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› Apple Watch Series 11 GPS + Cellular 46mm User Manual

Apple MFD74HN/A

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Model: MFD74HN/A

INTRODUCTION

This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Apple Watch Series 11 GPS + Cellular 46mm. Please read this guide thoroughly to ensure proper use and to maximize your device's capabilities.

WHAT'S IN THE BOX

Verify that all components are present in your Apple Watch Series 11 package:

- Apple Watch Series 11 Case
- Watch Band (Milanese Loop)
- 1m Magnetic Charging Cable

What's in the Box



Milanese Loop



USB-C Magnetic Fast Charging Cable



Image: The Apple Watch Series 11 packaging contents, showing the watch case, Milanese Loop band, and USB-C Magnetic Fast Charging Cable.

SETUP

1. Charging Your Apple Watch

Before initial 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 power adapter (sold separately) or a USB-C port. The watch will display a charging indicator.

2. Attaching the Band

Slide the Milanese Loop band into the slots on the top and bottom of the Apple Watch case until you hear a click. Ensure the band is securely fastened before wearing.

3. Powering On and Pairing

Press and hold the Side Button until the Apple logo appears. Bring your iPhone close to the Apple Watch. Follow the on-screen instructions on your iPhone to pair the devices. You may need to open the Apple Watch app on your iPhone if the pairing process does not start automatically.

4. Cellular Setup (GPS + Cellular Models)

During the pairing process, you will be prompted to set up cellular service. This requires an active cellular plan with a compatible carrier. Follow the instructions provided by your carrier and on your iPhone to activate cellular connectivity for your Apple Watch.

OPERATING YOUR APPLE WATCH

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 your last two 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.
- **Touchscreen:** Tap to select, swipe to navigate, force touch for additional options.

Key Features

- **Sleep Tracking:** The Vitals app provides a sleep score to help you understand and improve your sleep quality.
- **Health Insights:** Take an ECG at any time. Receive notifications for high or low heart rates and irregular rhythms. Monitor overnight health metrics, including blood oxygen levels, through the Vitals app.
- **Fitness Tracking:** Utilize advanced metrics for various workouts. Features include Pacer, Heart Rate Zones, training load, and Workout Buddy (powered by Apple Intelligence from your iPhone).
- **Battery Life:** Enjoy up to 24 hours of normal use. Fast charging provides up to 8 hours of normal use in approximately 15 minutes.
- **5G Connectivity:** Experience faster data speeds and improved connectivity with 5G capabilities.

Richer health insights
in the Vitals app



Up to 24 hours
of battery life



Know your
sleep score



Speedy



Image: Richer health insights in the Vitals app, up to 24 hours of battery life, and sleep score display on the Apple Watch Series 11.

Track your daily activity and workouts



Image: Track your daily activity and workouts with the Apple Watch Series 11, showing activity rings and an outdoor run interface.

Get meaningful health insights



Image: Get meaningful health insights with the Apple Watch Series 11, showing current heart rate and overnight vitals.

A 5G leap in connectivity



Image: A 5G leap in connectivity, showing a user interacting with their Apple Watch Series 11.

MAINTENANCE

Cleaning Your Apple Watch

Regularly clean your Apple Watch and band to prevent skin irritation and maintain performance. Use a soft, lint-free cloth. If necessary, lightly dampen the cloth with fresh water. Do not use soaps, cleaning products, abrasive materials, or compressed air. Avoid submerging the watch in cleaning solutions.

Water Resistance

The Apple Watch Series 11 is water resistant, but not waterproof. It can be used for shallow-water activities like swimming in a pool or ocean. It should not be used for scuba diving, waterskiing, or other activities involving high-velocity water or submersion below shallow depths. Water resistance may decrease over time.

Software Updates

Keep your Apple Watch software updated to the latest version for optimal performance and security. Updates can be managed through the Apple Watch app on your paired iPhone.

TROUBLESHOOTING

Watch Not Turning On

- Ensure the watch is charged. Place it on the magnetic charging cable for at least 30 minutes.
- If still unresponsive, force restart by holding both the Side Button and Digital Crown for at least 10 seconds until the Apple logo appears.

Pairing Issues

- Ensure your iPhone's Bluetooth and Wi-Fi are enabled.
- Restart both your Apple Watch and iPhone.
- If pairing fails, try unpairing the watch from your iPhone (if previously paired) and then re-pairing.

Battery Drain

- Check for apps running in the background. Close unnecessary apps.
- Reduce screen brightness or enable Low Power Mode.
- Ensure software is up to date.

For further assistance, refer to Apple's official support resources.

SPECIFICATIONS

Feature	Detail
Model Number	MFD74HN/A
Operating System	WatchOS
Memory Storage Capacity	64 GB
Connectivity Technology	Bluetooth, Cellular
Special Features	Activity Tracker, Alarm Clock, Always On Display, Fall Detection, GPS
Battery Capacity	0.1 Milliamp Hours
Item Weight	36.9 g
Country of Origin	China

WARRANTY AND SUPPORT

Warranty Information

Your Apple Watch Series 11 is covered by Apple's standard limited warranty. This warranty covers manufacturing defects for a specified period from the date of purchase. For detailed terms and conditions, please refer to the warranty documentation included with your product or visit the official Apple website.

Customer Support

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

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