

Apple Watch and Health

**Strait Macintosh User Group
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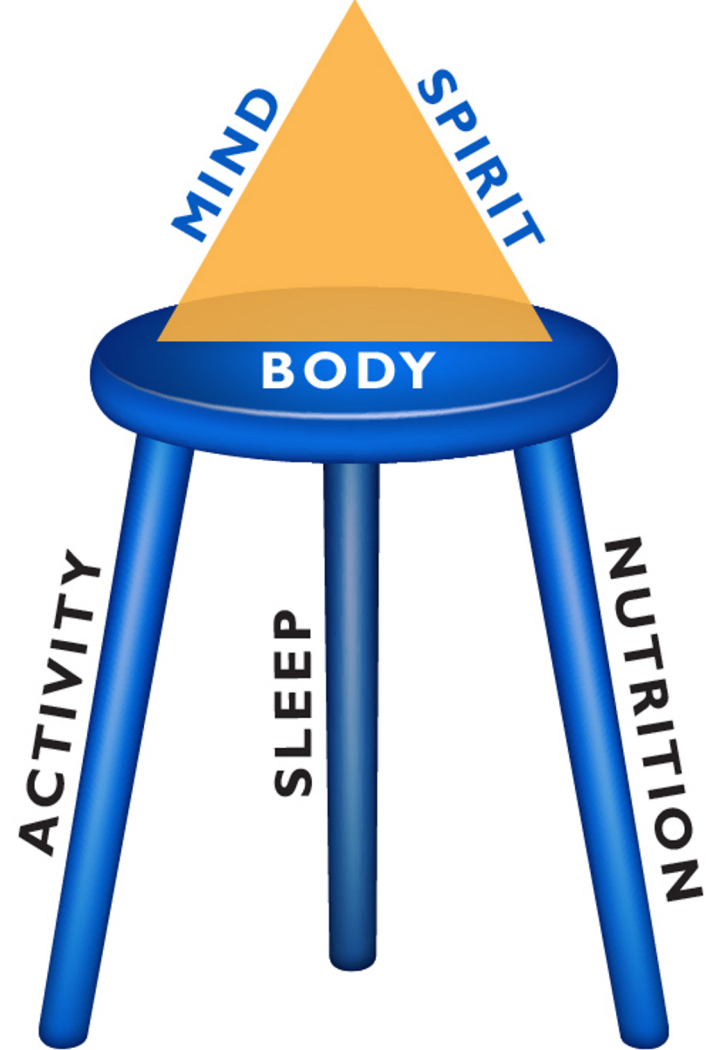


Health

- Body
- Mind
- Spirit



- Activity
- Sleep
- Nutrition



A watch face with complications...

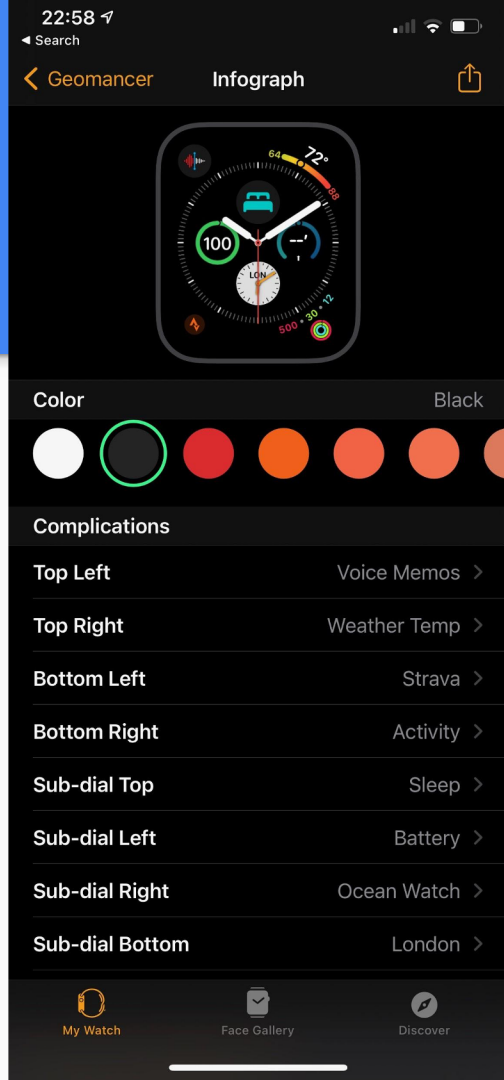
This watch face has eight complications:

- Voice memos
- Outside temperature
- Sleep tracking
- Watch battery
- Tides (not responding...)
- London time
- Strava activity tracking
- Activity tracking



iPhone Watch app

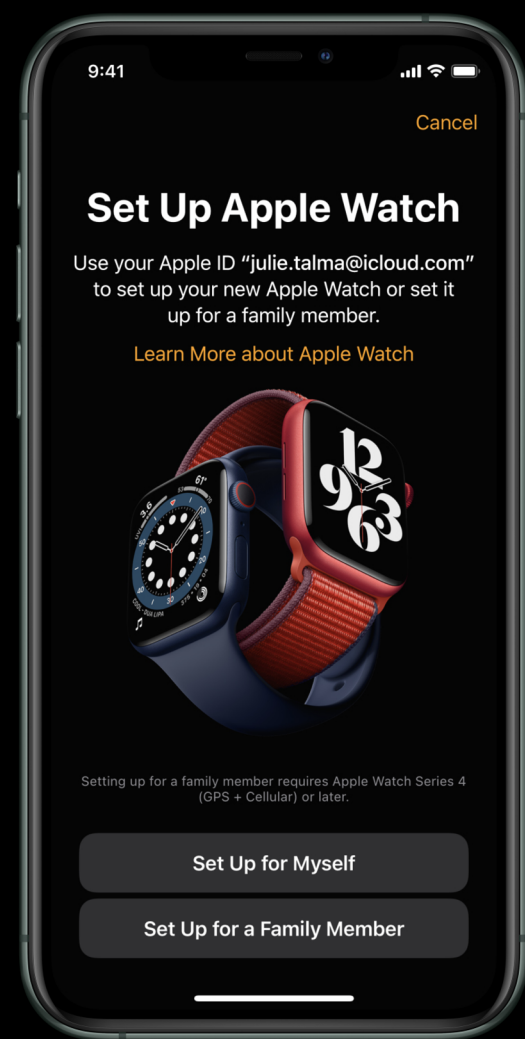
Use it to, among other things, customize watch.



Set up for family

You can set up a watch for a family member:

- Child
- Person you care for



Hand washing

Counts down

Compliments you.



Fall detection

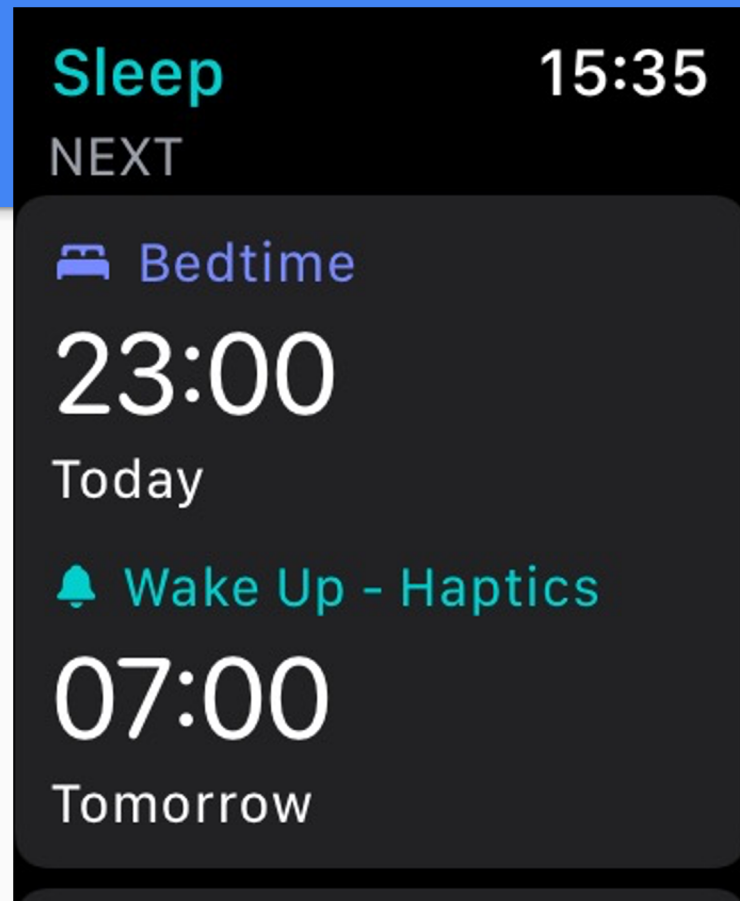
Calls 911 automatically if you do not respond.

Will also notify designated individuals.



Sleep tracking


Part of watchOS 7



The image shows a dark-themed notification card on a smartwatch. At the top, the word "Sleep" is written in teal, and the time "15:35" is in white. Below this, the word "NEXT" is in white. The main content is divided into two sections. The first section is titled "Bedtime" with a bed icon in purple, followed by the time "23:00" in large white font and the word "Today" below it. The second section is titled "Wake Up - Haptics" with a bell icon in teal, followed by the time "07:00" in large white font and the word "Tomorrow" below it.


Sleep 15:35

NEXT

 **Bedtime**

23:00

Today

 **Wake Up - Haptics**

07:00

Tomorrow

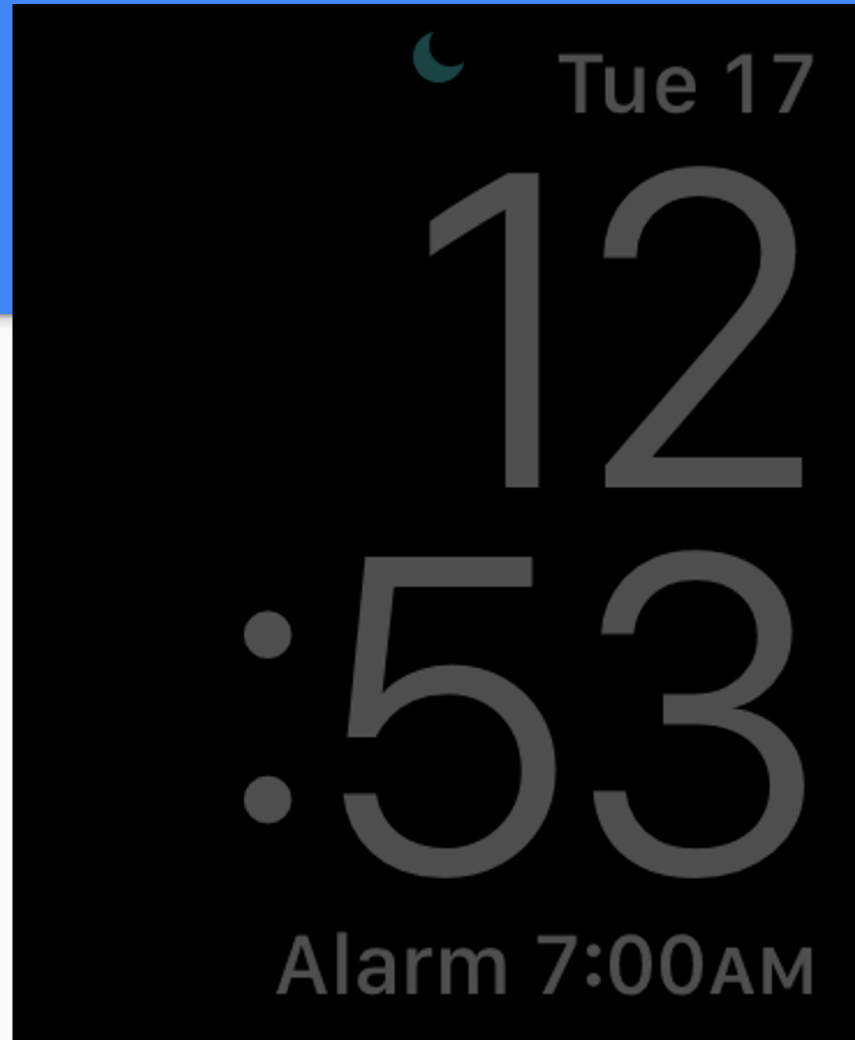
Sleep tracking (3)

Aim for consistency.



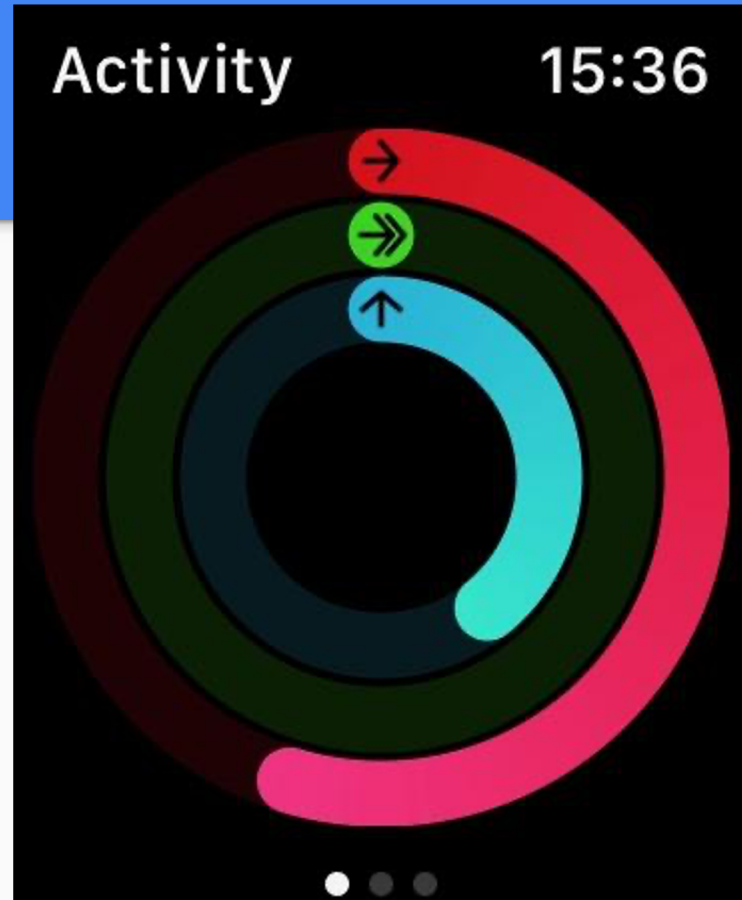
Sleep tracking (4)

- The watch goes to “sleep” (stopping alerts and notifications) at bedtime.
- In the morning, it raps you on the wrist to wake up. No alarm, just tapping.



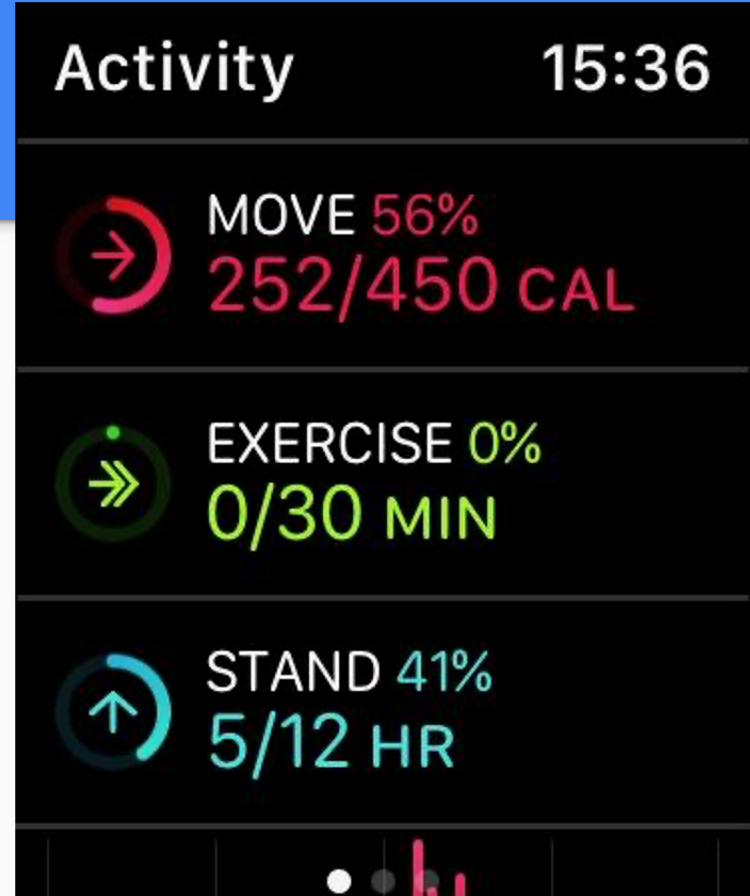
Activity tracking

Part of watchOS from the beginning



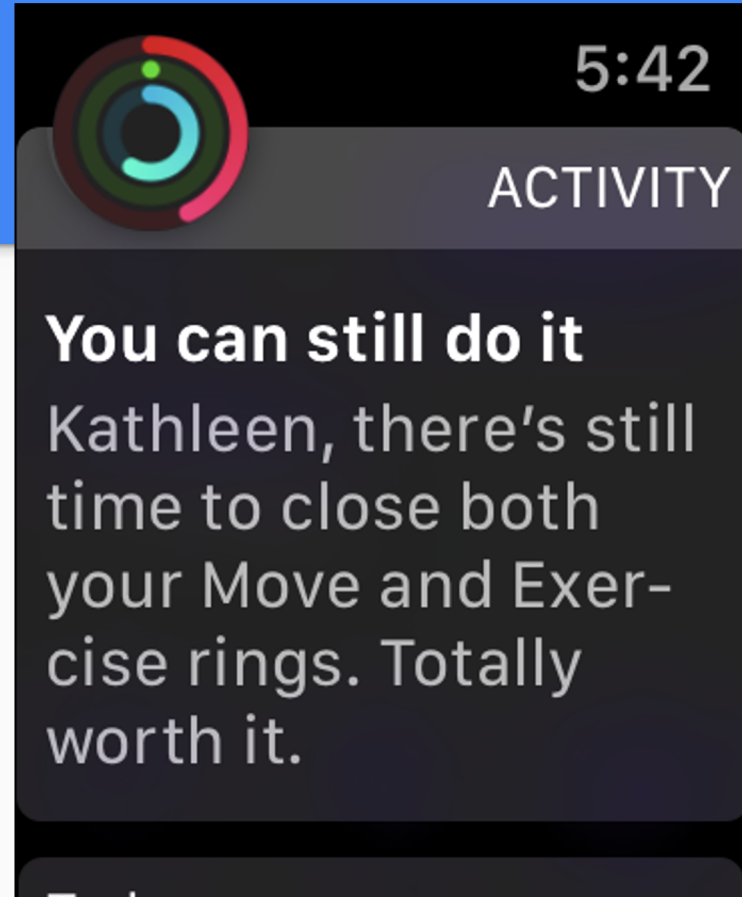
Activity tracking (2)

If you don't think rings are precise.



Activity tracking (3)

Apple Watch will coach and encourage you.



Apple Maps

Offers bike directions on the Watch



iPhone Health app

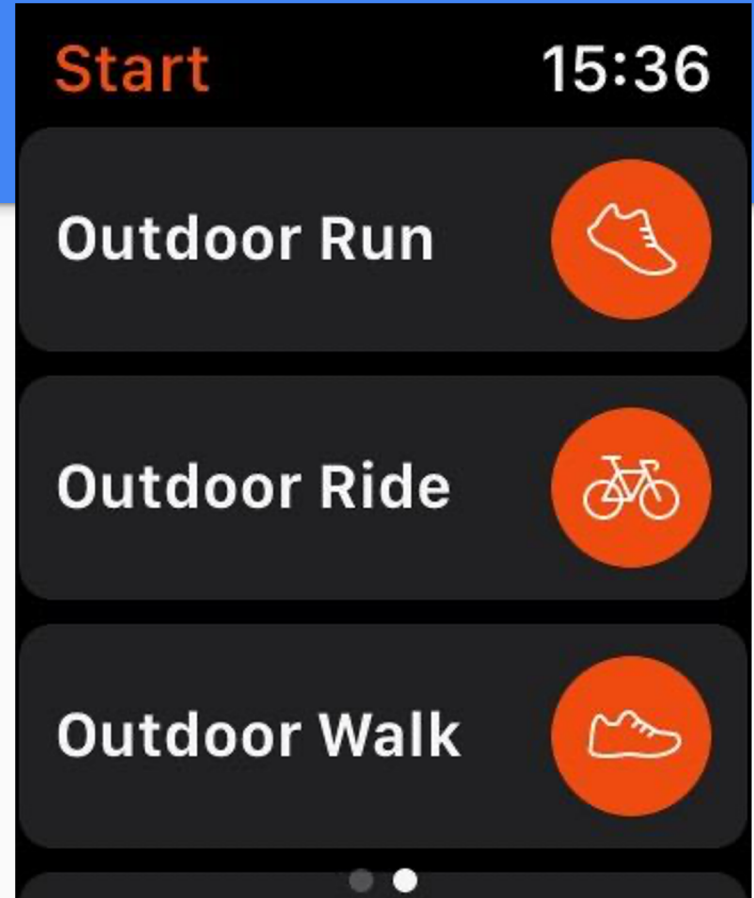
Many apps on the Watch feed data into the iPhone Health app, where it is easier to read and interpret and, if you wish, share with your spouse or doctor.



Strava

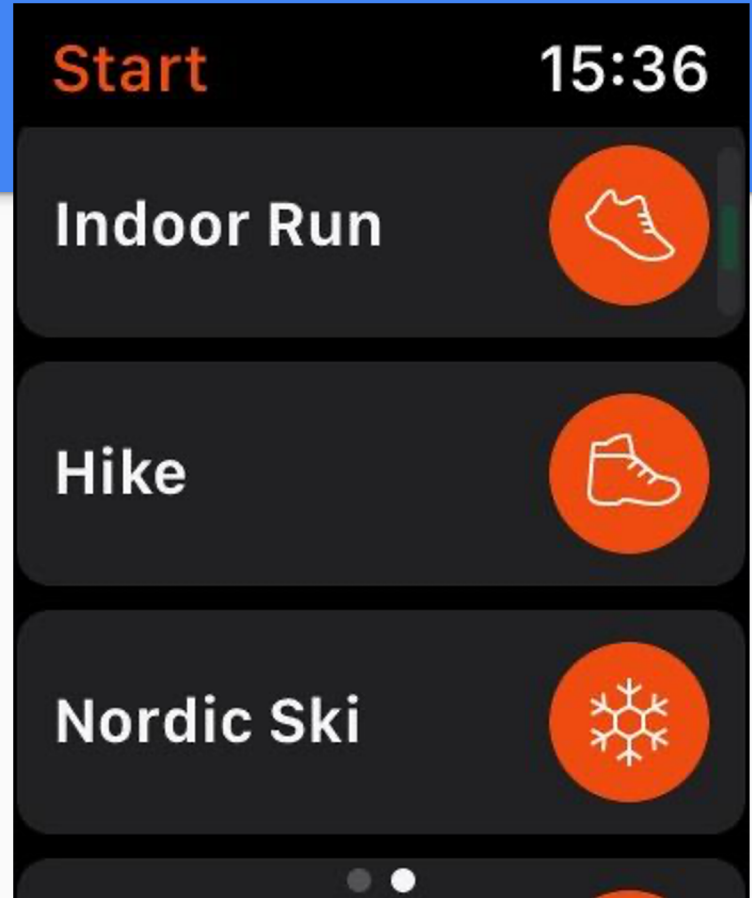
Third-party app; free.

Can track a number of different kinds of activity.



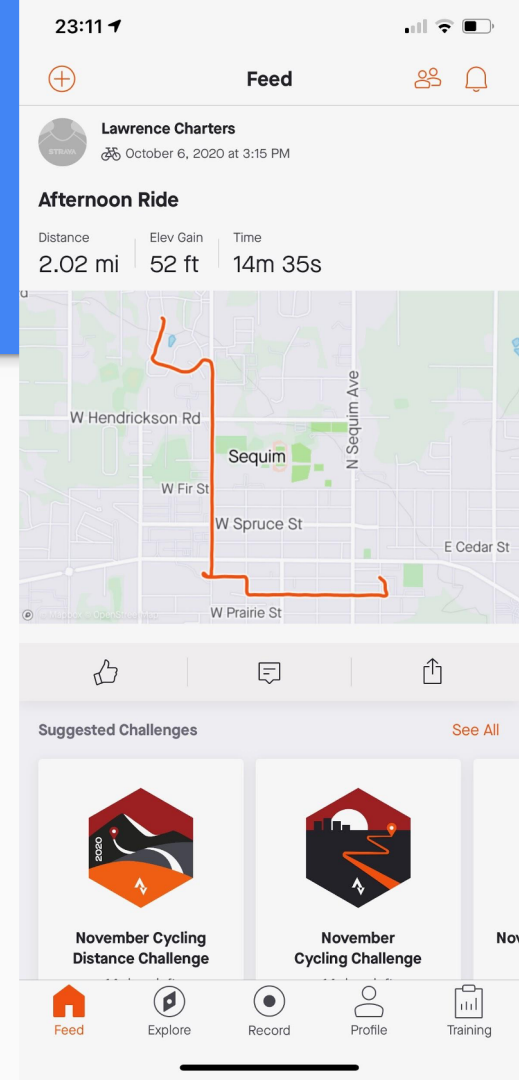
Strava (2)

Haven't tried Nordic Ski.



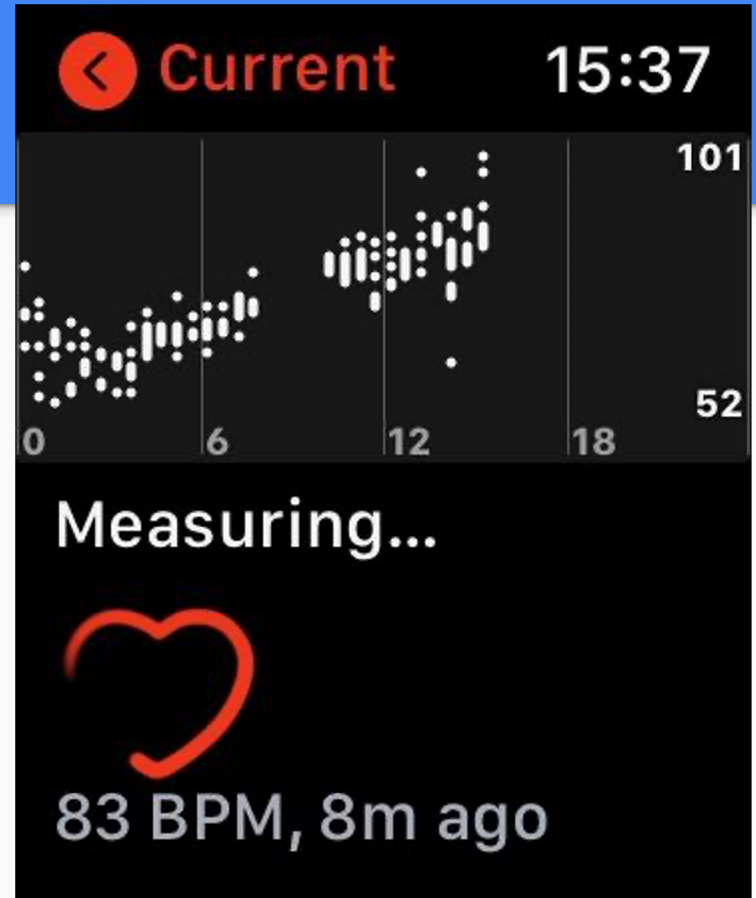
iPhone Strava app

The iPhone Strava app allows you to collect your activity in one place, and can even show you a map of what you did.



Heart rate

Standard Apple app.



ECG

Sends data to phone.

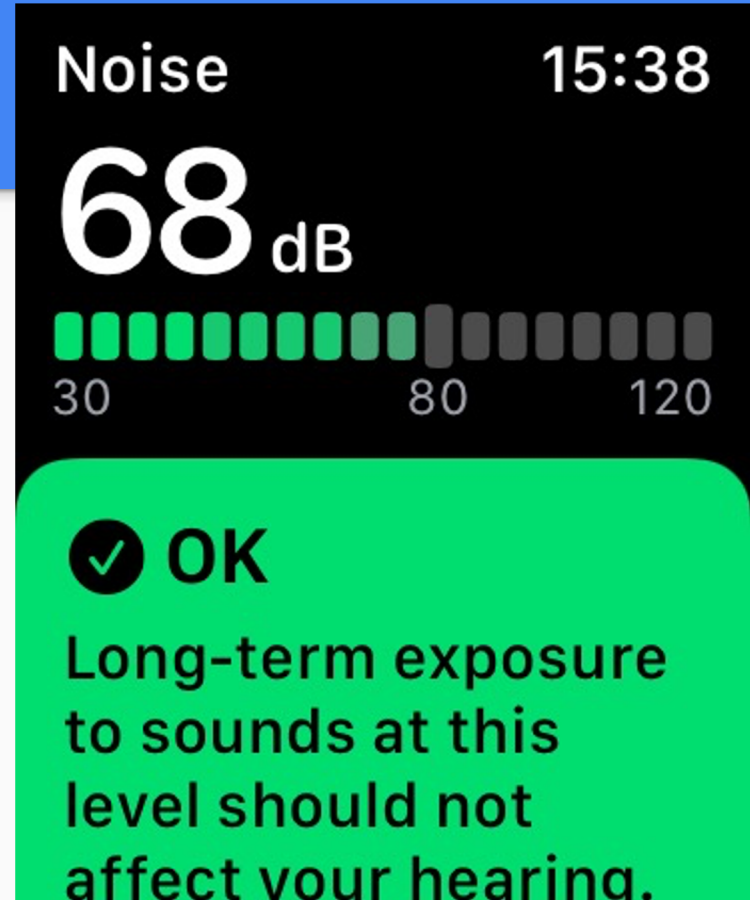
Phone can forward PDF to
Dr.



Noise monitoring

Raps you on the wrist if things are too loud.

Standard Apple app.



Medication reminders

Just an ordinary reminder, using Apple's Reminders app. Raps you on the wrist when necessary.

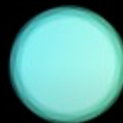
21:30

Momi med

Stop

Breath to relax

Standard Apple app.



Be still, and
bring your attention
to your breath.

Breath to relax (2)

Paces you with raps to the wrist.



Well done.

Asking for help

When you travel.



Voice memos

Standard Apple app.

Handy for taking health notes.

Syncs via iCloud with Voice Memos on Mac.

