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› Apple Watch SE (Gen 1) GPS 40mm User Manual

Apple MKQ13LL/A

Apple Watch SE (Gen 1) GPS 40mm User Manual

Model: MKQ13LL/A

INTRODUCTION

The Apple Watch SE (Gen 1) GPS 40mm is a smart wearable device designed to keep you connected, active, and informed. It features a Retina display, GPS functionality, and a range of sensors for fitness and health tracking. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.



Image: Apple Watch SE (Gen 1) 40mm, showcasing the Digital Crown and side button on the Space Grey Aluminium Case.

WHAT'S IN THE BOX

Verify that all components are present in your Apple Watch SE packaging:

- Apple Watch SE (Gen 1) Case
- Sport Band (Midnight)
- USB-C Magnetic Charging Cable



Get 3 months free when you buy an Apple Watch



Image: The Apple Watch SE case, Midnight Sport Band, and USB-C Magnetic Charging Cable as packaged.

SETUP

Charging Your Apple Watch

Before initial use, fully charge your Apple Watch. Connect the USB-C Magnetic Charging Cable to a compatible USB-C 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.

Pairing with iPhone

The Apple Watch SE requires an iPhone 6s or later running the latest iOS version for setup and full functionality. To pair:

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 animation will appear on your iPhone.
3. Tap "Continue" on your iPhone and follow the on-screen instructions to set up your watch. You may be prompted to scan the animation on your watch with your iPhone's camera.
4. Choose to set up for yourself or for a family member.
5. Agree to the terms and conditions, create a passcode, and customize settings such as text size and activity tracking preferences.

OPERATING YOUR APPLE WATCH SE

Basic Navigation

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



Image: Detail of the Digital Crown and side button on the Apple Watch SE, used for navigation and control.

Connectivity and Communication

With your Apple Watch SE (GPS model), you can make and receive calls, send texts, and use Siri when connected to your iPhone

via Bluetooth or a known Wi-Fi network. Emergency SOS can be activated by pressing and holding the side button.

Fitness and Health Tracking

The Apple Watch SE tracks various health and fitness metrics:

- **Activity Rings:** Track Move, Exercise, and Stand goals throughout the day.
- **Workouts:** Measure various workouts like running, cycling, swimming, and more with detailed metrics including GPS tracking.
- **Heart Rate Monitor:** Monitor your heart rate and receive notifications for irregular heart rhythms.
- **Sleep Tracking:** Monitor sleep patterns and trends.
- **Fall Detection:** Automatically calls emergency services if a hard fall is detected and you are unresponsive.

Meet your
Sleep  goals



Track every way
you work out



Sync your favorite songs

Keep an eye on
your  rate

Stay
motivated to

Move →

Exercise →→

Stand ↑



Image: Apple Watch SE displaying real-time workout data, including duration, active calories, heart rate, pace, and distance.

What's in the Box



Sport Band



USB-C Magnetic Charging Cable



Image: A visual summary of Apple Watch SE capabilities, including sleep goal tracking, music synchronization, continuous heart rate monitoring, diverse workout tracking icons, and the activity rings interface.

Apps on Your Wrist

Access a variety of apps directly from your Apple Watch, including Calendar, Wallet for Apple Pay, and Mindfulness. The App Store offers tens of thousands of additional applications to expand your watch's functionality.

MAINTENANCE

Cleaning Your Apple Watch

To clean your Apple Watch, power it off and disconnect it from the charger. Wipe the watch and band with a soft, lint-free cloth. If necessary, slightly dampen the cloth with fresh water. Avoid using harsh chemicals or abrasive materials, as these can damage the device.

Water Resistance

The Apple Watch SE 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.

TROUBLESHOOTING

If you encounter issues with your Apple Watch SE, consider the following common solutions:

- **Watch Not Responding:** Force restart by holding both the Digital Crown and the side button for at least 10 seconds until you see the Apple logo.
- **Pairing Issues:** Ensure your iPhone's Bluetooth is on and both devices are charged. Try restarting both your iPhone and Apple Watch.
- **Battery Life Concerns:** Optimize settings by reducing background app refresh, turning off unnecessary notifications, and using power-saving modes if available.
- **Connectivity Problems:** Verify that your iPhone is within range or that your watch is connected to a known Wi-Fi network.
- **Software Updates:** Ensure both your Apple Watch and iPhone are running the latest software versions. Updates often include bug fixes and performance improvements.

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

SPECIFICATIONS

Product Dimensions	10.47 x 2.99 x 1.36 inches
Item Weight	1.28 ounces
Manufacturer	Apple
ASIN	B09G96SSLB
Item Model Number	MKQ13LL/A
Batteries	1 Lithium Ion battery required (included)
Operating System	WatchOS
Memory Storage Capacity	1 GB
Special Features	Activity Tracker, Heart Rate Monitor, Sleep Monitor, Voice Control, GPS, Music Player, Phone Call, Fall Detection, SOS Button
Connectivity Technology	USB
Wireless Communication Standard	802.11bgn
GPS	True
Shape	Square
Screen Size	40 Millimeters

WARRANTY AND SUPPORT

Limited Warranty

Every Apple Watch comes with a one-year limited hardware repair coverage through its limited warranty. This warranty covers manufacturing defects and hardware failures under normal use conditions.

Technical Support

Complimentary technical support is available for up to 90 days from the date of purchase. For extended coverage and reduced costs for unexpected repairs, AppleCare+ is available for purchase separately.

Contacting Support

For further assistance, product information, or to initiate a warranty claim, please visit the official Apple Support website: support.apple.com/watch

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