

# Apple Watch



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# What is an Watch?

- It is 'Wearable' technology
- Incorporates sensors, software and connectivity
  - Health and motion sensors
  - Runs built in and third party apps
  - Voice commands via Siri
  - Connects to iPhone, internet and other devices
    - Via wi-fi and bluetooth
    - Some models have cellular connectivity




# Why Should I ?

- One perspective (mine) = Convenience
- I love computers and what you can do with them
  - Mainframe computers tied you to a room
  - Desktops tied you to your desk
  - Laptops let you carry them in a backpack
  - iPhones fit in your pocket
    - But they may be on the counter in the other room
  - My 🍏 watch is on my wrist



# What can I do ?

- Health monitoring
- Activity monitoring
- Answer and make phone calls
- Read and create texts
- GPS info on my wrist
- Play music & podcasts
- Use  Pay
- Calendar, Contacts on wrist
- Check email
- Create reminders
- Get notifications
- Weather conditions
- Set timers / alarms
- Use Siri
- Run home automation
- Unlock Mac computers
- Remote viewfinder for iPhone camera

# Compare Models

Only consider Series 3 or 4

[Click this link:](#)



**GPS + Cellular**

Starting at \$499

**GPS**

Starting at \$399

**Series 4**



**GPS + Cellular**

Starting at \$379

**GPS**

Starting at \$279

**Series 3**

# How does it work ?

- Requires an iPhone 6 or later
- Series 3 & 4 have cellular options
  - Cellular can do everything as if iPhone was nearby
  - Adds \$10 per month to your cell phone bill
- Can connect to wi-fi if iPhone not nearby
  - Can do a limited set of activities
- Some things can be done with no connectivity

[Click here to see a chart:](#)

# Proactive Health Monitor

- Continually monitors your heart rate
- Notifies you of heart rate issues
  - Irregular rhythm - Atrial Fibrillation
  - High Heart Rate
  - Low Heart Rate





# Proactive Health Monitor

Set heart rate notification levels on the iPhone Watch app

## HEART RATE NOTIFICATIONS

Irregular Rhythm



Receive a notification when Apple Watch identifies multiple heart rhythms that may be atrial fibrillation. Irregular Rhythm Notifications may not be available in all regions.

[Learn more about Irregular Rhythm Notifications](#)

High Heart Rate

120 bpm >

Receive a notification when Apple Watch detects a heart rate that rises above 120 bpm while you appear to have been inactive for 10 minutes.

Low Heart Rate

45 bpm >

Receive a notification when Apple Watch detects a heart rate that falls below 45 bpm for 10 minutes.



# Proactive Health Monitor

- ECG on your wrist
  - Apple Watch Series 4 only
- Touch the crown to complete the circuit
- Results stored in Health app on iPhone
- Export an ECG readings as PDF for Dr
- Not as accurate as multi-point ECG in Dr's office



# Proactive Health Monitor

- 🍏 Watch ECG app has limitations
  - It cannot detect a heart attack
  - It cannot detect a blood clot or stroke
  - It cannot detect other heart defects



# ECG Demo




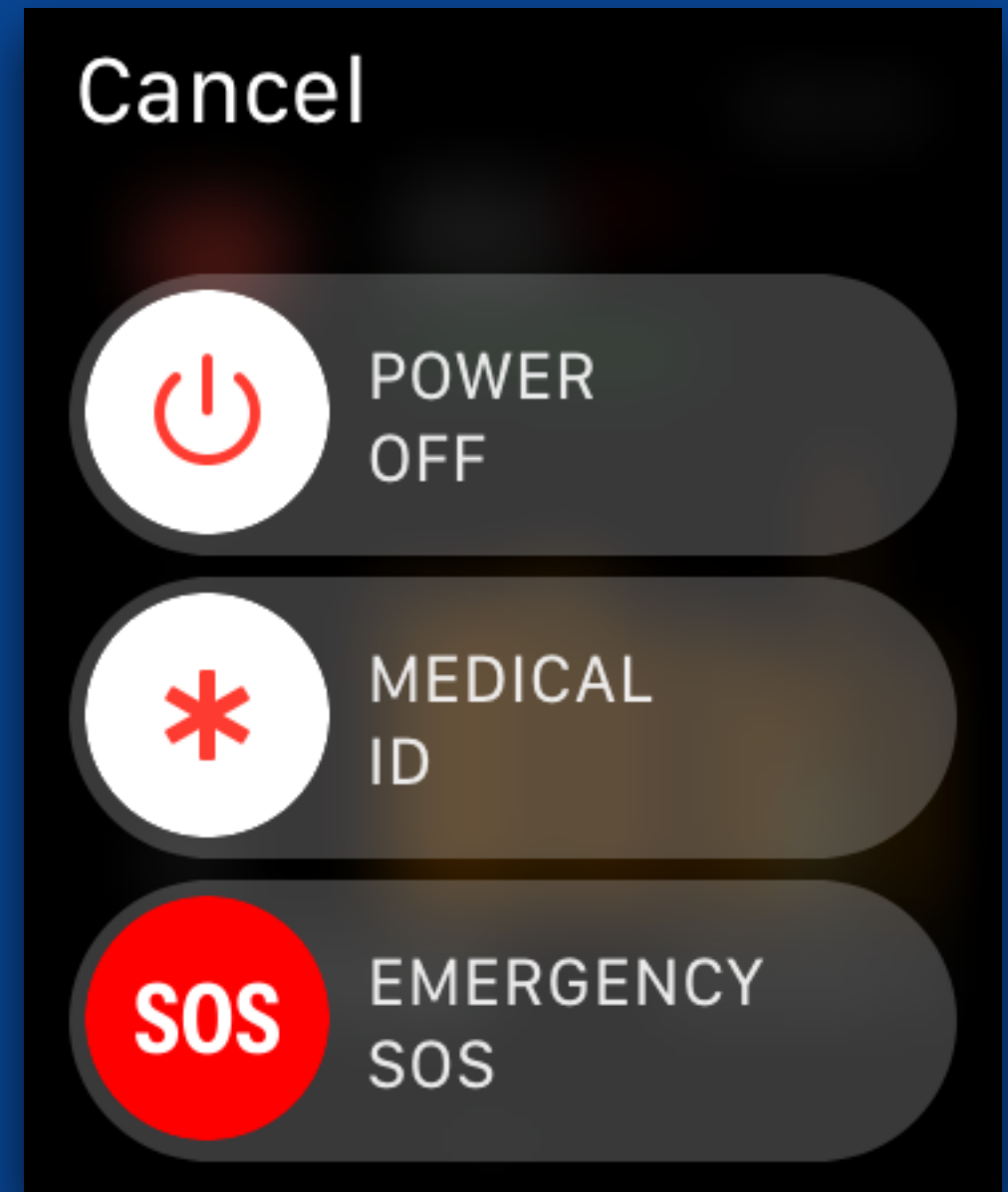
# Proactive Health Monitor

- Fall Detection
  - Series 4 only
- Taps you on wrist
- After 1 min motionless
  - Dials 911 - tells about fall and sends location
  - Texts your emergency contacts



# Proactive Health Monitor

- All  Watch models
- If fall not detected and you fall & can't get up
- Press and hold the side button
- Slide to dial 911





# Proactive Health Monitor

- Breathe app
  - Calming, Zen moment
  - Schedule frequency
  - Set length of inhale





# Fitness - Activity Monitor

- Activity app tracks - Move, Exercise and Stand
- Ring Chart shows your daily progress
- Set goals
- Receive coaching and encouragements
- Challenge friends
- Receive awards - positive feedback



# Fitness - Activity Monitor



**Move.** The Move ring tracks the active calories you burn. Active calories are the ones you burn through all kinds of movement, from taking the stairs at work to playing with the kids.



**Exercise.** The Exercise ring shows you how many minutes of brisk activity you've done, whether you're working out or just moving at a fast pace.



**Stand.** Sitting too much can contribute to health problems over time. So Apple Watch keeps you motivated to get up throughout the day.

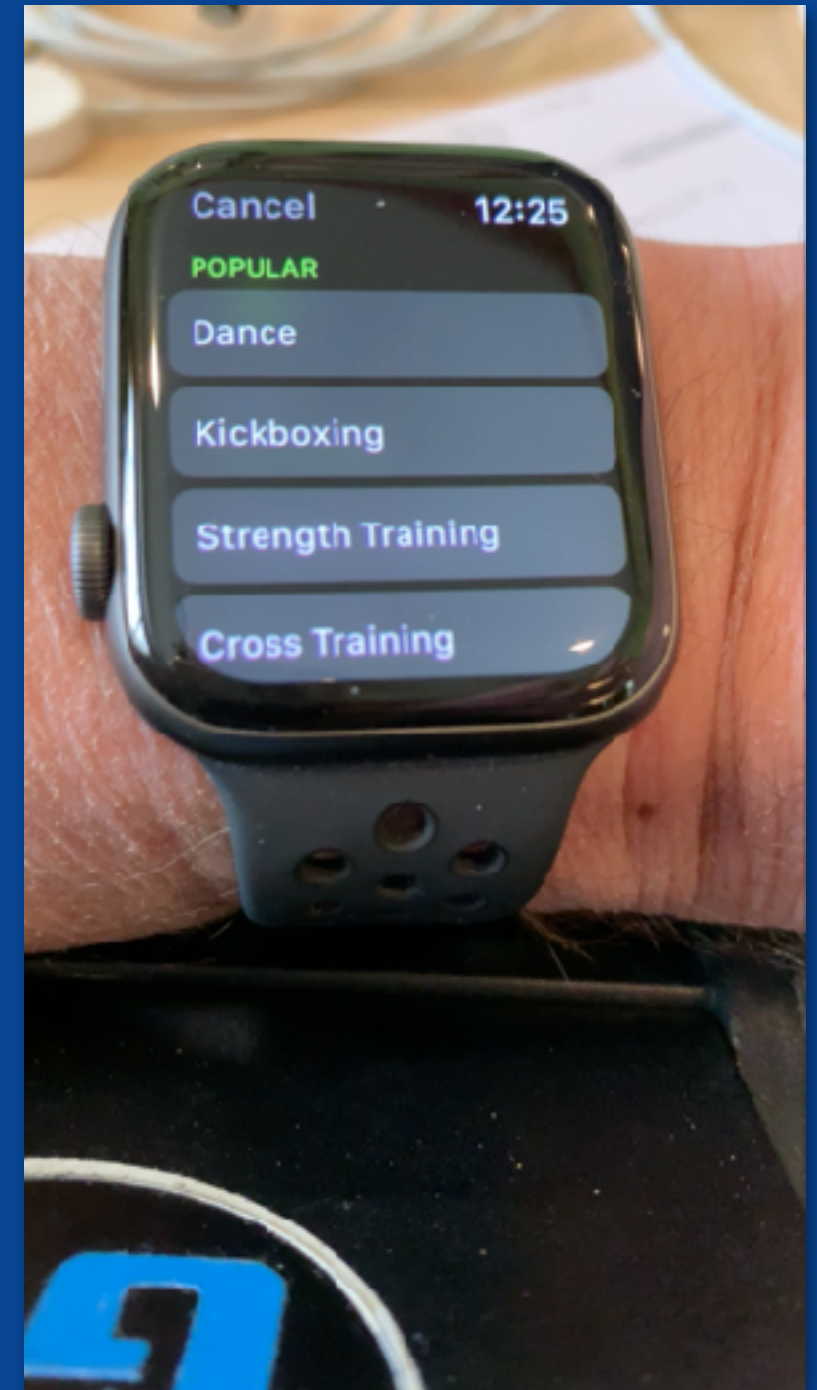
# Fitness - Activity Monitor

- **Move tracking**
  - Tracks active calories burned
  - Set your own daily goal
  - Check in activity app



# Fitness - Activity Monitor

- **Exercise tracking**
  - Select your exercise type
  - Relevant stats on your wrist as you exercise
  - Check status in activity app



# Fitness - Activity Monitor

- **Stand hours tracking**
  - Periodic reminders
  - Customize amount of reminders
  - Stand a few minutes every hour
  - Check status in activity app





# Motivating Badge Awards

## Workouts



National Parks  
Challenge  
15/07/2017



7-Workout Week  
15



First Cycling  
Workout  
28/08/2015



First Elliptical  
Workout  
25/11/2015



International  
Women's Day  
Challenge  
08/03/2018



First Rowing  
Workout  
09/12/2015



First Running  
Workout  
26/07/2015



First Stair-  
Stepper Workout  
04/08/2016



First Swimming  
Workout  
27/04/2017



First Walking  
Workout  
09/12/2015



Cycling Workout  
Record  
504 Calories



## Close Your Ring



New Move Record  
2,019 Calories



Move Goal 300%  
13



Longest  
Move Streak  
366 days

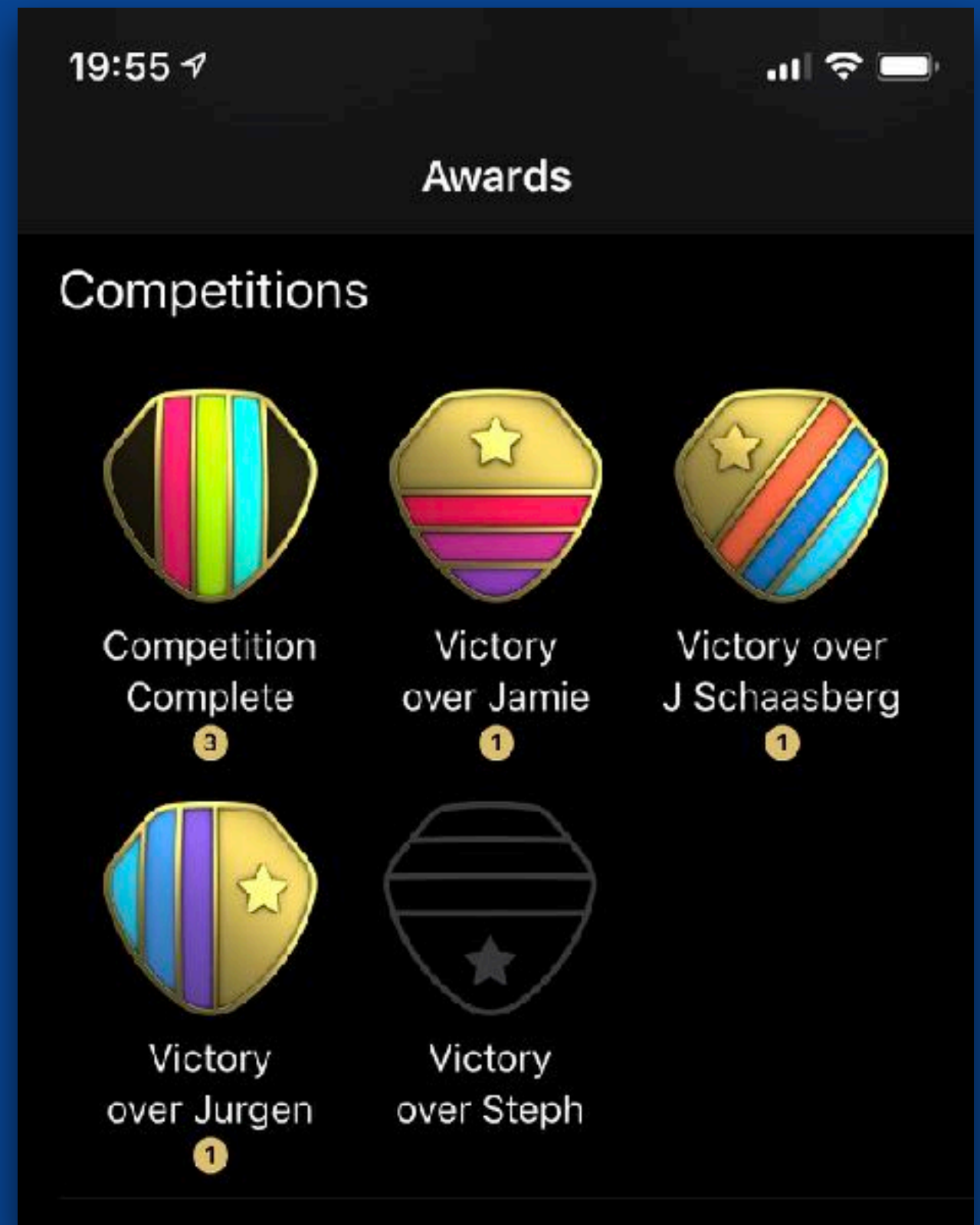


Perfect Week

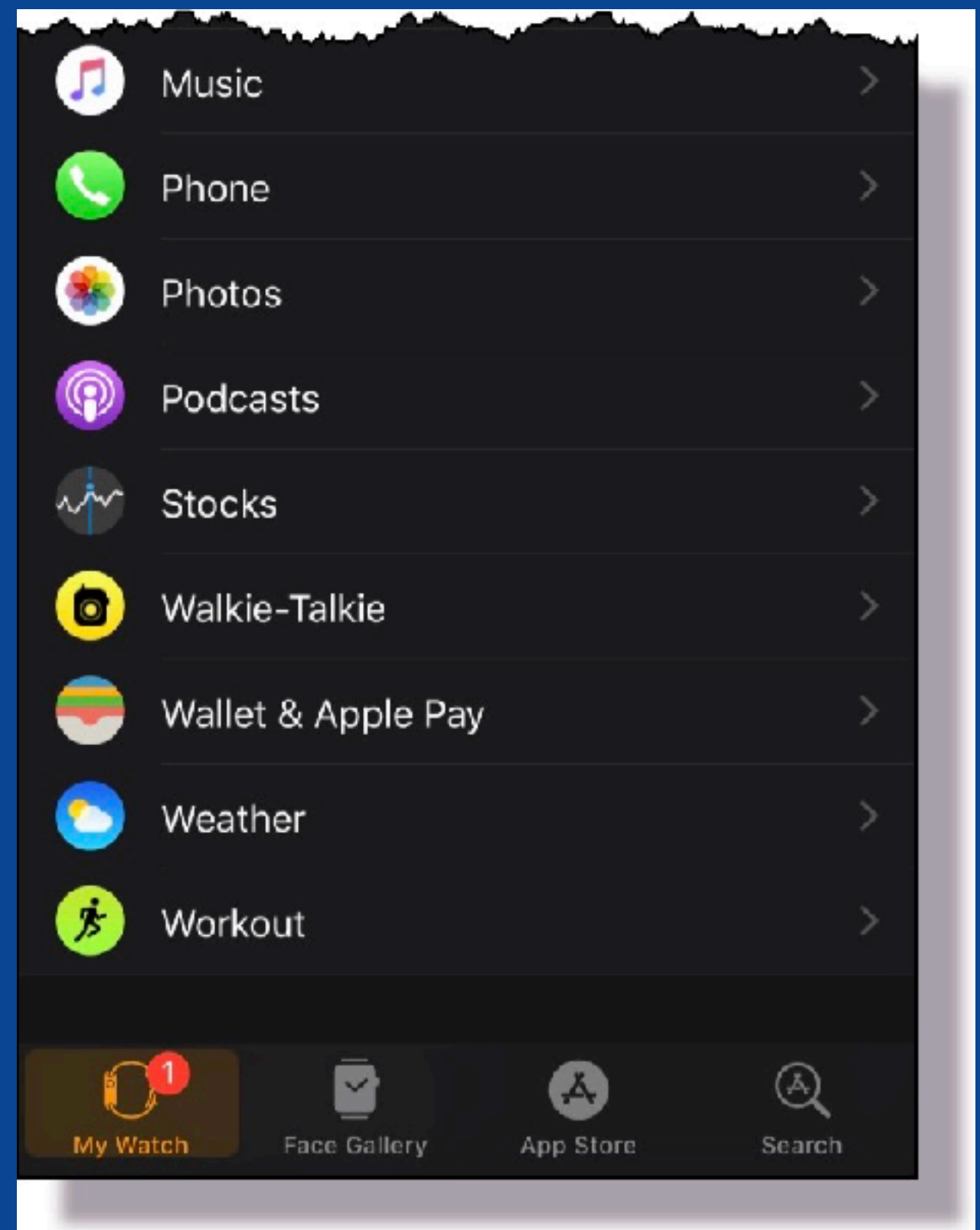
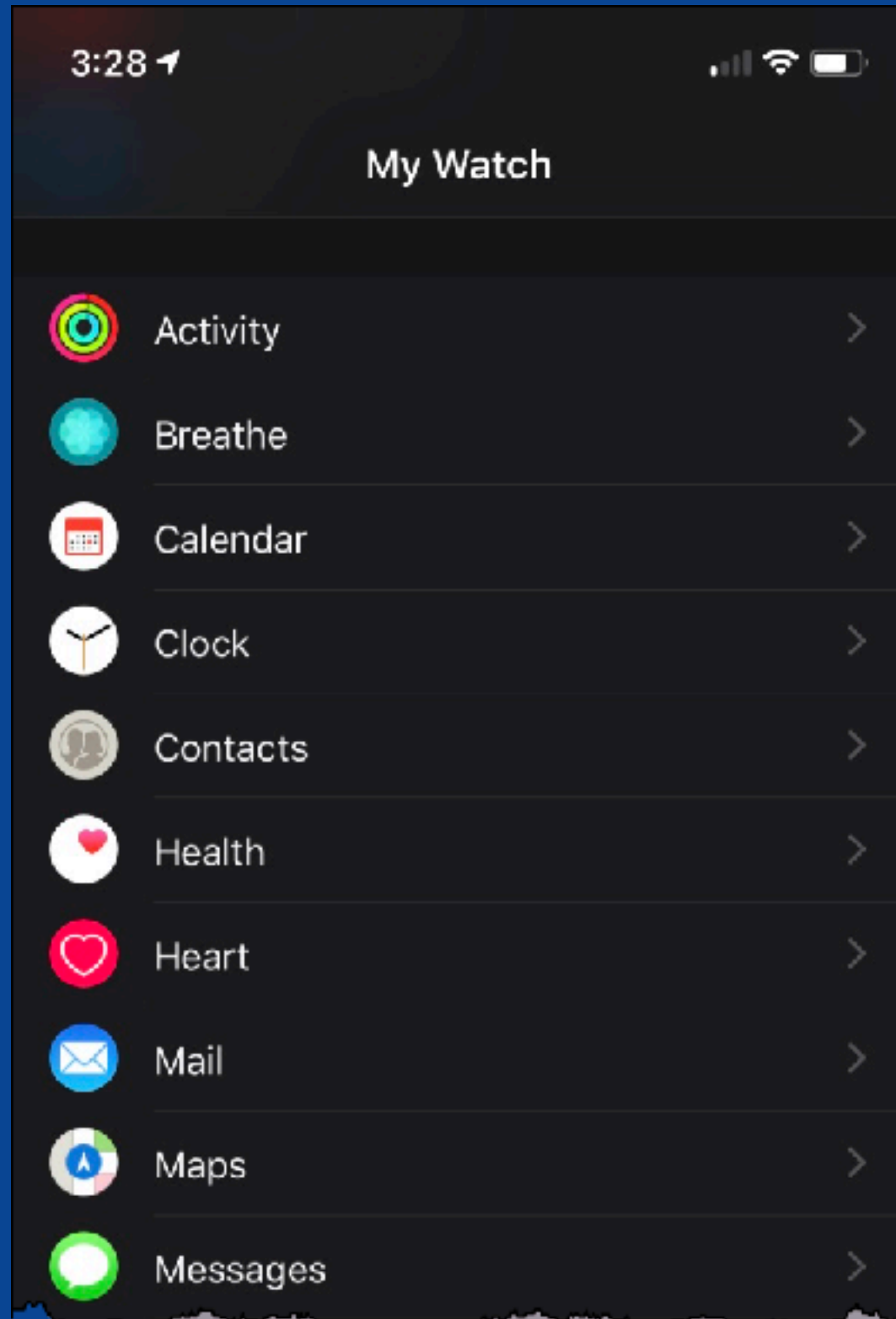


# Fitness - Activity Monitor

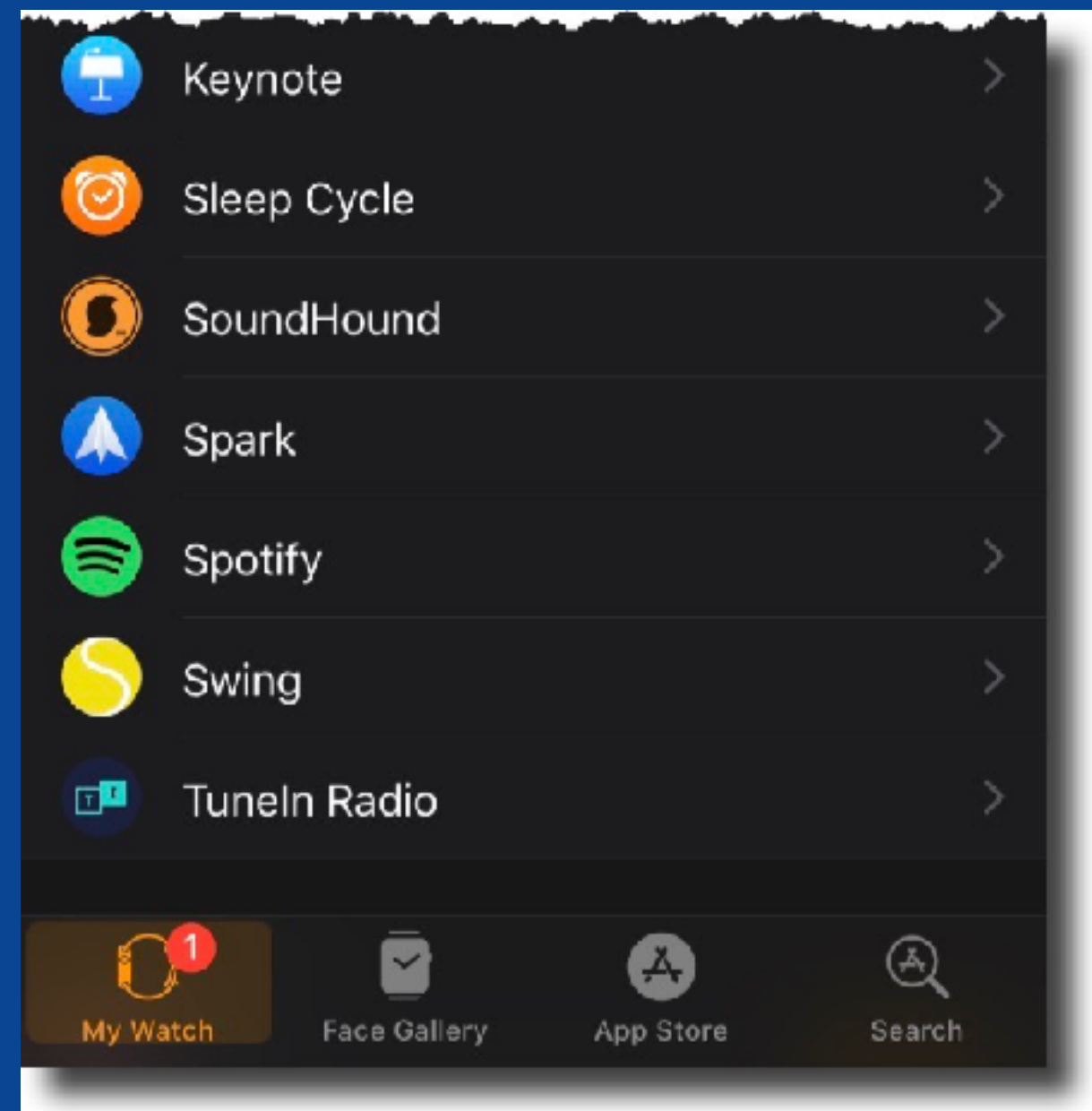
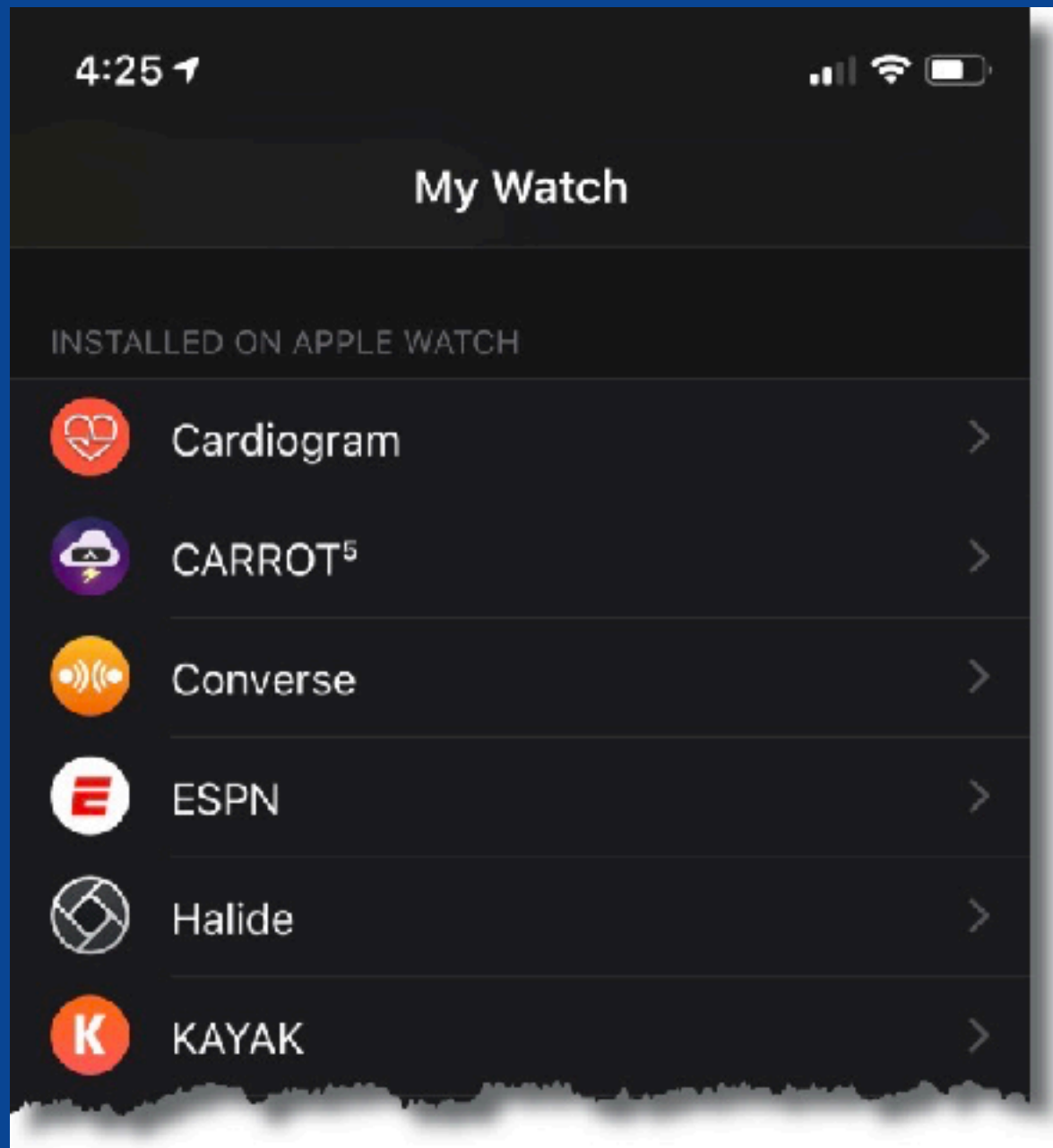
- Challenge friends to Activity competitions
- 7 day competition
- Get points for move, stand and exercise progress.
- Check friends status during week to see if you are ahead or need to 'get moving'




# Built in Apps



# 3rd Party Apps



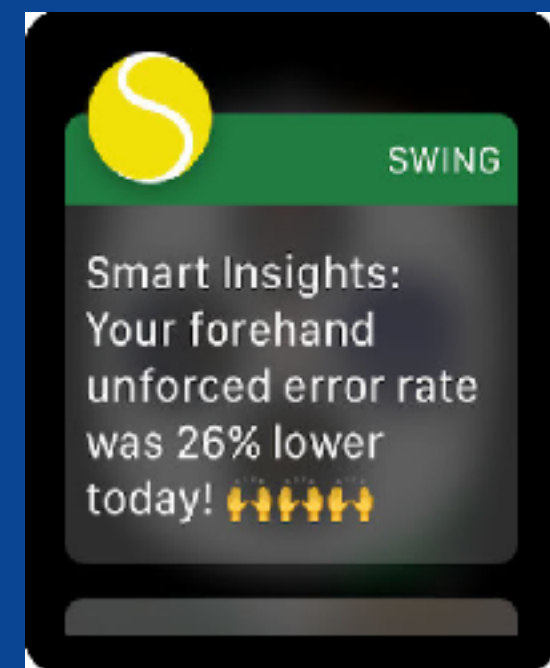
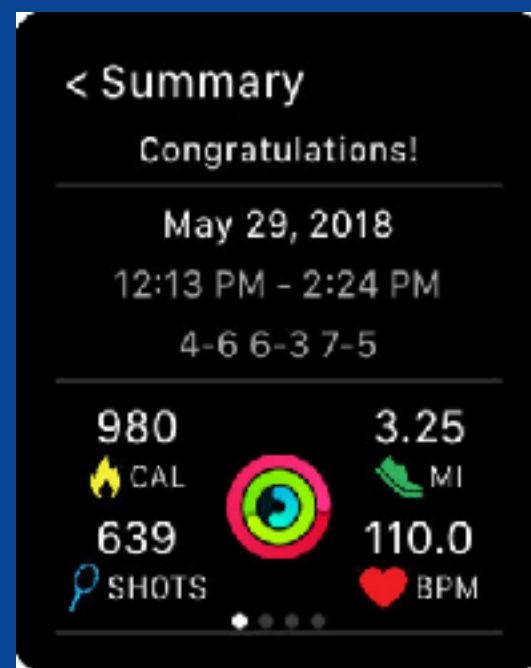
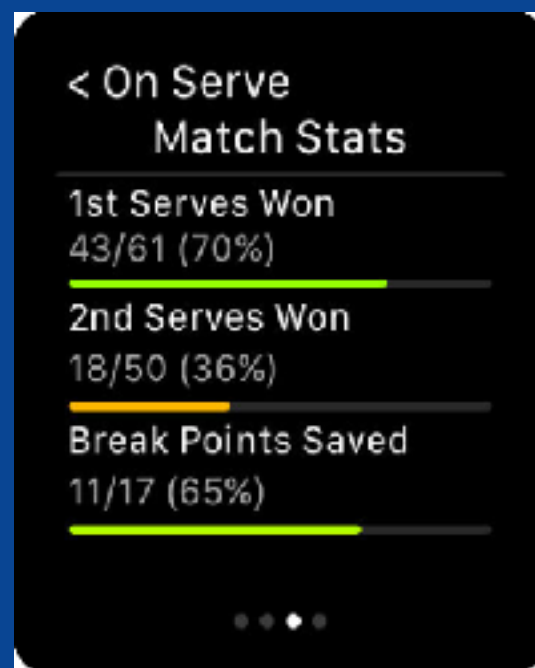
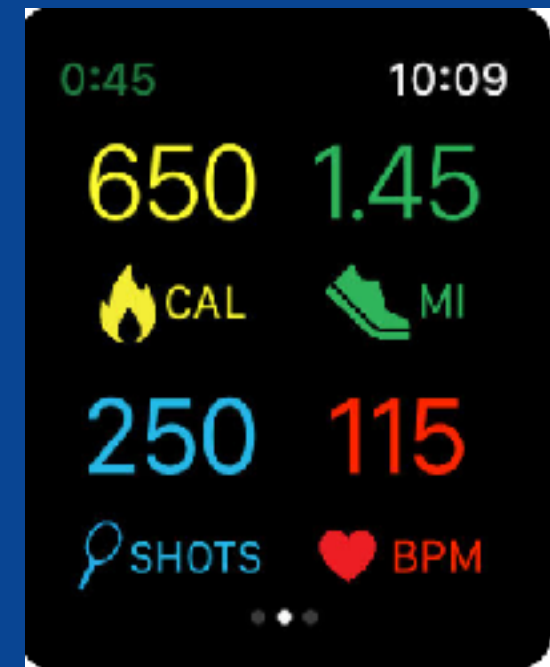
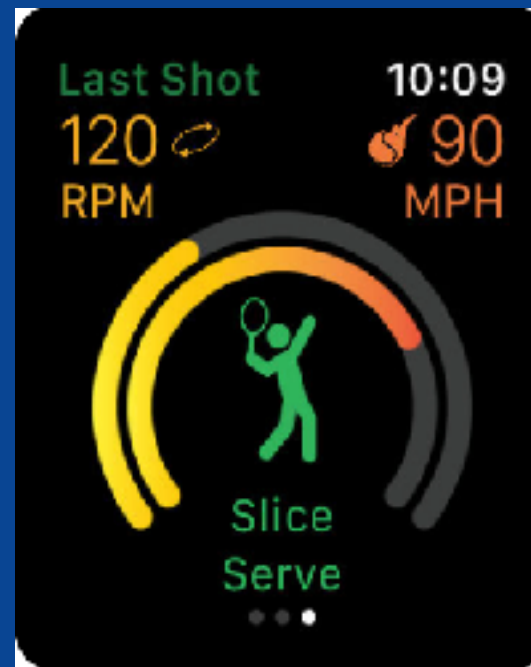
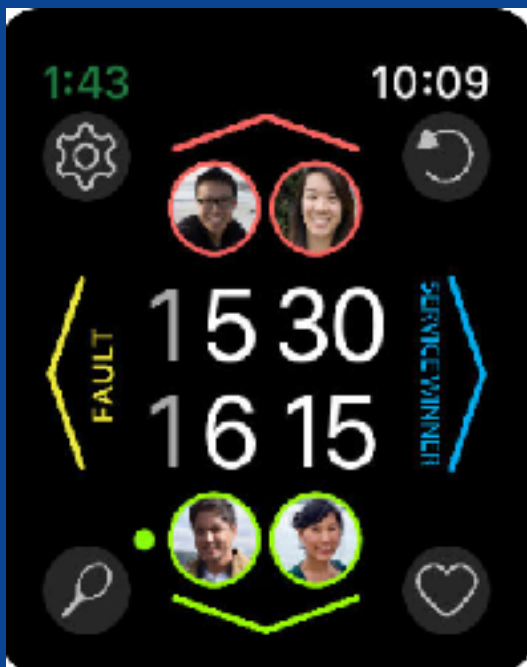
# 3rd Party Health Apps

- Dexcom G6 CGM app for diabetes monitoring
- Check your CGM info on your  Watch



# 3rd Party Sports Apps

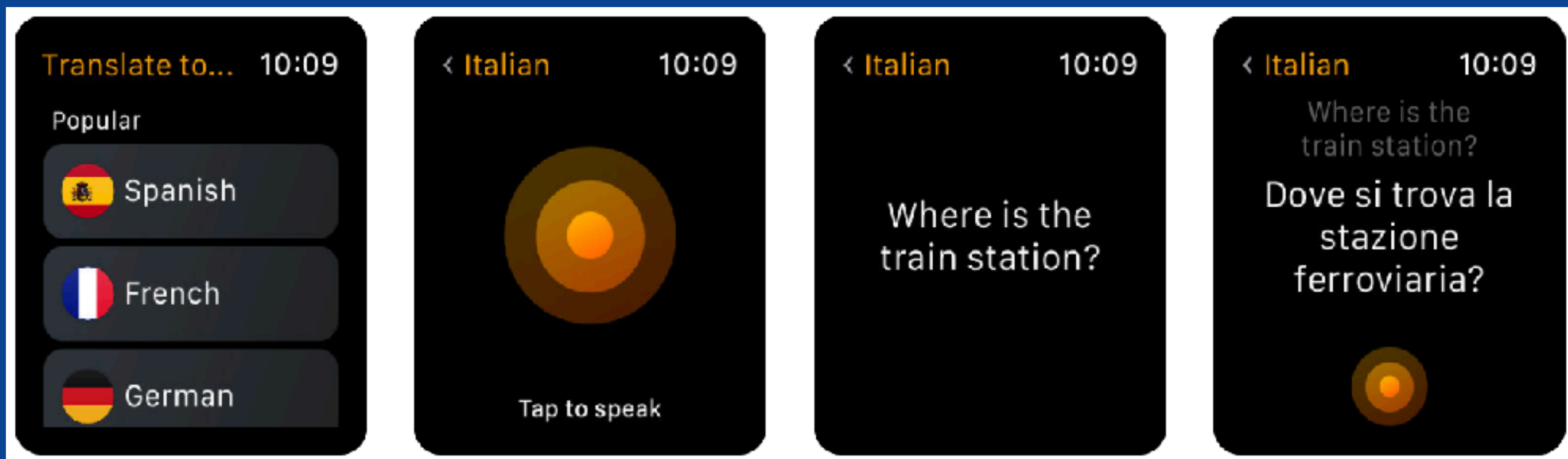
- Swing Tennis Tracker - Score keeper & swing analyzer





# 3rd Party Travel Apps

- iTranslate - Converse





# Siri

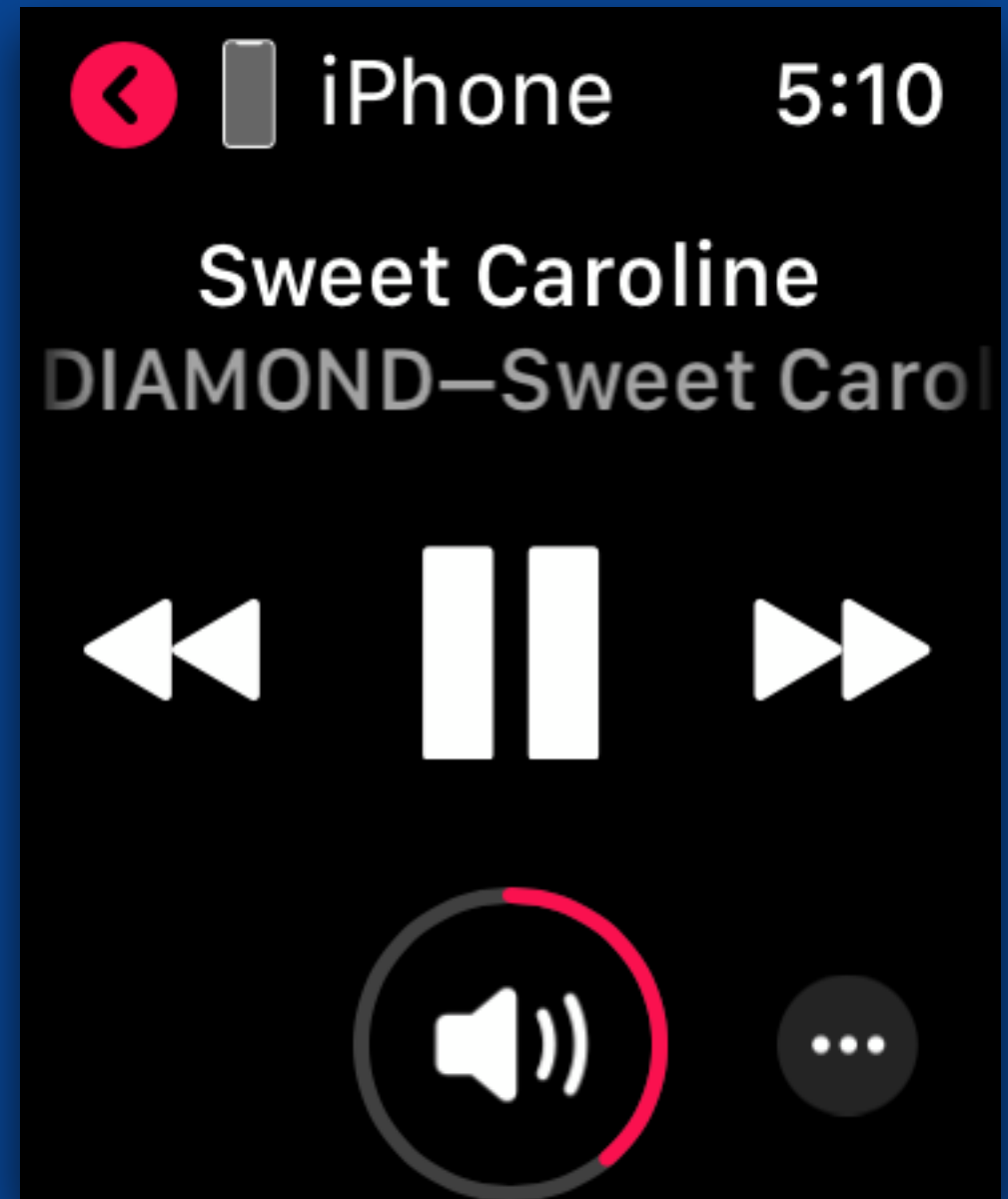
- Raise to speak -or-
- Press digital crown
- Almost everything Siri can do on your iPhone

- Open 'app name'
- Call Geri
- Text my wife
- Get directions to...
- Start 'pool swim workout'
- Remind me to...
- Play some music
- Whats on my calendar tomorrow
- Turn on 'Do Not Disturb'
- Turn on the living room lights

# Watch Faces

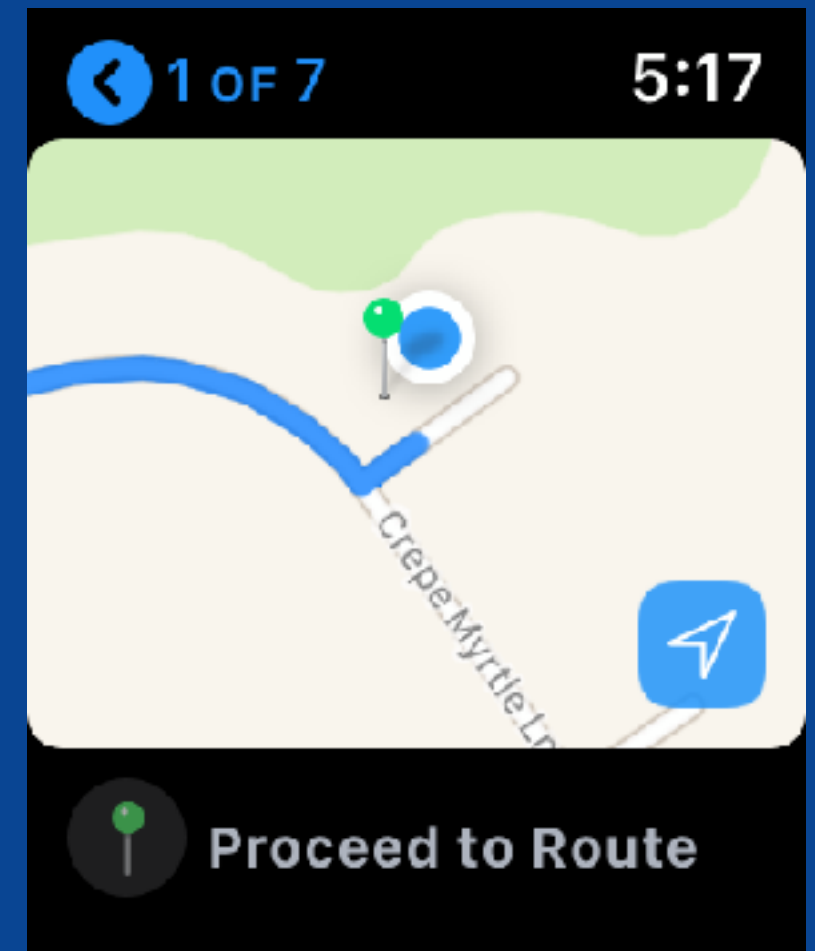
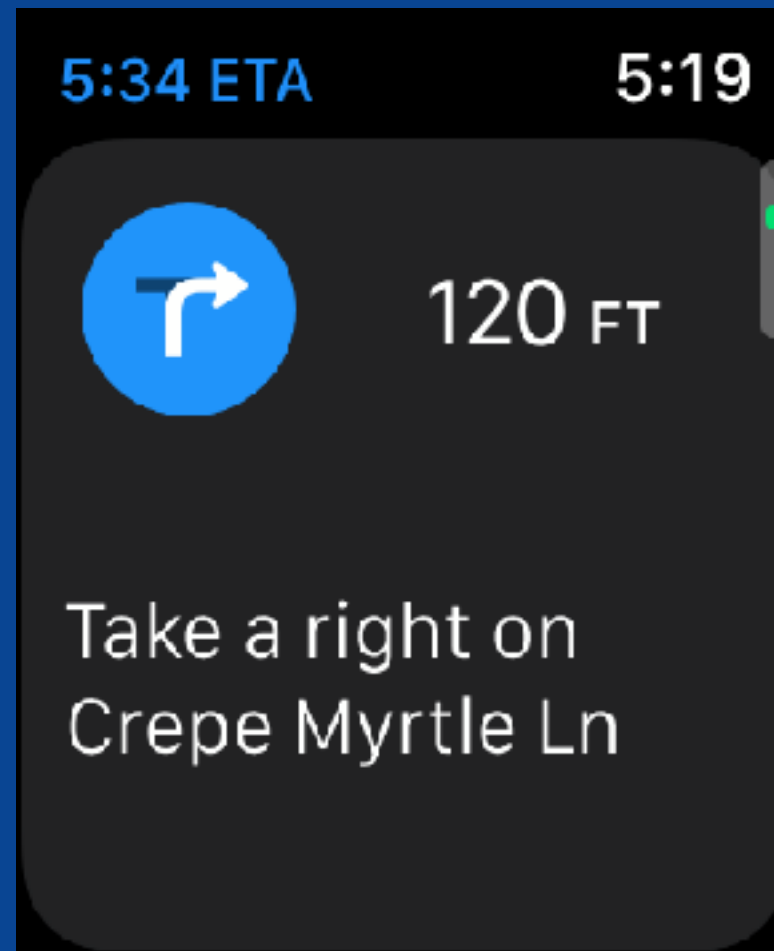
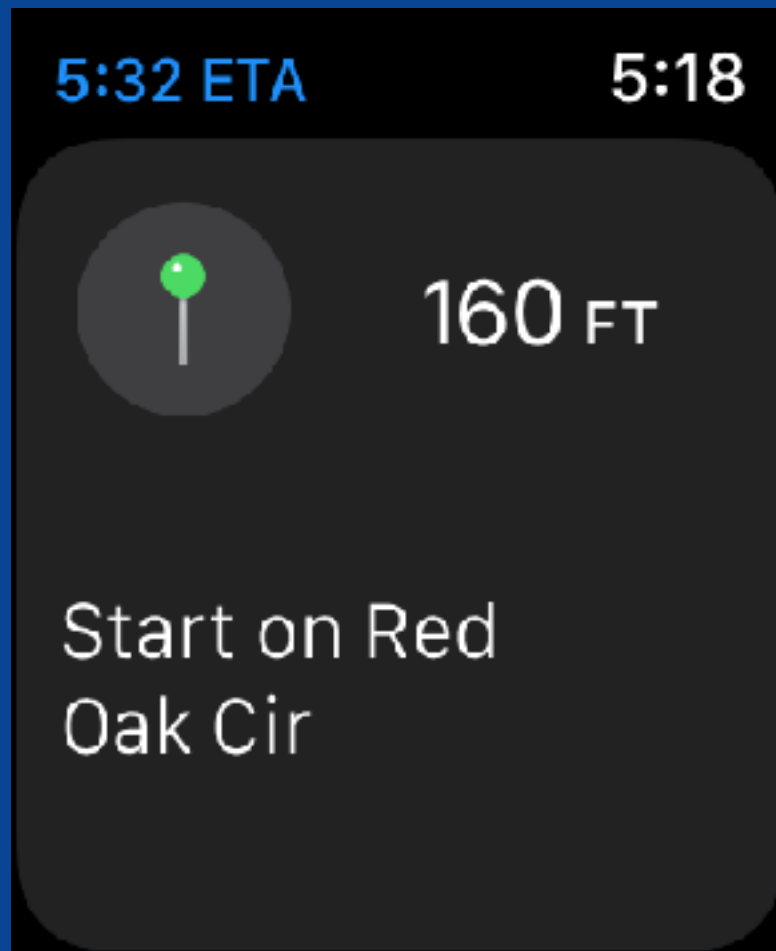


# My Watch Faces



Drag across the screen to easily switch watch faces

# Get Directions



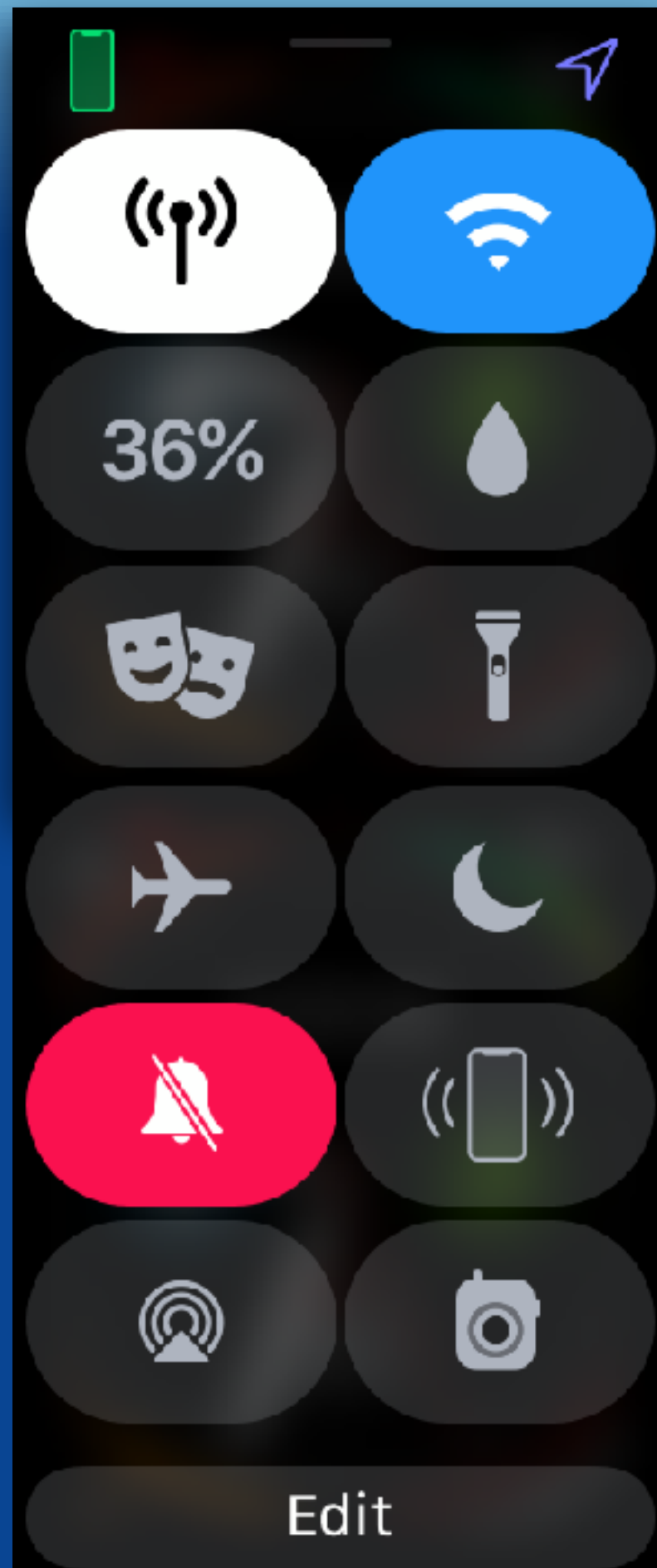
🍏 watch will tap your wrist to indicate 'time to turn'

Choose walking or driving directions

No voice prompts

# Control Center

Swipe up  
on Watch  
screen



- Connectivity options
- Battery %
- Water Lock
- Flashlight
- Airplane mode
- Do Not Disturb
- Sounds on/off
- Ping iPhone
- Audio out
- Walkie Talkie

# Questions?

