things you'd otherwise have to keep in your head — take the pills, call the pharmacy, bring in the mail, grandson's birthday. Tell Siri, and a tap on your wrist brings it back at the right moment. That's less worry and fewer "oh, I forgot" moments. Let the watch remember, so you don't have to.

CHAPTER 62

Music, Podcasts & Audiobooks on a Walk

Your watch can play music, podcasts (free radio-style shows on every subject under the sun), and audiobooks — through a Bluetooth earbud or headphone, or your phone's speaker. Lovely company for a walk or a quiet afternoon.

The simplest way

When something's playing on your phone, your watch shows a **Now Playing** screen where you can pause, skip, and turn the volume with the crown — a handy remote on your wrist. You can also open the **Music**, **Podcasts**, or **Audiobooks** app right on the watch and ask Siri to "play some Frank Sinatra" or "play my podcast."

TIP

Pair one set of earbuds and you're set

The pleasant way to listen on a walk is with a wireless earbud paired to your watch, so you can leave the phone at home (on a cellular watch) or in your pocket. Pairing is a one-time job — open the earbud case near the watch, or set it up in the Watch app's Bluetooth. If it feels fiddly, it's a two-minute fix on a call with me.

CHAPTER 63

Water, Showers & Keeping It Clean

Most recent Apple Watches handle water well — a splash, the rain, hand-washing, even a swim on many models. A few simple habits keep it happy and comfortable.

Water Lock for showers and swims

Before a shower or a swim, turn on **Water Lock**: swipe up for Control Center and tap the **water droplet**. This locks the screen so water drops don't trigger random taps. When you're out, **turn the Digital Crown** to unlock — the watch plays a little sound and pushes the water out of its speaker. Clever, and rather satisfying.

Keeping it clean and comfortable

- Rinse the watch with clean water now and then, especially after sweat or sunscreen, and dry it with a soft cloth.
- Take it off now and then to let your wrist breathe, and keep both watch and wrist dry to avoid skin irritation.
- If the band feels tight or itchy, loosen it a notch — snug for readings, not pinching.

HEADS UP

Not every model likes a deep soak — and none likes hot water

Splashes, rain, and hand-washing are fine for recent models, and many handle swimming. But very hot water, steam rooms, saunas, and high-pressure jets are hard on the seals — keep the watch away from those. If yours is an older model, check what it's rated for before swimming. When unsure, a quick ask on a call saves a soggy surprise.

CHAPTER 64

Changing the Band

Apple Watch bands slide off and on in seconds, so you can swap a sporty band for a dressier one, or replace a worn one — and, importantly, find one that's comfortable for your wrist.

How to change it

1. Turn the watch face-down on a soft cloth.
2. Find the small **band-release button** on the back, near where the band meets the watch.
3. **Press and hold** it while you **slide the band sideways** out of its channel.
4. Slide the new band in from the side until it clicks. Give it a gentle tug to be sure it's seated.

TIP

Comfort matters more than fashion

Since the watch needs to sit snug for its sensors and safety features, a comfortable band you don't mind wearing all day is worth more than a fancy one you fiddle with. A soft, adjustable band suits most folks well. If your wrist is between sizes, a stretchy or notched band can be a real comfort. Wear what feels good.

CHAPTER 65

Everyday Problems & Quick Fixes

Now and then the watch acts up — it won't wake, it loses touch with your phone, the battery drains fast. Before you worry, try these simple fixes, which sort out the great majority of everyday hiccups.

The things to try, in order

1. **Check it's charged and on your wrist.** Many "problems" are a flat battery or a watch that locked because it slipped loose.
2. **Make sure your phone is nearby and its Bluetooth and Wi-Fi are on.** The watch leans on the phone; if they've lost touch, bring them close.
3. **Restart the watch.** Press and hold the side button, slide to power off, then hold the side button to turn it back on. Fixes most little glitches.
4. **Restart your iPhone too.** If the two won't talk, turning both off and on again often reunites them.
5. **Check for a software update** (Chapter 14) on both watch and phone.
6. **Give it a moment.** After an update or a restart, the watch sometimes needs a few minutes to settle.

TIP

"Turn it off and on again" really is the answer

It sounds like a joke, but restarting the watch — or the watch and phone together — genuinely fixes most everyday troubles, and it never erases a thing. It's the first move I make on a call, and nine times in ten it's all that's needed. Try it before you fret.

FROM BILL

When the quick fixes don't do it, that's what I'm for

If you've tried these steps and something's still not right — the watch won't pair, a feature won't turn on, it keeps losing your phone — don't spend your whole afternoon wrestling with it. That's exactly when to call me at (330) 200-8042. A fresh pair of eyes often sorts it in minutes, and you get your afternoon back.

CHAPTER 66

Giving the Watch Away or Trading It In

One day you may pass your watch to a grandchild, trade it in for a newer one, or sell it. When that day comes, there's a right way to hand it on — one that protects your private information and makes sure the watch will work for its next owner.

The one rule: unpair it properly first

Never just hand over the watch as-is. **Unpairing** it from your iPhone wipes your personal data from it, turns off the lock that's tied to your Apple ID, and quietly saves a backup in case you want it later. Do it before the watch leaves your hands.

1. Keep the watch and your iPhone close together.
2. On the phone, open the **Watch** app, tap **All Watches** at the top, then the small **info (i)** button beside your watch.
3. Tap **Unpair Apple Watch** and confirm. Enter your Apple ID password if asked — this turns off the activation lock.
4. Wait for it to finish erasing. The watch is now ready for its next owner, and your data is off it.

HEADS UP

Don't skip unpairing — it saves the next person real grief

If you give away a watch *without* unpairing it, it stays locked to your Apple ID, and the new owner won't be able to set it up at all — the very wall we warned about back in Part 2. Unpairing is quick and it's the courteous, safe way to pass a watch along. If you've already handed one over and hit this snag, don't worry — it can be sorted; give me a call.

CHAPTER 67

A Plain-English Glossary of Apple Watch Words

The Apple Watch has a vocabulary of its own, and the words can make simple things sound harder than they are. Here's a plain-English dictionary of the terms you'll meet. Keep it handy for the first few weeks; soon you won't need it.

Word	What it means
Digital Crown	The round dial on the side you turn and press. Your "home" button.
Side button	The flat button below the crown — Dock, Apple Pay, and Emergency SOS.
watchOS	The software that runs the watch; updated free each year.
Pairing	Introducing your watch to your iPhone so they work together (done once).
Complication	A small readout or shortcut on the watch face — date, weather, Activity.
Watch face	The clock design you see; you can change and customize it.
Control Center	The panel of quick switches — swipe up from the face.
Dock	A short row of favorite apps — press the side button.
Haptic	The gentle tap you feel on your wrist for alerts.
Wrist detection	The watch sensing it's on your wrist; needed for safety features.
Activity rings	Move, Exercise, and Stand — your daily movement at a glance.
Emergency SOS	Holding the side button to call for help fast.
Fall detection	The watch sensing a hard fall and calling for help on its own.
Medical ID	Your emergency health card — conditions, medicines, contacts.
ECG	A quick reading of your heart's electrical activity (some models).
Apple Pay	Paying at the shop by holding your watch to the reader.
Find My	Finding a lost phone or watch; "pinging" the phone to chirp.
GPS vs. Cellular	GPS needs your phone nearby; Cellular can call on its own.
Apple ID	Your free Apple account — an email and password that ties it all together.
Siri	The watch's spoken helper — press and hold the crown, then ask.

CHAPTER 68

Your Apple Watch Cheat-Sheet

Tear this page out, or fold its corner. These are the everyday moves, all in one place.

The two buttons

To do this…	Do this
Go to your apps / back to the clock	Press the Digital Crown (the dial)
Jump to the last app	Press the Digital Crown twice
Talk to Siri	Press and hold the Digital Crown, then speak
Open the Dock (favorite apps)	Press the side button (the flat one)
Pay with Apple Pay	Double-press the side button, hold to reader
Call for help (Emergency SOS)	Press and hold the side button, drag the slider

Everyday swipes

To do this…	Do this
Quick switches (flashlight, silent)	Swipe up from the bottom of the face
See missed notifications	Swipe down from the top of the face
Change watch face	Swipe left or right across the face
Scroll a list steadily	Turn the Digital Crown
Find my phone (make it chirp)	Swipe up → tap the phone-with-sound button

The safety features — know these cold

Situation	What to do / what happens
You need help now	Hold the side button, drag Emergency Call
You fall and can't respond	Watch counts down, then calls help on its own
A responder needs your info	Hold side button → drag Medical ID
Set it all up	Health app → Medical ID; Watch app → Emergency SOS
Make sure it works	Keep Wrist Detection ON and fall detection Always On

If something's wrong

Problem	First thing to try
Acting up or frozen	Restart the watch (hold side button → power off)

Problem	First thing to try
Lost touch with phone	Bring phone close; check Bluetooth/Wi-Fi; restart both
Battery drains fast	Charge at a set time; turn off Low Power Mode by day
Readings look wrong	Settle the band snug on your wrist, try again
Still stuck	Call Bill — (330) 200-8042

CHAPTER 69

When to Call Bill

I built this book so you could do most things on your Apple Watch yourself, at your own pace, with confidence. And you can. But part of doing things well is knowing when a task is worth handing to someone who does it every day — so you can spend your time enjoying your watch instead of wrestling with it. Here's my honest take on when to pick up the phone.

Good reasons to call

- You'd like help setting up the **safety features** — Medical ID, fall detection, emergency contacts — properly the first time, together, so you can stop worrying about them. This is my favorite kind of visit.
- The watch **won't pair** with your phone, or a used watch is still tied to someone else's account.
- A feature in this book **isn't on your watch** and you'd like to know whether it's your model, your software, or your region.
- You got a message or call about your **Apple ID** that feels off and you'd like a **second opinion** before doing anything — always a good call, never a bother.
- You'd simply like to **sit down and learn** — calls, texts, the health features — with a patient person beside you.

What working with me is like

I'm Bill, and I run **Bill's Home Tech** right here in Portage County, Ohio. I've spent **30+ years** helping people feel at home with their technology, and I treat every call the way I'd want my own parents treated: patiently, in plain English, with no rushing, no jargon, and never, ever any eye-rolling. There is no such thing as a silly question with me.

How to reach me	
Call or text	(330) 200-8042
Book online	billshometech.com/book
Where I serve	Portage County, Ohio and nearby
What it costs	Fair, honest, and told to you up front — no surprises

FROM BILL

You're never a bother — that's the whole job

Some folks hesitate to call because they don't want to be a nuisance. Please don't feel that way. Helping you is not an interruption to my work — it *is* my work, and it's work I love. Whether it's a five-minute question or setting up every safety feature from scratch, I'm glad to help. That's what I'm here for.

GOOD TO KNOW

If you reach my website, you may meet Sophie

When you visit billshometech.com, you might be greeted by **Sophie**, my friendly assistant on the site. She can answer quick questions and help you book a time with me. She's there to make reaching me easier — but a real person (me) always does the actual help.

Thank you for letting me be your guide to your Apple Watch. Take your time, enjoy the little comforts it brings, set up those safety features, and remember — you really can't break it, and you're never stuck alone. I'm proud of you for learning something new.

— Bill