

Apple WatchOS10 + iPhone 15 iOS17

HEALTH::FITNESS::ACCESSIBILITY



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HEALTH::FITNESS::ACCESSIBILITY



About Me

- Software Technology Trainer for Apple and Adobe Creative Cloud programs.
- Over 30 years in the industry
- Worked for Adobe Systems, Inc., as an Application Specialist in Adobe's flagship apps Photoshop, InDesign, Acrobat, Illustrator; and more.
- Chita works with and/or trains Agency Graphic Professionals and individuals locally and worldwide.
- NMUG Class Director, Wednesday Meeting Programmer
- Chita Hunter: hunterterdesigns@me.com

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Placing health at the core of the Apple Watch offerings has not changed...

Without good health everything else takes a back seat. Staying as healthy as possible is a conscious effort. Apple continues to expand the health and wellness features of its products.

I hope to spotlight some of the new features on the latest Apple Watch models with watchOS 10 and iPhone iOS17 that are focused on our health, fitness, well-being, and fun.

And, spotlight some of the new features that allow the Apple Watch to make things easier to do as it knits itself more into our daily lives and activities.



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Topics and New Features included but not limited to:



"New"
SE 2nd Generation

- Smart Stack
- Control Center
- Double Tap Gesture
- Precision Finding
- Mental Health Logging



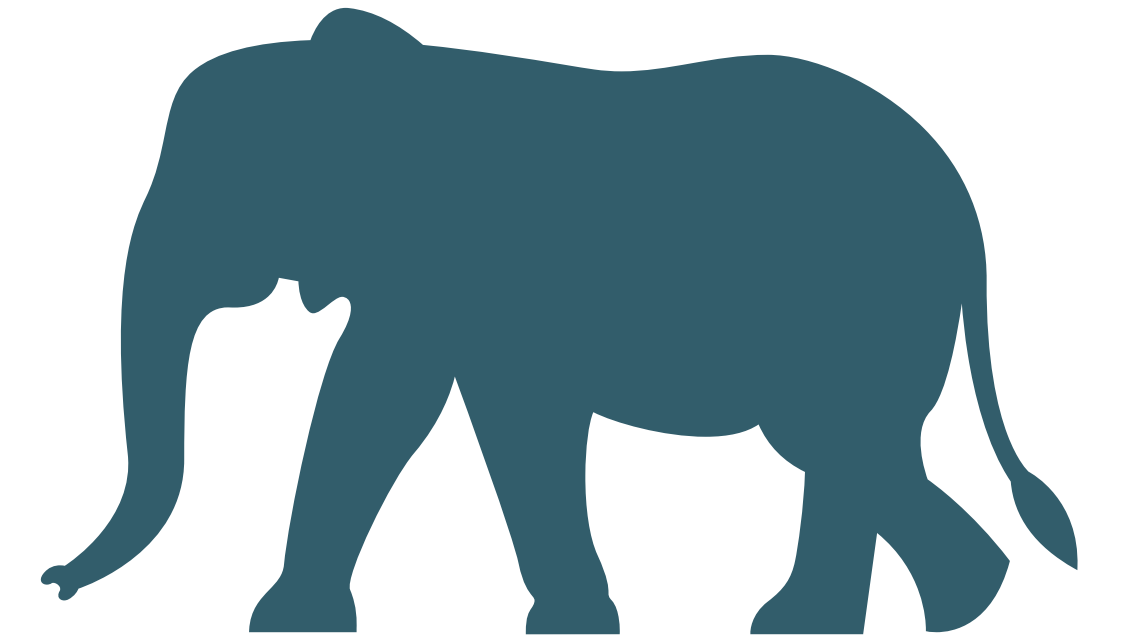
New
Series 9

- Time Spent in Daylight
- Redesigned apps
- Custom Workout Plans
- Stacking Workouts
- Compass Waypoints



New
Ultra 2

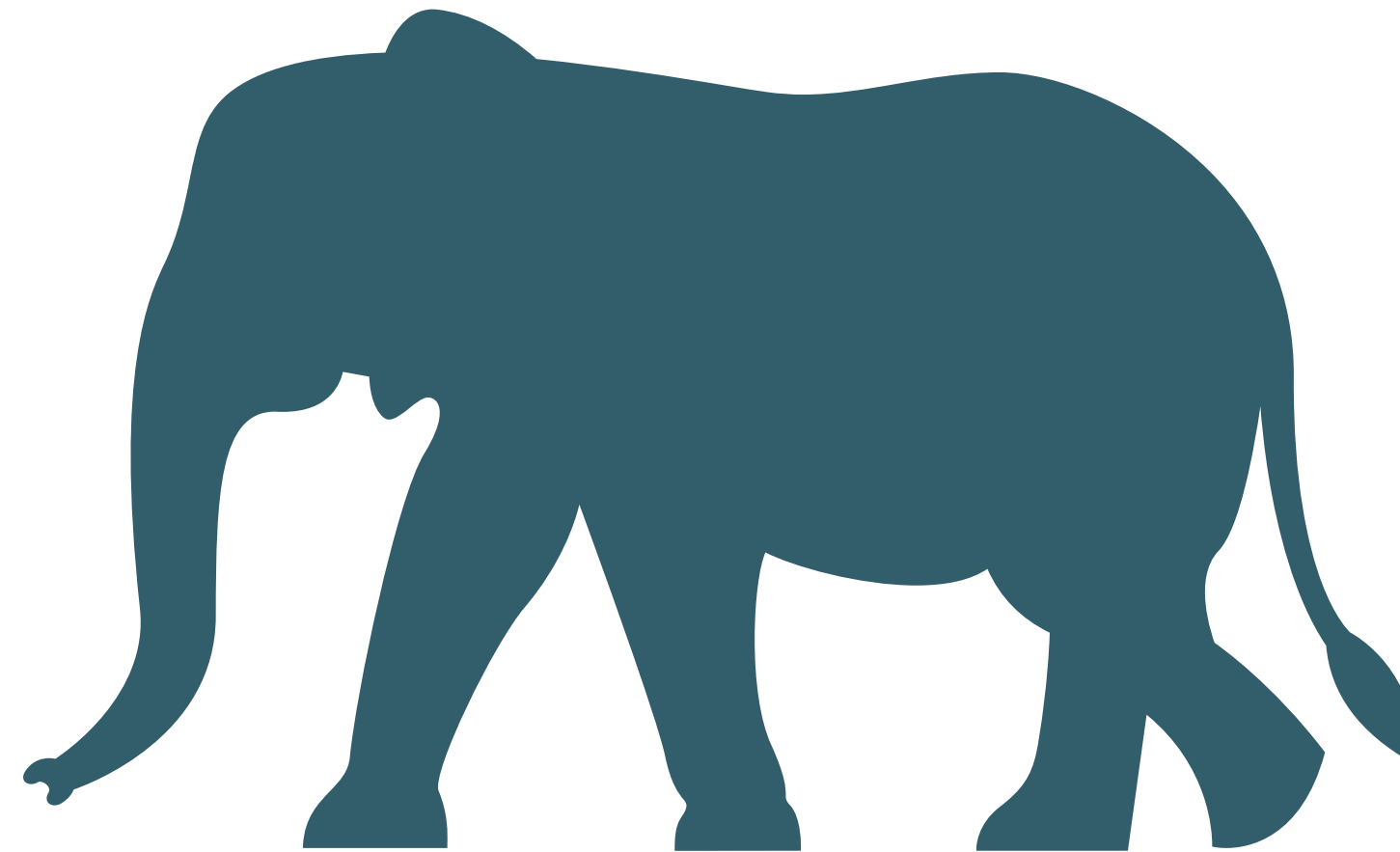
- Live Activity
- Point and Speak
- New Watch Faces
- Personal Voice
- Live Speech



The
Elephant in the Room

- Assistive Access
- Walking Radius
- Screen Distance
- and more...

The Elephant in the Room



Apple Watch Series 9 and Ultra 2 no longer come with a working blood oxygen feature.

Apple has been forced to disable a major feature on select models of the smartwatch. All Apple Watch Ultra 2 and Apple Watch Series 9 models that Apple sells in the United States now no longer

come with a working blood oxygen sensor. The sensor previously monitored the levels of oxygen in the blood. The reason Apple disabled the blood oxygen sensor is a legal one. Apple has been in

an ongoing patent dispute with medical device maker Masimo, which alleges that Apple has infringed on its blood oxygen technology patents.

Apple Watch Series 9 and Ultra 2 no longer come with a working blood oxygen feature. What does this mean for you?

In December 2023 the USITC (U.S. International Trade Commission) ruled in Masimo's favor and ordered Apple to stop selling Series 9 and Ultra 2 watches. Initially, Apple did just that.

Within a day, a federal court lifted the ban. Then U.S. Court of Appeals ruled that Apple must adhere to the ban even as it appeals the ruling.

How serious is this? Is it serious at all?

If you purchased an Apple Watch Series 9 or Ultra 2 prior to this ban, effective date 1/17/2024, a ban which presently only affects U.S. sales, your Apple Watch with a Blood Oxygen sensor is not affected.

Any other model Apple Watch which was able to support the Blood Oxygen feature is not effected, i.e., Apple Watch Series 6 and above.

In order to comply with the ban while under appeal, Apple made some changes which allowed them to continue to sell the Series 9 and Ultra 2 watches.

Apple Series 9 and Ultra 2 watches purchased on/after 1/18/2024 will still contain the sensor hardware, but the sensor will be disabled and the Blood Oxygen app will give an alert saying the app is not available.

What does this mean for you?

Well, Apple from the beginning of the Apple Watch has held that the Apple Watch is not a medical device.

And, even while the Blood Oxygen sensor has tended to be just as accurate in my doctors office as their own equipment, even though AFib monitoring has saved lives, even though Fall Detection has saved lives, even though Crash Detection has saved lives, Apple still held its stance.

Apple is indicating that it is crucial to keep the Apple Watch available to the U.S. masses, even without this feature that was once available.

I can get behind that thinking. You?

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Dear Apple...



Apple WATCH

Brief History



- Apple Watch debuted in April 2015, alongside iPhone 6
- 4.2 million sold in 2nd quarter of 2015

- Today Apple holds roughly 56% of global smart watch market
- Estimated that 80% of iPhone owners own an Apple Watch

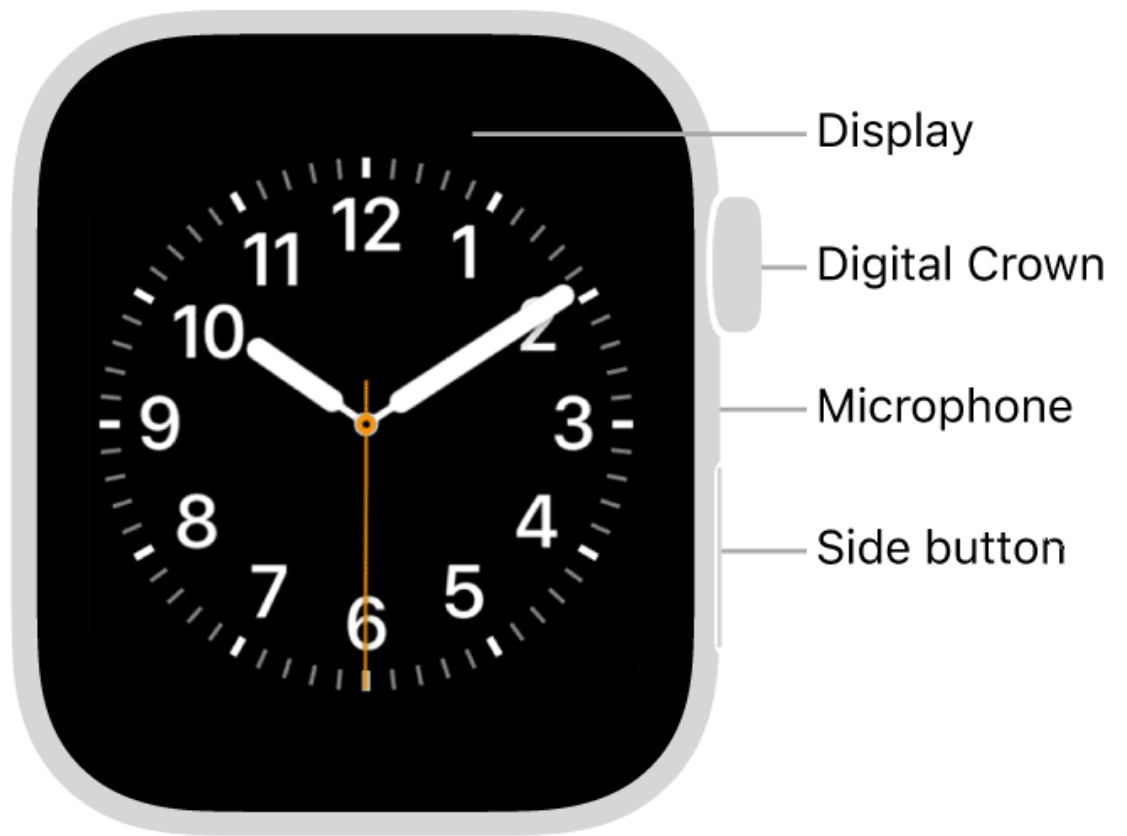
- Estimated that by 2023 over 140 million owned an Apple Watch

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New Apple Watch Models

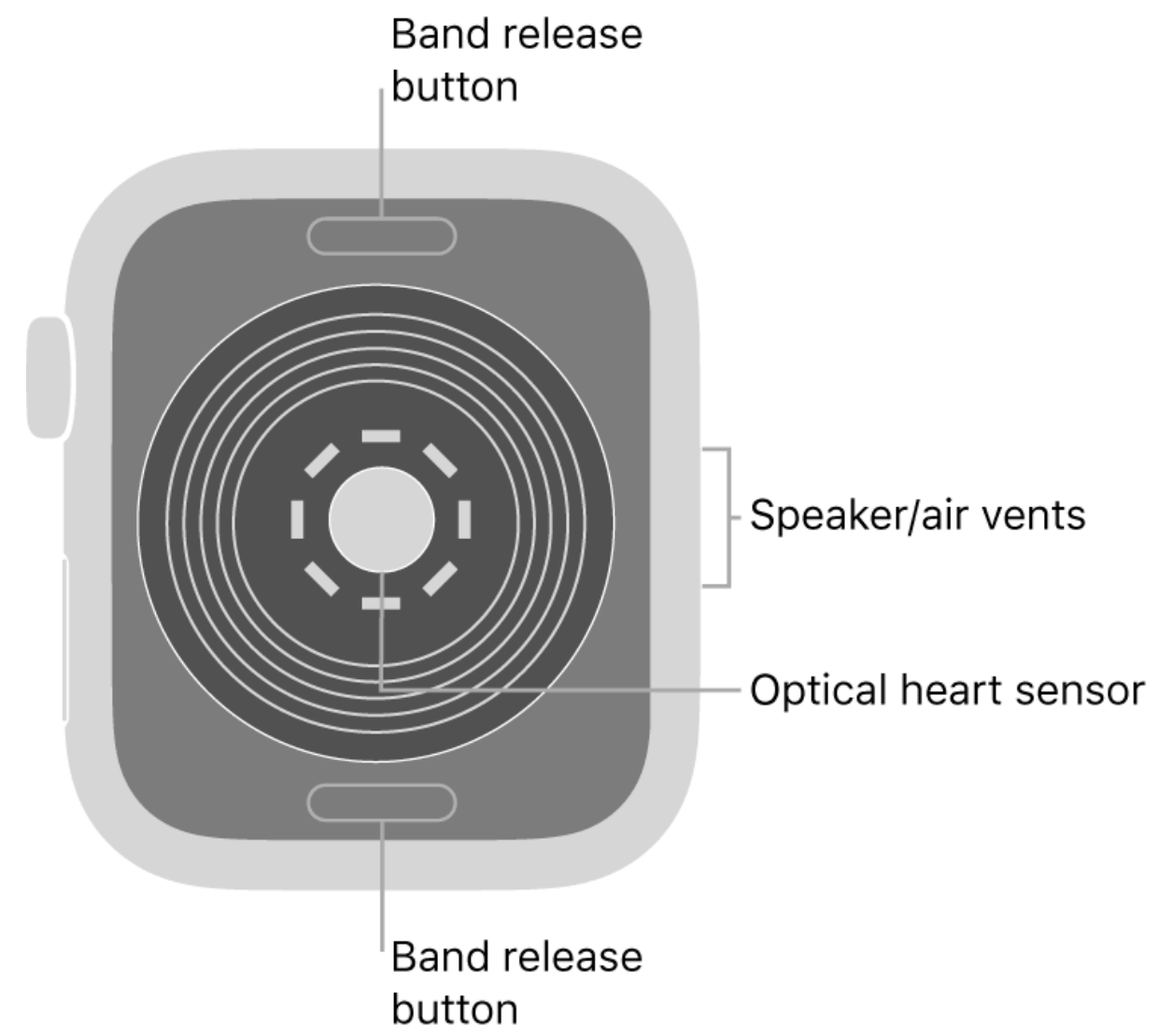
"New" SE 2nd Generation



- Starting at \$249
- S8 SiP chip
- 40mm and 44mm aluminum cases
- watchOS 10



- Carbon neutral when paired with a new Sport Loop band
- Activity tracking
- High and low heart rate notifications



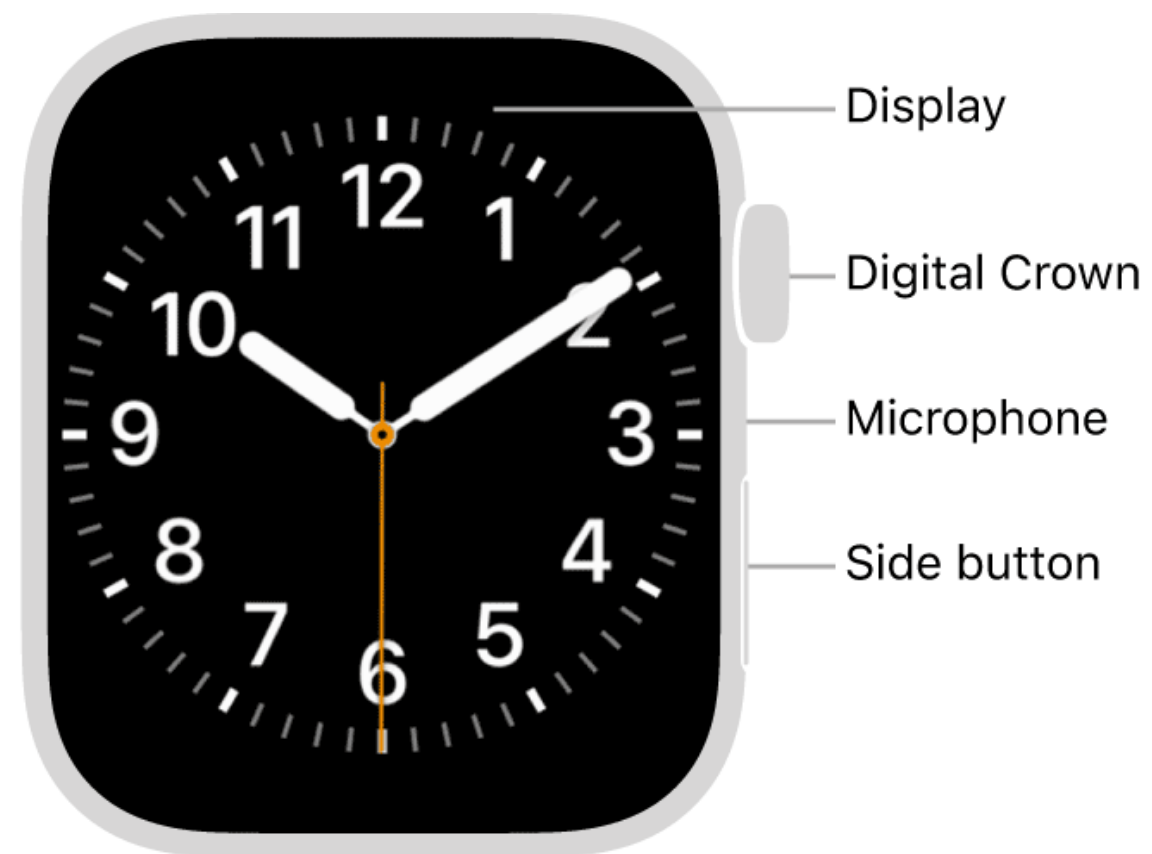
- Fall Detection
- Emergency SOS
- Crash Detection

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New Apple Watch Models

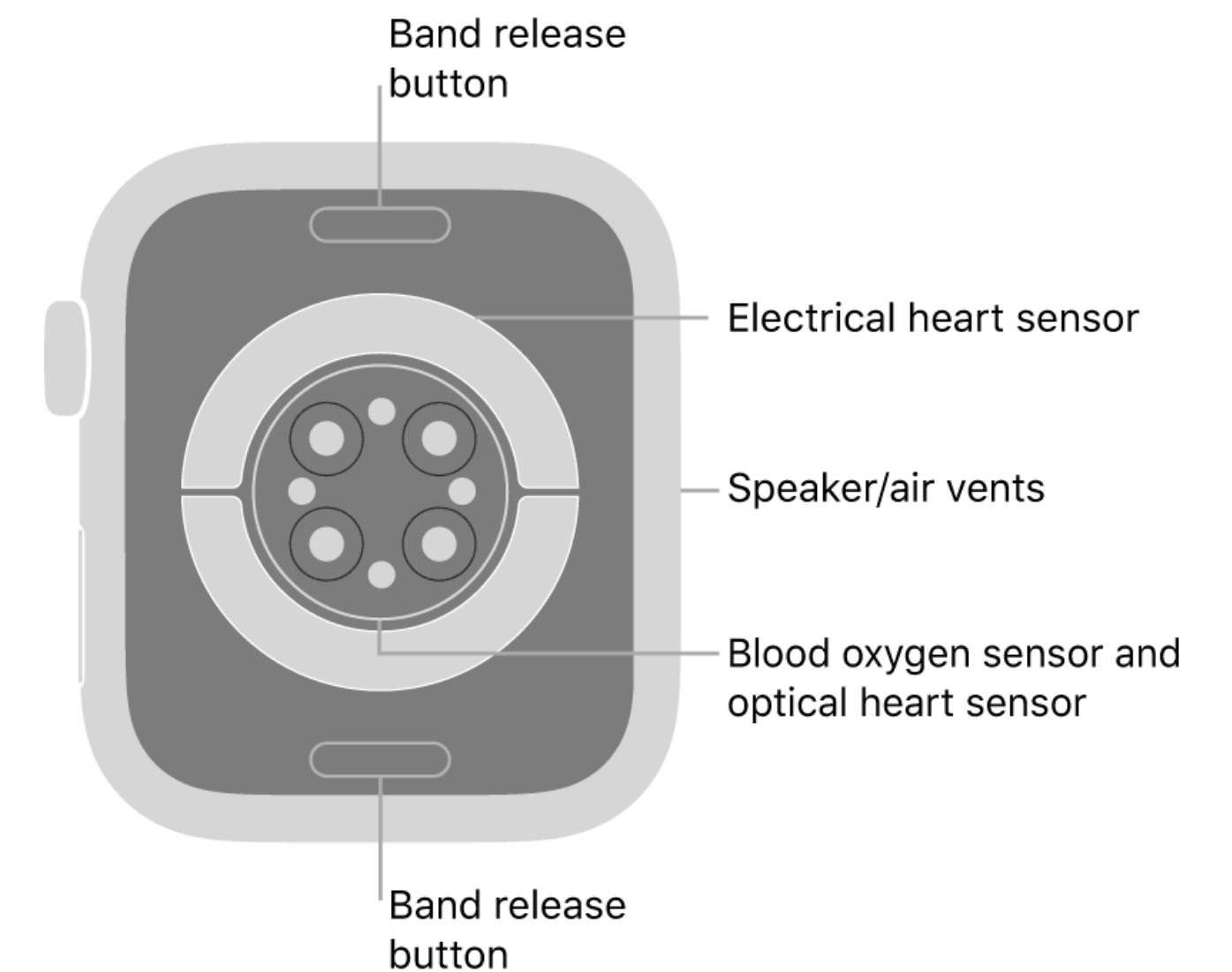
New Series 9



- Starting at \$399
- New S9 SiP chip
- 41mm and 45mm case
- 18-36 hr battery life



- Starlight, Midnight, Silver, (PRODUCT)RED, new pink aluminum case, stainless steel in gold, silver, and graphite cases.



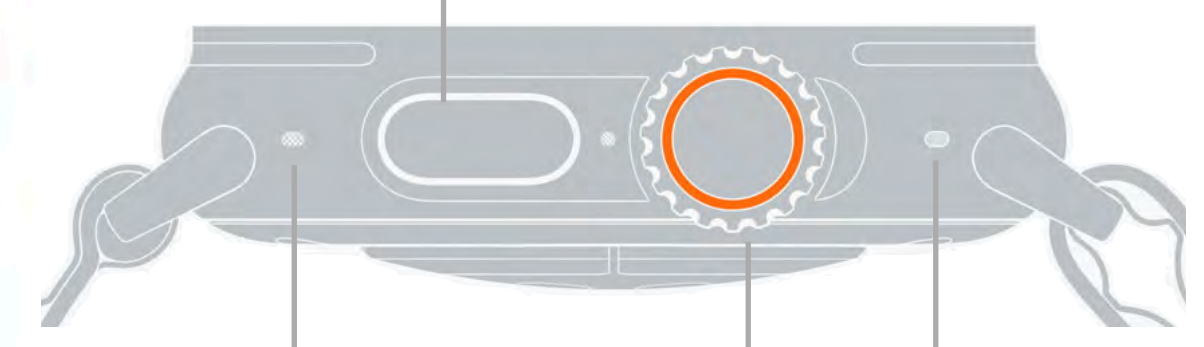
- New 4-Core Neural Engine
- 2X Brighter display
- On-Device processing

New Apple Watch Models

New
Ultra 2



Side Button
Use to access safety features. Press and hold to make an emergency call,³ retrieve your Medical ID, or access the Siren. Raised slightly from the case for use while wearing gloves.



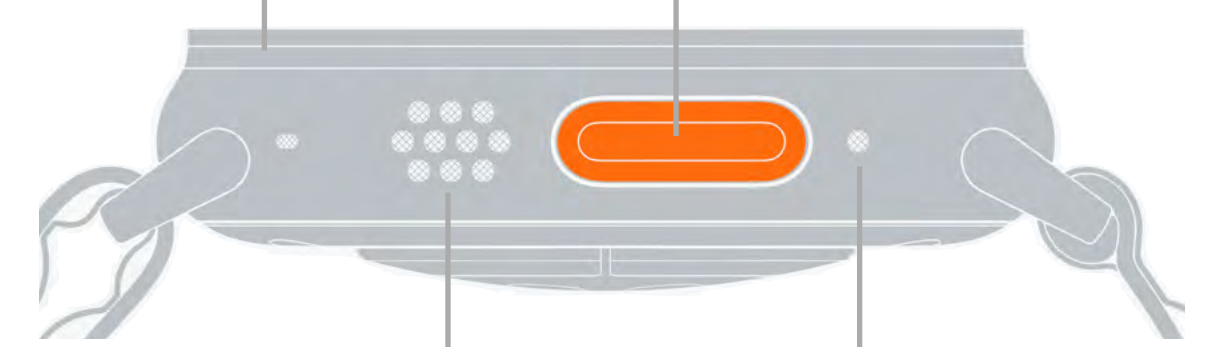
Three-Microphone Array
In windy environments, an adaptive algorithm picks the best microphone for audio. Machine learning filters noise for optimal voice clarity.

Depth Gauge
Provides real-time measurement of underwater depth down to 40 meters, along with water temperature readings.

Digital Crown
A large diameter and coarse grooves make it easy to use.

GPS Antenna
Precision dual-frequency GPS provides accurate location for calculation distance, pace, and route maps.

Action Button in International Orange
Customize to mark a Compass Waypoint, start Backtrack, start a workout, begin a dive, and more. Press and hold to activate the Siren.



Dual Speakers
A second speaker boosts audio volume for calls and Siri.

Siren
Emits an 86-decibel sound pattern to attract help. Can be heard up to 600 feet or 180 meters away.

- \$799
- New S9 SiP Chip
- 49mm titanium, rugged and corrosion resistant

- 36-72 hr battery life (varies)
- Brightest display ever: 3,000nits
- On-Device processing
- Dive computer: Oceanic+

- New depth gauge: Depth.app
- Expanded range of operating altitudes
- Ultra model only Watch Face

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Apple Watch Hermés

New
Series 9 Hermés



- Starting at \$1249
- New S9 SiP chip



- 41mm and 45mm case
- Stainless steel silver and space black



- watchOS 10
- Hermés only watch faces



Apple Watch OS10 + iPhone 15 iOS17

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New Apple Watch Models and Comparisons

New
SE 2nd Generation



All the essentials.
Light on price.

GPS + Cellular From \$299 GPS From \$249

New
Series 9



Powerful sensors,
advanced health features.

GPS + Cellular From \$499 GPS From \$399

New
Ultra 2



The most rugged
and capable.

GPS + Cellular \$799

New Features in watchOS 10



S9 SiP Chip

Redesigned apps

New Watch Faces

Smart Stack, Control Center, App Switcher

Double Tap Gesture

Precision Finding

Siri On-Device Processing



New S9 SiP Chip

Among other gains, like an increase in performance, the new S9 SiP (System in Package) chip enables the ability to use features without an internet connection.

New features are also being added through watchOS 10. Including:

- On-device Siri
- Support for 3rd-party cycling computers
- More detailed maps for hikers
- New Gesture Control

“The new iPhone 15 as well as new Apple Watch Series 9 feature a second-generation UWB chip (S9 SiP). Reports indicate that a primary difference with that model is the shift in the chip manufacturing process from 16nm to 7nm. This simply means that the transistors have become smaller. As a result, they use less energy and switch more quickly, leading to enhanced performance, greater range, and new possibilities.”



S9 SiP Chip is at the center of new enhancements and features.

Only available in Series 9 and Ultra 2 models.

Redesigned apps to show more information and take advantage of the new chip.

Redesigned Apps

Virtually every app has been totally redesigned to give you more information at a glance, updated interface that takes full advantage of the Apple Watch display and provides more information at a glance. watchOS 10 offers redesigned apps, the Smart Stack, and new ways to navigate.



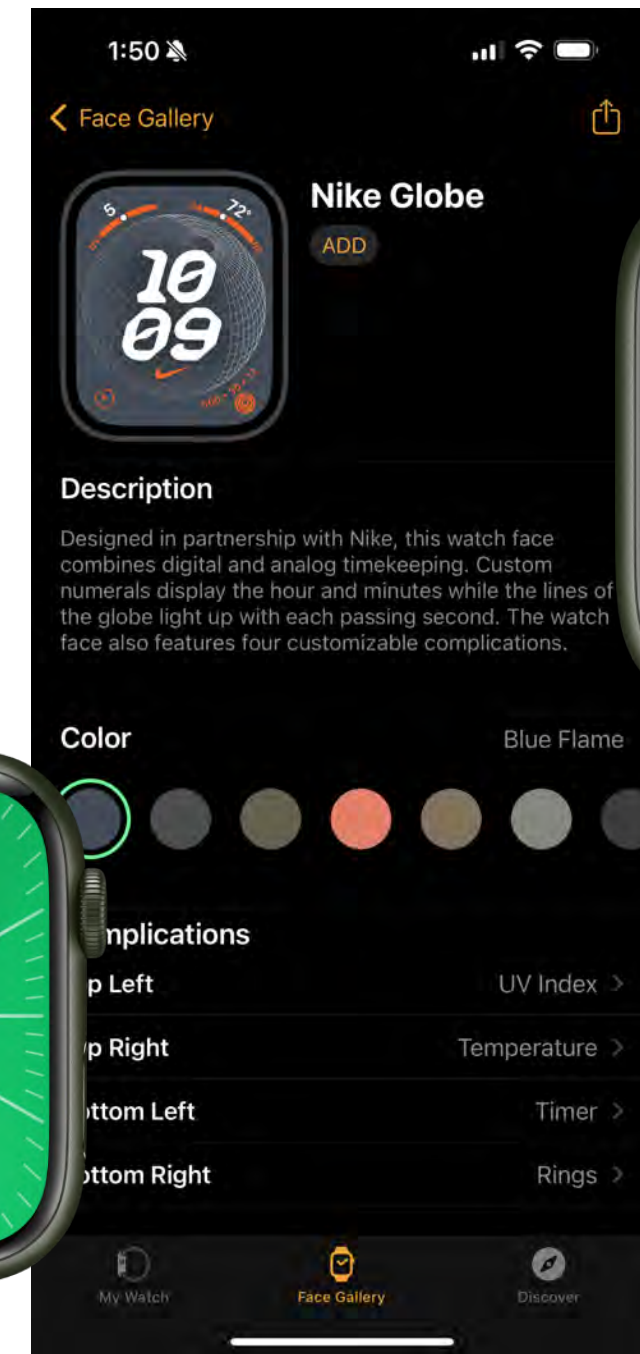
New Watch Faces



Palette



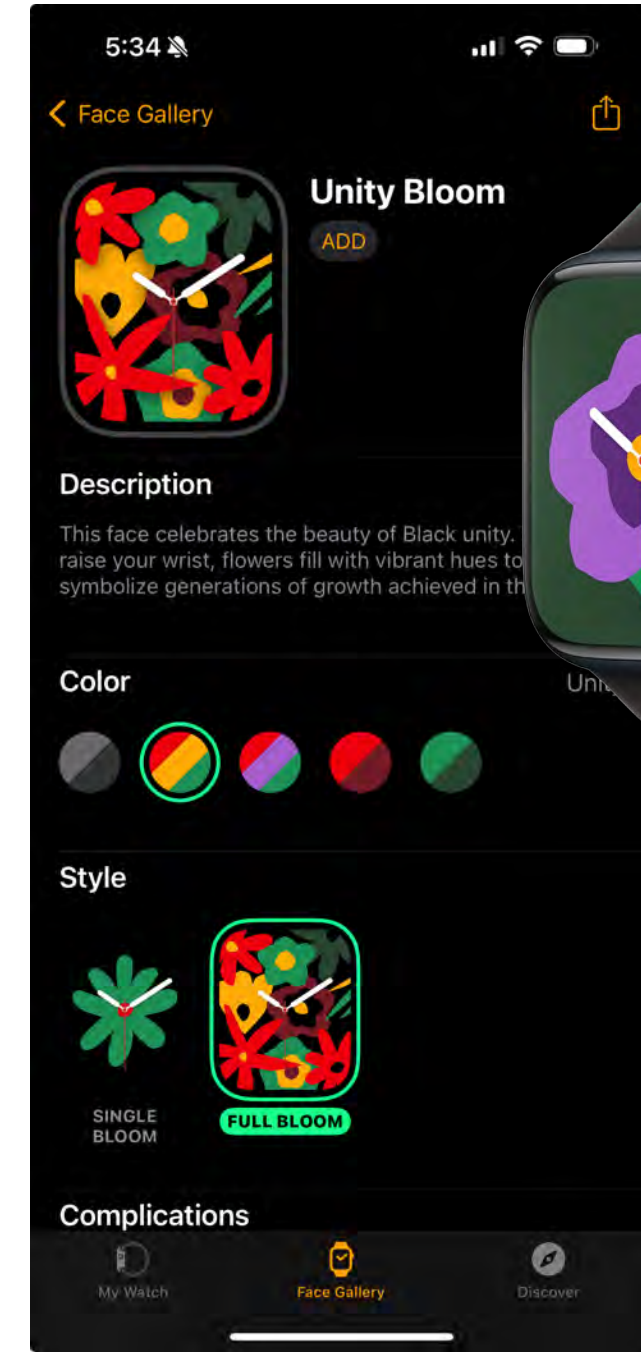
Solar Analog



Nike Globe



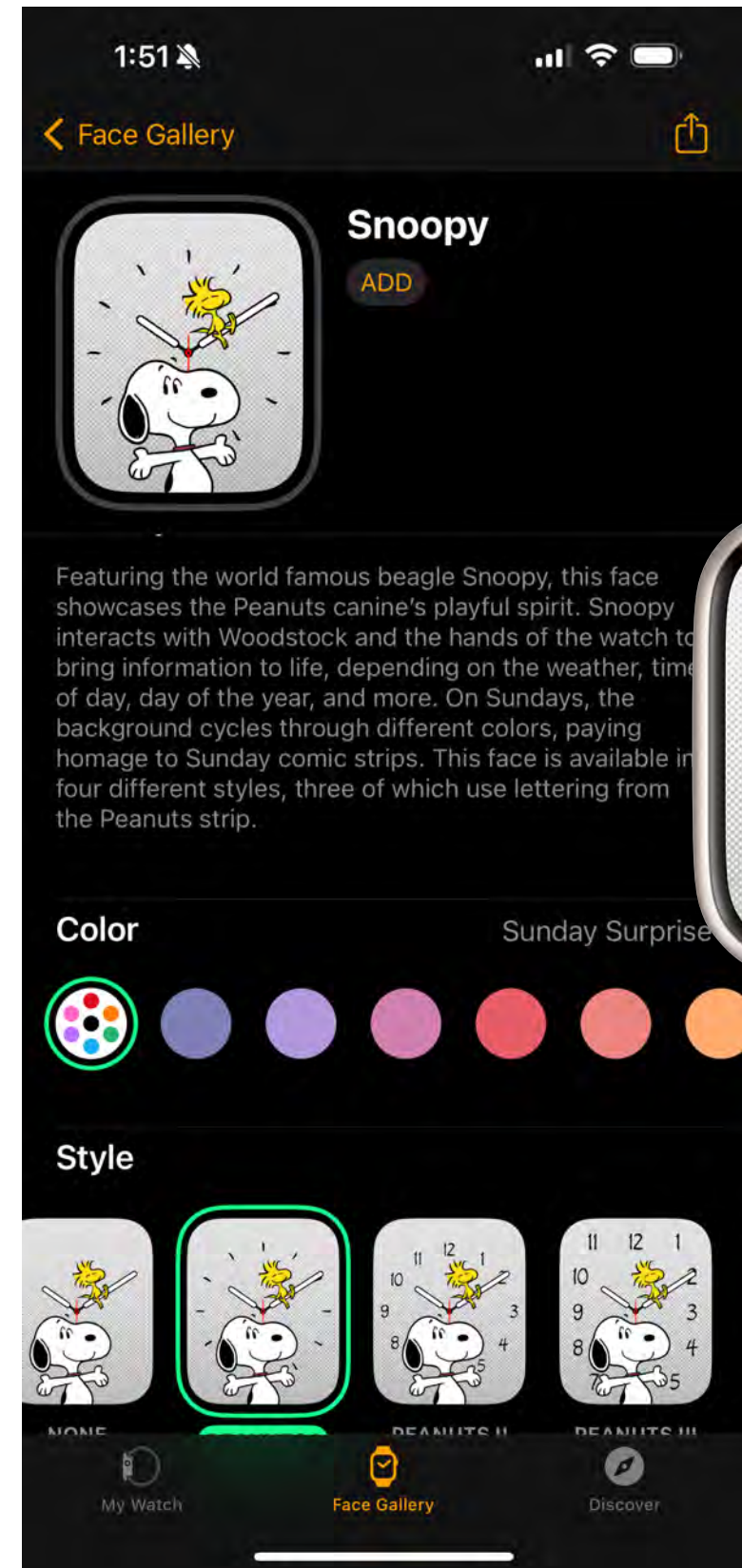
Unity Bloom
Watch Face, Watch Band



Unity Bloom
Wall Papers for
iPhone and iPad



New Watch Face: Snoopy



Snoopy



Snoopy animations sampling
(148 different animations)



AW in resting state
(Always On enabled)

Smart Stack, Control Center, App Switcher

Previously 'Swipe up' revealed the Control Center, now it reveals the Smart Stack.

"The Smart Stack is a set of widgets that uses information such as the time, your location, and your activity to automatically display the most relevant widgets at the appropriate time in your day.

For example, at the beginning of the day, Weather will show the forecast or, when you're traveling, the Smart Stack will show boarding passes from Wallet." The feature tries to learn your behavior over time.



The App Switcher is now accessed by double-clicking the Digital Crown

The Control Center is now accessed by clicking the Side Button

Add an item to the Smart Stack and Pin an item to the top of the Smart Stack

Double Tap Gesture

Enabled by default and designed to automatically control the primary button/ action in an app.

Can be used to stop a timer, play and pause music, snooze an alarm, answer/ end a phone call, reply to a message, check Smart Stack, take a photo with the Camera Remote on Apple Watch.



From iPhone >
Watch app > Settings > Gestures > Double Tap...

From Apple Watch > Settings > Double Tap...



Supported App



Unsupported App

Precision Finding

Misplaced your iPhone, again?

Precision Finding can direct you to iPhone showing its approximate distance and direction.

The S9 SiP chip features second-generation Ultra Wideband to enable Precision Finding, providing distance and direction, as well as visual, haptic, and audio guidance to a misplaced iPhone, even if it is in a different room.

Open Control Center > Tap iPhone icon
When you get close, haptic feedback, an audible chirp, and a visual indicator to help you zero in.



Siri On-Device Processing

Enhancements via the S9 SiP chip and enabled on Series 9 and Ultra 2 models, starting with iOS 17.2, watchOS 10.2.

For requests that do not require information from the internet, such as starting a workout or setting a timer, Siri does not rely on Wi-Fi or cellular networks

On-device processing is private and secure, and now Siri can be used to access data from the Health app for health and fitness-related queries.

For example, a user can ask how many hours of sleep they had the previous night, for progress on closing their Activity rings, or about their blood glucose level if they have a connected monitor.

Users can also make Siri requests on Apple Watch Series 9 to log health data such as their weight, period, or medications taken.

Enable on iPhone:

- Settings > Health > Data Access & Devices >
- Siri > Toggle “Access Health Data” On

Enable on Apple Watch:

- Settings > Health > Apps and Services > Siri >
- Access Health Data > Toggle On

On Apple Watch health data is limited to the previous week or so.

Supported queries include:

- How many steps have I taken today?
- How many steps have I taken this week?
- What's my heart rate?
- What's my blood oxygen level?
- Check my Exercise ring.
- How does my Move ring look today?
- What's my average walking heart rate?
- How many calories have I burned?

Supported logging capabilities include:

- My weight is 195.3 pounds.
- I started spotting today.
- I've taken my 6pm medications.
- My body temperature is 98.5 degrees.
- My period started today.
- My blood sugar is 143.
- Record my blood pressure as 118 over 76.



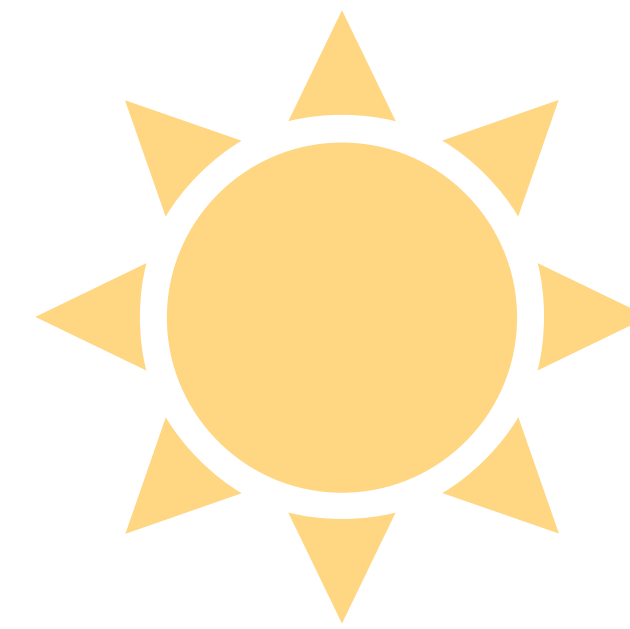
New Health Features

Mental Health Logging

Medication Follow-up Reminders

Vision Health: Time in Daylight

Vision Health: Screen Distance



Mental Health Logging

“Your mental health is as important as your physical health, and even contributes to it. Now you can reflect on your state of mind to help build emotional awareness and resilience.”

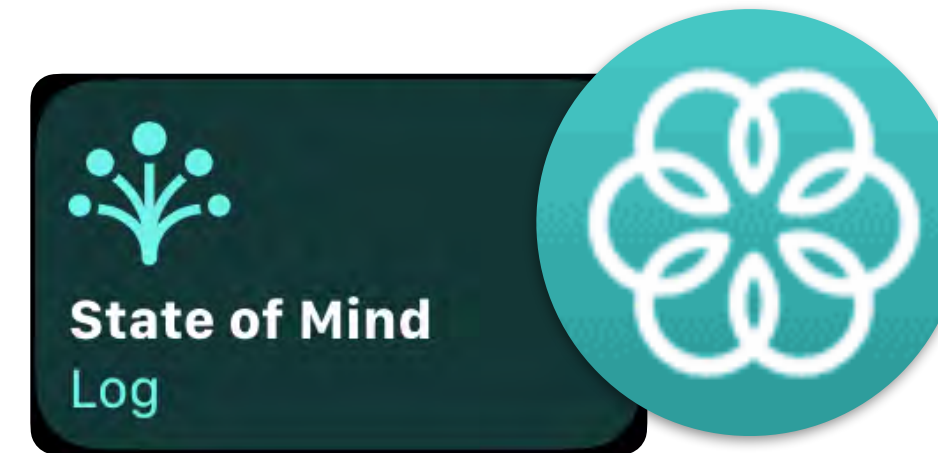
Mental health is more than the absence of mental disorders.

Setup:

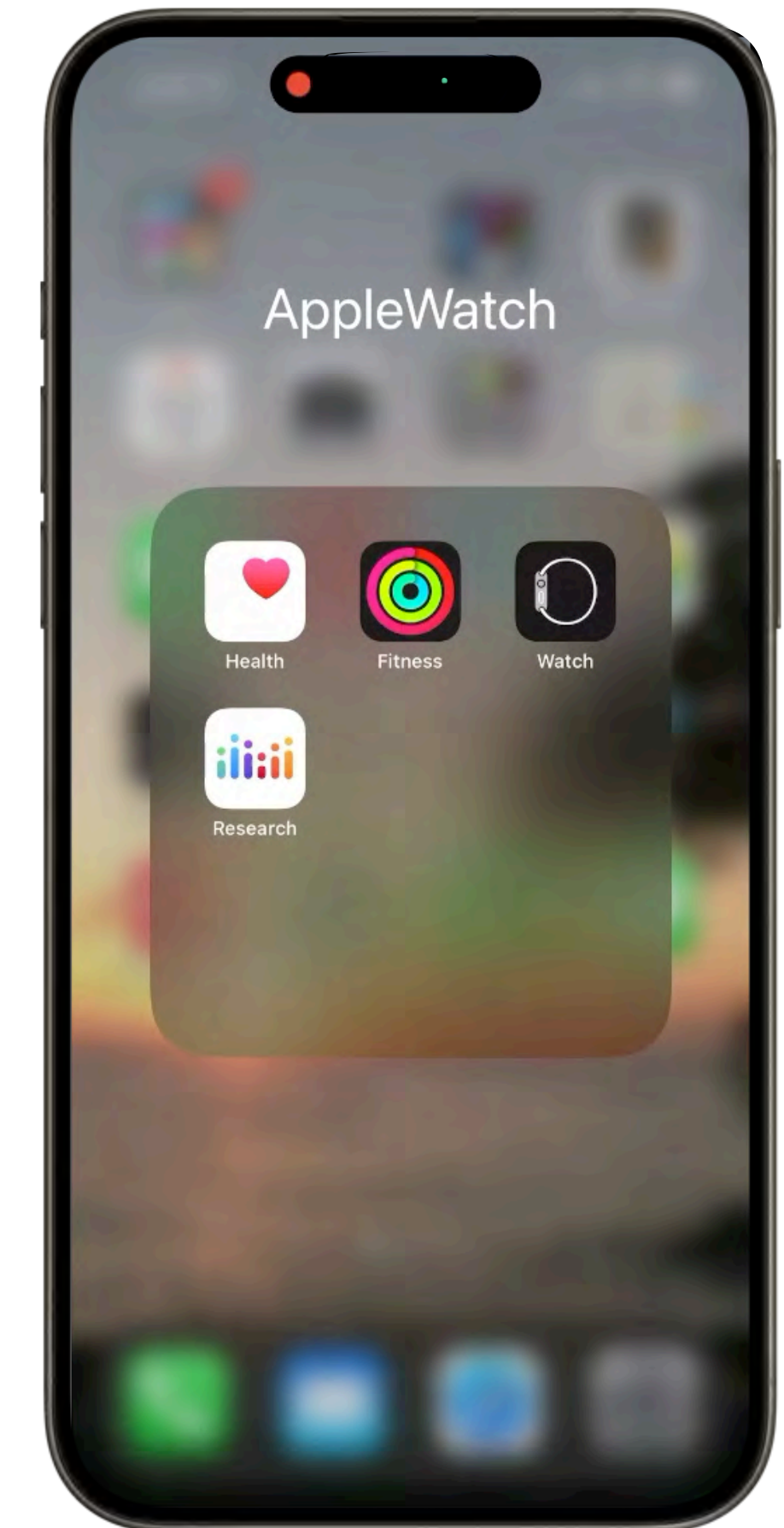
- iPhone > Health App > Browse >
- Mental Wellbeing > State of Mind >
- Scroll down to “Options” > Toggle on >
- “During Your Day/End of Day” >
- or “Add Reminder” to set a specific time

Log:

- How you are feeling now
- How you’ve felt overall today



Apple Watch Logging



iPhone > Health App Logging

Medications Logging Follow-up Reminders and Critical Alerts

If you set a medication schedule, you receive notifications from Health reminding you to log the medication.

You can now receive follow up reminders if a medication hasn't been logged 30 minutes after the scheduled time.

Setup:

Health app > Browse > Medications.

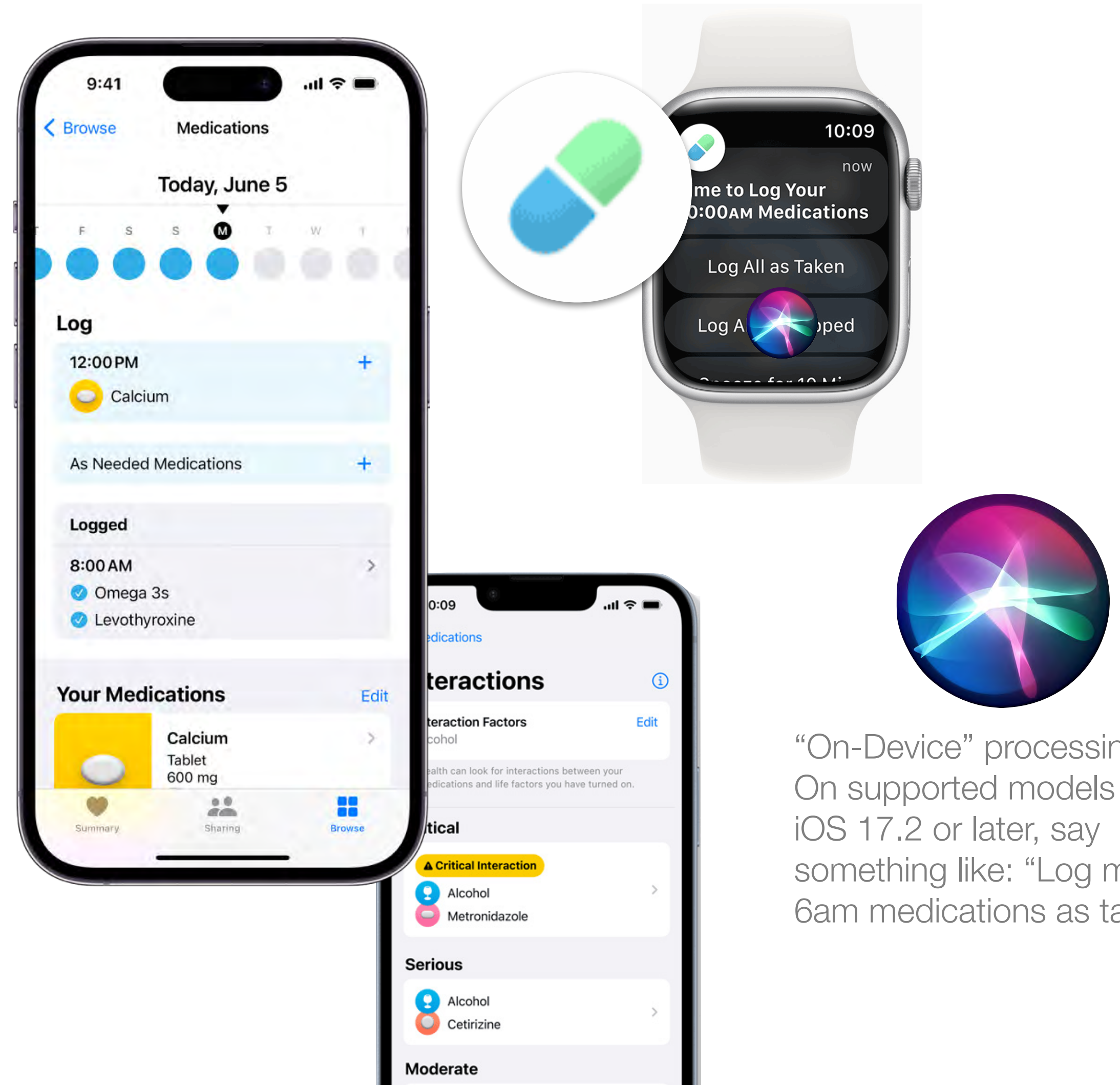
Tap Options > Enable Follow Up Reminders.

When you turn on Follow Up Reminders, you can also turn on Critical Alerts for each of your medications.

Critical Alerts appear on the Lock Screen and play a sound (even if a Focus is on or iPhone is muted).

Tap Critical Alerts, tap the button next to a medication, then tap Allow.

To turn off Critical Alerts, go to Settings > Health > Notifications, then tap the button next to Critical Alerts.



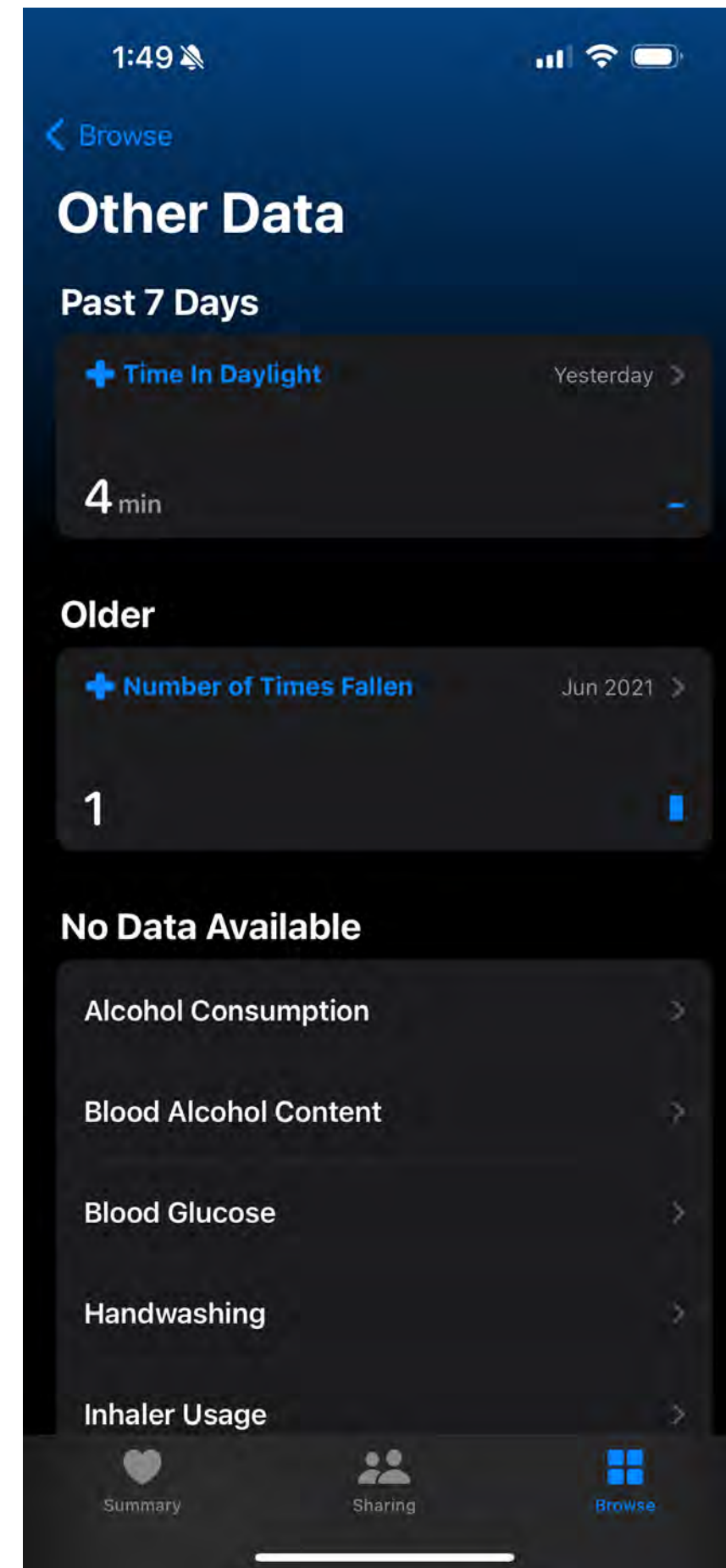
“On-Device” processing:
On supported models with
iOS 17.2 or later, say
something like: “Log my
6am medications as taken.”

Vision Health: Time in Daylight

Apple Watch (and iPhone) has the ability to measure/estimate time spent in daylight using the ambient light sensor to help reduce the risk of myopia and provide additional benefits to physical and mental health for all ages.

Sunshine for Vitamin D

Health app > Browse > Scroll to Other Data > Time in Daylight



Vision Health: Screen Distance

Viewing a device (or a book) too closely for an extended period of time can increase the risk of myopia for younger users and eye strain for users of all ages.

The Screen Distance feature in Screen Time uses the TrueDepth camera (on supported models) to detect when you hold iPhone closer than 12 inches for an extended period, and encourages you to move it farther away.

iPhone > Settings >
Screen Time >
Screen Distance > Enable



Additional Health and Features Exclusive to AW Ultra 2

The customizable Action button gives you quick, physical control over a variety of functions. It can do things like start a workout, mark a Compass Waypoint, or begin a dive.

Apple Watch Ultra 2 features a precision dual-frequency GPS system, which makes it the most accurate GPS in a sports watch in dense urban environments.

New Diving apps:

Depth app

- Measures water temperature, duration, and depth to 130 feet

Oceanic+: supports free diving.

- See critical data like your current depth and descending speed in big, bold, glanceable text.
- Between dives, Heart Rate Zones help you lower your heart rate, and preset alarms like surface time and elapsed time guide you through each session.



Modular Ultra, a watch face unique to Apple Watch Ultra

New Fitness+ Features

Custom Workout Plans

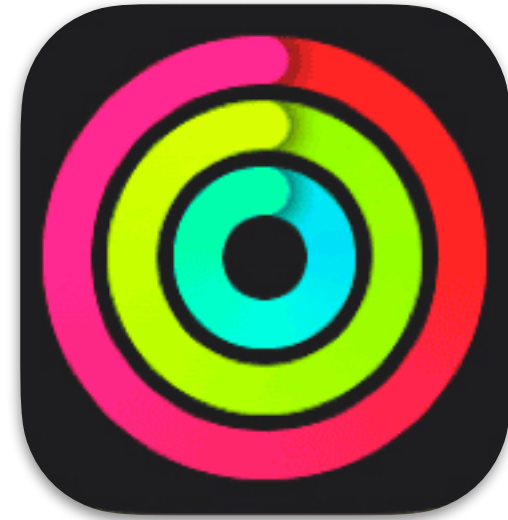
Workout Stacks

Strength, Core, and Yoga For Golfers

Live Activity Cycling

New Compass Features

Explore with Apple Watch Maps

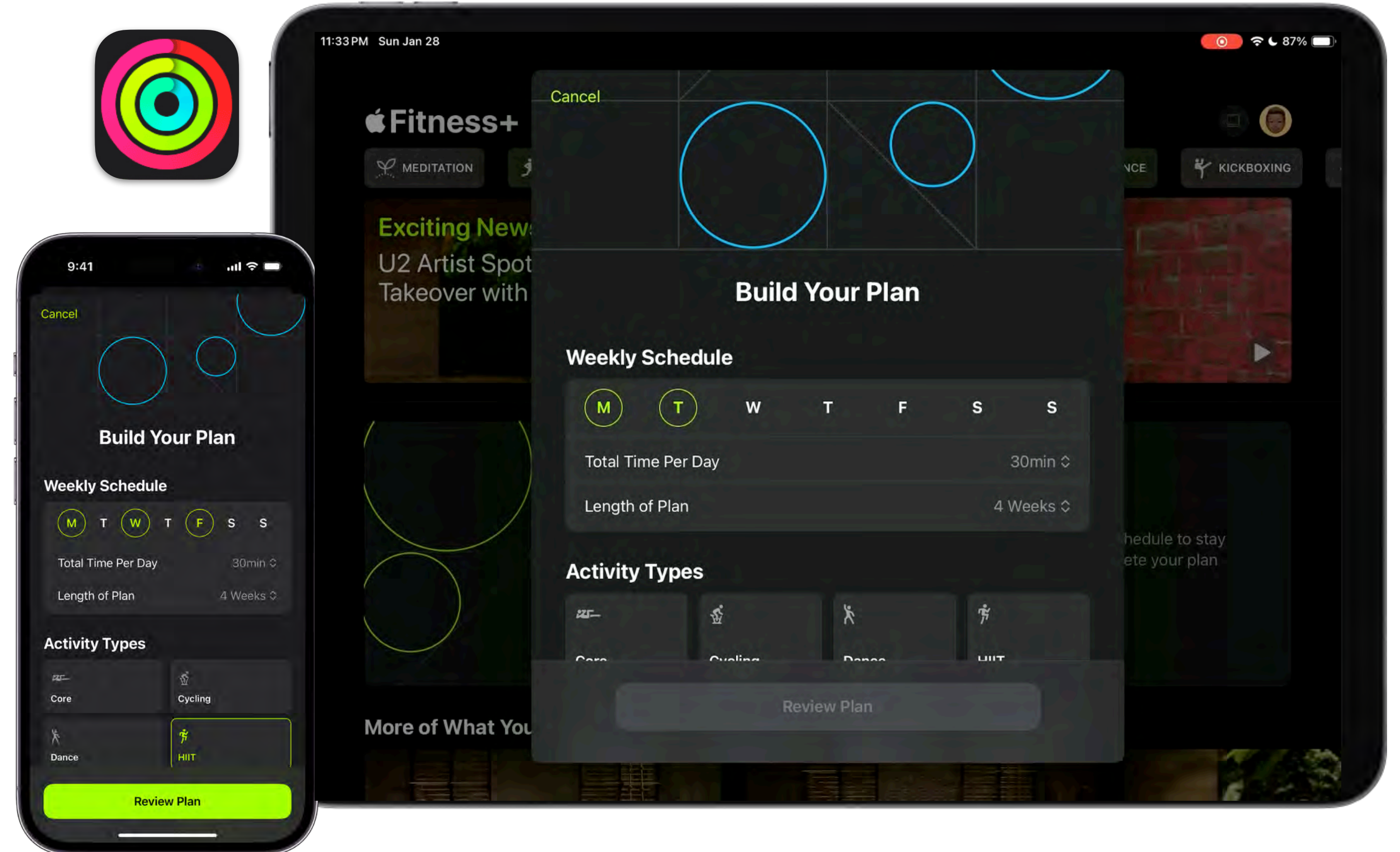


Fitness+ Custom Workout Plans

Apple Fitness+ subscribers can work out more consistently with the help of Custom Plans.

Select your personal workout preferences, including the days, workout durations and types, trainers, and music, and Fitness+ will create a Custom Plan to keep you on track.

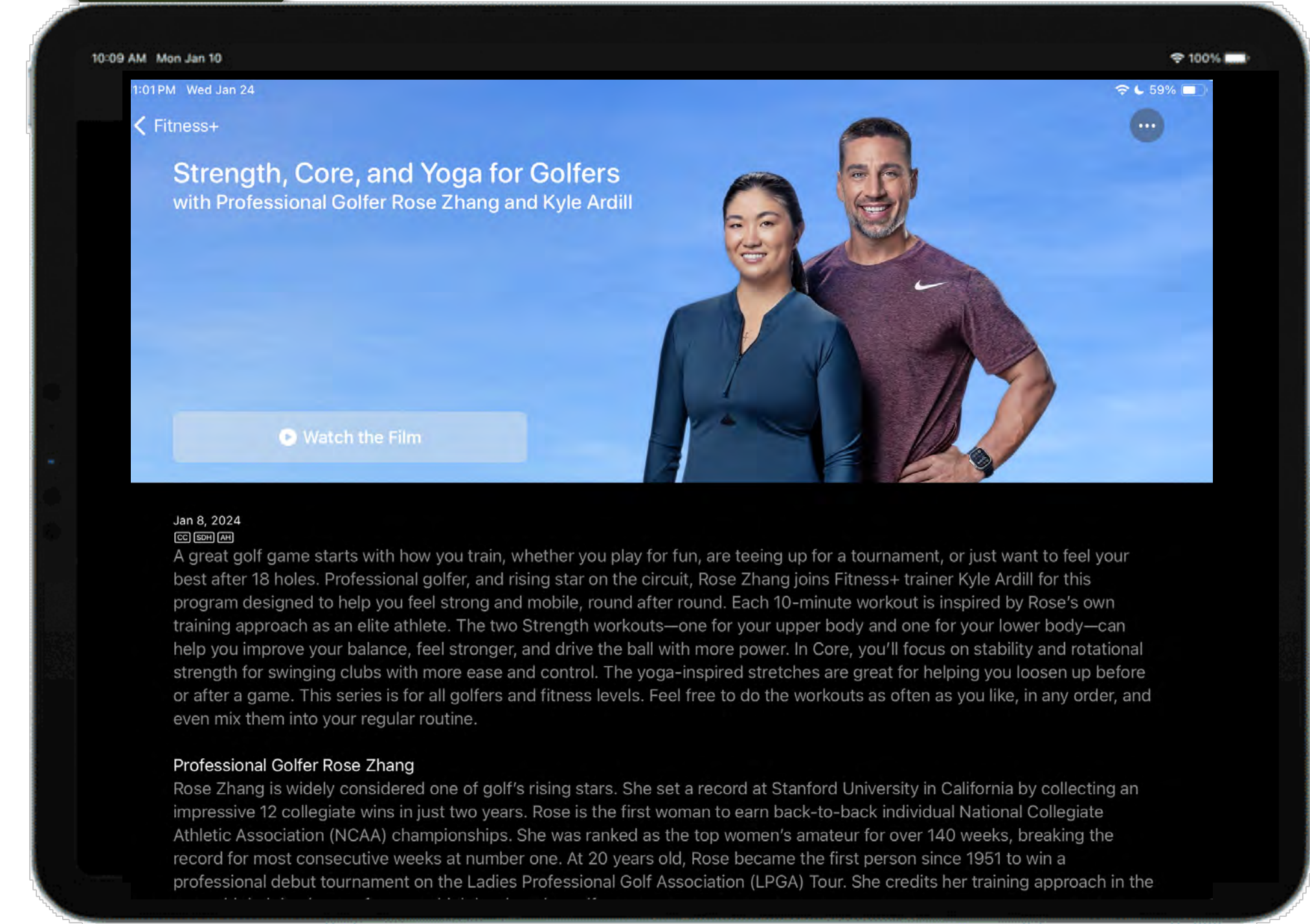
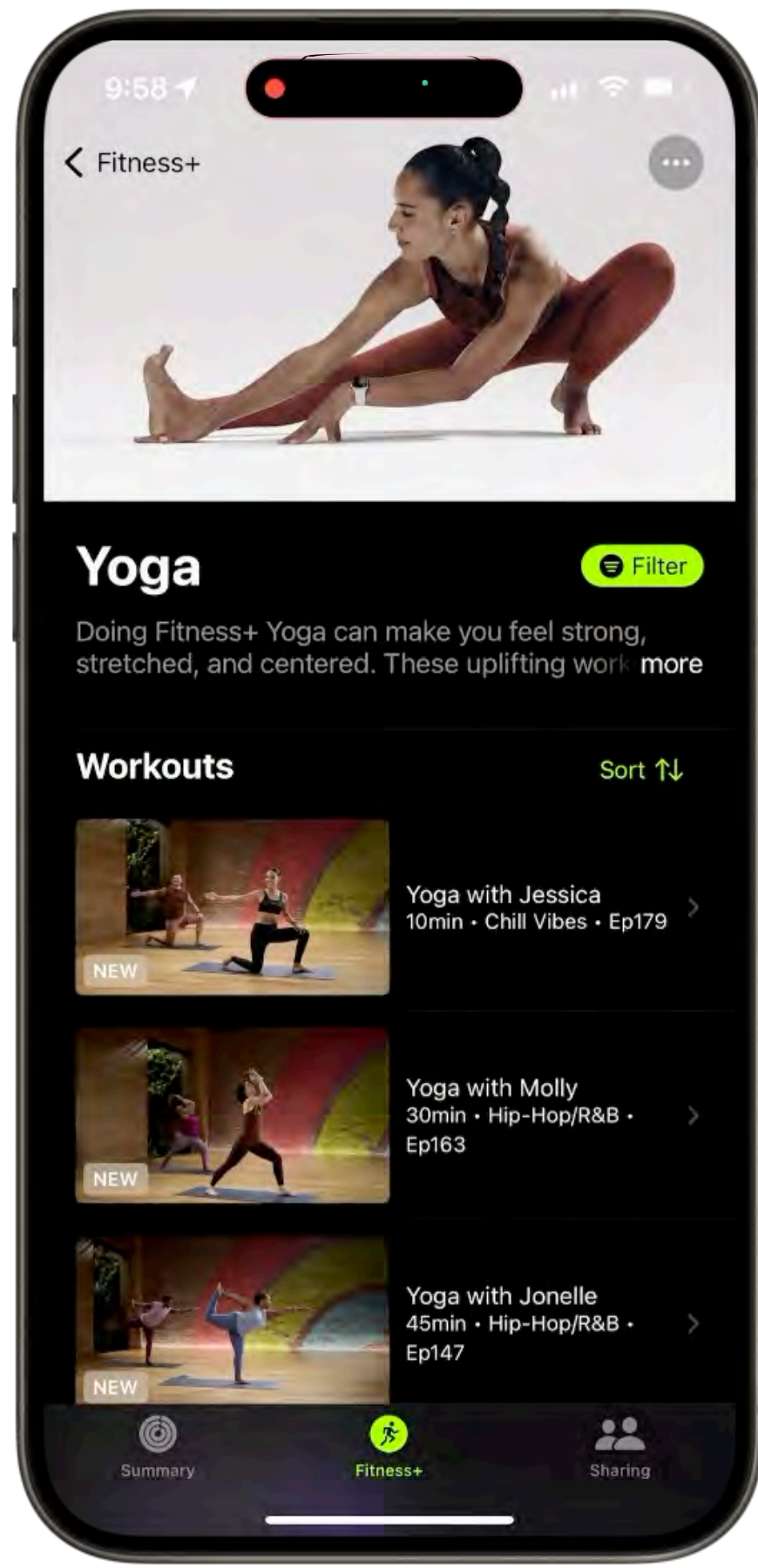
Also, you can now stack multiple workouts and meditations to quickly and seamlessly move to your next activity.



Fitness+: Stacking Workouts and Workout for Golfers

In Apple Fitness+, you can create Stacks, which are a series of workouts or meditations that you can complete back to back.

Golf targeted workout: Two Strength workouts—one for your upper body and one for your lower body—can help you improve your balance, feel stronger, and drive the ball with more power. In Core, you'll focus on stability and rotational strength for swinging clubs with more ease and control. The yoga-inspired stretches are great for helping you loosen up before or after a game. This series is for all golfers and fitness levels.



Live Activity: Cycling Workout

With watchOS 10, you can automatically connect to Bluetooth-enabled accessories to add cadence and power metrics to your cycling workout view. You can also view estimates of your functional threshold power —the highest level of intensity you can maintain for an hour.

When you start a cycling workout, it automatically shows up as a Live Activity on your iPhone. Tap it, and it will take over the entire display, making it easier to see your metrics while on a ride.

Connect to compatible Bluetooth accessories for cycling workouts:

Apple Watch > Settings > Bluetooth > Health Devices > Select sensor you want to connect > Set Up Device...



Compass Cellular Connection Waypoints

The Compass app will now automatically generate two new waypoints. A new cellular connection waypoint indicates the last place you had cell reception with your own carrier. A second waypoint shows where you can make an emergency call using any carrier's network.

See waypoint elevations relative to your current location. Be alerted when you've exceeded a particular elevation.

The cellular waypoints feature requires an iPhone using iOS 17 and an Apple Watch SE or Apple Watch Series 6 or later with a cellular plan using watchOS 10.

Note: Emergency call waypoints are available only in the U.S., Canada, and Australia.



Maps: Walking Radius and Explore

Explore in the Maps app on your Apple Watch >

- The map displays a circle, which encompasses the area you can walk within a few minutes.
- Turn the Digital Crown to change the radius. You can increase the radius to a walking time of up to 60 minutes.
- Explore to find Walking Trails in your area.



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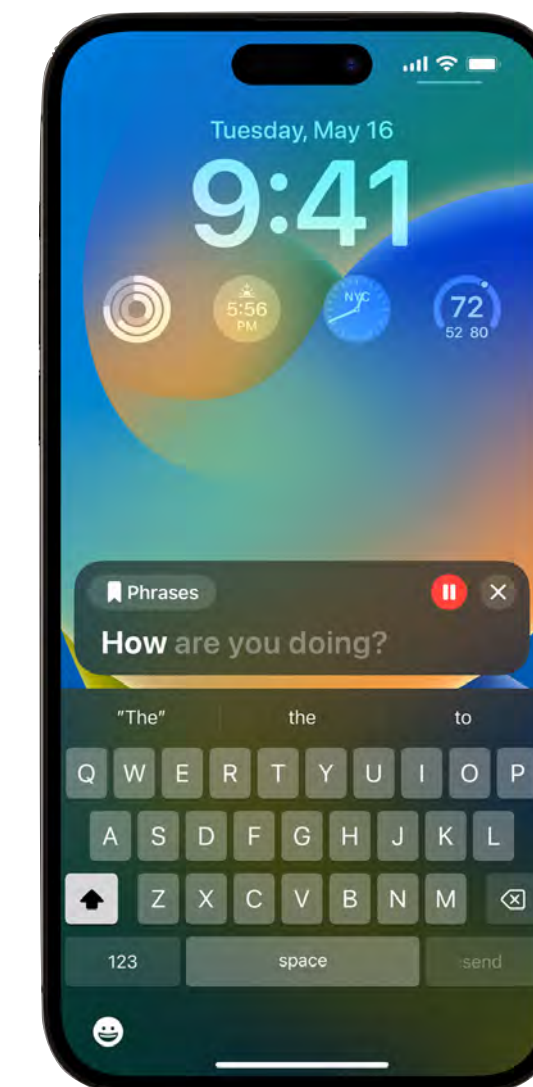
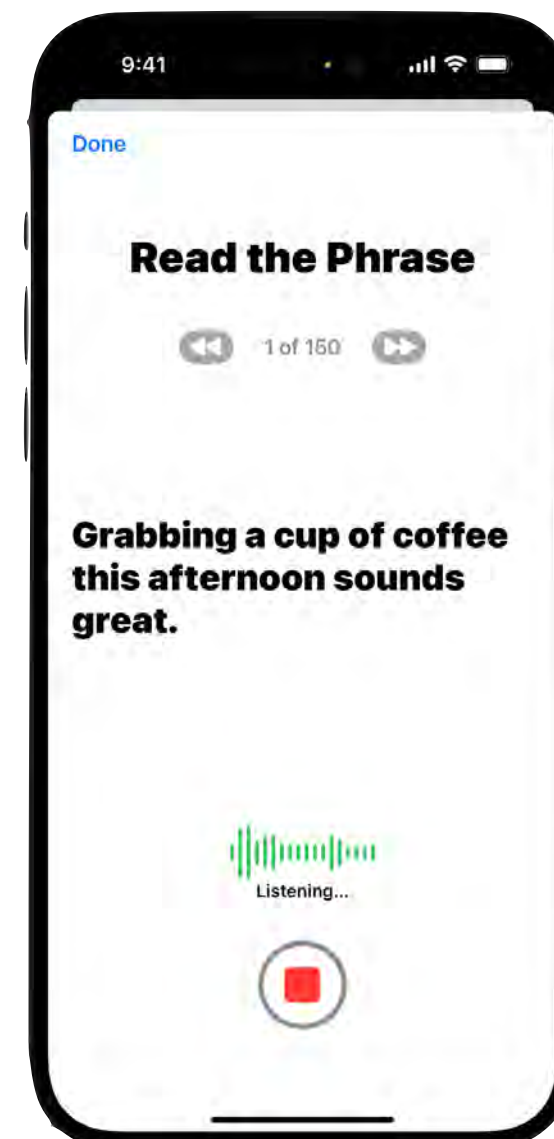
New Accessibility Features



Point to Speak

Personal Voice and Live Speech

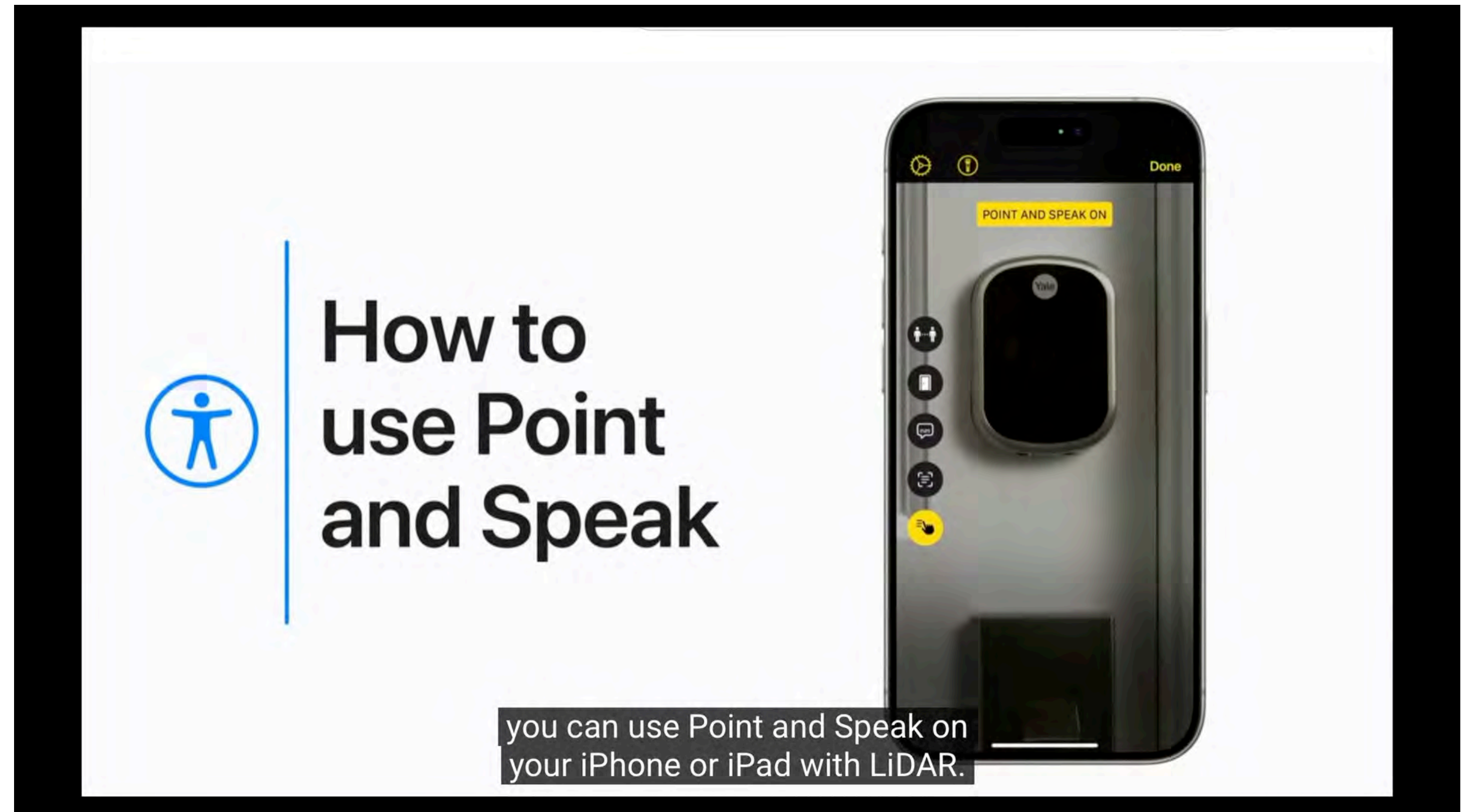
Assistive Access



Point and Speak on iPhone

Enable on iPhone >

- Swipe to Control Center >
- Tap Magnifier icon >
- Tap Detection Mode icon >
- Tap Point and Speak icon >
- Use index finger to point...



Personal Voice and Live Speech

With Personal Voice, you can create a synthesized voice that sounds like your own to communicate with family and friends by recording 15 minutes of random phrases.



Set up and use Personal Voice and Live Speech

- Record Yourself**
Read 150 phrases aloud, which may take about 15 minutes.
- Generate Your Personal Voice**
iPhone will create and securely store your Personal Voice.
- Communicate with Live Speech**
Type to speak using Personal Voice through your device's speaker or in FaceTime, Phone, and assistive communication apps.

Assistive Access

The feature offers a distinct interface with high contrast buttons and large text labels, as well as tools to help trusted supporters tailor the experience for the individual they support.

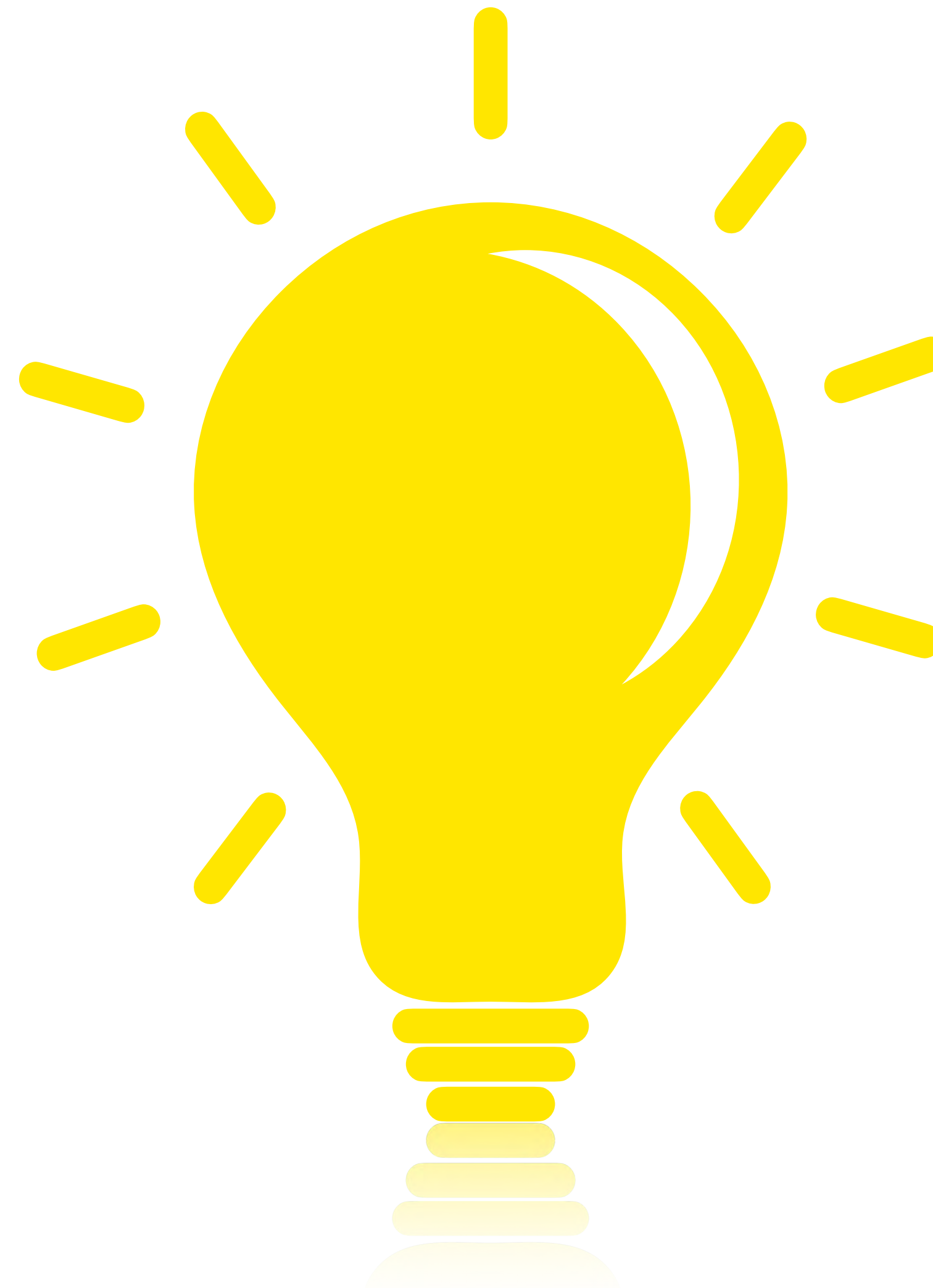


Did you learn anything today?

There's only so much that can be covered in a short amount of time.

I hope you got some helpful information today!

Be well,
CH

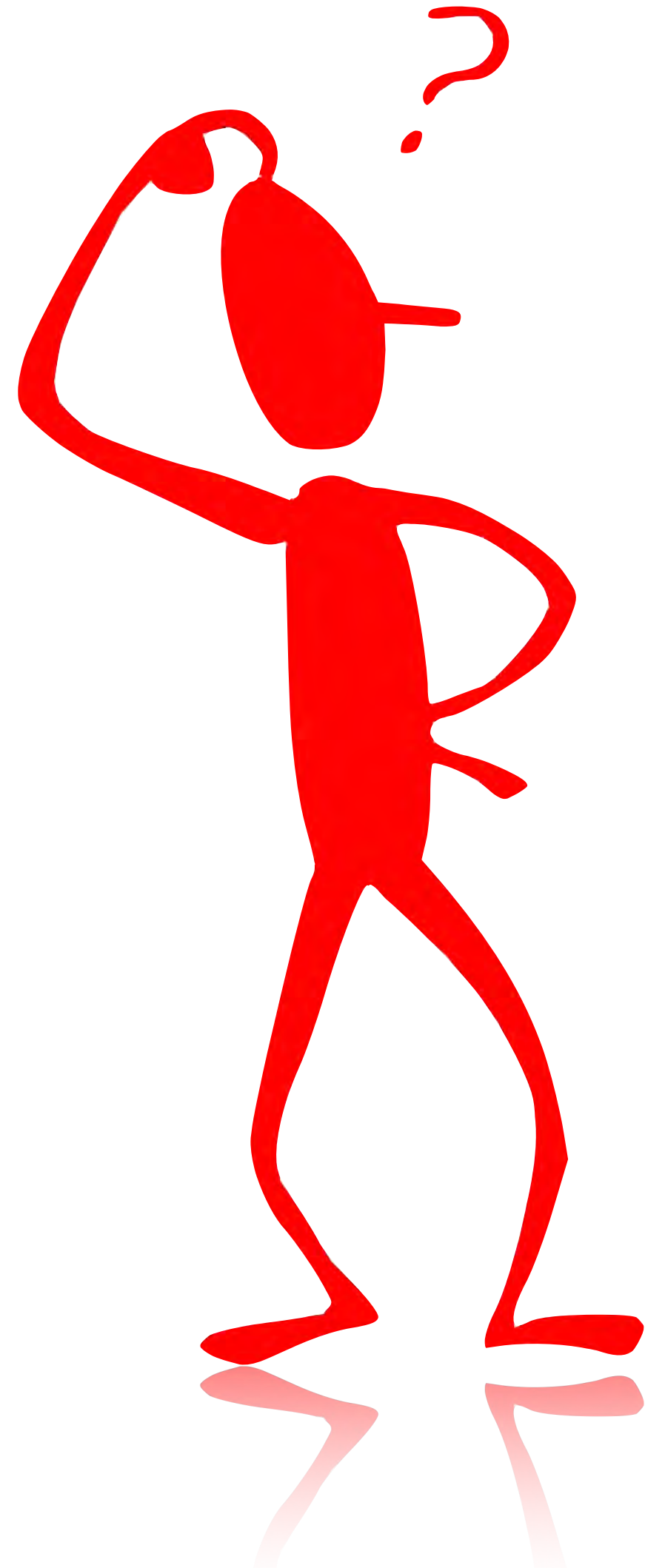


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Questions



Accessibility Videos:

Apple YouTube Accessibility Playlist

<https://www.youtube.com/playlist?list=PLI2EzNYri0cLtSIzowttih25VnSvWITu>

Point to Speak

<https://www.youtube.com/watch?v=nJPt34n3aAM&list=PLI2EzNYri0cLtSIzowttih25VnSvWITu&index=3>

Personal Voice and Live Speech

<https://www.youtube.com/watch?v=owBzKbpiNjE>

Assistive Access

<https://www.youtube.com/watch?v=4O7XKZWgE3g>

