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› Apple Watch SE (2nd Gen, 2023) GPS + Cellular 40mm Instruction Manual

Apple MXGH3HN/A

Apple Watch SE (2nd Gen, 2023) GPS + Cellular 40mm User Manual

Model: MXGH3HN/A

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Apple Watch SE (2nd Gen, 2023) GPS + Cellular 40mm. Please read this guide thoroughly before using your device to ensure proper setup, operation, and maintenance. The Apple Watch SE is designed to help you stay connected, track your fitness, monitor your health, and enhance your daily life.

2. WHAT'S IN THE BOX

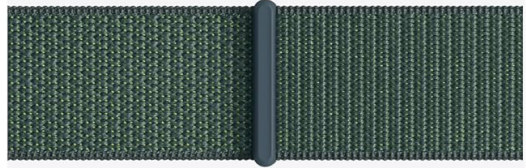
Verify that all items are present in your product packaging:

- Apple Watch SE (2nd Gen, 2023) 40mm Case
- Sport Loop Band
- 1m Magnetic Charging Cable

What's in the Box



Sport Loop



USB-C Magnetic Charging Cable



Image: Contents of the Apple Watch SE box, including the watch case, Sport Loop band, and magnetic charging cable.

3. SETUP

3.1 Initial Pairing with iPhone

1. Ensure your iPhone is updated to the latest iOS version and has Bluetooth and Wi-Fi enabled.
2. Power on your Apple Watch by pressing and holding the side button until the Apple logo appears.
3. Place your Apple Watch near your iPhone. A pairing screen will appear on your iPhone. Tap **Continue**.
4. Position your iPhone so the Apple Watch appears in the viewfinder on your iPhone screen.
5. Follow the on-screen instructions on both devices to complete the pairing process, including setting up a passcode, choosing wrist preference, and enabling features like cellular (if applicable).

3.2 Charging the Device

Connect the magnetic charging cable to the back of your Apple Watch. Connect the USB-C end of the cable to a power adapter (sold separately) or a USB-C port. The watch will display a charging indicator.

4. OPERATING THE DEVICE

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). Double-press for Apple Pay. Press and hold for Emergency SOS or to power off the watch.
- **Touch Screen:** Tap to select, swipe to navigate, force touch for additional options (on supported apps).

4.2 Using Apps

Apps can be accessed from the app list (press Digital Crown from watch face) or by tapping complications on your watch face. Many apps mirror functionality from your iPhone, while others are designed specifically for the watch.

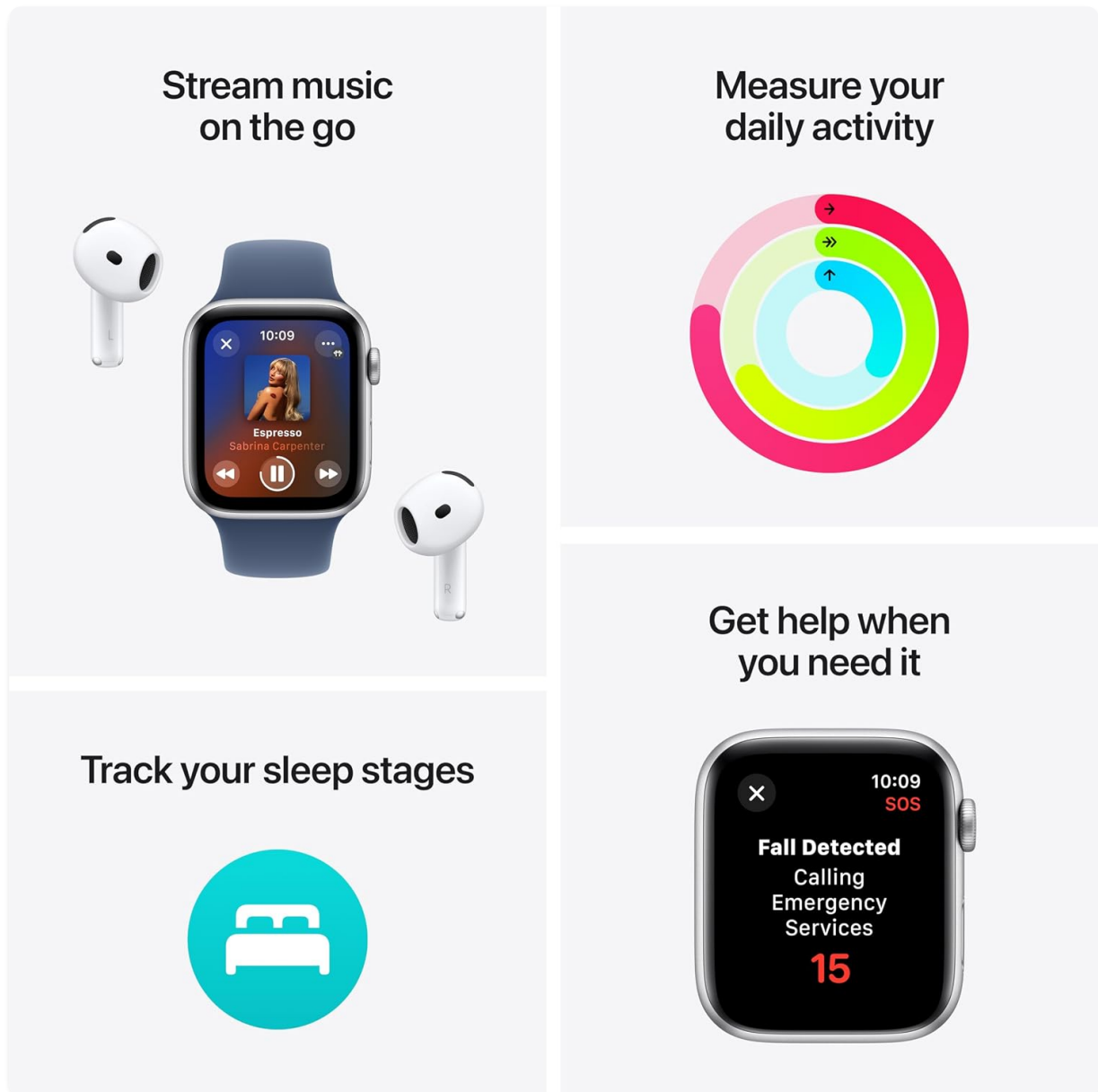


Image: Overview of Apple Watch SE capabilities, showing music playback, activity tracking, emergency features, and sleep monitoring.

5. HEALTH AND SAFETY FEATURES

The Apple Watch SE includes several features to help monitor your health and provide assistance in emergencies:

- **Heart Rate Monitor:** Receive notifications for irregular heart rhythms, unusually high, or low heart rates.
- **Fall Detection:** If a hard fall is detected, your watch can automatically call emergency services if you are unresponsive.
- **Crash Detection:** In the event of a severe car crash, your watch can automatically connect you to emergency services and notify your emergency contacts.

- **Emergency SOS:** Press and hold the side button to quickly call emergency services.
- **Sleep Tracking:** Monitor your sleep stages (Awake, REM, Core, Deep) to gain insights into your sleep patterns.
- **Activity Tracking:** Track your daily movement, exercise, and stand hours with the Activity rings.

Get health insights, day and night



Image: Apple Watch SE showing heart rate monitoring and detailed sleep stage analysis.

6. CONNECTIVITY

Your Apple Watch SE (GPS + Cellular) offers advanced connectivity options:

- **Cellular:** With an active cellular plan, you can make calls, send texts, stream music, and use apps without your iPhone nearby.
- **GPS:** Accurately track your location and workout routes.
- **Wi-Fi (802.11n):** Connect to Wi-Fi networks for data access when your iPhone is not available.
- **Bluetooth 5.3:** Connect to wireless headphones, external sensors, and your iPhone.

Call or text without your iPhone



Image: Apple Watch SE demonstrating the ability to make calls and send texts independently via cellular connectivity.

7. MAINTENANCE

7.1 Cleaning Your Apple Watch

- Turn off your Apple Watch and disconnect it from the charger.
- Wipe the watch with a non-abrasive, lint-free cloth. If necessary, lightly dampen the cloth with fresh water.
- Do not use cleaning products, abrasive materials, or compressed air.
- Dry the watch thoroughly with a soft, lint-free cloth.

7.2 Battery Care

To maximize battery lifespan, avoid exposing your Apple Watch to extreme temperatures. Charge your watch regularly, but it is not necessary to fully discharge it before recharging.

8. TROUBLESHOOTING

8.1 Common Issues and Solutions

- **Watch not turning on:** Ensure the watch is charged. Connect it to the magnetic charging cable and a power source.

- **Watch not pairing with iPhone:** Ensure both devices have Bluetooth enabled and are within range. Restart both the watch and iPhone. Check for software updates on both devices.
- **Apps not responding:** Force quit the app by pressing the side button, then rotating the Digital Crown to scroll to the app, swiping left, and tapping the red 'X'. Restart the watch if the issue persists.
- **Poor cellular connection:** Check with your carrier to ensure your cellular plan is active and properly configured for your Apple Watch. Ensure you are in an area with cellular coverage.

8.2 Restarting Your Apple Watch

To restart, press and hold the side button until the power off slider appears. Drag the slider to turn off. To turn on, press and hold the side button again until the Apple logo appears.

9. SPECIFICATIONS

Brand	Apple
Model Name	Apple Watch SE
Model Number	MXGH3HN/A
Screen Size	40 Millimetres
Display Type	OLED
Memory Storage Capacity	32 GB
Connectivity Technology	Wi-Fi 4 (802.11n); Bluetooth 5.3
Battery Cell Composition	Lithium Ion
Item Weight	27.8 Grams
GTIN (UPC)	195949648304

10. WARRANTY AND SUPPORT

10.1 Warranty Information

Your Apple Watch SE is covered by an Apple One (1) Year Limited Warranty. This warranty covers manufacturing defects and issues arising from normal use. For full terms and conditions, please refer to the warranty documentation included with your product or visit the official Apple website.

10.2 Customer Support

For technical assistance, service, or additional support, please visit the official Apple Support website or contact Apple customer service directly. You can find contact information and support resources at support.apple.com.