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› Apple Watch Series 10 GPS 46mm Smartwatch User Manual

Apple MWWM3LW/A

Apple Watch Series 10 GPS 46mm Smartwatch User Manual

Model: MWWM3LW/A

INTRODUCTION

The Apple Watch Series 10 is a sophisticated smartwatch designed to enhance your daily life with advanced health, fitness, and communication features. This manual provides essential information for setting up, operating, and maintaining your device.



Image: Apple Watch Series 10, Silver Aluminum Case with Denim Sport Band.

WHAT'S IN THE BOX

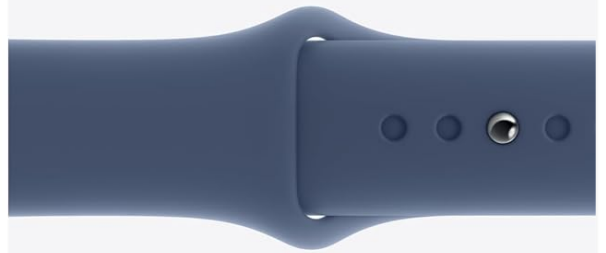
Your Apple Watch Series 10 package includes the following items:

- Apple Watch Series 10 (GPS)
- Band (Denim Sport Band, M/L)
- Apple Watch Magnetic Fast Charger to USB-C Cable (1m)

What's in the Box



Sport Band



USB-C Magnetic Fast Charging Cable

Image: Components included with the Apple Watch Series 10.

SETUP

To begin using your Apple Watch Series 10, follow these steps:

1. **Charge Your Watch:** Connect the magnetic fast charger to your Apple Watch and a USB-C power adapter. Ensure the watch has sufficient charge before proceeding.
2. **Pair with iPhone:** Turn on your Apple Watch. Bring your iPhone (iPhone Xs or later with iOS 18 or later) close to your watch. Follow the on-screen prompts on both devices to pair them.
3. **Customize Settings:** During setup, you can customize various settings such as language, wrist preference, passcode, and health features.
4. **Install Apps:** Use the Apple Watch app on your iPhone to install and manage apps on your watch.

OPERATING YOUR APPLE WATCH

Display and Controls

The Apple Watch Series 10 features an Always-On Retina LTPO OLED display with up to 2,000 nits maximum brightness and 326 pixels per inch. It offers a bigger display with up to 30 percent more screen area compared to previous generations.

- **Digital Crown:** Rotate to scroll, zoom, or adjust values. Press once to go to the watch face or Home Screen. Double-press to switch between recently used apps. Press and hold for Siri.
- **Side Button:** Press to open the Dock (recently used apps). Press and hold to access Emergency SOS, Medical ID, and power options.
- **Double Tap Gesture:** Use your index finger and thumb to double tap to answer calls, open notifications, play/pause music, and more.





Image: Apple Watch Series 10 display.

Connectivity

Your Apple Watch Series 10 (GPS model) connects to your iPhone or Wi-Fi to keep you connected. It supports L1 GPS, GNSS, Galileo, BeiDou, Wi-Fi 4 (802.11n), and Bluetooth 5.3. Features include Apple Pay and GymKit.

Health Features

The Apple Watch Series 10 provides comprehensive health monitoring capabilities:

- **ECG App:** Take an electrocardiogram anytime to check for signs of atrial fibrillation. Hold your finger on the Digital Crown to initiate a reading.
- **Blood Oxygen App:** Measure your blood oxygen levels for wellness purposes.
- **Heart Rate Monitoring:** Receive notifications for high or low heart rate and irregular heart rhythms.
- **Sleep Tracking:** Monitor your sleep stages and receive notifications if the watch detects signs of sleep apnea.
- **Temperature Sensor:** Provides retrospective ovulation estimates for cycle tracking and advanced health insights.
- **Mindfulness App:** Track your state of mind and engage in mindfulness exercises.

Health insights, day and night



Image: Health insights on Apple Watch Series 10, showing heart rate and overnight vitals.

Fitness Tracking

Track your activity and workouts with precision:

- **Activity Rings:** Close your Move, Exercise, and Stand rings daily to achieve your fitness goals.
- **Workout App:** Access advanced metrics for a wide range of workouts including running, hiking, cycling, swimming, and more.
- **Water Sports:** Utilize depth and water temperature sensors for aquatic activities. The watch is water resistant to 50m.

Workout and activity tracking with sensors for water sports



Image: Workout and activity tracking features, including water sports data.



Image: Apple Watch Series 10 in use during a water activity.

Safety Features

The Apple Watch Series 10 includes innovative safety features:

- **Fall Detection:** Automatically detects hard falls and can connect you with emergency services if you are unresponsive.
- **Crash Detection:** Can detect a severe car crash and automatically connect you with emergency services.
- **Emergency SOS:** Press and hold the side button to quickly call for help.
- **Check In:** Automatically notifies a loved one when you've arrived at your destination.

Your browser does not support the video tag.

Video: Overview of Apple Watch Series 10 features, including health, fitness, and safety. This video highlights the bigger display, thinner design, sleep tracking with sleep apnea notifications, ECG capabilities, workout tracking, water resistance, communication features, Fall and Crash Detection, and faster charging.

Maintenance and Care

To ensure the longevity and optimal performance of your Apple Watch Series 10:

- **Cleaning:** Regularly clean your watch and band with a soft, lint-free cloth. For water-resistant models, you can rinse them with fresh water after exposure to salt water or chlorine.
- **Water Resistance:** The Apple Watch Series 10 is water resistant to 50 meters (swimproof) and IP6X-certified dust resistant. It is suitable for shallow-water activities like swimming, but not for scuba diving or high-velocity water sports.
- **Battery Life and Charging:** The watch offers up to 18 hours of normal use and up to 36 hours in Low Power Mode. It supports fast charging, reaching 80% charge in about 30 minutes.
- **Avoid Extreme Temperatures:** Do not expose your Apple Watch to extreme heat or cold.

Troubleshooting

If you encounter issues with your Apple Watch Series 10, consider the following common solutions:

- **Restart:** Try restarting your Apple Watch and paired iPhone.
- **Software Update:** Ensure both your Apple Watch and iPhone are running the latest software versions.
- **Pairing Issues:** If your watch is not pairing, ensure Bluetooth is enabled on your iPhone and the devices are close to each other. You may need to unpair and re-pair the watch.
- **Battery Drain:** Check for apps consuming excessive power. Adjust settings like Always-On Display or background app refresh to conserve battery.
- **Contact Support:** For persistent issues, visit the official Apple Support website or contact customer service.

Specifications

Feature	Detail
Product Dimensions	24 x 7.7 x 3 inches
Item Weight	9.3 ounces
Manufacturer	Apple
Item Model Number	MWWM3LW/A
Batteries	1 Lithium Ion batteries required (included)
Operating System	watchOS
Memory Storage Capacity	64 GB

Special Features	Activity Tracker, Cycle Tracking, GPS, Heart Rate Monitor, Voice Control
Connectivity Technology	GPS
Wireless Communication Standard	802.11n, Bluetooth
GPS	Built-in GPS
Shape	Rectangular
Screen Size	46 Millimeters
Material and Finish	Aluminium or Titanium
Size and Weight	Height: 42mm, Width: 36mm, Depth: 9.7mm, Case Weight (Aluminum, GPS): 30g
Compatibility	iPhone Xs or later, including iPhone SE (2nd generation or later), with iOS 18 or later
Display	Always-On Retina LTPO OLED, Up to 2,000 nits max brightness, 326 pixels per inch
Power and Battery Life	Up to 18 hours normal use, Up to 36 hours Low Power Mode, Fast-charge capable (80% in ~30 mins)
Chip	S10 SiP with 64-bit dual-core processor, 4-core Apple Neural Engine
Durability	Water resistance 50m (swimproof), Dust Resistance IP6X
Sensors	Electrical heart sensor, Third-generation optical heart sensor, Temperature sensor, Compass, Always-on altimeter, High-g accelerometer, High dynamic range gyroscope, Ambient light sensor, Depth gauge, Water temperature sensor

WARRANTY AND SUPPORT

Your Apple Watch Series 10 comes with a standard warranty. For extended coverage and accidental damage protection, AppleCare+ plans are available. AppleCare+ provides expert technical support and hardware coverage, including unlimited incidents of accidental damage protection.

For detailed warranty information, service locations, and technical assistance, please visit the official Apple Support website.

Your browser does not support the video tag.

Video: Information about AppleCare+ for Apple Watch, detailing repair and replacement services, including Express Replacement Service, and worldwide service locations.

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