

PRINTABLE GUIDE

Learn your smartwatch basics

A smartwatch can show notifications, record activity and offer other features depending on its model. Phone compatibility, subscriptions and health functions vary. Treat this as a setup lesson; a consumer watch cannot by itself establish whether you are well.

Smartwatch | 2 min read | 5 steps

Before you start

- ☐ Check your exact watch and phone are compatible.
- ☐ Charge both devices and have the manufacturer's official companion app.

1. Pair the correct way

Keep the watch near your phone and follow its setup instructions. Apple Watch uses the Watch app on a compatible iPhone; other brands use their own apps. Do not assume Bluetooth settings alone complete setup.

- ☐ Done this step

2. Adjust comfort and readability

Fit the strap according to the manufacturer's instructions. Choose a simple watch face with readable time and enlarge text if supported. Learn the button or gesture that returns to the main screen.

- ☐ Done this step

3. Limit interruptions

In the companion app, keep only notifications you find useful. Try one message alert, then practise dismissing it without accidentally replying.

- ☐ Done this step

4. Look at activity information

Take a short ordinary walk and find the activity summary. Numbers can be estimates and depend on fit, motion and sensors. Check the manual's limitations for any health-related feature.

☐ Done this step

5. Plan charging and privacy

Find the battery indicator and choose a charging routine. Review app permissions and data-sharing choices. Read how emergency features actually operate before relying on them.

☐ Done this step

Try it for yourself

Find the time, battery level and notification controls on your watch.

☐ I tried the task.

My notes

Can a watch replace a medical assessment?

No. Features differ in purpose and availability. If you feel unwell, use appropriate healthcare services rather than treating a normal watch reading as reassurance.

Official help and the online guide

Apple Watch pairing and setup - <https://support.apple.com/en-gb/guide/watch/apdde4d6f98e/26/watchos/26>

NHS routes for urgent medical help -

<https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111/>

Read online: <https://plaintech-guides.pages.dev/guides/learn-your-smartwatch-basics/>