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Apple Watch Series 3 (GPS + Cellular, 38mm) Instruction Manual

Model: MTGG2LL/A

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1. PRODUCT OVERVIEW

The Apple Watch Series 3 (GPS + Cellular, 38mm) is a versatile wearable device designed to enhance daily activities, communication, and health monitoring. This model features a Silver Aluminum Case with a White Sport Band, offering both style and functionality.



Image: Apple Watch Series 3, 38mm, Silver Aluminum Case with White Sport Band.

Key Features:

- GPS + Cellular connectivity for independent use.
- Retina display for clear visuals.
- Swimproof design for water activities.
- Optical heart sensor for heart rate monitoring.
- Storage for music, podcasts, and audiobooks.
- Elevation tracking.
- Emergency SOS functionality.
- S3 chip with dual-core processor for efficient performance.
- watchOS with Activity trends, cycle tracking, and hearing health innovations.
- Access to the App Store directly from your wrist.

2. SETUP GUIDE

2.1. What's in the Box

Before beginning, ensure all components are present:

- Apple Watch Case (38mm, Silver Aluminum)
- Sport Band (White, S/M or M/L length)
- 1m Magnetic Charging Cable
- USB Power Adapter



Image: Components included with the Apple Watch Series 3.

2.2. Initial Charging

Connect the magnetic charging cable to the back of your Apple Watch and plug the USB power adapter

into a power outlet. Allow the watch to charge until it powers on or indicates sufficient battery for setup.

2.3. Pairing with iPhone

1. Ensure your iPhone is updated to the latest iOS version and has Bluetooth enabled.
2. Power on your Apple Watch.
3. Open the Apple Watch app on your iPhone.
4. Follow the on-screen instructions to pair your watch. You may be prompted to align your iPhone's camera with an animation on the watch face.

2.4. Activating Cellular Service (GPS + Cellular Models Only)

For cellular functionality, you will need an active cellular plan for your Apple Watch through a supported carrier. This process typically involves:

1. During the pairing process, you will be given the option to set up cellular.
2. If setting up later, open the Apple Watch app on your iPhone, go to the "My Watch" tab, and tap "Cellular."
3. Follow the instructions provided by your carrier to activate the service. Ensure your iPhone's cellular settings allow for Apple Watch usage.

3. OPERATING YOUR APPLE WATCH

3.1. Basic Navigation

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





Image: Apple Watch Series 3 watch face showing time and weather.

3.2. Communication

With GPS + Cellular, you can make and receive calls and messages directly from your watch, even when your iPhone is not nearby.

- **Making Calls:** Use the Phone app on your watch or ask Siri.
- **Receiving Calls:** Tap the green button on the watch face to answer.
- **Messages:** Respond to messages using dictation, Scribble, or pre-set replies.



Image: Incoming call display on Apple Watch Series 3.

3.3. Health and Fitness Tracking

The Apple Watch Series 3 monitors various health and fitness metrics:

- **Activity Rings:** Track Move, Exercise, and Stand goals throughout the day.
- **Workouts:** Use the Workout app to track various activities like running, swimming, and cycling.
- **Heart Rate:** The optical heart sensor continuously monitors your heart rate.
- **Elevation:** The barometric altimeter tracks changes in elevation.



Image: Activity tracking display on Apple Watch Series 3.



Image: Heart rate monitoring display on Apple Watch Series 3.

3.4. Emergency SOS

Press and hold the side button until the Emergency SOS slider appears. Drag the slider to call emergency services. Your watch can also automatically call emergency services after a hard fall (if enabled).

4. CARE AND MAINTENANCE

4.1. Cleaning Your Apple Watch

To maintain performance and appearance:

- Turn off your Apple Watch and remove it from the charger.
- Wipe the watch and band 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.
- Dry the watch thoroughly before wearing or charging.

4.2. Water Resistance

The Apple Watch Series 3 is swimproof 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. Water resistance is not a permanent condition and may diminish over time. To avoid damage, avoid exposing your Apple Watch to soaps, shampoos, conditioners, lotions, perfumes, solvents, detergents, acids, acidic foods, insect repellent, sunscreen, oil, or hair dye.

4.3. Battery Life

The Apple Watch Series 3 offers up to 18 hours of battery life with typical usage. Actual battery life varies based on usage, cellular coverage, and other factors. To optimize battery performance, manage notifications, adjust brightness, and disable features like "Raise to Wake" if not frequently used.

5. TROUBLESHOOTING

5.1. Watch Not Pairing or Connecting

- Ensure both your iPhone and Apple Watch are powered on and charged.
- Verify Bluetooth is enabled on your iPhone.
- Restart both your iPhone and Apple Watch.
- If issues persist, try unpairing and re-pairing the watch through the Apple Watch app on your iPhone.

5.2. Cellular Connectivity Issues

If you experience problems with cellular service on your Apple Watch:

- Confirm your cellular plan for the watch is active with your carrier.
- Ensure your iPhone's cellular settings permit Apple Watch usage.
- Try resetting network settings on your iPhone (Settings > General > Transfer or Reset iPhone > Reset > Reset Network Settings).
- If you are setting up cellular for the first time, ensure the watch is not already paired to your phone via Wi-Fi before attempting cellular activation. A factory reset of the watch may be necessary to ensure a clean cellular setup.
- Contact your cellular carrier for assistance, as they can verify account status and provision the watch correctly.

5.3. General Performance Issues

- **Slow Performance:** Restart your watch. Close unused apps from the Dock.
- **Apps Not Responding:** Force quit the app by holding the side button until the power off screen appears, then press and hold the Digital Crown.
- **Battery Draining Quickly:** Review battery usage in the Apple Watch app on your iPhone. Adjust settings like background app refresh, notifications, and display brightness.

6. TECHNICAL SPECIFICATIONS

Model	Apple Watch Series 3 (GPS + Cellular, 38mm)
Item Model Number	MTGG2LL/A

Dimensions	38mm Case: 38.6mm (Height) x 33.3mm (Width) x 11.4mm (Depth)
Case Weight	34.9g (38mm GPS + Cellular)
Operating System	watchOS
Processor	S3 Dual-Core Processor
Storage Capacity	16 GB
Display	Retina display, Ion-X strengthened glass
Connectivity	LTE and UMTS, Wi-Fi (802.11b/g/n 2.4GHz), Bluetooth 4.2, GPS, GLONASS, Galileo, and QZSS
Sensors	Optical heart sensor, Barometric altimeter, Accelerometer, Gyroscope
Water Resistance	Swimproof (up to 50 meters)
Battery Type	Lithium Ion (built-in)
Battery Life	Up to 18 hours (typical usage)

7. WARRANTY AND SUPPORT

7.1. Product Warranty

Your Apple Watch Series 3 is covered by Apple's standard limited warranty. For detailed information regarding warranty terms, conditions, and coverage, please refer to the official Apple warranty documentation included with your product or visit the official Apple Support website.

7.2. Customer Support

For further assistance, technical support, or service inquiries, please contact Apple Support directly:

- Online Support:** Visit support.apple.com/watch
- Phone Support:** Refer to Apple's website for local contact numbers.
- Apple Store:** Visit an authorized Apple Store or service provider.

Before contacting support, it is recommended to have your product's serial number available. The serial number can be found on the original packaging or within the Watch app on your iPhone (My Watch > General > About).