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› [Apple](#) /

› Apple Watch SE (1st Generation) GPS + Cellular 44mm User Manual

Apple MKRR3LL/A

Apple Watch SE (1st Generation) GPS + Cellular 44mm User Manual

Model: MKRR3LL/A

INTRODUCTION

The Apple Watch SE (1st Generation) is a versatile smart wearable designed to integrate with your Apple ecosystem. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device. It features a Retina display, GPS, cellular connectivity, and various health and fitness tracking capabilities.

WHAT'S IN THE BOX

Verify that all components are present in the packaging:

- Apple Watch SE (1st Generation) Case
- Sport Band
- USB-C Magnetic Charging Cable

What's in the Box



Sport Band



USB-C Magnetic Charging Cable



Image: The Apple Watch SE case, sport band, and USB-C magnetic charging cable as packaged in the box.

SETUP

1. Charging Your Apple Watch

Before initial use, fully charge your Apple Watch. Connect the USB-C Magnetic Charging Cable to a power adapter (sold separately) and then attach the magnetic end to the back of your Apple Watch. The watch will indicate when it is charging.

2. Pairing with an iPhone

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

1. Power 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 pair the devices. You may be prompted to scan an

animation on the watch face with your iPhone camera.

4. Choose to set up for yourself or for a family member (Family Setup).
5. Agree to the terms and conditions, create a passcode, and configure settings such as cellular, Apple Pay, and activity tracking.



Image: A close-up view of the Apple Watch SE, highlighting the display and the Digital Crown on the side.

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 list. Double-press to switch between recent 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 Display:** Tap to select, swipe to navigate, force touch for additional options (on supported apps).

Key Features

The Apple Watch SE offers a range of functionalities:

- **Cellular Connectivity:** With a cellular plan, make calls, send texts, stream music, and use Siri directly from your watch without your iPhone nearby. This also enables Emergency SOS functionality.
- **Fitness Tracking:** Track daily activity with Move, Exercise, and Stand rings. Monitor various workouts including running, swimming, cycling, and more using advanced sensors and GPS.
- **Health Monitoring:** Receive notifications for irregular heart rhythms, track sleep patterns, and utilize features like fall detection and Emergency SOS for safety.
- **Applications:** Access built-in apps like Calendar, Wallet, and Mindfulness. Expand functionality by downloading thousands of additional apps from the App Store directly on your watch.
- **Customization:** Personalize your Apple Watch with a variety of watch faces and interchangeable bands to match your style.



Image: The Apple Watch SE displaying real-time workout data, including active calories, heart rate, average mile pace, and total distance covered.

Meet your
Sleep  goals



Stream 75 million songs

Keep an eye on
your  rate



Track every way
you work out

Stay
motivated to

Move →

Exercise →→

Stand ↑



Image: A visual representation of the Apple Watch SE's capabilities, including sleep tracking, streaming music, monitoring heart rate, and tracking diverse physical activities.

MAINTENANCE AND CARE

Cleaning

To clean your Apple Watch, wipe it with a non-abrasive, lint-free cloth. If necessary, lightly dampen the cloth with fresh water. Avoid using soaps, cleaning products, abrasive materials, or compressed air. Ensure the watch is dry before charging.

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.

Battery Care

For optimal battery life, avoid exposing your Apple Watch to extreme temperatures. Charge the device regularly using the provided magnetic charging cable. Battery performance may vary based on usage and cellular connectivity.

TROUBLESHOOTING

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

- **Watch Not Turning On:** Ensure the watch is sufficiently charged. Connect it to the charger for at least 30 minutes.
- **Pairing Issues:** Ensure your iPhone's Bluetooth is enabled and both devices are close to each other. Restart both your iPhone and Apple Watch.
- **Cellular Connectivity Problems:** Verify your cellular plan is active and correctly configured for your Apple Watch. Check for network coverage in your area.
- **Inaccurate Readings (Heart Rate/Activity):** Ensure the watch is worn snugly on your wrist. Clean the back of the watch to ensure sensors are clear.
- **Battery Draining Quickly:** Reduce background app refresh, turn off unnecessary notifications, and limit cellular usage when possible.

For more detailed troubleshooting or persistent issues, refer to the official Apple Support website or contact Apple customer service.

SPECIFICATIONS

Feature	Detail
Model Name	Apple Watch SE (1st Generation)
Model Number	MKRR3LL/A
Connectivity	GPS + Cellular, USB
Screen Size	44 Millimeters
Operating System	WatchOS
Special Features	Activity Tracker, GPS, Heart Rate Monitor, Sleep Monitor, Voice Control
Water Resistance	Swimproof
Item Weight	1.28 ounces
Product Dimensions	10.47 x 2.99 x 1.36 inches
Battery Type	Lithium Ion (1 required, included)
First Available Date	September 14, 2021

WARRANTY AND SUPPORT

Limited Warranty

Every Apple Watch SE comes with a one-year limited hardware warranty. This warranty covers manufacturing defects and issues under normal use conditions.

Technical Support

Complimentary technical support is available for up to 90 days from the date of purchase. This support assists with setup, installation, assembly, and basic usage questions.

AppleCare+

For extended coverage and reduced costs for unexpected repairs, AppleCare+ is available for purchase. This service extends your warranty and technical support coverage.

Contacting Support

For further assistance, visit the official [Apple Support website for Apple Watch](#) or contact Apple customer service directly.

ASK A QUESTION ABOUT THIS MANUAL

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