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› Apple Watch Series 4 (GPS, 44mm) User Manual

Apple MU6A2LL/A

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INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your Apple Watch Series 4 (GPS, 44mm). Designed for convenience and health monitoring, this device integrates seamlessly with your daily life, offering features such as advanced heart sensors, fall detection, and activity tracking.

The Apple Watch Series 4 features a larger display, a Digital Crown with haptic feedback, and a faster S4 SiP processor. It is also swim-proof, allowing for use during water-based activities.



This image shows the Apple Watch Series 4 with a silver aluminum case and a white sport band. The watch face displays various complications including time (14:59), activity rings, heart rate, music, and weather. The Digital Crown is visible on the right side.

WHAT'S IN THE BOX

Verify that all the following items are included in your package:

- Apple Watch Series 4 (GPS, 44mm)
- Charging Cable
- Charger

SETUP

1. Charging Your Apple Watch

Before initial use, fully charge your Apple Watch. Connect the magnetic charging cable to the back of your watch and plug

the charger into a power outlet. The watch will display a charging indicator.

2. Attaching the Band

Slide the watch band into the slots on either side of the watch case until you hear a click. Ensure the band is securely fastened before wearing.

3. Pairing with iPhone

1. Ensure your iPhone is running the latest iOS version and has Bluetooth enabled.
2. Turn on your Apple Watch by pressing and holding the side button until the Apple logo appears.
3. Open the Apple Watch app on your iPhone.
4. Tap "Start Pairing" on both your iPhone and Apple Watch.
5. Position your iPhone so that your Apple Watch appears in the viewfinder in the Apple Watch app.
6. Follow the on-screen instructions to complete the pairing process, including setting up a passcode and choosing your preferred settings.

Note: An iPhone 6s or later with the latest iOS is required for optimal functionality.

OPERATING INSTRUCTIONS

Basic Navigation

- **Digital Crown:** Rotate to scroll, zoom, or adjust values. Press once to go to the watch face or app launcher. Double-press to switch between your last two apps. Press and hold for Siri.
- **Side Button:** Press once to open the Dock (recently used apps). Press and hold to access power options, Medical ID, and Emergency SOS. Double-press for Apple Pay.
- **Touch Display:** Tap to select, swipe to navigate, force touch for additional options.

Health and Fitness Tracking

- **Activity Rings:** Track your Move, Exercise, and Stand goals throughout the day.
- **Heart Rate Monitoring:** The optical heart sensor continuously monitors your heart rate. Access the Heart Rate app for detailed readings.
- **ECG App:** Use the ECG app to take an electrocardiogram directly from your wrist. Consult a medical professional for interpretation of results.
- **Fall Detection:** If a hard fall is detected, your Apple Watch can initiate an Emergency SOS call if you are unresponsive.
- **Workout App:** Select from various workout types, including running, swimming, cycling, and more, to track your performance.

Communication

- **Making Calls:** Use the Phone app or Siri to make calls directly from your watch.
- **Sending Messages:** Reply to messages using dictation, Scribble, or pre-set replies.

Water Resistance

The Apple Watch Series 4 is swim-proof and can be used for shallow-water activities like swimming in a pool or ocean. It is not recommended for scuba diving, waterskiing, or other activities involving high-velocity water or submersion below shallow depths.

MAINTENANCE

Cleaning Your Apple Watch

- Wipe your Apple Watch with a non-abrasive, lint-free cloth. If necessary, lightly dampen the cloth with fresh water.
- Do not use soaps, cleaning products, abrasive materials, or compressed air.
- After swimming, rinse your Apple Watch with fresh water and dry it thoroughly.

Battery Care

For optimal battery longevity, avoid extreme temperatures. Charge your watch regularly, but it is not necessary to fully discharge it before recharging.

Software Updates

Keep your Apple Watch software updated to ensure access to the latest features and security enhancements. Updates can be managed through the Apple Watch app on your iPhone.

TROUBLESHOOTING

Common Issues and Solutions

- **Watch not turning on:** Ensure the watch is charged. Connect it to the charger for at least 30 minutes.
- **Pairing issues:** Ensure Bluetooth is enabled on your iPhone and both devices are in close proximity. Restart both devices and try pairing again.
- **Inaccurate heart rate readings:** Ensure the watch is snug on your wrist, but not too tight. Clean the back of the watch.
- **Poor battery life:** Check for background app refresh settings. Reduce screen brightness. Ensure software is up to date.

For more detailed troubleshooting and support, refer to the official [Apple Support website](#) or the Apple Watch User Guide available online.

SPECIFICATIONS

Feature	Detail
Brand	Apple
Model Number	MU6A2LL/A
Product Dimensions	11.58 x 3 x 2.22 inches
Item Weight	1.28 ounces
Batteries	1 Lithium Ion battery (included)
Date First Available	November 1, 2018
Operating System	iOS
Memory Storage Capacity	16 GB

Special Feature	Accelerometer
Connectivity Technology	GPS
Wireless Communication Standard	802.11n
Battery Cell Composition	Lithium Ion
GPS	True
Screen Size	44 Millimeters

WARRANTY AND SUPPORT

Your Apple Watch Series 4 is covered by Apple's standard limited warranty. For detailed information regarding warranty terms, service options, and technical support, please visit the official [Apple Support website](#) or contact Apple customer service.

Additional resources, including comprehensive user guides and FAQs, are available online to assist you with any questions or issues you may encounter.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

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