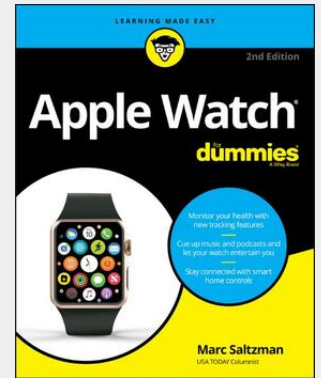


## Apple Watch For Dummies

Take a bite out of the new and improved Apple Watch! The Apple Watch is a powerful computer that's worn on your wrist -- and can serve as an invaluable companion, anytime and anywhere. Acting as a communication device, fitness and health tracker, and sleek time piece, the Apple Watch keeps you connected --and all hands-free. Apple Watch For Dummies gets you up to speed on the latest updates to WatchOS, and teaches you about all-new features, such as the walkie-talkie. You'll find out how to use it to set and maintain reachable goals for your fitness; monitor your heart rate, detect falls, and track other health-related info; send and receive text messages and emails; use Siri; get directions in real-time; learn about the best apps for work and play; and much, much more! \* Find tips for picking a watch model \* Get watch basics for newbies \* Adjust the settings \* Learn about the hottest apps \* Troubleshoot common issues Wrap your head around WatchOS 5 and the updated Apple Watch, even as it wraps around your wrist!

\* Monitor your health with new tracking features \* Cue up music and podcasts and let your watch entertain you \* Stay connected with smart home controls You're wearing superpowers on your wrist It's all in-or on-the wrist: communicating, keeping your schedule, monitoring your workout, checking weather and stock reports, enjoying your favorite music, paying for lunch, and yes, even finding out what time it is, of course. If you thought the Apple Watch was great before, just wait until you discover everything the newest watchOS makes possible. Learn how it can help you get healthier, manage your media, and even control your smart home. Use it to monitor your heart rate while reading this book, because you're going to get excited! Inside. \* Customize your Apple Watch and watch faces \* Master the interface and apps \* Get real-time GPS directions \* Set and maintain fitness goals \* Learn how Apple Watch tracks health info \* Stream your favorite music \* Use Apple Pay (r) and Apple Cash(TM) \* Manage calls, texts, and emails



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