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› Apple Watch Series 11 GPS 46mm User Manual

Apple MEV74HN/A

Apple Watch Series 11 GPS 46mm User Manual

Model: MEV74HN/A

INTRODUCTION

This manual provides essential information for the safe and effective use of your Apple Watch Series 11 GPS 46mm. Please read these instructions carefully before using your device and retain them for future reference.

WHAT'S IN THE BOX

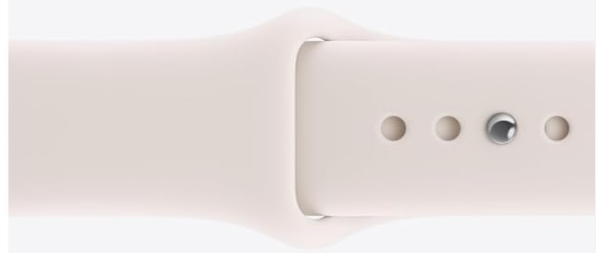
Verify that all items are present in your product packaging:

- Apple Watch Series 11 Case
- Sport Band (M/L size, fits 160–210mm wrists)
- 1m Magnetic Charging Cable

What's in the Box



Sport Band



USB-C Magnetic Fast Charging Cable



Image: The Apple Watch Series 11 case, a sport band, and the 1-meter magnetic charging cable are included in the box.

SETUP

1. Initial Charging

Before first use, fully charge your Apple Watch. Connect the 1m Magnetic Charging Cable to a USB power adapter (sold separately) and then attach the magnetic end to the back of your Apple Watch. The watch will display a charging indicator. A full charge can provide up to 24 hours of normal use, with fast charging offering up to 8 hours of use in just 15 minutes.

2. Pairing with iPhone

1. Ensure your iPhone is updated to the latest iOS version and has Bluetooth and Wi-Fi 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 that your Apple Watch appears in the viewfinder of the Apple Watch app.

5. Follow the on-screen instructions on both your iPhone and Apple Watch to complete the pairing process, including setting up a passcode and choosing your preferred settings.

OPERATING YOUR APPLE WATCH SERIES 11

Health Monitoring

The Apple Watch Series 11 offers advanced health insights through various sensors and the Vitals app.

- **ECG App:** Take an electrocardiogram anytime to check for signs of atrial fibrillation.
- **Heart Rate Monitoring:** Receive notifications for high or low heart rates and irregular rhythms.
- **Blood Oxygen:** Measure your blood oxygen levels on demand.
- **Vitals App:** View overnight health metrics to understand your overall well-being.
- **Sleep Tracking:** Monitor your sleep patterns and receive a sleep score to help improve sleep quality.

Get meaningful health insights



Image: The Apple Watch screen showing current heart rate (68 BPM) and an overview of overnight vitals, indicating typical readings.

Track your daily activity and workouts



Image: A collage illustrating key features: richer health insights in the Vitals app (showing a high heart rate notification), up to 24 hours of battery life, sleep score tracking (showing a score of 84), and the super-durable display.

Fitness Tracking

Your Apple Watch is a powerful fitness partner, tracking your daily activity and providing detailed workout metrics.

- **Activity Rings:** Track your Move, Exercise, and Stand goals throughout the day.
- **Workout App:** Access advanced metrics for various workouts, including Pacer, Heart Rate Zones, and training load.
- **Workout Buddy:** Utilize Apple Intelligence from your nearby iPhone for enhanced workout features.

**Richer health insights
in the Vitals app**



**Up to 24 hours
of battery life**



**Know your
sleep score**



Super-durable display



Image: The Apple Watch screen showing activity rings (Move, Exercise, Stand) and another screen displaying an "Outdoor Run" workout in progress.

Staying Connected

With Bluetooth and Wi-Fi connectivity, your Apple Watch keeps you connected to your iPhone and the world around you.

- Receive notifications, calls, and messages directly on your wrist.
- Control music playback and use Apple Pay for secure transactions.
- Utilize GPS for accurate location tracking during outdoor activities.

Stay connected on the go

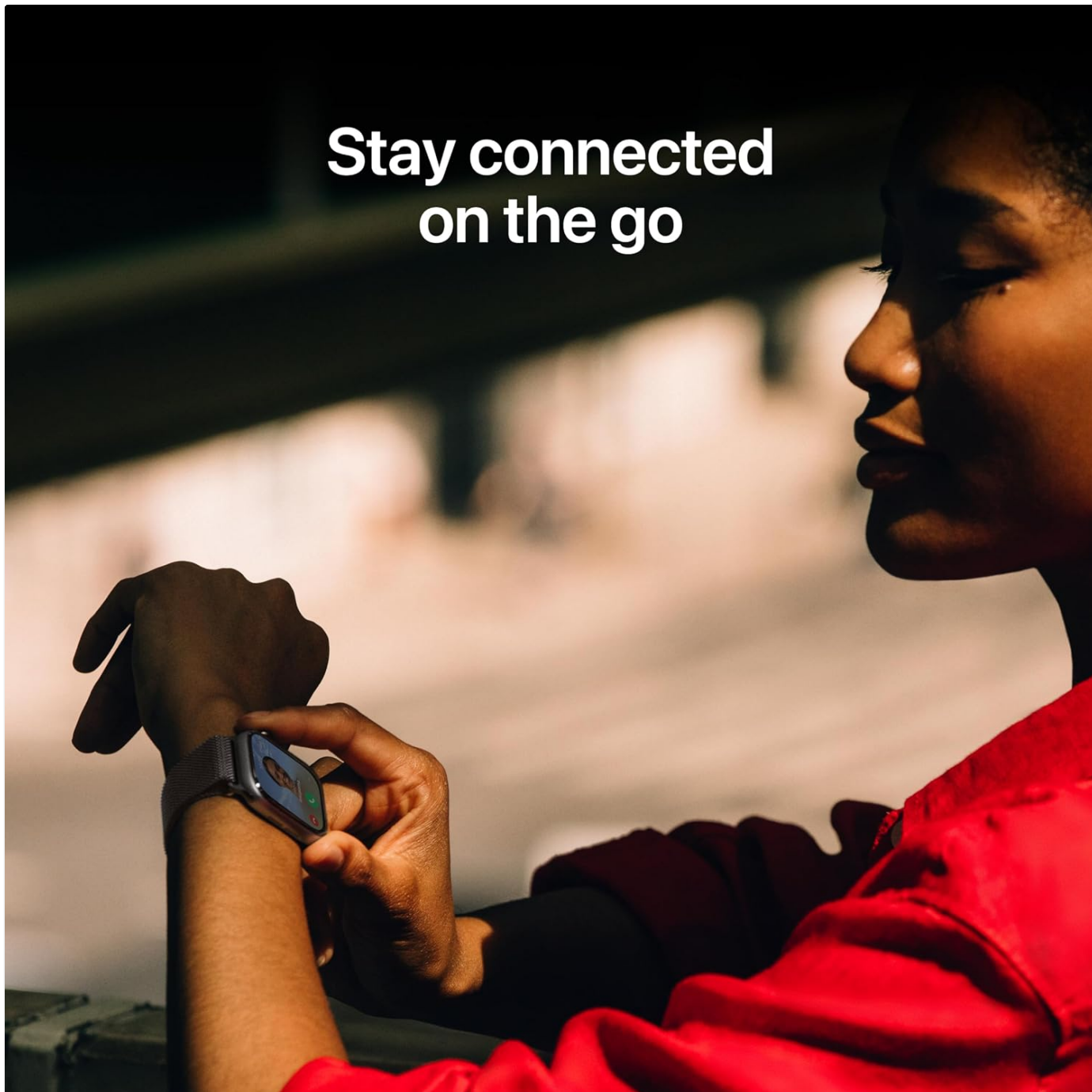


Image: A person wearing an Apple Watch on their wrist, interacting with the screen to make a call, demonstrating connectivity on the go.

MAINTENANCE

- **Cleaning:** Regularly clean your Apple Watch and band with a soft, lint-free cloth. If necessary, lightly dampen the cloth with fresh water. Avoid using harsh chemicals or abrasive materials.
- **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.
- **Band Care:** Follow specific care instructions for your band material. Avoid prolonged exposure to direct sunlight or extreme temperatures.
- **Storage:** Store your Apple Watch in a cool, dry place when not in use.

TROUBLESHOOTING

Common Issues and Solutions:

- **Watch not turning on:** Ensure the watch is sufficiently charged. Connect it to the magnetic charging cable and a power source for at least 30 minutes.
- **Watch not pairing with iPhone:**
 - Check that Bluetooth is enabled on your iPhone.
 - Ensure both devices are close to each other.
 - Restart both your Apple Watch and iPhone.
 - Verify your iPhone's iOS is up to date.
- **Inaccurate health readings:**
 - Ensure the watch is worn snugly on your wrist, but not too tight.
 - Clean the back of the watch and your wrist to ensure good sensor contact.
 - Update your Apple Watch to the latest watchOS version.
- **Poor battery life:**
 - Check for apps running in the background.
 - Adjust display brightness.
 - Disable unnecessary notifications.
 - Consider enabling Low Power Mode.

SPECIFICATIONS

Model Number	MEV74HN/A
Generic Name	Apple Watch Series 11
Operating System	WatchOS
Memory Storage Capacity	64 GB
Special Features	Activity Tracker, Alarm Clock, Always On Display, Fall Detection, GPS
Battery Capacity	0.1 Milliamp Hours (Up to 24 hours normal use)
Connectivity Technology	Bluetooth, Wi-Fi
Item Weight	37.8 g
Manufacturer	Apple
Country of Origin	China

WARRANTY AND SUPPORT

Warranty Information

Your Apple Watch Series 11 is covered by a standard manufacturer's warranty. Additionally, a 1 Year Protect+ with AppleCare Service is available, offering extended coverage and technical support. Please refer to the warranty documentation included with your purchase for full terms and conditions.

Customer Support

For further assistance, technical support, or service inquiries, please visit the official Apple Support website or contact Apple customer service directly. You can find detailed support resources, FAQs, and contact information on their website.

Online Support: 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