

SMART WATCHES - Apple Watch



Features like

Apple Watch	Description	Example
Date & Time	Display Clock	Choose your preferred face digital, analog, large numbers, light or dark background
Calling & Emergency	Voce calls to contacts or hold the side button for SOS	Contacts in your watch or phone can call you. (Cellular required). SOS sends to your contacts and dials 112/000/911, sending your location and medical ID.
Reminders	Set reminders and alarms or calendar appts	Read the calendar, set or get reminders and alarms on your phone or watch. Add items to shopping list that you or others can view.
Fall Detection	Detects falls	The accelerometer and gyroscope will detect a bad fall. Tap "I'm Ok" or if you are immobile, a beep will count down for 30-seconds, call emergency, send location and notify contacts.
Fitness Tracking	Steps & goals	Record workouts, set fitness goals or steps, see progress and share goals with others
Location Tracking	Share or receive location updates	Share location with others all the time, or when you think you need to.
Health Measures	Capture health data 24/7 or when you wish to test	Heart rate, blood oxygen, steps, ECG, cardio fitness, sleep time, respiratory rate, fall history, gait, noise levels and more.
Voice Search	Hey Siri..	Ask the time, directions, news, weather, to call someone or any other internet search
Payment	Pay	Use your watch to pay
Apps	Range	000's of apps like music, family tracking, mindfulness, medication, banking etc

