

Apple Apple Watch Ultra MQET3LL/A

Apple Watch Ultra GPS + Cellular 49mm Smart Watch Instruction Manual

Model: MQET3LL/A

1. INTRODUCTION

This manual provides essential information for the setup, operation, maintenance, and troubleshooting of your Apple Watch Ultra GPS + Cellular 49mm Smart Watch. Designed for endurance athletes, outdoor adventurers, and water sports enthusiasts, the Apple Watch Ultra combines robust features with advanced technology to support your active lifestyle.

2. PRODUCT OVERVIEW

The Apple Watch Ultra features a rugged 49mm titanium case, a bright Always-On Retina display, and a customizable Action button. It is equipped with precision dual-frequency GPS and advanced health sensors.

Key Features:

- **Rugged Titanium Case:** 49mm corrosion-resistant titanium case for enhanced durability.
- **Always-On Retina Display:** Bright and easy to read, even in direct sunlight.
- **Customizable Action Button:** Provides instant physical control over various functions.
- **Precision Dual-Frequency GPS:** For accurate distance, route, and pace calculations.
- **Advanced Health Sensors:** Includes Heart Rate Zones, ECG, Blood Oxygen (SpO2), and temperature sensing.
- **Water Resistance:** Rated for 100m, suitable for high-impact water sports and recreational diving (with Oceanic+ app).
- **Cellular Connectivity:** Stay connected, make calls, and send texts without your iPhone.
- **Extended Battery Life:** Up to 36 hours of typical use.
- **Safety Features:** Fall Detection, Crash Detection, and an 86-decibel Siren.



An infographic highlighting key features of the Apple Watch Ultra, including its rugged 49mm titanium case, precision dual-frequency GPS, three specialized bands, and up to 36 hours of battery life.

Components:



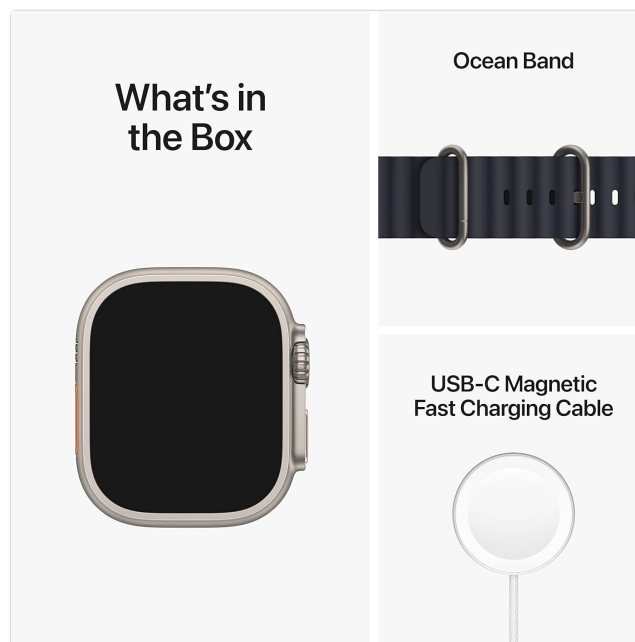
Front view of the Apple Watch Ultra, displaying a compass watch face with various metrics like UV index, temperature, and altitude. The watch features a rugged titanium case and a dark-colored Ocean Band.



Rear view of the Apple Watch Ultra, highlighting the ceramic and sapphire crystal back with optical heart sensors. The image also shows the attachment mechanism for the Midnight Ocean Band and engraved details like "WATCH ULTRA" and "WR-100M".

What's in the Box:

- Apple Watch Ultra Case (49mm Titanium)
- Midnight Ocean Band
- USB-C Magnetic Fast Charging Cable (1m)



An image showing the typical contents of the Apple Watch Ultra packaging: the watch case, the Ocean Band, and the USB-C Magnetic Fast Charging Cable.

3. SETUP

3.1 Charging Your Apple Watch Ultra

1. Connect the USB-C Magnetic Fast Charging Cable to a USB-C power adapter (sold separately) and plug it into a

power outlet.

2. Place the back of your Apple Watch Ultra on the magnetic charger. The charger will snap into place.
3. The watch display will show a charging indicator. Allow the watch to charge until it has sufficient power to begin setup.

3.2 Pairing with Your iPhone

1. Ensure your iPhone is updated to the latest iOS version and has Bluetooth and Wi-Fi enabled.
2. Turn on your Apple Watch Ultra by pressing and holding the Side Button until the Apple logo appears.
3. Bring your iPhone near your Apple Watch. A pairing screen will appear on your iPhone. Tap "Continue".
4. Position your iPhone so that your Apple Watch appears in the viewfinder in the Apple Watch app.
5. Follow the on-screen instructions on both your iPhone and Apple Watch to complete the pairing process, including setting up a passcode, cellular plan (if applicable), and other preferences.

4. OPERATING INSTRUCTIONS

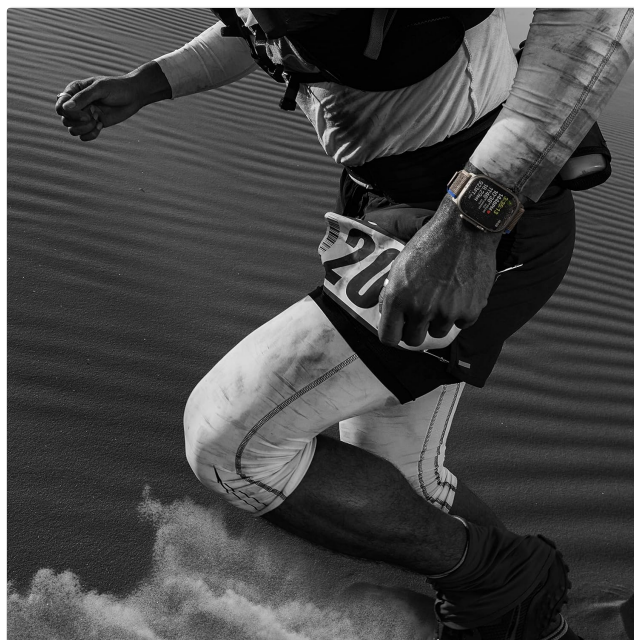
4.1 Basic Navigation

- **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 for Siri.
- **Side Button:** Press once to open the Dock (recently used apps). Press and hold to access emergency services, Medical ID, or power options.
- **Action Button:** Customizable orange button on the left side. By default, it can start a workout, mark a Compass Waypoint, or begin a dive. Customize its function in Settings.
- **Touch Display:** Tap to select, swipe to navigate, force press for additional options (Force Touch).

4.2 Fitness Tracking and Workouts

The Workout app provides advanced metrics for various activities. Use the Action button for quick workout starts.

- Open the **Workout app** to select an activity.
- Monitor Heart Rate Zones, Running Form, and other data during your exercise.
- Precision dual-frequency GPS enhances accuracy for outdoor activities.



A person running outdoors, wearing the Apple Watch Ultra on their wrist. The watch face is visible, displaying workout metrics, emphasizing its use for endurance athletes.

4.3 Navigation and Outdoor Features

The redesigned Compass app offers enhanced navigation tools.

- Use **Compass Waypoints** to mark locations.
- The **Backtrack** feature uses GPS to retrace your steps.
- The watch provides real-time altitude and environmental data.



A close-up image of a hand adjusting the Digital Crown of the Apple Watch Ultra, which displays the Compass app with a detailed directional interface. This highlights the watch's navigation capabilities for outdoor adventurers.

4.4 Water Sports and Diving

The Apple Watch Ultra is designed for water sports, including recreational diving.

- The **Oceanic+ app** (available separately) turns your watch into a dive computer.
- Ensure the watch is properly sealed before engaging in water activities.



An underwater image showing a diver wearing the Apple Watch Ultra, demonstrating its use for water sports and diving. The watch face is illuminated, indicating its functionality in aquatic environments.

4.5 Health and Safety Features

- **Heart Rate Monitor & ECG:** Track heart rate and perform ECG readings via the ECG app.
- **Blood Oxygen (SpO2):** Measure blood oxygen levels using the Blood Oxygen app.
- **Temperature Sensing:** Provides retrospective ovulation estimates and advanced cycle tracking features.
- **Fall Detection & Crash Detection:** Automatically contacts emergency services in the event of a severe fall or car crash.
- **Siren:** Hold the Action button to activate an 86-decibel siren audible up to 600 feet away for emergency situations.

5. MAINTENANCE

5.1 Cleaning Your Apple Watch Ultra

- Turn off your Apple Watch and remove it from the charger.
- Clean the watch and band with a non-abrasive, lint-free cloth. If necessary, lightly dampen the cloth with fresh water.
- For the Ocean Band, rinse with fresh water after exposure to salt water or sweat, then dry thoroughly.
- Do not use cleaning products, abrasive materials, or compressed air.

5.2 Water Resistance

The Apple Watch Ultra has a water resistance rating of 100 meters (WR100) under ISO standard 22810:2010. It is suitable for high-speed water sports and recreational diving to 40 meters. However, water resistance is not a permanent condition and may diminish over time. Avoid:

- Dropping the watch or subjecting it to other impacts.
- Exposing the watch to soap or soapy water (e.g., showering, bathing).
- Exposing the watch to perfume, solvents, detergents, acids, or acidic foods, insect repellent, lotions, sunscreens, oil, or hair dye.

5.3 Battery Care

- Charge your watch regularly using the provided magnetic fast charging cable.
- Avoid extreme temperatures, which can degrade battery performance.
- For optimal battery health, avoid fully discharging the battery frequently.

6. TROUBLESHOOTING

6.1 Common Issues

- **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 close. Restart both devices.
- **Battery draining quickly:** Check for background app refresh, excessive notifications, or cellular usage. Adjust settings in the Apple Watch app on your iPhone.
- **Apps not responding:** Force quit the app by pressing and holding the Side Button until the power off slider appears, then press and hold the Digital Crown.

6.2 Restarting and Resetting

- **Restart:** Press and hold the Side Button until the power off slider appears, then drag the slider. To turn back on, press and hold the Side Button again.
- **Force Restart:** If the watch is unresponsive, press and hold both the Side Button and the Digital Crown for at least 10 seconds until you see the Apple logo.
- **Erase All Content and Settings:** On your Apple Watch, go to Settings > General > Reset > Erase All Content and Settings. This will unpair your watch and erase all data.

7. SPECIFICATIONS

Model Name	Apple Watch Ultra
Item Model Number	MQET3LL/A
Brand	Apple
Case Size	49 millimeters
Case Material	Titanium
Band Type	Ocean Band (Midnight)
Operating System	WatchOS
Memory Storage Capacity	32 GB

Connectivity Technology	USB-C, GPS, Cellular
Water Resistance	100m (WR100)
Battery Life (Typical)	Up to 36 hours
Special Features	Activity Tracker, Heart Rate Monitor, Sleep Monitor, GPS, Fall Detection, Distance Tracker, ECG, Oxymeter (SpO2), Cycle Tracking, Body Temperature Monitor, Phone Call, Notification, SOS Button, Elevation Tracker, Accelerometer
Product Dimensions	1.93 x 1.93 x 1.93 inches
Item Weight	15.2 ounces

8. WARRANTY INFORMATION

The Apple Watch Ultra is covered by Apple's standard limited warranty. This warranty typically covers manufacturing defects for a period of one year from the original purchase date. For detailed terms and conditions, including coverage specifics and limitations, please refer to the official Apple warranty documentation provided with your product or visit the Apple Support website.

Proof of purchase is required for warranty service.

9. SUPPORT

For further assistance, technical support, or service, please visit the official Apple Support website or contact Apple customer service.

- **Online Support:** support.apple.com/watch
- **Apple Store:** Visit your local Apple Store for in-person assistance.

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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