



# Apple Watch User Guide

Everything you need to know about  
Apple Watch

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## The perfect workout buddy

Stay fit with Apple Watch

Apple Watch encourages you to sit less, move more, and get some exercise every day.

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### Close each ring

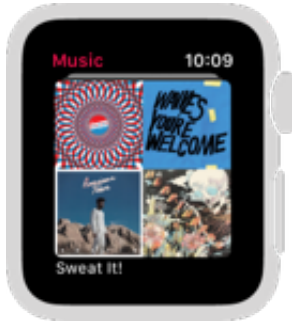
Open the Activity app  to check your progress. Scroll down for more details like your total steps and distance. Apple Watch lets you know when you've completed a goal.



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## Start a workout

Open the Workout app , then tap the type of workout you want—like a run, swim, or cycling workout. All your stats appear on one screen so you can check your progress in a glance. If you stop to catch your breath, Apple Watch pauses, too—just open the Apple Watch app  on iPhone and turn on Auto Pause in your Workout settings.



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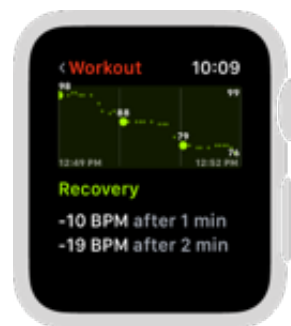
## Rock out while you work out

The right music can be the perfect motivation to run that extra mile, crest the next hill, or spend 10 more minutes on the bike. When wearing Apple Watch Series 1 and later, open the Apple Watch app  on iPhone, tap My Watch, then tap Workout. Choose a playlist, and it plays automatically when you start a workout.

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## How intense was that workout?

Your heart rate is an important way to monitor how your body is doing. After you complete your workout, tap the heart rate icon in your workout summary to see not only your workout heart rate, but also your recovery rate.



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To learn more about Apple Watch as a fitness partner, see [Track daily activity](#), [Start your workout](#), and [Check your heart rate](#).



## An assistant on your wrist

Keep your day on track with Apple Watch

Apple Watch is always there to help you focus on the day's most important events.

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### Your day at a glance

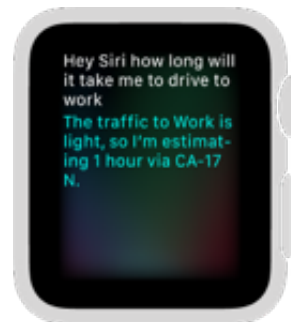
The Siri watch face presents the information you need, when you need it, including upcoming appointments, reminders, weather conditions, boarding passes, news headlines, and more. And Siri is just a tap away. To use it, unlock Apple Watch and swipe left to the Siri watch face.



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### Arrive on time

Apple Watch can help ensure that you're in time for important meetings. Raise your wrist and say "Hey Siri, how long will it take me to drive to work?" Siri responds with a travel time estimate based on current traffic conditions.



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## Never forget a thing

Create a list in Reminders on iPhone and check off items on Apple Watch while you're on the go. Just open the Reminders app , tap a list, then tap an item to mark it completed.



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Want to learn more? Start with [Faces and features](#), [Get directions](#), and [Reminders](#).

Not all features are available in all areas.

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## Leaving for a trip?

Change the way you travel

Apple Watch can make traveling less tedious—from flashing a pass as you board the plane to getting directions to the airport.

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## Travel hands-free

Add your ticket or boarding pass to Wallet so you have one less thing to keep track of while you're traveling. As flight time approaches, your pass appears in a notification. Just swipe down on the watch face, then present your pass to the scanner.






## Let Apple Watch lead the way

Whether you're walking or riding, Apple Watch can guide you through unfamiliar places. Raise your wrist, then say "Hey Siri, get directions to...". Apple Watch taps so you know when to turn. A steady series of taps means turn right; intermittent taps mean turn left. And you'll feel a vibration when you've arrived.



## Control your home remotely

Being away from home doesn't mean you can't control the devices in it. Open the Home app  and turn on lights, lock doors, and adjust the temperature.

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For more information, see [Use Wallet for passes and tickets](#), [Get directions](#), and [Control your home](#).

Not all features are available in all areas.

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Welcome

[Set Up and Get Started](#)

[Basics](#)

[Watch Faces](#)

[Timekeeping](#)

[Activity, Heart Rate, and Breathe](#)

[Workout](#)

[Music](#)

[News](#)

Messages

Mail

Phone Calls

Calendars and Reminders

Weather

Apple Pay and Wallet

Maps and Directions

Find My Friends

Remote Control

Photos

Home

Stocks

Accessibility and Related Settings

Restart, Reset, Restore, and Update

Get Help

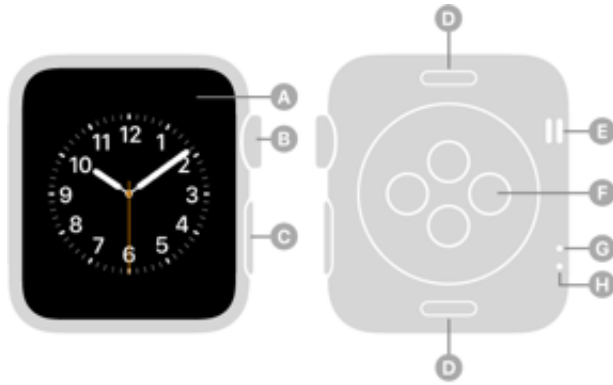
Safety and Handling

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# Set Up and Get Started

## A quick look at Apple Watch

This guide describes Apple Watch with watchOS 4.



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**A**

### Display

Press firmly to change the watch face or see options in an app.

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**B**

### Digital Crown

- Press to see watch face or Home screen.
- Turn to scroll, zoom, or adjust.
- Press and hold for Siri.

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**C**

### Side button

- Press to show the Dock.
- Double-click for Apple Pay.
- Press and hold to turn Apple Watch on or off, or to [make an emergency phone call](#).

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**D**

### Band release button

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**E**

### Speaker

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**F**

### Heart rate sensor

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**G**

### Air vent

(Apple Watch Series 2 and later only.)

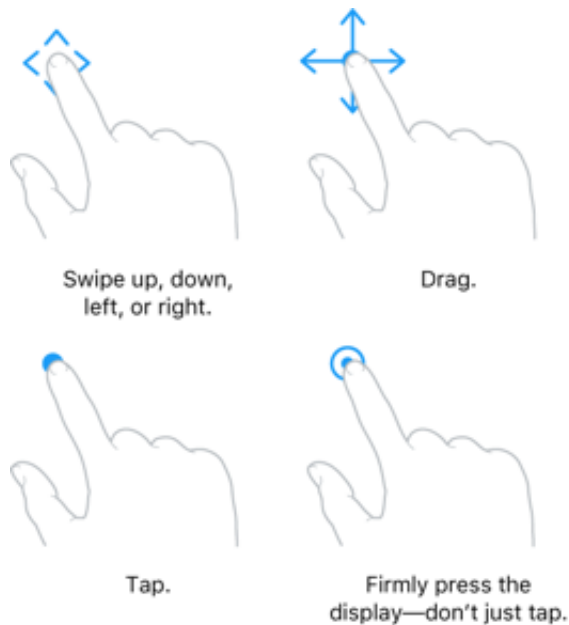
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**H**

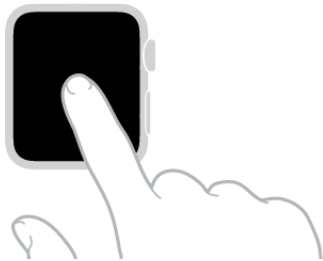
### Microphone

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You use several basic gestures to interact with Apple Watch.



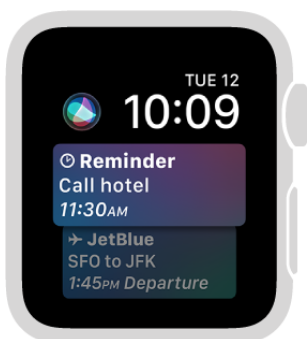
Apple Watch uses Force Touch technology to sense how hard you press the display. Press firmly to change the watch face, see commands and options in apps, and more.



## What's new in watchOS 4

**Greater independence.** With Apple Watch Series 3 (GPS + Cellular) and a cellular connection, you can perform many tasks without your iPhone nearby—make phone calls, reply to messages, receive notifications, and more. See [Use Apple Watch with a cellular network—Apple Watch Series 3 \(GPS + Cellular\) only](#).

**Siri: the intelligent watch face.** The new intelligent watch face proactively displays the information you need, when you need it. See [Faces and features](#).

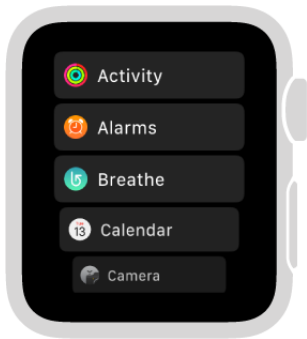




**More fun on the face.** Switch things up with the new Kaleidoscope and Toy Story watch faces. Customize your watch face with more complications like News and Now Playing. See [Faces and features](#).



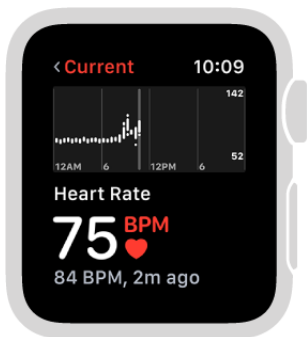
**A new view of your apps.** Firmly press the Home screen to choose how apps are arranged—in a grid or list. See [Organize and get more apps](#).



**An attentive coaching assistant.** Receive personalized progress updates along with the encouragement you need to achieve your activity goals. See [Track daily activity](#).

**Expanded workouts.** The Workout app offers more workout types, auto sets in a pool swim workout, high intensity interval training, and the ability to combine multiple activities into a single workout. See [Start your workout](#).

**Heart rate tracking.** Track your heart rate over the course of the day and view summaries of heart rate activity on iPhone. You can be notified if your heart rate rises above a specified threshold while you seem to be inactive for a period of 10 minutes. See [Check your heart rate](#).



**More from Music.** Add more playlists to Apple Watch and automatically sync the music that matters most to you. See [Add music to Apple Watch](#).

**The latest news headlines.** Receive news headlines from your favorite sources, right on Apple Watch. See [News](#).

## Set up and pair with iPhone

To use your Apple Watch with watchOS 4, you need to pair it with an iPhone 5s or later with iOS 11 or later. Apple Watch Series 3 (GPS + Cellular) requires an iPhone 6 or later. Setup assistants on iPhone and Apple Watch work together to help you pair and set up Apple Watch.

**WARNING:** To avoid injury, read [Important safety information](#) before using Apple Watch.

**Put Apple Watch on your wrist.** Adjust the band so Apple Watch fits closely but comfortably on your wrist. For information about resizing or changing the band on Apple Watch, see [Remove, change, and fasten bands](#).

**Tip:** If you have difficulty seeing Apple Watch or iPhone, VoiceOver or Zoom can help—even during setup. See [Set up Apple Watch using VoiceOver](#) or [Zoom](#).

**Turn on, pair, and set up.** To turn on Apple Watch, press and hold the side button until you see the Apple logo. While Apple Watch is starting up, [open the Apple Watch app on iPhone](#).

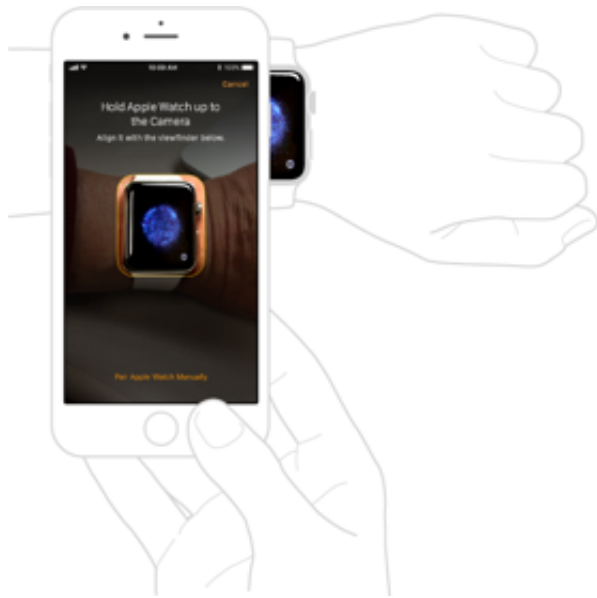


Watch

When Apple Watch finishes starting up, tap to choose your language and region, then follow the onscreen instructions. When prompted, position iPhone so that Apple Watch appears in the viewfinder in the Apple Watch app. This pairs the two devices. After pairing, follow the instructions on iPhone and Apple Watch to finish setup.

You can activate cellular service on Apple Watch Series 3 (GPS + Cellular) during setup. If you don't wish to, you can activate it later in the Apple Watch app on iPhone. See [Use Apple Watch with a cellular network—Apple Watch Series 3 \(GPS + Cellular\) only](#).

**Note:** iPhone and Apple Watch must use the same cellular carrier. Cellular service not available in all areas.



If you see a watch face when you're trying to pair, your Apple Watch is already paired to an iPhone. You need to first [erase all content and reset Apple Watch settings](#).


If you have trouble pairing using the camera, tap Pair Apple Watch Manually at the bottom of the iPhone screen, and follow the onscreen instructions.

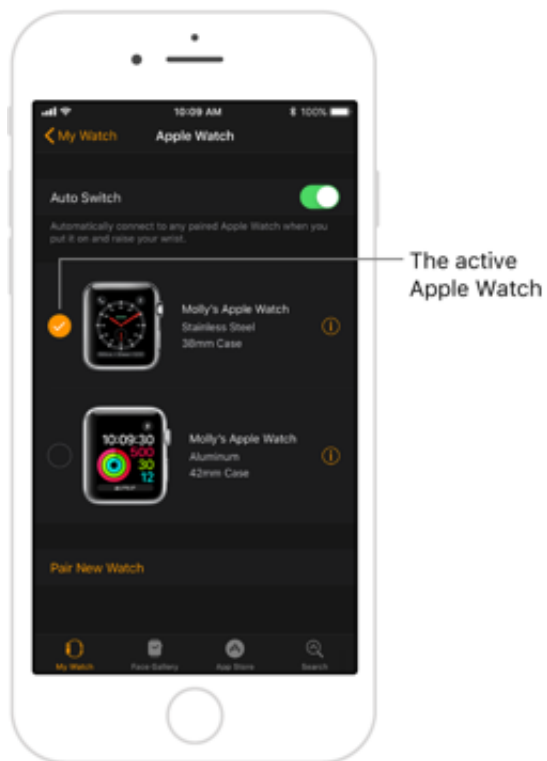
**Unpair Apple Watch.** Open the Apple Watch app on iPhone, tap My Watch, then tap your Apple Watch at the top of the screen. Tap ⓘ next to the Apple Watch you want to unpair, then tap Unpair Apple Watch.

**Pair more than one Apple Watch.** Open the Apple Watch app on iPhone, tap My Watch, then tap your Apple Watch at the top of the screen. Tap Pair New Watch, then follow the onscreen instructions.

**Quickly switch to a different Apple Watch.** Put on your Apple Watch, then raise your wrist.

iPhone automatically connects to the paired Apple Watch that you're wearing. If you'd rather choose an Apple Watch manually, open the Apple Watch app on iPhone, tap My Watch, tap your Apple Watch at the top of the screen, then turn off Auto Switch.

To see if your Apple Watch is connected to iPhone, swipe up from the bottom of the watch face to open Control Center, then look for the Connected status icon .



For more information about setup and pairing, see the Apple Support article [Set up your Apple Watch](#).

If you need to charge Apple Watch before setup, see [Charge Apple Watch](#).

## The Apple Watch app

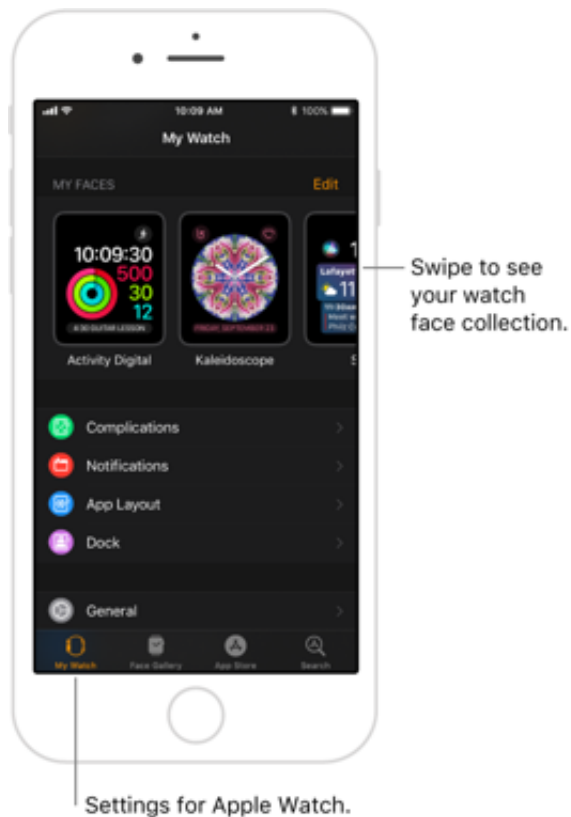
Use the Apple Watch app on iPhone to customize watch faces, adjust settings and notifications, configure the Dock, install apps, and more. For information about getting more apps from the App Store, see [Organize and get more apps](#).



Watch

**Open the Apple Watch app.** On iPhone, tap the Apple Watch app icon, then tap My Watch to see the settings for Apple Watch.

If you have more than one Apple Watch paired with your iPhone, you see the settings for your active Apple Watch.



**Tip:** If you don't see the Apple Watch app, try searching your iPhone—just swipe down from the middle of the Home screen to show Search, then enter “watch.” If you still don't see the app, make sure your iPhone is updated to iOS 11, then download the Apple Watch app from the App Store.

## Charge Apple Watch

**Set up the charger.** In a well-ventilated area, place the included Apple Watch Magnetic Charging Cable, Apple Watch Magnetic Charging Case, or Apple Watch Magnetic Charging Dock on a flat surface, plug it into the power adapter, then plug the adapter into a power outlet.

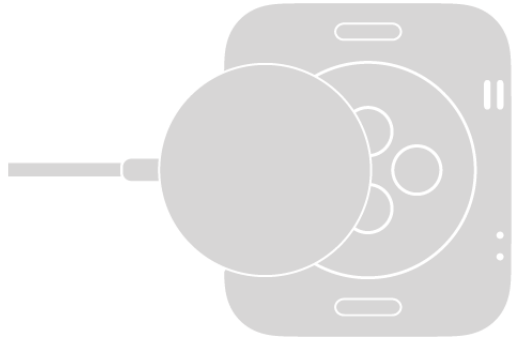
**Important:** Completely remove any plastic wrap from both sides of the charger, Apple Watch, and adapter.

**Charge Apple Watch.** Place the Apple Watch Magnetic Charging Cable on the back of Apple Watch. The concave end of the charging cable magnetically snaps to the back of Apple Watch and aligns it properly. If you're using the Apple Watch Magnetic Charging Case, keep the case open. You hear a chime when charging begins (unless Apple Watch is in Silent Mode) and see a charging symbol ⚡ on the watch face. The symbol is red when Apple Watch needs power and turns green when Apple Watch is charging.

If you're using the Apple Watch Magnetic Charging Dock, lay Apple Watch on the dock. You can charge your Apple Watch in a flat position with its band open, or on its side. When docked on its side, Apple Watch automatically goes into Nightstand mode, so you

can also use it as your alarm clock.

If your battery is very low, you may see an image of the Apple Watch Magnetic Charging Cable and the low battery symbol ⚡ on the screen. For more information, see the Apple Support article [If your Apple Watch won't charge](#).



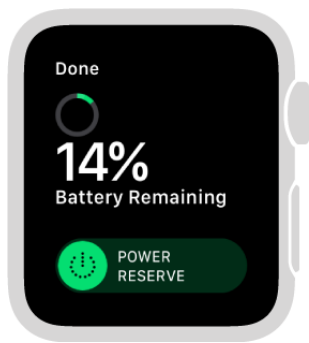
**WARNING:** For important safety information about the battery and charging Apple Watch, see [Important safety information](#).

**Check remaining power.** On Apple Watch, swipe up from the bottom of the watch face to open Control Center.

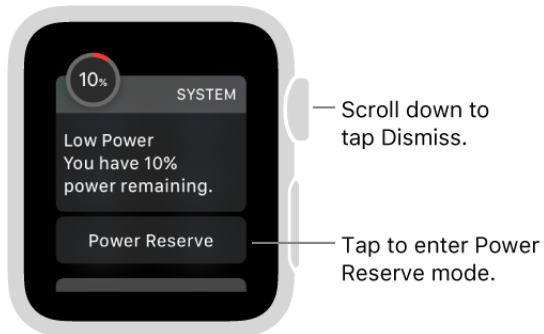
You can also add the battery indicator to many of the watch faces. While viewing the watch face, firmly press the display, then tap Customize. Swipe left until you can select individual face features, tap the one you'd like to use, then turn the Digital Crown to choose Battery. When you're finished, press the Digital Crown. To see which faces you can add battery info to, see [Faces and features](#).



**Save power when the battery is low.** You can put Apple Watch in Power Reserve mode to stretch the remaining battery power. Apple Watch still displays the time, but you can't use other apps. Swipe up from the bottom of the watch face to open Control Center, tap the battery percentage, then drag the Power Reserve slider to the right.



When battery charge drops to 10 percent, Apple Watch alerts you and gives you the opportunity to enter Power Reserve mode.

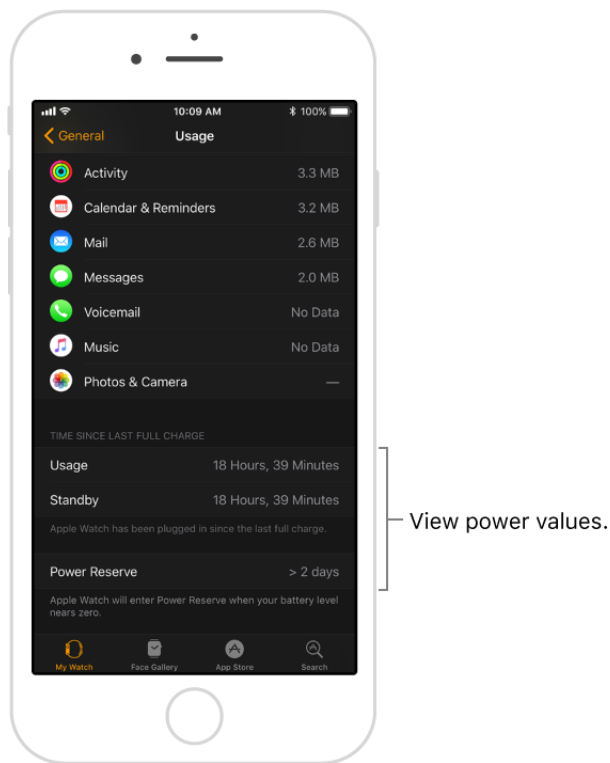


When Apple Watch is almost out of power, it enters Power Reserve mode automatically.

**Tip:** For tips on maximizing battery life, see [Maximizing Battery Life and Lifespan](#) at the Apple website.

**Return to normal power mode.** Restart Apple Watch—press and hold the side button until the Apple logo appears. The battery must have at least 10 percent charge for Apple Watch to restart.

**Check time since last charge.** Open the Apple Watch app on iPhone, tap My Watch, then go to General > Usage.



## Turn on, wake, and unlock

**Turn on Apple Watch.** If Apple Watch is off, press and hold the side button until the Apple logo appears (you might see a black screen for a short time first). The watch face appears when Apple Watch is on.

**Turn off Apple Watch.** Normally, you'll leave Apple Watch on all of the time, but if you need to turn it off, press and hold the side button until the sliders appear, then drag the Power Off slider to the right.



**Tip:** You can't turn off Apple Watch while it's charging. To turn off Apple Watch, first disconnect it from the charger.


**Wake the Apple Watch display.** Just raise your wrist. Apple Watch sleeps again when you lower your wrist. You can also wake Apple Watch by tapping the display or pressing the Digital Crown. If you want to wake Apple Watch Series 2 and later by turning the




Digital Crown upward, open the Apple Watch app on iPhone, tap My Watch, then tap General. Tap Wake Screen, then turn on Wake Screen on Crown Up.


If Apple Watch doesn't wake when you raise your wrist, make sure you [selected the proper wrist and watch orientation](#). If Apple Watch doesn't wake when you tap the display or press or turn the Digital Crown, it may [need charging](#).

**Tip:** If you don't want to wake Apple Watch when you raise your wrist, open the Apple Watch app on iPhone, tap My Watch, then tap General. Tap Wake Screen, then turn off Wake Screen on Wrist Raise. You can also prevent Apple Watch from waking after raising your wrist by [turning on Theater Mode](#).

**Wake to your last activity.** You can set Apple Watch to return you to where you were before it went to sleep. Open Settings , go to General > Wake Screen, and make sure Wake Screen on Wrist Raise is turned on. Scroll down and choose when you want Apple Watch to wake to the last app you used: Always, Within 1 Hour of Last Use, Within 2 Minutes of Last Use, or While in Session (for apps like Workout, Remote, or Maps). Choose While in Session if you want Apple Watch to always wake to the watch face (except when you're still using an app).


You can also do this using the Apple Watch app on iPhone: tap My Watch, tap General, then tap Wake Screen.

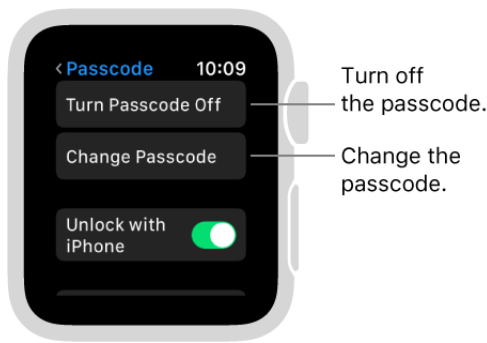
**Keep the Apple Watch display on longer.** If you want the display to stay on longer when you tap to wake Apple Watch, open Settings , go to General > Wake Screen, then tap Wake for 70 Seconds.

**Unlock with iPhone.** To unlock Apple Watch whenever you unlock iPhone, open Settings , scroll down, tap Passcode, then turn on Unlock with iPhone. Or open the Apple Watch app on iPhone, tap My Watch, tap Passcode, then turn on Unlock with iPhone. Your iPhone must be within normal Bluetooth range (about 33 feet or 10 meters) of your Apple Watch to unlock it.


**Tip:** Your Apple Watch passcode can be different from your iPhone passcode—in fact, it's better to use different passcodes.

**Enter your passcode.** If you take Apple Watch off your wrist or wear it too loosely, it asks for your passcode the next time you wake it. Just tap your passcode on the number pad that appears.

**Change your passcode.** On Apple Watch, open Settings , scroll down, tap Passcode, then tap Change Passcode and follow the onscreen prompts. Or open the Apple Watch app on iPhone, tap My Watch, tap Passcode, then tap Change Passcode and follow the onscreen prompts.




**Use a longer passcode.** To use a passcode longer than four digits, open the Apple Watch app on iPhone, tap My Watch, tap Passcode, then turn off Simple Passcode.


**Turn off the passcode.** Open Settings , tap Passcode, then tap Turn Passcode Off. Or open the Apple Watch app on iPhone, tap My Watch, tap Passcode, then tap Turn Passcode Off.

**Note:** If you disable your passcode, you can't use Apple Pay on Apple Watch.

**Lock automatically.** Turn on wrist detection to lock your watch automatically when you're not wearing it. Open the Apple Watch app on iPhone, tap My Watch, tap Passcode, then turn on Wrist Detection. If you turn off Wrist Detection, you can't use Apple Pay on Apple Watch (1st generation).

**Lock manually.** If you have wrist detection turned off, you can manually lock Apple Watch. Swipe up from the bottom of the watch face to open Control Center, then tap . You need to enter your passcode the next time you try to use Apple Watch.



You can also lock your screen to avoid accidental taps during a workout. While using the Workout app , just swipe right, then tap Lock. When you start a swimming workout with Apple Watch Series 2 and later, Apple Watch automatically locks the screen with Water Lock.

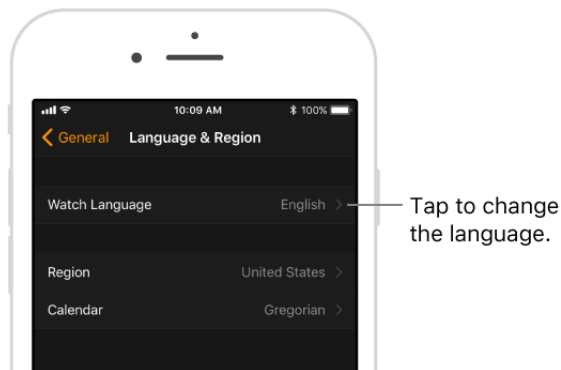
**If you forget your passcode.** Unpair Apple Watch from iPhone to erase your Apple Watch settings and passcode, then pair again. Or [reset Apple Watch](#) and pair it again with your iPhone. For more information, see [If you forget your passcode](#).


**Erase Apple Watch after 10 unlock attempts.** To protect your information if your watch is lost or stolen, you can set Apple Watch to erase its data after 10 attempts to unlock it using the wrong password. Open the Apple Watch app on iPhone, tap My Watch, tap Passcode, then turn on Erase Data.

If you have a Mac running macOS Sierra or later, you can [unlock your computer with your Apple Watch](#).

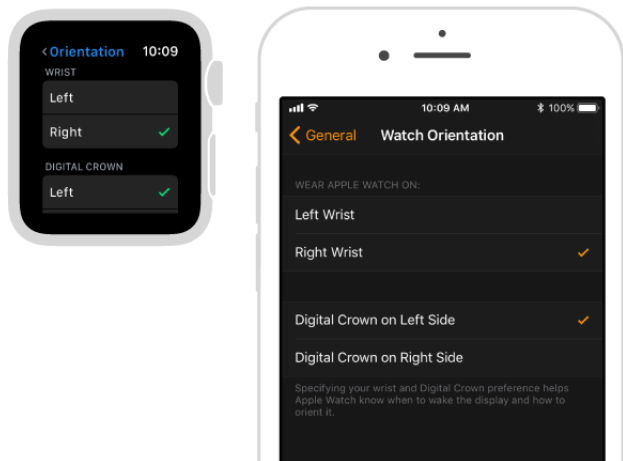
## Change language and orientation

**Change language or region.** Open the Apple Watch app on iPhone, tap My Watch, go to General > Language & Region, then tap Watch Language.



**Switch wrists or Digital Crown orientation.** If you want to move Apple Watch to your other wrist or prefer the Digital Crown on the other side, adjust your orientation settings so that raising your wrist wakes Apple Watch, and turning the Digital Crown moves things in the direction you expect. Open the Settings app , then go to General > Orientation. To make the change using the Apple Watch app on iPhone, tap My Watch, then go to General > Watch Orientation.

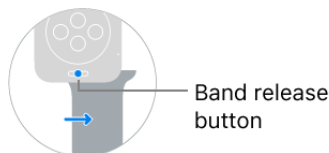
Set orientation options on Apple Watch or in the Apple Watch app.



# Remove, change, and fasten bands

Follow these general instructions for removing, changing, and fastening bands, and then find the instructions for your specific band later in this section. Make sure you're replacing a band with one of the same size. The bands are sized according to the size of Apple Watch and should not be used interchangeably. Some band styles are made for a particular size Apple Watch only.

**Remove and change bands.** Press the band release button on Apple Watch, slide the band across to remove it, then slide the new band in. Never force a band into the slot. If you're having trouble removing or inserting a band, press the band release button again.



**Fasten a band.** For optimal performance, Apple Watch should fit closely on your wrist.

For best results, the back of Apple Watch needs skin contact for features like wrist detection, haptic notifications, and the heart rate sensor. Wearing Apple Watch with the right fit—not too tight, not too loose, and with room for your skin to breathe—keeps you comfortable and lets the sensors do their job. You may want to tighten Apple Watch for workouts, then loosen the band when you're done. In addition, the sensors work only when you wear Apple Watch on the top of your wrist.

## Classic Buckle

Materials include leather with stainless steel.



## Leather Loop

Materials include leather with stainless steel; fits the 42 mm Apple Watch only; contains magnets. For information about magnets, see "Medical device interference" in [Important safety information](#).



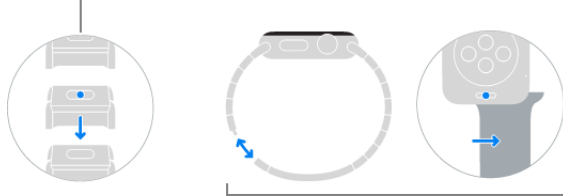
## Link Bracelet

Materials include stainless steel.

**Important:** Press a quick release button first so that the Link Bracelet is in two pieces before you attempt to remove or resize it.

### Sizing

Press a quick release button on the inside of the bracelet and pull apart to remove a link. Store loose links in the links pouch.



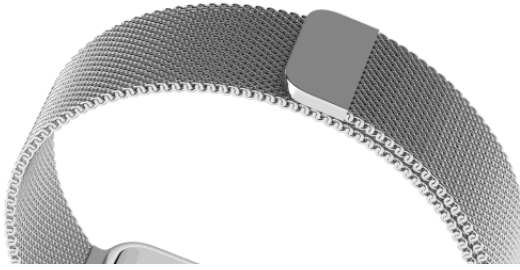
### Changing bands

Press a quick release button on the inside of the bracelet and pull apart. Press the band release button, slide the band out, then slide the new band in.



## Milanese Loop

Materials include stainless steel; contains magnets. For information about magnets, see "Medical device interference" in [Important safety information](#).



### Modern Buckle

Materials include leather with stainless steel; fits the 38 mm Apple Watch only; contains magnets. For information about magnets, see “Medical device interference” in [Important safety information](#).



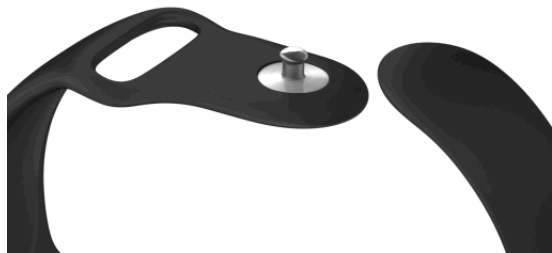
#### Sizing

Push the leather band up and slide left or right to select a new sizing hole.



### Sport Band

Materials include fluoroelastomer with stainless steel, ceramic, or 18-karat gold.



### Sport Loop

Materials include nylon with a hook and loop closure.

### Woven Nylon

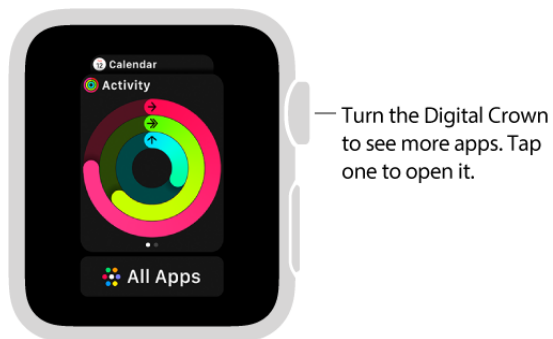
Materials include nylon with stainless steel. Closure is the same as Classic Buckle.

# Basics

## Open apps

The Dock gives you quick access to the apps you use the most. You can add up to 10 apps to the Dock to keep your favorites handy.

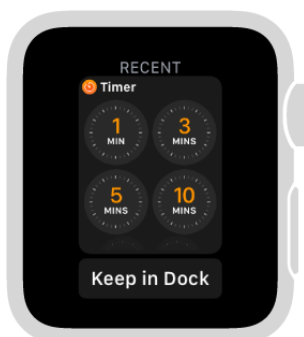
**Open an app from the Dock.** Press the side button, then turn the Digital Crown to the app you want to open. Tap an app to open it.



**Choose which apps appear in the Dock.** You can choose to show the most recently used apps in the Dock or up to 10 of your favorite apps.

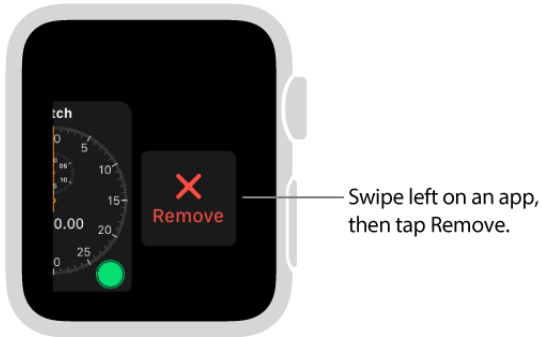
- *See recently used apps:* Open the Apple Watch app on iPhone, tap My Watch, tap Dock, then tap Recents. The most recently used app appears at the top of the Dock with other apps below, in the order they were last opened.
- *See your favorite apps:* Open the Apple Watch app on iPhone, tap My Watch, then tap Dock. Select Favorites, tap Edit, then tap **+** next to the apps you want to add. Drag **≡** to adjust their order.

When you choose Favorites, the most recently used app appears at the top of the Dock, allowing you to quickly reopen it. To add that app to the Dock, swipe down on it, then tap Keep in Dock.



**Tip:** You can also add the apps you use most to your watch face. See [Customize your watch face](#) for more information.

**Remove an app from the Dock.** Press the side button, then turn the Digital Crown to the app you want to remove. Swipe left on the app, then tap Remove.

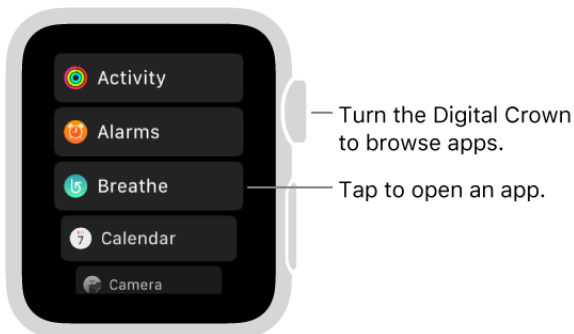
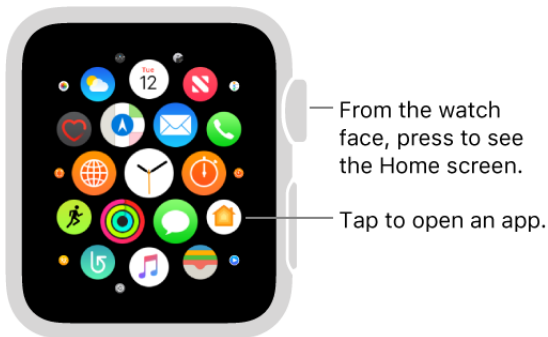


**Switch from the Dock to the Home screen.** Scroll to the bottom of the Dock, then tap All Apps.

**Choose how apps are displayed on the Home screen.** From the watch face, press the Digital Crown to go to the Home screen. Firmly press the display, then tap Grid View or List View.


**Open an app from the Home screen.** How you open an app depends on which view you choose.

- *Grid view:* Tap the app icon. If you're already looking at the Home screen, you can turn the Digital Crown to open the app that's in the center of the display.
- *List view:* Turn the Digital Crown, then tap an app.





**Tip:** In either view, double-click the Digital Crown to quickly open the last app you used.

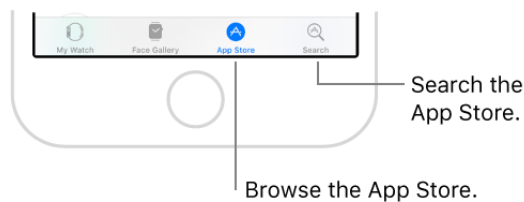
**Return to the watch face.** From an open app, press the Digital Crown once, then press it again to switch to the watch face (or, in grid view, tap  on the Home screen).

## Organize and get more apps

Apple Watch includes apps for a variety of communication, health, fitness, and timekeeping tasks. You can also choose to install third-party apps you have on your iPhone, and get new apps from the App Store. All your apps are on a single Home screen.

**Install apps on Apple Watch.** Open the Apple Watch app on iPhone, tap My Watch, scroll down to Available Apps, then tap Install next to the apps you want to install.

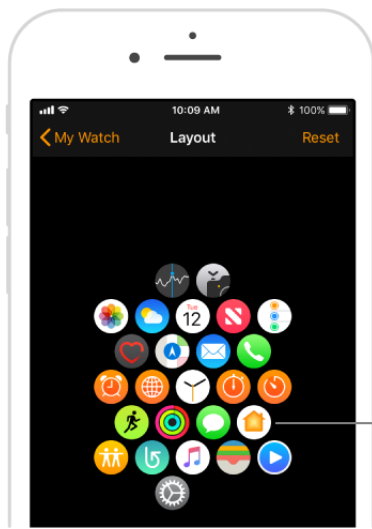
**Get apps from the App Store.** Open the Apple Watch app on iPhone, then tap App Store to browse Apple Watch apps. If you know the name of the app, use Search to get to it quickly.



**Rearrange your apps in grid view.** On Apple Watch, press the Digital Crown to go to the Home screen. If the screen is in list view, firmly press the display, then tap Grid View. Touch and hold an app until they all jiggle, then drag it to a new location. When you're done, press the Digital Crown.




Or open the Apple Watch app on iPhone, tap My Watch, then tap App Layout. Touch and hold an app icon, then drag it to a new location.



Touch and drag to move apps around.

**Note:** In list view, apps are always arranged in alphabetical order.

### Remove a third-party app from Apple Watch.

- *Grid view:* On the Home screen, touch and hold the app icon until you see an X on the icon, then tap the X to remove the app from Apple Watch. It remains on your paired iPhone, unless you delete it there, too.
- *List view:* Swipe the app left, then tap  to remove it from Apple Watch. It remains on your paired iPhone, unless you delete it there, too.

You can also open the Apple Watch app on iPhone, tap My Watch, scroll to Installed on Apple Watch, tap an app, then turn off Show App on Apple Watch.

**Remove an app from iPhone and Apple Watch.** On iPhone, touch and hold the app icon until you see an X on the icon, then tap the X to remove the app from your iPhone and Apple Watch. To restore an app that's been removed, download it to iPhone from the App Store.



**Adjust app settings.** Open the Apple Watch app on iPhone, tap My Watch, then scroll down to see apps you installed. Tap an app to change its settings.

**Check storage used by apps.** Open the Apple Watch app on iPhone, tap My Watch, then go to General > Usage.























**Set restrictions for apps.** Some restrictions you set on iPhone in Settings > General > Restrictions affect Apple Watch also. For example, if you disable Camera on iPhone, the Camera Remote icon is removed from the Apple Watch Home screen.

### These apps come installed on Apple Watch:

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	<b>Activity</b>	See <a href="#">Track daily activity</a> .
	<b>Alarms</b>	See <a href="#">Set an alarm</a> .


















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	<b>Breathe</b>	See <a href="#">Relax and breathe mindfully</a> .
	<b>Calendar</b>	See <a href="#">Check and update your calendar</a> .
	<b>Camera</b>	See <a href="#">Use camera remote and timer</a> .
	<b>Find My Friends</b>	See <a href="#">See a friend's location</a> .
	<b>Heart Rate</b>	See <a href="#">Check your heart rate</a> .
	<b>Home</b>	See <a href="#">Control your home</a> .
	<b>Mail</b>	See <a href="#">Read mail</a> and <a href="#">Write and reply to mail</a> .
	<b>Maps</b>	See <a href="#">Find places and explore</a> .
	<b>Messages</b>	See <a href="#">Read messages</a> .
	<b>Music</b>	See <a href="#">Add music to Apple Watch</a> .
	<b>News</b>	See <a href="#">News</a> .
	<b>Phone</b>	See <a href="#">Answer phone calls</a> and <a href="#">Make phone calls</a> .
	<b>Photos</b>	See <a href="#">View photos on Apple Watch</a> .
	<b>Reminders</b>	See <a href="#">Set and respond to reminders</a> .
	<b>Remote</b>	See <a href="#">Control Apple TV</a> .
	<b>Settings</b>	Look for this icon for references to relevant settings throughout the guide.
	<b>Stocks</b>	See <a href="#">Track stocks</a> .
	<b>Stopwatch</b>	See <a href="#">Time events with a stopwatch</a> .
	<b>Timer</b>	See <a href="#">Set a timer</a> .
	<b>Wallet</b>	See <a href="#">Apple Pay overview</a> and <a href="#">Use Wallet for passes and tickets</a> .
	<b>Weather</b>	See <a href="#">Check the weather</a> .
	<b>Workout</b>	See <a href="#">Workout overview</a> .



## The status icons

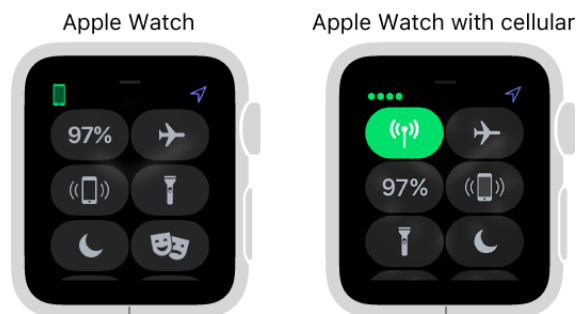
Status icons at the top of the screen give you information about Apple Watch:

	You have an unread notification. Swipe down on the watch face to read it.
	Apple Watch is charging.
	Apple Watch battery is low.
	Apple Watch is locked. Tap to enter the passcode and unlock.
	Water Lock is on, and the screen doesn't respond to taps. Turn the Digital Crown to unlock. (Water Lock is available for Apple Watch Series 2 and later only.)
	Do Not Disturb is turned on. Calls and alerts won't sound or light up the screen, but alarms are still in effect.
	Airplane Mode is turned on. Wireless is turned off but non-wireless features are still available.
	Theater Mode is turned on. Apple Watch is silenced and its display won't light up when you raise your wrist.
	You have a workout in progress. To end the workout, see <a href="#">Start your workout</a> .
	Apple Watch Series 3 (GPS + Cellular) has lost the connection to a cellular network. See <a href="#">Use Apple Watch with a cellular network—Apple Watch Series 3 (GPS + Cellular) only</a> .
	Apple Watch has lost the connection with its paired iPhone. This happens when Apple Watch isn't close enough to iPhone, or when Airplane Mode is enabled on iPhone. For more information, see the Apple Support article <a href="#">If your Apple Watch isn't connected to your iPhone</a> .
	Apple Watch is connected to its paired iPhone.
	An app on Apple Watch is using location services.
	Apple Watch is connected to a known Wi-Fi network.
	There's wireless activity or an active process happening.
	Audio is recording in the background.
	Apple Watch Series 3 (GPS + Cellular) is connected to a cellular network. The number of dots indicates signal strength.












# Open Control Center

Control Center gives you an easy way to check your battery, silence your watch, turn on Do Not Disturb, turn Apple Watch into a flashlight, put Apple Watch in Airplane Mode, turn on Theater Mode, and more.

**Open or close Control Center.** Swipe up from the bottom of the watch face. To close Control Center, swipe down from the top of the watch face, or press the Digital Crown.





Swipe up from the bottom to open Control Center.

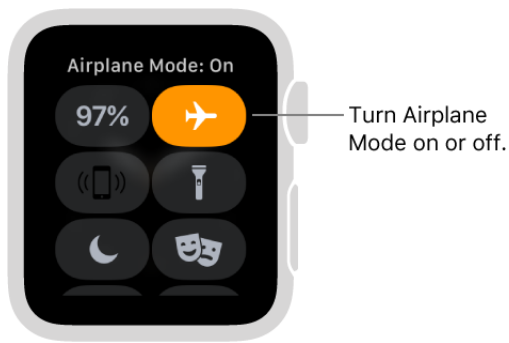
	Check your battery percentage.	See <a href="#">Charge Apple Watch</a> .
	Turn cellular on or off—Apple Watch Series 3 (GPS + Cellular) only.	See <a href="#">Use Apple Watch with a cellular network</a> .
	Turn on Airplane Mode.	See <a href="#">Put Apple Watch in Airplane Mode</a> .
	Silence Apple Watch.	See <a href="#">Adjust brightness, text size, sounds, and haptics</a> .
	Turn on Do Not Disturb.	See <a href="#">Adjust brightness, text size, sounds, and haptics</a> .
	Ping your iPhone.	See <a href="#">Locate your iPhone or Apple Watch</a> .
	Turn on the flashlight.	See <a href="#">The flashlight</a> .
	Turn on Theater Mode.	See <a href="#">Be a considerate moviegoer with Theater Mode</a> .
	Turn on Water Lock (Apple Watch Series 2 and later only).	See <a href="#">Go for a swim</a> .
	Lock your watch with a passcode.	See <a href="#">Turn on, wake, and unlock</a> .
	Choose audio output.	See <a href="#">Connect Bluetooth headphones or speakers</a> .

## Put Apple Watch in Airplane Mode

Some airlines let you fly with Apple Watch (and iPhone) turned on if you put them in Airplane Mode so they can't interfere with aircraft systems. Turning on Airplane Mode turns off Wi-Fi, Bluetooth, and—on Apple Watch Series 3 (GPS + Cellular)—cellular.

**Ask Siri.** Say something like: "Turn on Airplane Mode."

**Turn on Airplane Mode.** Swipe up from the bottom of the watch face to open Control Center, then tap . When Airplane Mode is on, you see  at the top of the screen.



To put both Apple Watch and iPhone in Airplane Mode in one step, open the Apple Watch app on iPhone, tap My Watch, go to General > Airplane Mode, then turn on Mirror iPhone. Any time you switch to Airplane Mode on one device, the other switches to match.


**Note:** Even with Mirror iPhone turned on, you must turn *off* Airplane Mode separately on iPhone and Apple Watch.

## Use Apple Watch with a cellular network—Apple Watch Series 3 (GPS + Cellular) only

With Apple Watch Series 3 (GPS + Cellular) and a cellular connection, you can make calls, reply to messages, receive notifications, and more, even when you don't have your iPhone or a Wi-Fi connection.

**Note:** Cellular service not available in all areas or with all carriers.

**Add Apple Watch Series 3 (GPS + Cellular) to your cellular plan.** You can activate cellular service on Apple Watch by following the instructions during the initial setup, or later by opening the Apple Watch app on iPhone, tapping My Watch, then tapping Cellular. Follow the instructions to learn more about your carrier service plan and activate your Apple Watch Series 3 (GPS + Cellular) for cellular.

**Turn cellular off or on.** Apple Watch Series 3 (GPS + Cellular) uses the best network connection available to it—your iPhone when it's nearby, a previously joined Wi-Fi network, or a cellular connection. You can turn cellular off—to save battery power, for example. Swipe up from the bottom of the watch face to open Control Center, tap , then turn Cellular off or on. The Cellular button turns green when Apple Watch has a cellular connection.

**Note:** Turning on cellular for extended periods uses more battery power (see the Apple Watch [General Battery Information](#) website for more information). Also, some apps may not update without a connection to your iPhone.

**Check cellular signal strength.** Try one of the following when connected to a cellular network:




- Use the Explorer watch face, which uses green dots to show cellular signal strength. Four dots is a good connection. One dot is poor.
- Swipe up from the bottom of any watch face to see the cellular connection status at the top of Control Center.
- Add the Connectivity complication to a watch face. It tells you if Apple Watch Series 3 (GPS + Cellular) is connected to iPhone or cellular. When connected to cellular, the complication displays the quality of the connection—good, poor, or bad.

**Check cellular data usage.** Open the Apple Watch app on iPhone, tap My Watch, then tap Cellular.

## The flashlight

Use the flashlight to light a darkened door lock, alert others when you're out for an evening run, or light nearby objects while preserving your night vision.



**Turn on the flashlight.** Swipe up from the bottom of the watch face to open Control Center, then tap . Swipe left to choose a mode—steady white light, flashing white light, or steady red light.

**Turn off the flashlight.** Press the Digital Crown or side button, or swipe down from the top of the watch face.

## Be a considerate moviegoer with Theater Mode

Theater Mode prevents the Apple Watch display from turning on when you raise your wrist, so it stays dark in movie theaters, concerts, or other public events. It also turns on Silent Mode, but you still receive haptic notifications.




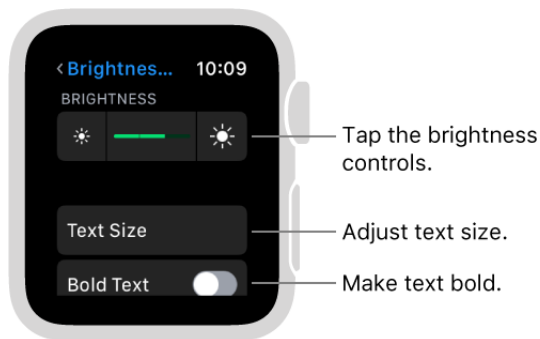
**Turn on Theater Mode.** Swipe up from the bottom of the watch face to open Control Center, then tap . When Theater Mode is on, you see  at the top of the screen.


To wake Apple Watch when Theater Mode is on, tap the display, or press the Digital Crown or side button.


**Note:** On Apple Watch Series 2 and later, turn the Digital Crown to gradually wake the display.

## Adjust brightness, text size, sounds, and haptics


**Adjust brightness.** Open the Settings app , then scroll down and tap Brightness & Text Size. Tap the Brightness controls to adjust, or tap the slider, then turn the Digital Crown. Or open the Apple Watch app on iPhone, tap My Watch, tap Brightness & Text Size, then drag the Brightness slider.

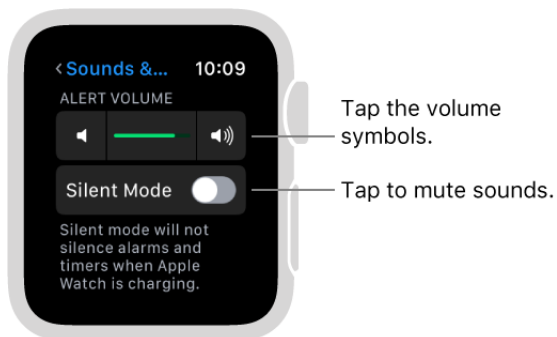


**Make text larger.** Open Settings , then scroll down and tap Brightness & Text Size. Tap Text Size, then tap the letters or scroll the Digital Crown. Or open the Apple Watch app on iPhone, tap My Watch, tap Brightness & Text Size, and drag the Text Size slider.

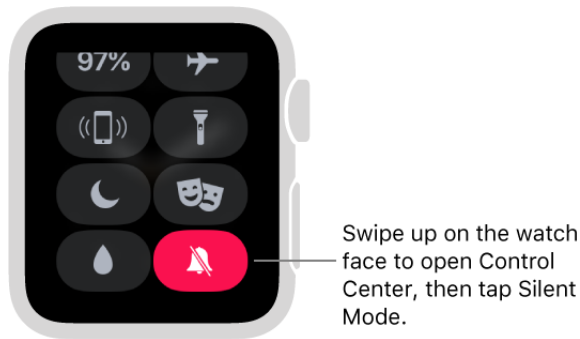
**Make text bold.** Open Settings , scroll down and tap Brightness & Text Size, then turn on Bold Text. Or open the Apple Watch app on iPhone, tap My Watch, tap Brightness & Text Size, then turn on Bold Text.

When you change this setting from either Apple Watch or iPhone, Apple Watch restarts to apply the change.


**Adjust sound.** Open Settings , then scroll down and tap Sounds & Haptics. Tap the volume controls under Alert Volume or tap the slider, then turn the Digital Crown to adjust. Or open the Apple Watch app on iPhone, tap My Watch, tap Sounds & Haptics, then drag the Alert Volume slider.

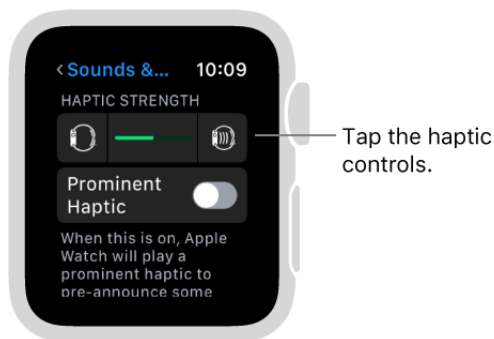





**Turn on Silent Mode.** Swipe up from the bottom of the watch face to open Control Center, then tap the Silent Mode button. You can also open the Apple Watch app on iPhone, tap My Watch, tap Sounds & Haptics, then turn on Silent Mode.



**Tip:** When you get a notification, you can quickly mute Apple Watch by resting the palm of your hand on the watch display for at least three seconds. You'll feel a tap to confirm that mute is on. Make sure you turn on Cover to Mute in the Apple Watch app on iPhone—tap My Watch, then go to Sounds & Haptics.

**Adjust haptic intensity.** You can adjust the strength of the haptics—or wrist taps—Apple Watch uses for notifications and alerts. Open Settings , then scroll down and tap Sounds & Haptics. Tap the haptic controls under Haptic Strength or tap the slider, then turn the Digital Crown to adjust. Or open the Apple Watch app on iPhone, tap My Watch, tap Sounds & Haptics, then drag the Haptic Strength slider. Turn on Prominent Haptic for more emphasis.



**Turn on Do Not Disturb.** To keep calls and alerts (except for alarms and heart rate notifications) from making sounds or lighting up the screen, swipe up from the bottom of the watch face to open Control Center, then tap . Or open Settings , tap Do Not Disturb, then turn on Do Not Disturb. When Do Not Disturb is on, you see  at the top of the screen.



Swipe up on the watch face to open Control Center, then tap Do Not Disturb.

To silence both Apple Watch and iPhone, open the Apple Watch app on iPhone, tap My Watch, and turn on General > Do Not Disturb > Mirror iPhone. Then, any time you change Do Not Disturb on one, the other changes to match.

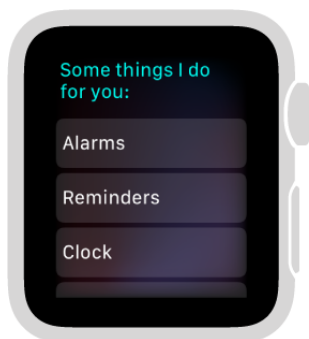
## Siri on Apple Watch

Siri can perform tasks and deliver answers right on Apple Watch. Try asking Siri to do things that usually take you a couple of steps.

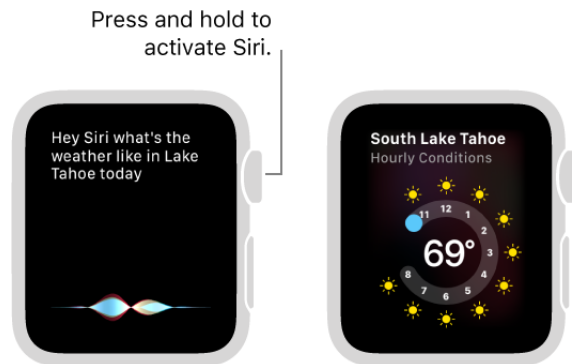
You'll find suggestions of things you can ask Siri throughout this guide—they look like this:

**Ask Siri.** Say something like:

- "Start a 30-minute outdoor run"
- "Hey, Siri, tell Kathleen I'm almost finished"
- "Open the Heart Rate app"
- "Play 'Melodrama' by Lorde"
- "What kinds of things can I ask you?"



**Ask Siri to perform a task.** Raise Apple Watch or tap the screen, then say “Hey, Siri” followed by your request. You can also tap the Siri button on the Siri watch face or press and hold the Digital Crown until you see the listening indicator at the bottom of the screen, then speak your request and release the Digital Crown. To reply to a question from Siri or to continue the conversation, hold down the Digital Crown and speak.



On Apple Watch Series 3 (GPS + Cellular) and Apple Watch Series 3 (GPS), Siri will speak responses to you, as it does on iOS and macOS. You can also activate and use Siri from a Bluetooth headset.

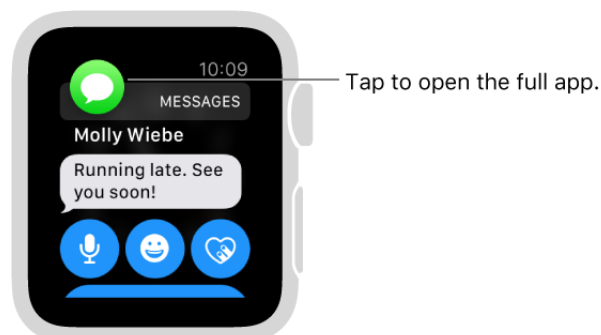
**Tip:** After you ask Siri something, you can lower your wrist. You’ll feel a tap when Siri has a response.

## See and respond to notifications

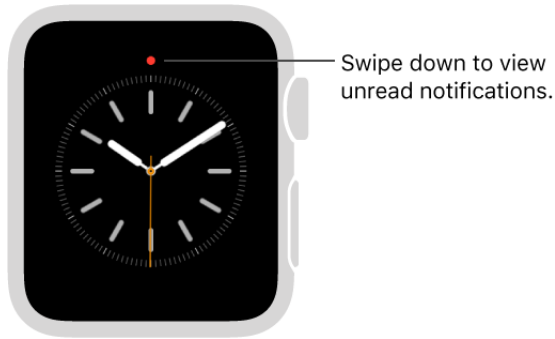
Apps send notifications to keep you informed—meeting invitations, messages, and Activity reminders are just a few examples. Apple Watch displays notifications as they arrive, but if you don’t read one right away, it’s saved so you can check it later.

**WARNING:** For important information about avoiding distractions that could lead to dangerous situations, see [Important safety information](#).

**Respond to a notification when it arrives.** If you hear or feel a notification, raise your wrist to view it. Turn the Digital Crown to scroll to the bottom of the notification, then tap a button there. Or tap the app icon in the notification to open the corresponding app.



**See notifications you haven't responded to.** If you don't respond to a notification when it arrives, it's saved in Notification Center. A red dot at the top of your watch face shows you have an unread notification—swipe down to view it.



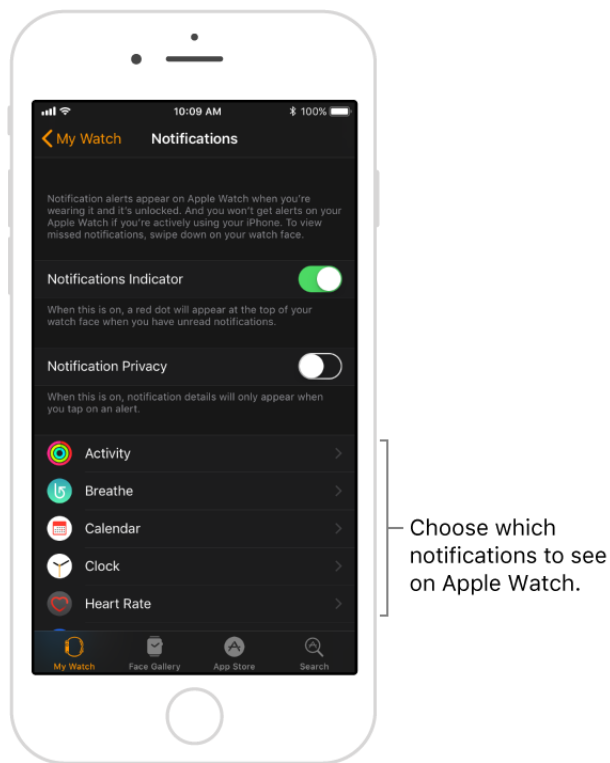
To scroll the notifications list, swipe up or down or turn the Digital Crown. To respond to a notification in the list, tap it.

**Clear notifications.** If you're viewing a notification, swipe down on the notification to clear it. Or scroll to the bottom of the notification, then tap Dismiss.

To clear a notification from Notification Center without reading it, swipe it to the left, then tap Clear. To clear all notifications, firmly press the display, then tap Clear All.



**Choose which notifications you get.** On iPhone, go to Settings > Notifications to specify which apps and events generate notifications. By default, your notification settings on Apple Watch mirror your settings on iPhone. To choose different notification settings, open the Apple Watch app on iPhone, tap My Watch, tap Notifications, tap the app (for example, Messages), then tap Custom.



**Silence notifications.** To silence notifications on Apple Watch, swipe up from the bottom of the watch face to open Control Center, then tap the Silent Mode button. You still feel a tap when a notification arrives. To prevent sound *and* taps, tap Do Not Disturb.

**Tip:** When you get a notification, you can quickly mute Apple Watch by resting the palm of your hand on the watch display for at least three seconds. You'll feel a tap to confirm that mute is on. Make sure you turn on Cover to Mute in the Apple Watch app on iPhone—tap My Watch, then go to Sounds & Haptics.

**Keep it private.** When you raise your wrist to see a notification, you see a quick summary, then full details a few seconds later. For example, when a message arrives, you see who it's from first, then the message appears. To stop the full notification from appearing unless you tap it, open the Apple Watch app on iPhone, tap My Watch, tap Notifications, then turn on Notification Privacy.

## Locate your iPhone or Apple Watch

Can't find your iPhone? Apple Watch can help you find it if it's nearby.

**Ping your iPhone.** Swipe up from the bottom of the watch face to open Control Center, then tap the Ping iPhone button. iPhone makes a tone so you can track it down.



Tap to ping iPhone.

**Tip:** In the dark? Touch and hold the Ping iPhone button and iPhone flashes as well.

If iPhone is not in range of Apple Watch, try using Find My iPhone from [iCloud.com](https://www.icloud.com).

**Find your Apple Watch.** If you lost your watch, use Find My iPhone to see its location, play a sound, put it in Lost Mode, or erase it. Open Find My iPhone on iPhone, then tap your watch in the list of devices. For more information, open Find My iPhone, then tap Help in the top-left corner, or see the Apple Support article [If your Apple Watch is lost or stolen](#).

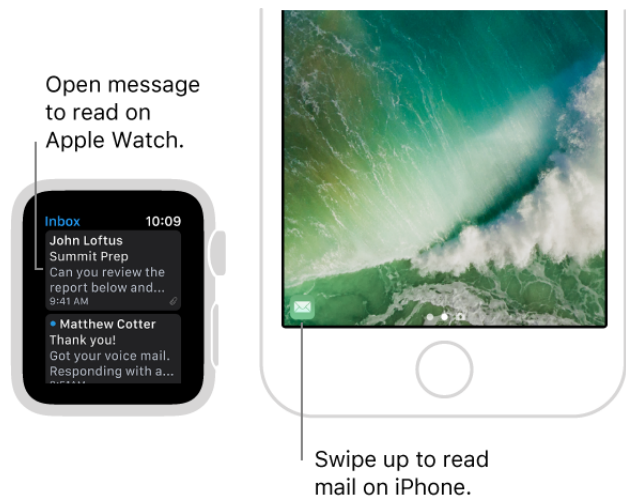
**Play a sound on Apple Watch.** Open the Apple Watch app on iPhone, tap My Watch, then tap your Apple Watch at the top of the screen. Tap the Info button, then tap Find My Apple Watch. In the Find My iPhone app on iPhone, tap your watch, tap Actions, then tap Play Sound.

## Hand off tasks from Apple Watch

Handoff lets you move from one device to another without losing focus on what you're doing. For example, even though you can reply to email on Apple Watch, you might want to switch to iPhone so you can reply using the onscreen keyboard. Simply wake iPhone, and you see an icon in the bottom-left corner of the Lock screen that matches the app you're using on Apple Watch—in this example, Mail. Swipe up on the icon to open the same email on iPhone, then finish your reply.

Handoff works with Activity, Alarm, Calendar, Home, Mail, Maps, Messages, Music, News, Phone, Reminders, Settings, Siri, Stocks, Stopwatch, Timer, Wallet, Weather, and World Clock. For Handoff to work, your Apple Watch must be connected to your paired iPhone.





If you have a Mac with OS X 10.10 or later installed, you can also hand off from your Apple Watch to your Mac. For information about supported Mac models, see the Apple Support article [System requirements for Continuity on iPhone, iPad, iPod touch, and Mac](#).

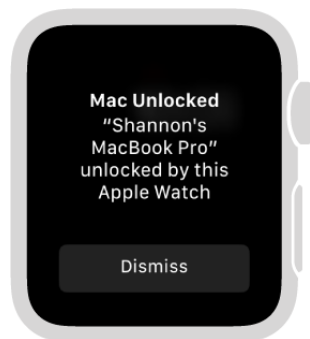
**Disable Handoff.** Open the Apple Watch app on iPhone, tap My Watch, tap General, then turn off Enable Handoff.

**Tip:** If you don't see an icon on your iPhone, make sure Handoff is turned on for your iPhone in Settings > General > Handoff.

## Unlock your Mac with Apple Watch

If you have a Mac (mid-2013 or later) with macOS Sierra or later, your Apple Watch can instantly unlock your Mac when it wakes from sleep. You need to be signed in to iCloud using the same Apple ID on both your Mac and Apple Watch.

**Tip:** To find out how old your Mac is, click the Apple menu in the top-left corner of your computer screen, then click About This Mac. The year your Mac was made is listed next to the model—for example, "MacBook Pro (Retina, 13-inch, Mid 2014)."



**Turn on Auto Unlock.** On your Mac, choose Apple menu > System Preferences, click Security & Privacy, then click General. Select the "Allow your Apple Watch to unlock your Mac" checkbox. If you don't have two-factor authentication turned on for your Apple ID, follow the onscreen instructions, then try selecting the checkbox again.

For more information about two-factor authentication, see the Apple Support article [Two-factor authentication for Apple ID](#).

Your Mac must also have Wi-Fi and Bluetooth turned on.

**Unlock your Mac.** While wearing your watch, just wake up your Mac—no need to type in your password.

**Tip:** Make sure your Apple Watch is on your wrist and unlocked.

## Use Apple Watch without its paired iPhone




### Use Apple Watch without iPhone nearby

With models of Apple Watch other than Apple Watch Series 3 (GPS + Cellular), which has cellular connectivity, you need your iPhone to do many things on Apple Watch. However, there are things you can do when you don't have your iPhone with you or when it's turned off:

- [Play music from a synced playlist](#)
- Use the watch, [world clock](#), [alarms](#), [timer](#), and the [stopwatch](#)
- [Display photos from synced photo albums](#)
- [Use Apple Pay](#)
- [Set and respond to reminders](#)
- [Track your activity](#) and [workout](#), [check your heart rate](#), and [relax and breathe mindfully](#)

**Note:** Apple Watch Series 2 and later has a built-in GPS that allows you to get more accurate distance and speed information during an outdoor workout without your paired iPhone.

### If Apple Watch is connected to Wi-Fi

When Apple Watch is in range of a Wi-Fi network that iPhone has connected to before, you see  in Control Center. You can still do the following (even if iPhone is turned off):

- [Send and receive messages via iMessage](#)
- [Make and receive phone calls](#) (if you have Wi-Fi calling enabled or want to make a FaceTime audio call and you're within range of a Wi-Fi network that your iPhone has connected to before)
- Listen to [Apple Music](#)
- [Check current weather conditions](#)
- [Track your stocks](#)
- [Control your home](#)
- Use third-party apps that support Wi-Fi connectivity

### **If Apple Watch Series 3 (GPS + Cellular) is connected to cellular**

When Apple Watch Series 3 (GPS + Cellular) is connected to a cellular network, you can make calls, reply to messages, receive notifications, and more.

Apple Watch uses Bluetooth® wireless technology to connect to its paired iPhone and uses the iPhone for many wireless functions. Apple Watch can't configure Wi-Fi networks on its own, but it can connect to Wi-Fi networks you've set up or connected to using the paired iPhone. For more information, see the Apple Support article [About Bluetooth and Wi-Fi on Apple Watch](#).

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# Watch Faces

## Faces and features

Apple Watch comes with a variety of watch faces, most of which you can customize. Look for software updates; the set of watch faces that follows might differ from what you see on your Apple Watch. To see the latest set of watch faces, [make sure your software is up to date](#).

### Activity Analog

This watch face shows your Activity progress, superimposed over a traditional analog clock. You can choose to see your Activity rings in the familiar stacked design or as subdials.



- *Customizable features:* Face color • Style (rings or subdials)
- *Available complications:* Activity • Alarm • Battery • Breathe • Calendar • Connectivity • Date • Find My Friends • Heart Rate • Home • Mail • Maps • Messages • Moon Phase • News • Now Playing • Phone • Reminders • Remote • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Weather Conditions • Workout

### Activity Digital

With large, uniform fonts, this watch face shows the time in a digital format, along with your Activity progress.



- *Customizable features:* Face color • Seconds time
- *Available complications:* Activity • Alarm • Battery • Breathe • Calendar • Connectivity • Date • Find My Friends • Heart Rate • Home • Mail • Maps • Messages • Moon Phase • News • Now Playing • Phone • Reminders • Remote • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Weather Conditions • Workout

## Astronomy

In addition to the time and date, this watch face shows you the phase of the Moon, the Earth as currently illuminated, and the positions of the planets.



## Chronograph

This watch face measures time in precise increments, like a classic analog stopwatch. It includes a stopwatch that can be activated right from the face.



- *Customizable features:* Face color • Timescale
- *Available complications:* Activity • Alarm • Battery • Breathe • Calendar • Connectivity • Date • Find My Friends • Heart Rate • Home • Mail • Maps • Messages • Moon Phase • News • Phone • Reminders • Remote • Stocks • Sunrise/Sunset • Timer • Weather • Weather Conditions • Workout

## Color

This watch face displays the time and any features you add in your choice of bright colors.



- *Customizable features:* Dial color • Monogram
- *Available complications:* Activity • Alarm • Battery • Breathe • Calendar • Connectivity • Date • Find My Friends • Heart Rate • Home • Mail • Maps • Messages • Moon Phase • News • Phone • Reminders • Remote • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Weather Conditions • Workout

### Explorer

The Explorer watch face is found only on Apple Watch Series 3 (GPS + Cellular) and prominently features four dots, which indicate cellular signal strength.



Cellular signal strength.

- *Customizable features:* Color of the hands • Style
- *Available complications:* Activity • Alarm • Battery • Breathe • Calendar • Connectivity • Date • Find My Friends • Heart Rate • Home • Mail • Maps • Messages • Moon Phase • Music • News • Now Playing • Phone • Reminders • Remote • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Weather Conditions • Workout • World Clock

### Kaleidoscope

Select a photo to create a watch face with evolving patterns of shapes and colors. Turn the Digital Crown to change the pattern.



- *Customizable features:* Choose photo • Style
- *Available complications:* Activity • Alarm • Battery • Breathe • Calendar • Connectivity • Date • Find My Friends • Heart Rate • Home • Mail • Maps • Messages • Moon Phase • News • Now Playing • Phone • Reminders • Remote • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Weather Conditions • Workout

### **Mickey Mouse or Minnie Mouse**

Let Mickey Mouse or Minnie Mouse give you a whimsical view of the time—their arms rotate to indicate the hours and minutes, while their feet tap out each second.



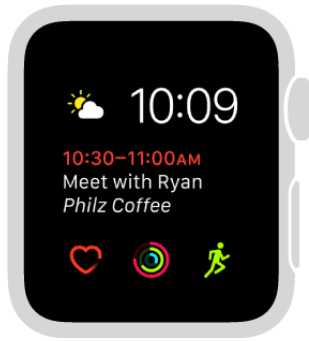
- *Customizable features:* Character's clothes color • Character
- *Available complications:* Activity • Alarm • Battery • Breathe • Calendar • Connectivity • Date • Find My Friends • Heart Rate • Home • Mail • Maps • Messages • Moon Phase • News • Now Playing • Phone • Reminders • Remote • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Weather Conditions • Workout

**Tip:** Raise your wrist and tap the watch face to hear Mickey Mouse or Minnie Mouse tell you the time.

**Choose whether your character speaks the time.** Open the Apple Watch app on iPhone, tap My Watch, tap Sounds & Haptics, then tap Tap to Speak Time. You don't hear the voice if Apple Watch is in Silent Mode—to turn Silent Mode on or off, swipe up from the bottom of the watch face to open Control Center, then tap Silent Mode.

## Modular

This watch face has a digital time display and a grid layout that lets you add many features to give you a thorough view of your day.



- *Customizable features:* Color
- *Available complications:* Activity • Alarm • Battery • Breathe • Calendar • Connectivity • Date • Find My Friends • Heart Rate • Home • Mail • Maps • Messages • Moon Phase • News • Now Playing • Phone • Reminders • Remote • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Weather Conditions • Workout

## Motion

This watch face displays a beautiful animated theme.



- *Customizable features:* Choose animated butterflies, flowers, or jellyfish
- *Available complications:* Activity • Alarm • Battery • Calendar • Connectivity • Date • Heart Rate • Moon Phase • News • Now Playing • Reminders • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Workout

## Numerals

This watch face displays the time with analog hands over a large hour marker. You can choose from seven different typefaces and countless colors for the perfect combination.





- *Customizable features:* Color • Typeface
- *Available complications:* Activity • Alarm • Battery • Breathe • Calendar • Connectivity • Date • Find My Friends • Heart Rate • Home • Mail • Maps • Messages • Moon Phase • News • Phone • Reminders • Remote • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Weather Conditions • Workout


## Photos

This watch face lets you show a photo from the Photos app on Apple Watch. For variety, add more than one Photo face.



- *Customizable features:* Synced album • Time position
- *Available complications:* Alarm • Battery • Calendar • Date • Heart Rate • News • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather

**Create a Photo face on Apple Watch.** With the current watch face showing, firmly press the display, swipe all the way to the right, tap the New button (+), then tap Photo. Or, while browsing in the Photos app on Apple Watch, press any photo, then tap Create Watch Face.

**Create a Photo face on iPhone.** Open the Photos app on iPhone, tap a photo, tap , then tap Create Watch Face. Choose to create a Photos watch face or a Kaleidoscope watch face.

**Change the photo.** With the current Photo watch face showing, firmly press the display, tap Customize, turn the Digital Crown to zoom out, then tap a photo.

**Not seeing photos?** Make sure the photos are in your synced album. For help, see [Choose your album and manage storage](#).

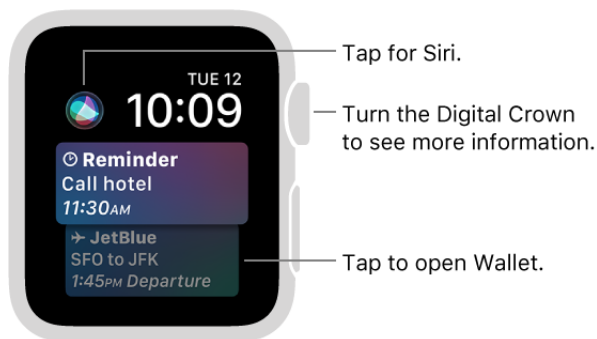
## Simple

This minimalistic and elegant watch face lets you add detail to the dial and features to the corners.



- *Customizable features:* Detail and numbering of the dial • Color of the second hand
- *Available complications:* Activity • Alarm • Battery • Breathe • Calendar • Connectivity • Date • Find My Friends • Heart Rate • Home • Mail • Maps • Messages • Moon Phase • News • Phone • Reminders • Remote • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Weather Conditions • Workout

## Siri



The Siri watch face displays the information you need most, based on your location and the time of day.

- *Customizable features:* Choose to display information from Alarms, Breathe, Now Playing, Photos, Stopwatch, Sunrise/Sunset, Timer, and Wallet
- *Available complications:* Activity • Alarm • Battery • Breathe • Calendar • Connectivity • Date • Find My Friends • Heart Rate • Home • Mail • Maps • Messages • Moon Phase • News • Phone • Reminders • Remote • Siri • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Weather Conditions • Workout

## Solar

Based on your current location and time of day, the Solar watch face displays the Sun's position in the sky, as well as the day, date, and current time.



— Turn the Digital Crown to move through daylight, solar noon, twilight, and night.

## Timelapse

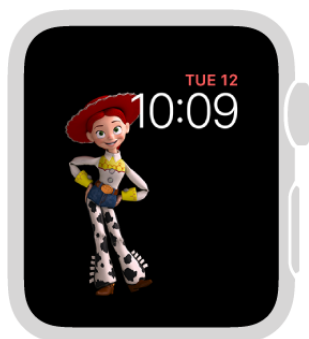
This watch face shows a timelapse video of a natural setting or cityscape of your choice.



- *Customizable features:* Choose video of Mack Lake, New York, Hong Kong, London, Paris, or Shanghai
- *Available complications:* Activity • Alarm • Battery • Calendar • Connectivity • Date • Heart Rate • Moon Phase • News • Now Playing • Reminders • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Workout

## Toy Story

Your favorite Toy Story characters come to life with a raise of the wrist.



- *Customizable features:* Choose Toybox, Buzz Lightyear, Woody, or Jessie

- *Available complications:* Activity • Alarm • Battery • Calendar • Connectivity • Date • Heart Rate • Moon Phase • News • Now Playing • Reminders • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Workout

## Utility

This watch face is practical and functional; add up to three complications to display what you want to see at a glance.



- *Customizable features:* Color of the second hand • Divisions and numbering of the dial
- *Available complications:* Activity • Alarm • Battery • Breathe • Calendar • Connectivity • Date • Find My Friends • Heart Rate • Home • Mail • Maps • Messages • Moon Phase • News • Now Playing • Phone • Reminders • Remote • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Weather Conditions • Workout

## X-Large

For when you need the largest available display. When you add a complication, it fills the screen.



- *Customizable features:* Color
- *Available complications:* Activity • Alarm • Battery • Breathe • Calendar • Connectivity • Date • Find My Friends • Heart Rate • Home • Mail • Maps • Messages • Moon Phase • News • Phone • Reminders • Remote • Stocks • Stopwatch • Sunrise/Sunset • Timer • Weather • Weather Conditions • Workout

# Customize your watch face

Personalize the Apple Watch face so it looks the way you want and provides the functions you need. Choose a design, adjust colors and features, then add it to your collection. Switch faces at any time to see the right timekeeping tools—or to shake things up.

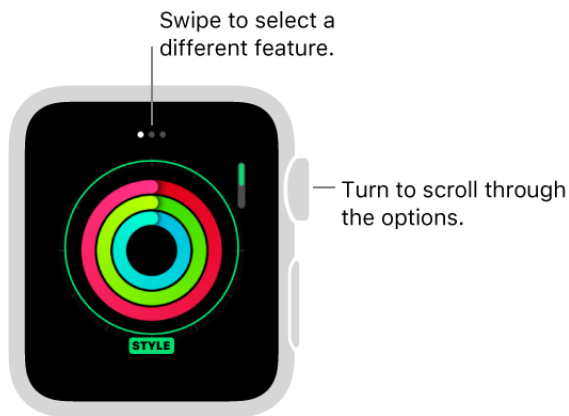
**Tip:** The Face Gallery in the Apple Watch app is the easiest way to see all of the available watch faces, customize one, and add it to your collection. But, if your iPhone isn't handy, you can customize your face right on your watch. For more information, see [Explore the Face Gallery](#).

**Choose a different face.** Swipe edge to edge across the watch face to see other faces in your collection. To see all available watch faces, firmly press the watch face, swipe to the one you want, then tap it.



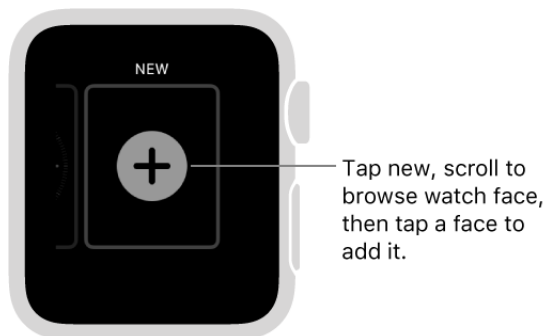
You can add special features—called *complications*—to some watch faces, so you can instantly check things like stock prices, the weather report, or information from other apps you installed.

**Customize your watch face.** With the watch face showing, firmly press the display, then tap Customize. Swipe to select a feature, then turn the Digital Crown to adjust. If the face offers complications, they're shown together on the last screen—tap one to select it, then adjust using the Digital Crown. When you're finished, press the Digital Crown to save your changes, then tap the face to switch to it. For information about each watch face, see [Faces and features](#).



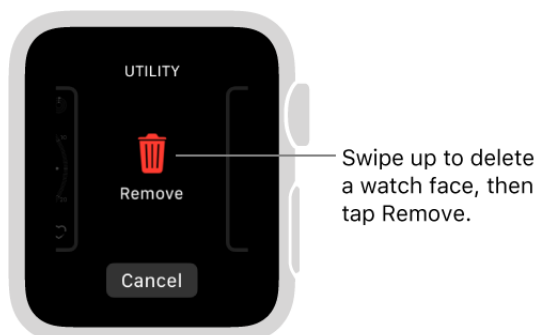
**Add complications from other apps.** In addition to the built-in complications that show information such as weather, stocks, or moon phase, you can add complications for many apps you get from the App Store. To make these complications available when you customize a face, open the Apple Watch app on iPhone, tap My Watch, then tap Complications.


**Add a watch face to your collection.** Create your own collection of custom faces—even variations of the same design. With the current watch face showing, firmly press the display, swipe left all the way to the end, then tap the New button (+). Swipe up and down to browse designs, then tap the one you want to add. After you add it, you can customize it.

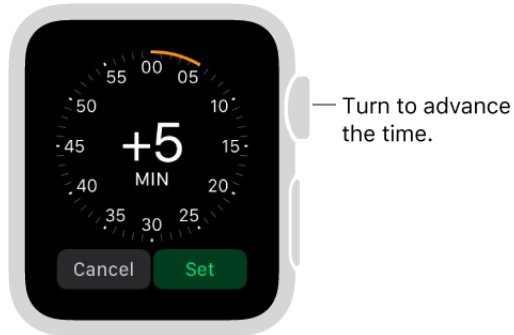


**View your collection.** You can see all your watch faces at a glance—just open the Apple Watch app, tap My Watch, then swipe through your collection below My Faces.

**Delete a face from your collection.** With the current watch face showing, firmly press the display, swipe to the face you don't want, then swipe it up and tap Remove. You can always add the watch face again later.



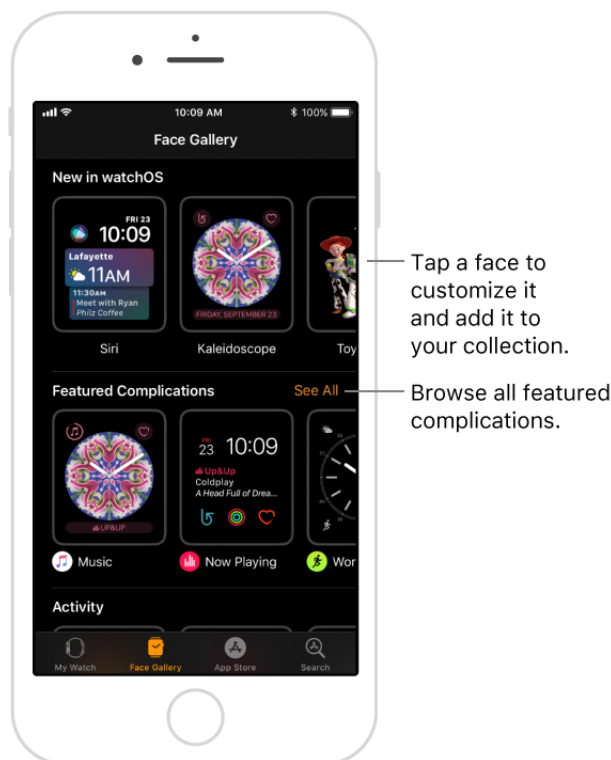
**Set your watch ahead.** Open the Settings app , tap Time, tap +0 min, then turn the Digital Crown to set the watch ahead by as much as 59 minutes. This setting only changes the time shown on the watch face—it doesn't affect alarms, times in notifications, or any other times (such as World Clock).



## Explore the Face Gallery

The Face Gallery in the Apple Watch app is the easiest way to see all of the available watch faces. When you find one that looks interesting, you can customize it, choose complications, then add the face to your collection—all from the gallery.

**Open the Face Gallery.** Open the Apple Watch app on iPhone, then tap Face Gallery.



**Choose features for a face.** In the Face Gallery, tap a face, then tap a feature like color or style. As you play around with different options, the face at the top changes so you can make sure the design is just right.


**Add complications.** In the Face Gallery, tap a face, then tap a complication position, such as Top, Right, or Bottom. Scroll to see which complications are available for that position, then tap the one you want. If you decide you don't want a complication in that position, scroll to the top of the list and tap Off. For a complete list of available complications for each watch face, see [Faces and features](#).

**Add a face.** After you customize a face in the Face Gallery, tap Add. To switch to the new face on Apple Watch, swipe left across the watch face until you see it.




# Timekeeping


## Set an alarm

Use the Alarms app  to play a sound or vibrate Apple Watch at a set time. Add an alarm complication to your watch face so you can quickly see upcoming alarms and open the Alarms app with a tap.

**Ask Siri.** Say something like: "Set repeating alarm for 6 o'clock PM."

**Set an alarm.** Open Alarms , then tap Add Alarm. Tap AM or PM, tap the hours or minutes, turn the Digital Crown to adjust, then tap Set.



**Select options for an alarm.** Open Alarms , then tap the alarm switch to turn it on or off, or tap the alarm time to change its settings. Set repeat, label, and snooze to suit you.



**Ask Siri.** Say something like: "Turn off seven-thirty alarm."


**See the next alarm on your watch face.** With the watch face showing, firmly press the display, then tap Customize. Swipe left until you can select individual complications, tap the one you'd like to use for alarms, then turn the Digital Crown to choose the alarm. When you're finished, press the Digital Crown. To see which faces you can add an alarm to, see [Faces and features](#).

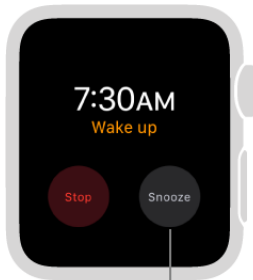


Choose an alarm feature to display.



View the alarm on your watch face.


**Don't let yourself snooze.** When an alarm sounds, you can tap Snooze to wait several minutes before the alarm sounds again. If you don't want to allow snooze, open Alarms , tap the alarm in the list of alarms, then turn off Snooze.

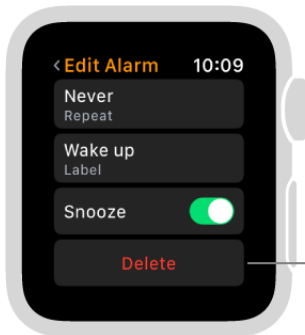


Tap to snooze.



Turn off Snooze.


**Delete an alarm.** Open Alarms , tap the alarm in the list, scroll to the bottom, then tap Delete.



Delete this alarm.

**Tip:** To see the same alarms on both iPhone and Apple Watch, first set the alarm on iPhone. Then open the Apple Watch app on iPhone, tap My Watch, tap Clock, then turn on Push Alerts from iPhone. Apple Watch alerts you when an alarm goes off so you can snooze or dismiss the alarm. (You aren't alerted on iPhone when Apple Watch alarms go off.)

## Set a timer

The Timer app  on Apple Watch can help you keep track of time. Set timers up to 24 hours.

**Ask Siri.** Say something like: "Set a timer for 20 minutes."

**Quickly set a timer.** Open Timer ⌚, then tap a timer duration to start the timer. Scroll down to choose a custom time.



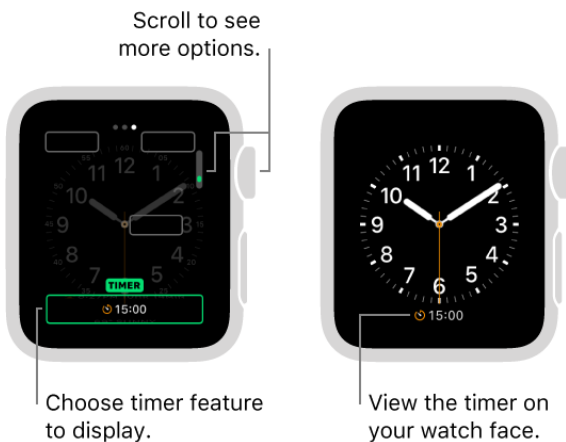
**Create a custom timer.** Open Timer ⌚, scroll down, then tap Custom. Tap hours, minutes, or seconds; turn the Digital Crown to adjust; then tap Start.



Tap hours, minutes, or seconds, then turn the Digital Crown.

**Repeat a timer.** When a timer goes off, tap Repeat to start a timer of the same duration.

**Add a timer to your watch face.** If you use a timer often, add one to your watch face. With the watch face showing, firmly press the display, then tap Customize. Swipe left until you can select individual complications, tap the one you'd like to use for the timer, then turn the Digital Crown to choose the timer. When you're finished, press the Digital Crown. To see which faces you can add a timer to, see [Faces and features](#).




Choose timer feature to display.

View the timer on your watch face.

# Time events with a stopwatch


Time events with accuracy and ease. Apple Watch can time full events (up to 11 hours, 55 minutes) and keep track of lap or split times, then show the results as a list, a graph, or live on your watch face. The Chronograph watch face has the stopwatch built in, and you can add a stopwatch to many other faces.

**Open a stopwatch.** Open the Stopwatch app , or tap the stopwatch on your watch face (if you've added it or you're using the Chronograph watch face).



**Start, stop, and reset.** Tap the green Start button. Tap the white Lap button to record a lap or split. Tap the red Stop button to record the final time. The timing continues even if you switch back to the watch face or open other apps. When you finish, tap the white Reset button or the Lap button to reset.



**Change the stopwatch format.** Open the Stopwatch app , firmly press the display, then tap Analog, Digital, Graph, or Hybrid.

