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> Apple Watch SE (GPS + Cellular, 44mm) Instruction Manual

Apple MYER2LL/A-cr

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Model: MYER2LL/A-cr

INTRODUCTION

Welcome to your Apple Watch SE (GPS + Cellular, 44mm). This manual provides essential information to help you set up, operate, and maintain your device. The Apple Watch SE is designed to keep you connected, active, and healthy, offering a bright LTPO OLED Retina display, comprehensive fitness tracking, and cellular connectivity.



Image: Apple Watch SE (GPS + Cellular, 44mm) with Space Gray Aluminum Case and Black Sport Band.

SETUP

1. Unboxing and Initial Inspection

Carefully remove your Apple Watch SE and its accessories from the packaging. Ensure all components, including the watch, charging cable, and sport band, are present.



Image: Close-up of the Apple Watch SE screen displaying activity rings and the current time.

2. Attaching the Band

Slide the watch band into the slots on the top and bottom of the watch case until you hear a click. Ensure both ends are securely fastened.

3. Charging Your Apple Watch

Connect the magnetic charging cable to a USB power adapter (not included) and plug it into a power outlet. Place the back of your Apple Watch on the magnetic charger. The watch will display a charging indicator.

4. Pairing with Your iPhone

1. Turn on your Apple Watch by pressing and holding the side button until the Apple logo appears.
2. Bring your iPhone near your Apple Watch. A pairing screen will appear on your iPhone.
3. Tap 'Continue' and follow the on-screen instructions to pair your devices. You may need to use your iPhone's camera to scan an animation on the watch face.
4. Set up your preferences, including cellular plan activation (if applicable), passcode, and app installations.

OPERATING YOUR APPLE WATCH SE

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 (recent apps). Double-press for Apple Pay. Press and hold for Emergency SOS or to power off.
- **Touch Screen:** Tap to select, swipe to navigate between screens, and force touch (press firmly) for additional options in some apps.

Key Features

- **Calls & Texts:** Make and receive calls and send messages directly from your wrist, even without your iPhone nearby (with cellular model).
- **Notifications:** Receive alerts from your iPhone apps.
- **Apple Pay:** Double-press the side button to make secure payments.
- **Siri:** Ask questions, set reminders, and control smart home devices with your voice.
- **Maps:** Get turn-by-turn directions with haptic feedback.
- **Music & Audiobooks:** Stream or sync music, podcasts, and audiobooks for on-the-go listening.

Health and Fitness Tracking

The Apple Watch SE helps you monitor your health and track your fitness goals.

Meet your Sleep goals



Stream 70 million songs

Keep an eye on your rate



Track every way
you work out

Stay
motivated to

Move →

Exercise →→

Stand ↑



Image: A collage showcasing various Apple Watch SE features such as sleep tracking, music playback, heart rate monitoring, and activity rings.

- **Activity Rings:** Track your daily movement (Move, Exercise, Stand) to encourage an active lifestyle.
- **Workouts:** Choose from a variety of workout types (running, swimming, yoga, cycling, HIIT) to track specific metrics and set goals.
- **Heart Rate Monitoring:** Monitor your heart rate throughout the day and receive notifications for high or low heart rates, or irregular rhythms.
- **Hand-washing Detection:** Automatically detects when you're washing your hands and starts a 20-second timer.
- **Sleep Tracking:** Monitor your sleep patterns and trends.
- **Cycle Tracking:** Log your menstrual cycle and receive predictions.

MAINTENANCE

Cleaning Your Apple Watch

Regularly clean your Apple Watch to maintain its performance and appearance. Use a soft, lint-free cloth. If necessary, lightly dampen the cloth with fresh water. Avoid using harsh chemicals or abrasive materials.

Water Resistance

The Apple Watch SE is water-resistant up to 50 meters (164 feet) and is suitable 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 may decrease over time.

TROUBLESHOOTING

Common Issues and Solutions

- **Watch not turning on:** Ensure the watch is charged. Connect it to the magnetic charging cable and allow it to charge for at least 30 minutes.
- **Pairing issues:** Make sure your iPhone's Bluetooth is enabled and both devices are within range. Restart both your iPhone and Apple Watch.
- **Notifications not appearing:** Check your iPhone's notification settings for the Apple Watch app and individual apps. Ensure 'Do Not Disturb' is not active on either device.
- **Poor battery life:** Reduce screen brightness, disable unnecessary background app refresh, and limit notifications.
- **Heart rate sensor not working:** Ensure the watch is snug on your wrist. Clean the back of the watch and your wrist.

For more detailed troubleshooting, refer to the official Apple Support website.

SPECIFICATIONS

Feature	Detail
Brand	Apple
Model Name	Watch Series SE
Model Number	MYER2LL/A-cr
Operating System	WatchOS
Memory Storage Capacity	32 GB
Screen Size	44 Millimeters
Display Type	AMOLED
Maximum Display Brightness	1000 Nit
Connectivity Technology	Bluetooth, Wi-Fi, NFC, 4G LTE
GPS	Built-in GPS
Water Resistance Depth	164 Feet (50 meters)
Battery Capacity	296 Milliamp Hours
Battery Average Life	15 Hours
Case Material Type	Aluminum
Band Material Type	Aluminum (Sport Band)
Color	Space Gray Aluminum Case with Black Sport Band

Item Weight	1.28 Ounces
What's in the Box	Apple Watch SE, Charging Cable

WARRANTY

This Apple Watch SE (Renewed) comes with a **90-day limited warranty**. For specific terms and conditions, please refer to the warranty documentation provided with your purchase or contact the seller.

SUPPORT

For additional support, technical assistance, or service inquiries, please visit the official [Apple Watch Support website](#) or contact the seller directly. You can also find helpful tips and guides within the Apple Watch app on your iPhone.