

Apple MQET3LL/A

Apple Watch Ultra GPS + Cellular 49mm Instruction Manual

Brand: Apple | Model: MQET3LL/A

INTRODUCTION

The Apple Watch Ultra is a rugged and capable smartwatch designed for endurance athletes, outdoor adventurers, and water sports enthusiasts. This manual provides essential information for setting up, operating, and maintaining your device, ensuring you get the most out of its advanced features.

Key features include a durable titanium case, a bright Always-On Retina display, comprehensive health monitoring, and extended battery life, making it a versatile companion for various activities.

WHAT'S IN THE BOX

Your Apple Watch Ultra package includes the following items:

- Apple Watch Ultra
- USB Data Cable

What's in the Box



Ocean Band



USB-C Magnetic Fast Charging Cable



Image: The Apple Watch Ultra and its USB-C Magnetic Fast Charging Cable, as typically found in the product packaging.

SETUP

1. **Charge Your Apple Watch:** Before initial use, connect your Apple Watch Ultra to the USB-C Magnetic Fast Charging Cable and a power adapter (sold separately) to fully charge the device.
2. **Pair with iPhone:** Ensure your iPhone is updated to the latest iOS version. Turn on your Apple Watch and bring it close to your iPhone. Follow the on-screen prompts on both devices to pair them.
3. **Customize Settings:** During the setup process, you will be guided to customize settings such as language, region, Apple ID, and health preferences.
4. **Install Apps:** Use the Apple Watch App on your iPhone to install desired applications and customize watch faces.

OPERATING INSTRUCTIONS

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). Double-press for Apple Pay. Press and hold for Emergency SOS or to power off.
- **Action Button:** The customizable Action button (orange) provides instant physical control over a variety of functions, such as starting a workout, marking a Compass Waypoint, or initiating a dive.
- **Touch Screen:** Tap to select, swipe to navigate between screens, and force touch for additional options (if available for the specific app).

Notifications and Glances

- Swipe down from the top of the watch face to view notifications.
- Swipe up from the bottom of the watch face to access Control Center for quick settings.



Image: The Apple Watch Ultra, showcasing its large, vibrant display and the Digital Crown and Action Button on the side.

HEALTH AND FITNESS FEATURES

The Apple Watch Ultra is equipped with advanced sensors and features to support your health and fitness goals:

- **Heart Rate Monitoring:** Features an electrical heart sensor and a third-generation optical heart sensor for continuous heart rate tracking, Heart Rate Zones, and ECG readings.
- **Workout App:** Provides advanced metrics for various activities, including Running Form analysis.
- **Temperature Sensing:** Monitors body temperature for insights into overall health and cycle tracking.
- **Depth Gauge & Water Temperature Sensor:** Essential tools for water sports enthusiasts, providing real-time data during dives.
- **Sleep Tracking:** Monitor your sleep patterns and receive insights into your sleep quality.



Image: An individual engaged in a running activity, with the Apple Watch Ultra visible on their wrist, highlighting its use for fitness tracking.



Image: A detailed view of the Apple Watch Ultra showing its compass function, indicating its utility for outdoor navigation and adventure.



Image: The Apple Watch Ultra being used underwater by a diver, illustrating its water resistance and specialized features for aquatic activities.

CONNECTIVITY

Stay connected with the following features:

- **GPS + Cellular:** Integrated GPS for accurate location tracking and cellular connectivity for calls, texts, and data even without your iPhone nearby.
- **Precision Dual-Frequency GPS:** Enhanced accuracy for distance, route, and pace calculations, especially in challenging environments.
- **Bluetooth:** Connects to wireless headphones, heart rate monitors, and other accessories.

BATTERY AND CHARGING

The Apple Watch Ultra offers robust battery performance:

- **Battery Life:** Up to 36 hours of battery life under normal usage.
- **Low Power Mode:** Extend battery life up to 72 hours with Low Power Mode enabled.
- **Fast Charging:** Supports fast charging to quickly power up your device.

DURABILITY AND DESIGN

Built to withstand demanding conditions:

- **Titanium Case:** A 49mm corrosion-resistant titanium case provides exceptional strength and lightness.
- **Sapphire Crystal:** The display is protected by a flat sapphire crystal, offering superior scratch resistance.
- **Water Resistance:** Water resistant up to 100m, suitable for high-speed water sports and recreational diving.
- **Larger Digital Crown and Buttons:** Designed for easier use even with gloves.



Image: The side view of the Apple Watch Ultra, highlighting its robust titanium casing, the prominent Digital Crown, and the customizable Action Button.



Image: The back of the Apple Watch Ultra, revealing the ceramic and sapphire crystal sensor array for health monitoring, along with engraved product details.

MAINTENANCE

- **Cleaning:** Regularly clean your Apple Watch and band with a soft, lint-free cloth. For water-resistant models, rinse with fresh water after exposure to salt water or chlorine.
- **Software Updates:** Keep your Apple Watch updated to the latest watchOS version for optimal performance and new features. Updates can be managed through the Apple Watch App on your iPhone.
- **Avoid Extreme Temperatures:** Do not expose your Apple Watch to extremely hot or cold temperatures, as this can affect battery life and functionality.

TROUBLESHOOTING

- **Watch Not Turning On:** Ensure the watch is sufficiently charged. If it still doesn't turn on, try a force restart by holding both the Digital Crown and the Side button for at least 10 seconds until the Apple logo appears.

- **Pairing Issues:** If your watch won't pair with your iPhone, ensure both devices have Bluetooth enabled and are within range. Try restarting both devices.
- **Inaccurate Readings:** For health and fitness tracking, ensure the watch is worn snugly on your wrist. Clean the back of the watch regularly to ensure sensor accuracy.
- **Battery Draining Quickly:** Check for background app refresh settings and disable unnecessary notifications. Consider using Low Power Mode.

SPECIFICATIONS


Brand	Apple
Model Number	MQET3LL/A
Case Size	49 Millimeters
Case Material	Titanium
Display Type	Always-On Retina
Operating System	watchOS10
Connectivity	GPS, Cellular, Bluetooth
Water Resistance	WR-100M (Dive-40M)
Battery Life (Normal Use)	Up to 36 hours
Battery Life (Low Power Mode)	Up to 72 hours
Memory Storage Capacity	32 GB
Item Weight	7.8 ounces






WARRANTY AND SUPPORT

This Apple Watch Ultra (Renewed Premium) comes with a 1-year Amazon Renewed Guarantee. For technical support, please refer to Apple's official support resources or contact Amazon Renewed customer service for warranty claims.

For further assistance, visit the [Apple Watch Support page](#) or the [Amazon Renewed Store](#).

Related Documents - MQET3LL/A

	<p>Apple Watch User Guide: Master watchOS 10 Features and Settings</p> <p>Comprehensive user guide for Apple Watch, covering setup, features, watchOS 10 updates, health tracking, fitness, connectivity, and safety. Learn to maximize your Apple Watch experience.</p>
---	--

	<p>Apple Watch User Guide: Master Your Smartwatch with watchOS 10.4</p> <p>The official Apple Watch User Guide for watchOS 10.4. Learn setup, features, health tracking, connectivity, apps, safety, and more for all Apple Watch models. Your essential companion for maximizing your smartwatch experience.</p>
	<p>Apple Watch User Guide - watchOS 8.5 Features and Setup Apple</p> <p>Explore the complete Apple Watch User Guide for watchOS 8.5. Learn setup, features, apps, health tracking, customization, and more for Apple Watch Series 7, 6, SE, 5, 4, and 3. Get the most out of your Apple smartwatch.</p>
	<p>Apple Watch Safety, Warranty, and Regulatory Information</p> <p>Detailed information on Apple Watch safety, handling, battery, charging, hearing protection, warranty, and regulatory compliance (FCC, ISED Canada, EU, UK). Includes disposal and recycling guidelines.</p>
	<p>Apple Watch User Guide: Setup, Features, Health, and Fitness</p> <p>Comprehensive user guide for Apple Watch covering setup, health tracking, fitness, apps, Apple Fitness+, safety features, and connectivity with watchOS 10.4.</p>
	<p>AppleCare+ with Theft and Loss: Coverage, Costs, and Claims Guide</p> <p>Comprehensive guide to AppleCare+ with Theft and Loss, detailing coverage for accidental damage, theft, and loss for iPhone, iPad, and Apple Watch, including service fees, deductibles, and claim procedures.</p>