

Apple SE 3 GPS + Cellular 44mm (MEPJ4HN/A)

Apple Watch SE 3 GPS + Cellular 44mm Instruction Manual

Model: MEPJ4HN/A

INTRODUCTION

Welcome to your Apple Watch SE 3 GPS + Cellular 44mm. This manual provides essential information to help you get started, understand its features, and maintain your device. The Apple Watch SE 3 is designed to enhance your daily life with advanced health monitoring, comprehensive fitness tracking, and seamless connectivity.

Key features include:

- **Health Essentials:** Temperature sensing for insights in the Vitals app, retrospective ovulation estimates, daily sleep scores, and alerts for high/low heart rate or irregular rhythm.
- **Great Battery Life:** Up to 18 hours of use, with faster charging to achieve 8 hours in just 15 minutes.
- **Always-On Display:** View time and watch face information without raising your wrist.
- **Fitness Partner:** Track workouts with real-time metrics and Workout Buddy integration via Apple Intelligence.
- **Stay Connected:** Send texts, make calls, download media, and access emergency services independently with 5G cellular connectivity.

SETUP

What's in the Box

Your Apple Watch SE 3 package includes the following components:

- Apple Watch SE 3 Case (Midnight Aluminium 44mm)
- Midnight Sport Band (M/L)

- 1m Magnetic Charging Cable

What's in the Box



Sport Band



USB-C Magnetic Fast Charging Cable

Image: The Apple Watch SE 3 box contents, including the watch case, sport band, and USB-C magnetic fast charging cable.

Initial Pairing and Activation

1. **Charge Your Watch:** Connect the magnetic charging cable to your Apple Watch and a power adapter (sold separately). Ensure the watch has sufficient charge before proceeding.
2. **Power On:** Press and hold the side button until the Apple logo appears.
3. **Pair with iPhone:** Bring your iPhone near your Apple Watch. A pairing animation will appear on your iPhone. Tap 'Continue' and follow the on-screen instructions to pair your watch.
4. **Set Up Cellular (if applicable):** During setup, you will have the option to activate cellular service for your Apple Watch through your carrier.
5. **Customize Settings:** Follow the prompts to set up preferences, install apps, and sync data.

OPERATING YOUR APPLE WATCH SE 3

Health Monitoring

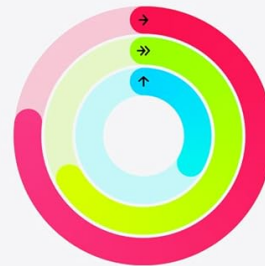
The Apple Watch SE 3 offers advanced health features to help you stay informed about your well-being.

- **Temperature Sensing:** Provides deeper insights into your health, including retrospective ovulation estimates, accessible through the Vitals app.
- **Heart Rate Monitoring:** Receive alerts for unusually high or low heart rates, and notifications for irregular heart rhythms.
- **Sleep Tracking:** Monitor your sleep patterns and receive a daily sleep score to understand your rest quality.

Get meaningful health insights



Close your Activity rings



Know your sleep score



Image: The Apple Watch SE 3 showing a screen with health insights, including wrist temperature data.

Get meaningful
health insights



Close your
Activity rings



Know your
sleep score



Now with
fast charging



Image: The Apple Watch SE 3 displaying closed activity rings, indicating daily fitness goals have been met.

Get meaningful
health insights



Close your
Activity rings



Know your
sleep score



Image: The Apple Watch SE 3 displaying a sleep score of 84, indicating good sleep quality.

Fitness Tracking

Your Apple Watch is an excellent fitness companion, providing various ways to track your physical activity.

- **Activity Rings:** Track your Move, Exercise, and Stand goals throughout the day.
- **Workout App:** Choose from a wide range of workouts, including running, cycling, swimming, and more. Get real-time metrics and track your progress.
- **Workout Buddy:** Utilize Apple Intelligence from your nearby iPhone for enhanced workout tracking and goal achievement.

Track your daily activity and workouts



Image: Two Apple Watch SE 3 devices, one displaying activity rings and the other showing the Workout app for an outdoor run.

Always-On Display

The Always-On display feature allows you to see the time and other essential information on your watch face without needing to raise your wrist or tap the screen.

Always-On display — the info you need at a glance



Image: A close-up of the Apple Watch SE 3 on a wrist, demonstrating the Always-On display feature.

Connectivity

With GPS + Cellular capabilities, your Apple Watch SE 3 keeps you connected even without your iPhone nearby.

- **5G Connectivity:** Enjoy speedy performance for calls, texts, and data on the go.
- **Communication:** Make and receive calls, send and receive text messages directly from your wrist.
- **Media:** Download and stream music and podcasts.
- **Emergency Services:** Access emergency services when needed.

Speedy 5G comes to SE

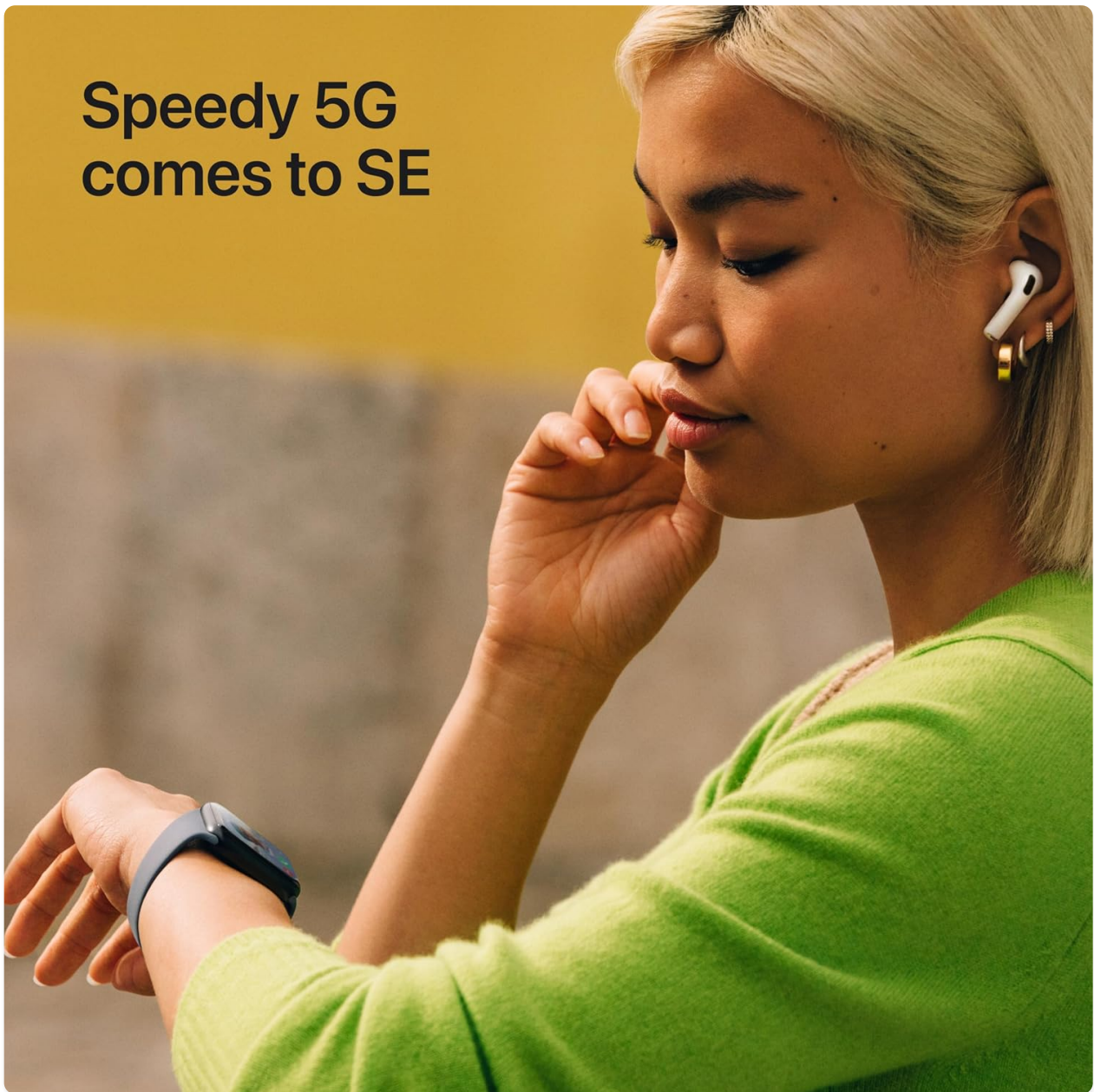


Image: A user interacting with their Apple Watch SE 3, highlighting the speedy 5G cellular connectivity.

MAINTENANCE

Charging Your Apple Watch

The Apple Watch SE 3 features improved battery life and faster charging.

- **Battery Life:** Expect up to 18 hours of battery life with typical usage.
- **Fast Charging:** Achieve up to 8 hours of battery life with just 15 minutes of charging using the included 1m Magnetic Charging Cable and a compatible USB-C power adapter (sold separately).
- **Charging Process:** Place the back of your Apple Watch on the magnetic charging cable. The charger will snap into place. Ensure the cable is connected to a power source.

Cleaning and Care

To keep your Apple Watch SE 3 in optimal condition, follow these cleaning guidelines:

- **General Cleaning:** Wipe your Apple Watch with a soft, lint-free cloth. If necessary, lightly dampen the cloth with fresh water.

- **Water Resistance:** The Apple Watch SE 3 is water resistant up to 50 meters. 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.
- **Avoid Harsh Chemicals:** Do not use cleaning products, abrasive materials, or compressed air.
- **Band Care:** Clean your sport band with a non-abrasive, lint-free cloth. For silicone bands, you can use a small amount of mild soap and water, then rinse thoroughly and dry.

TROUBLESHOOTING

If you encounter issues with your Apple Watch SE 3, consider the following common solutions:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the magnetic charging cable and a power source for at least 30 minutes.
- **Pairing Issues:** Make sure your iPhone's Bluetooth is enabled and both devices are close to each other. Restart both your iPhone and Apple Watch.
- **Poor Battery Life:** Check for background app refresh settings, disable unnecessary notifications, and ensure your watchOS is up to date.
- **Connectivity Problems:** Verify your cellular plan is active and configured correctly for your Apple Watch. Check Wi-Fi and Bluetooth connections on your iPhone.
- **Apps Not Responding:** Force quit the app by pressing the side button, then swiping the app to the left. Restart the app. If the issue persists, restart your Apple Watch.

For more detailed troubleshooting or persistent issues, please refer to Apple's official support resources.

SPECIFICATIONS

Feature	Detail
Model Number	MEPJ4HN/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 (typical usage up to 18 hours)
Item Weight	33 g
Manufacturer	Apple
Country of Origin	China
Included Components	Case, Band, 1m Magnetic Charging Cable

WARRANTY AND PROTECTION PLANS

Your Apple Watch SE 3 comes with a standard limited warranty from Apple. For extended coverage and additional benefits, consider purchasing AppleCare services.

- **AppleCare Service:** A 1-Year Protect+ with AppleCare Service by Apple is available, offering extended technical support and hardware coverage. Please refer to Apple's official website or your purchase documentation 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.

Apple Support Website: support.apple.com

You can also find more information and resources on the [Apple Store on Amazon](#).