Apple Watch & Apple Health

Why do I need an Apple Watch and Apple Health?

- Because important health and activity data need to be captured by Carity, and because the Apple Health system is the most efficient system on the market today.

- In the future, Carity will allow the use of additional digital wristbands or devices, as well as health systems.

Apple Watch collects Data about your heart, respiratory, activity etc.

Apple Health receives and stores this data.

Carity picks up only relevant data for your cardiac health and presents to you in a simplified form.

Preparation

- Update your iPhone to the latest iOS version (Settings -> General -> Software Update)
- Ensure that Bluetooth is enabled on your iPhone and that it is connected to a Wi-Fi or a cellular network.

1) Turn on and put on the Apple Watch

- To turn on the Apple Watch, press and hold the side button until the Apple logo appears. This may take a few minutes.

2) Keep the Apple Watch close to the iPhone

- Wait for the message "Use your iPhone to set up this Apple Watch" to appear on the iPhone, then tap on "Continue". If this message does not appear, open the Watch app on the iPhone, tap on "All Apple Watches", and then tap on "Pair New Apple Watch".

- Tap on "Set Up for Myself".

- Make sure the Apple Watch and iPhone are close to each other while performing the following steps.

3) Hold the iPhone over the animation

- Center the watch face in the frame of the iPhone. Wait for the message that the Apple Watch is paired.

- If you are unable to use the camera, cannot see the pairing animation, or the iPhone cannot read it, tap "Pair Apple Watch Manually" and follow the instructions displayed.

4) Set up as a new device

- If this is your first Apple Watch, tap "Set Up as New Apple Watch". Update the Apple Watch to the latest version of watchOS if prompted.

- The Apple Watch may require a software update before it can be set up. If the iPhone reports that a software update is available, tap "Update Now" and wait for the update process to complete.

- Read the terms and conditions, and tap "Agree". Tap "Agree" again to continue.

5) Sign in with your Apple ID

- When prompted, please enter the password for your Apple ID.

- If you are not prompted, you can sign in later through the Apple Watch app: tap (General -> Apple ID), and then sign in.

6) Set preferences

- The Apple Watch will display which settings work in conjunction with your iPhone. If features like "Find My", Location Services, Wi-Fi Calling, and Diagnostics are enabled on your iPhone, these settings will automatically be enabled for your Apple Watch as well.

- After this, other settings can be selected, such as route tracking and Siri. If Siri is not already configured on your iPhone, Siri will only be activated if this feature is selected. The text size for the watch can also be adjusted.

- For each setting, simply follow the instructions on your iPhone. You can skip these setup steps if you prefer.

7) Create a Passcode

- We recommend not using a passcode, but you can add one if you like.

- On the iPhone, tap "Create Passcode" or "Enter a Long Passcode", and enter the new passcode on your Apple Watch. Tap "Don't Add Passcode" to skip this step.

8) Choose Features and Apps

- Next, you will be prompted to set up Apple Pay by adding a card - this step can be skipped. Then, you will be guided through setting up features like automatic watchOS updates, Emergency SOS, and Activity.

- Additionally, you can install those of your apps that are compatible with Apple Watch, or choose to install apps individually later.

9) Syncing the Devices

- The duration of the sync may take some time, depending on the amount of your data. While waiting for your Apple Watch to sync, you can continue reading these instructions to learn how to use the Watch and Carity and possibly also install Carity.

- Make sure the devices are within range of each other until a notification sound is heard and a signal from the Apple Watch can be detected. Then press the side wheel (Digital Crown) of the Apple Watch.

10) Set Up Health Profile

Health automatically counts your steps, walking, and running distances. If you have an Apple Watch, your activity data is automatically recorded. You can also enter information into a Health category or retrieve data from your favorite apps or devices that are compatible with Health.
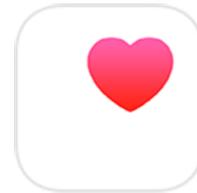
- Open the **Health app** and tap on **Summary**.

- Tap on your **profile picture** in the top right corner.

- Tap on **Health Details**, then on **Edit**.

- Add your information, such as **height, weight, age, and heart rate-related medications**.

- Tap **Done.**
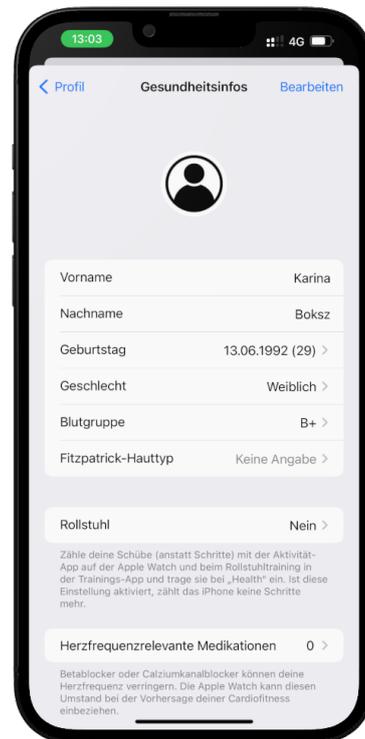
11) Ensure Health Records Heart and Activity Data

Carity uses heart and activity data from Apple Health to monitor your progress. To check this, make sure your Apple Watch is sending this information to Apple Health.

- Open the **Health app**.

- Tap on your **profile** and then on **Devices.**

- Tap on your Apple Watch.

- Tap on **Privacy Settings** and ensure that **Fitness Tracking** is enabled. (see image)
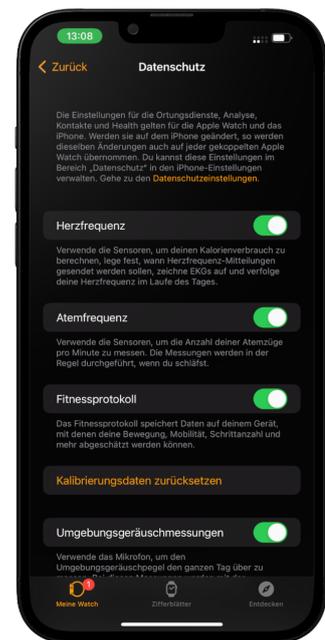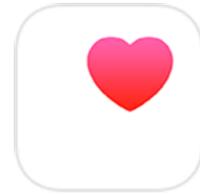
12) Start an Exercise with Apple Watch

Carity cannot detect your exercises unless you register them through the Apple Watch.

- Press the side wheel **(Digital Crown)** to open the menu.

- Open the Workout app.

- Turn the **Digital Crown** or swipe down to find the type of workout you want.

- Tap on the chosen exercise and start your workout.

- After the workout is finished, swipe right and tap on **"End"** at the bottom.

- You can also pause your workout by tapping on "Pause" at the bottom.

Get Help

Look below for the issue you're experiencing to learn what steps you can take. If you need further assistance, contact Apple Support: **https://getsupport.apple.com**

1. **The Apple Watch won't turn on**
    Your Apple Watch may need to be charged. We recommend charging your Apple Watch every night.

2. **You're asked for a passcode but didn't add one**
    Your Apple Watch is still paired with another iPhone. Please contact your rehabilitation team to exchange your Apple Watch.

3. **A screen with Activation Lock appears**
    Your Apple Watch is linked to an Apple ID. Enter the email address and password of that Apple ID to continue with the setup. If it's not your Apple ID, please contact your rehabilitation team to exchange your Apple Watch.

4. **If the Apple Watch can't be set up or an error message appear**
    - Make sure the latest version of iOS is installed on your iPhone.
    - Turn the iPhone off and then back on.
    - Turn the Apple Watch off and then back on.
    - If the problem persists, contact your rehabilitation team to exchange your Apple Watch.

The setup of your new Apple Watch is now successfully completed, congratulations!

- Sie können sich nun erstmal entspannen und mit weiteren Installationsschritten später fortfahren, oder

- You can now relax and proceed with further setup steps later, or
- You can start practicing with your Apple Watch right away, even without Carity. The data collected can be adopted by Carity later on.