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Apple Apple Watch Ultra 2

Apple Watch Ultra 2 (GPS + Cellular, 49mm) Instruction Manual

Model: MREG3LW/A

1. INTRODUCTION

This manual provides essential information for the setup, operation, and maintenance of your Apple Watch Ultra 2. Please read it thoroughly to ensure proper use and to maximize the device's capabilities.



Image: Apple Watch Ultra 2 with a blue Ocean Band, showcasing the rugged titanium case and the bright display.

2. WHAT'S IN THE BOX

Verify that all components are present:

- Apple Watch Ultra 2 (Rugged Titanium Case)
- Watch Band (Blue Ocean Band)
- Apple Watch Magnetic Fast Charger to USB-C Cable (1m)

What's in the Box



Ocean Band



USB-C Magnetic Fast Charging Cable



Image: Diagram showing the Apple Watch Ultra 2, the Ocean Band, and the USB-C Magnetic Fast Charging Cable, representing the contents of the product box.

3. SETUP

3.1 Initial Charge

1. Connect the Apple Watch Magnetic Fast Charger to USB-C Cable to a USB-C power adapter (sold separately).
2. Place the magnetic charger on the back of your Apple Watch. The watch will automatically align and begin charging.
3. Allow the watch to charge until it reaches a sufficient battery level for setup.

3.2 Pairing with iPhone

1. Ensure your iPhone is updated to the latest iOS version and has Bluetooth enabled.
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 screen will appear on your iPhone. Tap "Continue".
4. Position your iPhone so the Apple Watch appears in the viewfinder.
5. Follow the on-screen instructions on both your iPhone and Apple Watch to complete the pairing.

process, including setting up cellular service if desired.

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.
- **Side Button:** Press to open the Dock (recently used apps). Press and hold for Emergency SOS or to power off.
- **Action Button:** Customizable for instant control over various functions, such as starting a workout, marking a Compass Waypoint, or initiating a dive.
- **Touch Display:** Tap to select, swipe to navigate, force press for additional options (context-dependent).



Image: A close-up view of the Apple Watch Ultra 2 display, showing various complications and the Digital Crown and Side Button on the side.

4.2 Cellular Connectivity

With a cellular service plan, your Apple Watch Ultra 2 can make calls, send texts, stream music, and use Maps independently of your iPhone.

- **Making Calls:** Use the Phone app on your watch.
- **Sending Messages:** Use the Messages app for texts.
- **Streaming:** Access Apple Music or Podcasts directly.
- **Navigation:** Get directions using the Maps app.

4.3 Fitness and Activity Tracking

The Workout app provides advanced metrics and experiences for various activities.

- **Heart Rate Zones:** Monitor your intensity during workouts.
- **Custom Workouts:** Design personalized training sessions.
- **Training Load:** Gain insights into workout impact over time.
- **Precision Dual-Frequency GPS:** For accurate distance and pace tracking.



Image: Two individuals running outdoors, illustrating the Apple Watch Ultra 2's fitness tracking capabilities.

For Runners:

- Automatic track detection.
- Advanced running form metrics.
- Customizable workouts with warmups, recovery, and cool-down intervals.

For Cyclists:

- View speed, heart rate, and elevation.
- Live Activity on iPhone for cycling workouts.
- Connects to Bluetooth accessories like power meters.

For Hikers:

- Offline maps for navigation.
- Compass app with heading, elevation, longitude, and latitude.
- Compass Waypoints and Backtrack features.

For Swimmers and Divers:

- Automatic stroke detection, lap count, splits, sets.
- Open water route maps.
- Full dive computer capabilities with the Oceanic+ app (senses depth to 40 meters, water temperature).
- Certified EN13319.
- Tides app for tide conditions.



Image: A diver underwater wearing the Apple Watch Ultra 2, demonstrating its water resistance and dive capabilities.

4.4 Health and Safety Features

- **ECG App:** Take an electrocardiogram.
- **Irregular Heart Rhythm Notifications:** Receive alerts for potential heart rhythm irregularities.
- **Sleep Tracking:** Monitor overnight health metrics and detect signs of sleep apnea.
- **Fall Detection:** Automatically connects to emergency services after a hard fall.
- **Crash Detection:** Automatically connects to emergency services after a severe car crash.
- **Emergency SOS:** Press and hold the Side Button to call emergency services or activate a siren.

5. MAINTENANCE

5.1 Charging

The Apple Watch Ultra 2 offers up to 36 hours of battery life in normal use and up to 72 hours in Low Power Mode. Use the provided Magnetic Fast Charger for optimal charging speed.

- Ensure the charging cable is clean and free of debris.
- Place the watch on the charger, ensuring it snaps into place magnetically.
- Avoid extreme temperatures during charging.

5.2 Cleaning

- Turn off your Apple Watch and disconnect it from the charger.
- Wipe the watch and band with a soft, lint-free cloth. If necessary, lightly dampen the cloth with fresh water.
- Do not use harsh chemicals or abrasive materials.
- Dry the watch thoroughly before wearing or charging.

5.3 Water Resistance

The Apple Watch Ultra 2 is water resistant to 100 meters (EN13319 certified). It is suitable for recreational scuba diving (with Oceanic+ app) to 40 meters and high-speed water sports. It is not recommended for depths beyond 40 meters or activities involving high-velocity water impact.

6. TROUBLESHOOTING

6.1 Watch Not Turning On

- Ensure the watch is sufficiently charged. Place it on the charger for at least 30 minutes.
- Try a force restart: Press and hold both the Side Button and the Digital Crown for at least 10 seconds until you see the Apple logo.

6.2 Pairing Issues

- Verify your iPhone's Bluetooth is enabled and both devices are close to each other.
- Restart both your iPhone and Apple Watch.
- Ensure your iPhone is running the latest iOS version.

6.3 Inaccurate GPS or Activity Tracking

- Ensure the watch has a clear view of the sky for GPS signal.
- Calibrate your Apple Watch for improved accuracy. Refer to Apple Support documentation for calibration steps.
- Ensure the watch is worn snugly on your wrist.

7. SPECIFICATIONS

Feature	Detail
Model Name	Apple Watch Ultra 2 (GPS + Cellular)
ASIN	B0CSVB9C5G
Item Model Number	MREG3LW/A
Brand	Apple
Case Material	Rugged Titanium
Screen Size	49 Millimeters
Operating System	watchOS 10

Feature	Detail
Connectivity Technology	Wi-Fi, Cellular
GPS	Built-in GPS (Dual-Frequency)
Water Resistance	100m (EN13319 certified)
Battery Life (Normal Use)	Up to 36 hours
Battery Life (Low Power Mode)	Up to 72 hours
Special Features	Activity Tracker, Cycle Tracking, Heart Rate Monitor, Voice Control, Action Button, Always-On Retina Display
Item Weight	5.9 ounces
Date First Available	February 1, 2024

8. WARRANTY AND SUPPORT


Your Apple Watch Ultra 2 is covered by Apple's standard limited warranty. For detailed warranty information, please refer to the warranty card included with your product or visit the official Apple Support website.






For technical assistance, troubleshooting, or service, please contact Apple Support or visit an authorized Apple service provider. Online resources, including user guides and FAQs, are available on the Apple Support website.

Important: Keep your proof of purchase for warranty claims.

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Related Documents - Apple Watch Ultra 2

	<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>
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 <p>Apple Watch User Guide</p> <p>Everything you need to know about Apple Watch.</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>Apple Watch User Guide</p> <p>Everything you need to know about Apple Watch.</p>	<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</p> <p>Everything you need to know about Apple Watch.</p>	<p>Apple Watch User Guide: Your Comprehensive Guide to watchOS 10.1</p> <p>Explore the full capabilities of your Apple Watch with this comprehensive user guide. Learn setup, features, apps, health tracking, connectivity, and more for watchOS 10.1.</p>
 <p>Apple Watch User Guide</p> <p>Everything you need to know about Apple Watch.</p>	<p>Apple Watch User Guide - Comprehensive Guide for watchOS 9</p> <p>Master your Apple Watch with this comprehensive user guide. Covers setup, features, health tracking, safety, customization, and watchOS 9 for all Apple Watch models.</p>
 <p>Apple Watch User Guide</p> <p>Everything you need to know about Apple Watch.</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>