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› [Apple](#) /

› [Apple Watch Series 8 \[GPS + Cellular 45mm\] Smart watch w/ \(PRODUCT\)RED Aluminum Case w/ \(PRODUCT\)RED Sport Band-S/M. Fitness Tracker, Blood Oxygen & ECG Apps, Always-On Retina Display, Water Resistant 45mm S/M - fits 140–190mm wrists \(PRODUCT\)RED Aluminium w \(PRODUCT\)RED Sport Band 45mm User Manual](#)

Apple MNVR3LL/A

Apple Watch Series 8 User Manual

Model: MNVR3LL/A

INTRODUCTION

The Apple Watch Series 8 is an advanced smartwatch designed to be an essential companion for a healthy and connected life. It integrates powerful sensors and features to provide insights into your health, enhance safety, and keep you connected. This manual provides instructions for setting up, operating, maintaining, and troubleshooting your device.



Image: The Apple Watch Series 8, featuring a vibrant (PRODUCT)RED aluminum case and a matching Sport Band. The watch face displays time, temperature, and activity rings.

What's in the Box

Upon unboxing your Apple Watch Series 8, verify that all components are present:

- Apple Watch Series 8 Case (45mm, (PRODUCT)RED Aluminum)
- (PRODUCT)RED Sport Band (S/M size)
- 1m Magnetic Charging Cable (USB-C)

What's in the Box



Sport Band



USB-C Magnetic Fast Charging Cable



Image: A visual representation of the items included in the Apple Watch Series 8 packaging: the watch case, the Sport Band, and the USB-C Magnetic Fast Charging Cable.

SETUP

1. Initial Charging

Before first use, fully charge your Apple Watch. Connect the magnetic charging cable to the back of your watch and plug the USB-C end into a compatible power adapter (sold separately) or a USB-C port. The watch will display a charging indicator.

2. Pairing with iPhone

The Apple Watch Series 8 requires an iPhone 8 or later running the latest iOS version for full functionality. To pair:

1. Ensure your iPhone's Bluetooth is enabled and it is connected to Wi-Fi or cellular data.
2. Turn on your Apple Watch by pressing and holding the side button until the Apple logo appears.
3. Bring your iPhone near your Apple Watch. A pairing prompt will appear on your iPhone. Tap "Continue".

4. Position your iPhone so the Apple Watch appears in the viewfinder on your iPhone's screen.
5. Follow the on-screen instructions on both devices to complete the pairing process, including setting up a passcode and choosing preferences.

3. Band Attachment

To attach the Sport Band, slide each band piece into the slots on the Apple Watch case until you hear a click. Ensure they are securely fastened before wearing.

OPERATING YOUR APPLE WATCH SERIES 8

Display and Navigation

The Apple Watch Series 8 features a bright, Always-On Retina display, making it easy to view information at a glance. Navigation is primarily done through touch gestures, the Digital Crown, and the Side Button.

- **Digital Crown:** Rotate to scroll, zoom, or adjust values. Press to go to the watch face or Home Screen. Double-press to switch between recent apps.
- **Side Button:** Press to open the Dock (recent apps) or access Apple Pay. Press and hold for Emergency SOS or to power off.
- **Touch Gestures:** Tap to select, swipe to navigate between screens, and force touch (press firmly) for additional options within apps.





Image: A clear front view of the Apple Watch Series 8 display, showcasing the Always-On Retina screen with a classic watch face.



Image: A close-up shot highlighting the textured Digital Crown and the flat Side Button on the right side of the Apple Watch Series 8 case, used for navigation and controls.

Cellular Connectivity

With GPS + Cellular models, you can send texts, make calls, and stream music directly from your watch, even without your iPhone nearby. This feature requires an active cellular plan for your Apple Watch, typically an extension of your iPhone's plan. Family Setup allows managing watches for family members without an iPhone.



Image: A person's wrist displaying the Apple Watch Series 8 with an incoming call notification on its screen, demonstrating cellular communication capabilities.

Advanced Health Features

The Series 8 includes advanced sensors for comprehensive health monitoring:

- **Temperature Sensing:** Provides insights into women's health, including retrospective ovulation estimates.
- **Blood Oxygen App:** Measure your blood oxygen levels on demand.
- **ECG App:** Take an electrocardiogram to check for signs of atrial fibrillation (AFib).
- **Irregular Rhythm Notifications:** Receive alerts if your heart rhythm appears irregular.
- **Sleep Stages:** Monitor your sleep patterns, showing time spent in REM, Core, and Deep sleep.

Innovative Safety Features

For your safety, the Apple Watch Series 8 includes:

- **Crash Detection:** Automatically detects severe car crashes and can connect you to emergency services.

- **Fall Detection:** Detects hard falls and can initiate a call to emergency services if you are unresponsive.
- **Emergency SOS:** Press and hold the side button to quickly call emergency services.

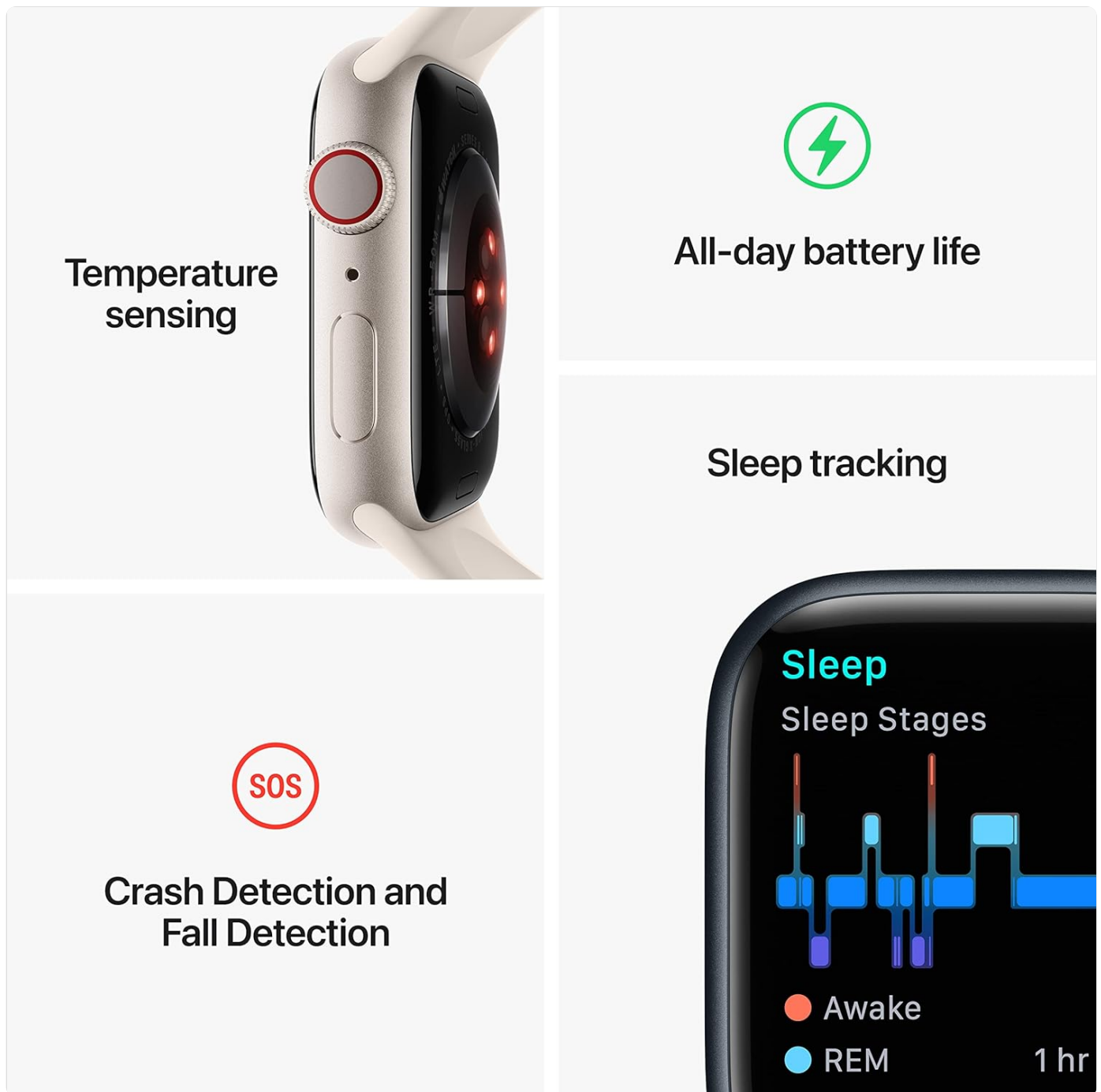


Image: An infographic illustrating key features of the Apple Watch Series 8, including temperature sensing, all-day battery life, sleep tracking, Crash Detection, Fall Detection, and Emergency SOS.

Fitness Tracking and Apps

The enhanced Workout app offers new ways to train and advanced metrics. Access tens of thousands of apps directly from the App Store on your wrist, covering various categories from productivity to entertainment.

Durability

The Apple Watch Series 8 is built for durability, featuring crack resistance, IP6X-certified dust resistance, and WR50 water resistance, making it suitable for swimming.

MAINTENANCE

Cleaning Your Apple Watch

To clean your Apple Watch, wipe it 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. Ensure the watch is dry before charging or wearing.

Water Resistance

The Apple Watch Series 8 has a water resistance rating of 50 meters (WR50) under ISO standard 22810:2010. This means it can be used for shallow-water activities like swimming in a pool or ocean. However, it should not be used for scuba diving, waterskiing, or other activities involving high-velocity water or submersion below shallow depth. Water resistance is not a permanent condition and may diminish over time.

Battery Care

For optimal battery life, avoid exposing your watch to extreme temperatures. Charge your watch regularly, but avoid leaving it fully charged or fully discharged for extended periods.

TROUBLESHOOTING

If you encounter issues with your Apple Watch Series 8, consider the following common solutions:

- **Watch Not Turning On:** Ensure the watch is sufficiently charged. Connect it to the magnetic charging cable and a power source for at least 30 minutes.
- **Pairing Issues:** Confirm your iPhone is updated to the latest iOS, Bluetooth is on, and both devices are near each other. Try restarting both the iPhone and Apple Watch.
- **App Not Responding:** Force quit the app by pressing the side button, then rotating the Digital Crown to the app, swiping left, and tapping the 'X'. Restart the app.
- **Poor Battery Life:** Check for background app refresh settings, disable unnecessary notifications, and ensure your watchOS is up to date.
- **Connectivity Problems (Wi-Fi/Cellular):** Verify your iPhone's network connection. For cellular, ensure your plan is active and configured correctly for your watch.

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 Series 8
Model Number	MNVR3LL/A
Brand	Apple
Screen Size	45 Millimeters
Shape	Square
GPS	Built-in GPS
Battery Cell Composition	Lithium Ion
Connectivity Technology	USB (for charging)

Feature	Detail
Special Features	Activity Tracker, Heart Rate Monitor, Sleep Monitor, Blood Oxygen, Temperature Sensing, ECG
Memory Storage Capacity	32 GB
Operating System	WatchOS
Date First Available	September 7, 2022
Item Weight	13.4 ounces
Product Dimensions	10 x 2 x 2.7 inches
Water Resistance	WR50 (50 meters)

WARRANTY AND SUPPORT

Warranty Information

Apple products typically come with a one-year limited warranty covering manufacturing defects. For specific warranty terms and conditions, please refer to the official Apple warranty documentation provided with your purchase or visit the Apple website. This manual does not constitute a warranty.

Customer Support

For further assistance, technical support, or service inquiries, please contact Apple Support directly. You can find comprehensive support resources, FAQs, and contact information on the official Apple Support website. Additional resources:

- [User Manual \(PDF\)](#)
- [Installation Manual \(PDF\)](#)
- [User Guide \(PDF\)](#)
- [Official Apple Watch Support \(External Link\)](#)