



# Computer Q&A

By THE SCSH COMPUTER CLUB

## Q: Should I get the new Apple Watch Series 4?

A: Definitely, and here's why.

First, the **Apple Watch Series 4** is a wonderful companion to your iPhone for answering calls, texting, and listening to music. But according to Apple, **Apple Watch Series 4** is your new guardian, guru, and trainer. Why? Because, in addition to tracking your daily exercise and heart rate, it can now detect a fall, call EMS, and generate an ECG – electrocardiogram.

**Apple Watch Series 4** is equipped with two heart sensors: the existing optical heart sensor that monitors your heart rate and movement, and the new electrical heart sensor (*which has two electrodes built into the crown and the back crystal*) that can generate an ECG. The ECG is stored into the Health App and can easily be shared with your doctor. But wait, there is more!



**Apple Watch Series 4** can also detect and discern between a **slip**, a **fall**, and a **trip** due to the new accelerometer and gyroscope. Whenever it detects one of the three motions, an alert will pop up on your wrist saying it has detected a **fall** and will give you two options: one to call EMS, using the SOS Emergency slider feature; or simply select “I fell, but I’m OK” and go on about your day.

But if the Apple Watch does not detect any movement within 60 seconds, it will automatically phone EMS for you, as well as, notify your Emergency Contact about your current location. And should your location change, for example, if you were moved to a Medical Facility, it will continue to notify your emergency contact until the feature is turned off. *A great function for us aging Boomers!*

Another advantage to using any Apple Watch is tracking your daily activity in the Workout apps. You can easily share your workout with an instructor or trainer to better track your goals. Just tap on the little green running man to start a session:



select the preferred workout like yoga, tennis, or walking etc.; and then tap > Open Goal – *the countdown clock begins* – and start your workout. When you are done tracking your workout, just swipe the little green running man to the right and hit the red X to stop the timing. Open the Health App to review daily results.



Remember, this all begins in the **Health App** > Health Data > Get Started. Tap the **\*Medical ID** tab and scroll all the way down until you have completed your emergency contacts and necessary medical information. Next, tap on the **Today** tab and select the items you need to monitor and track. Then tap the **Sources** tab to review third-party apps that have requested permission to update your health data. Check with your medical provider regarding third-party apps.

For further information, go to the **Books app** and search > iOS User Guide for iPhone and Apple Watch or go online: **Apple.com** > **Apple Watch Series 4** > Real Stories Video.

*Do you suppose there is an iSanta for an iSpouse?*



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## Q: How do I use Android Power Saving Mode?

Have you been in this situation? You're out of the house, go to make a call, and find you're down to 2% battery left? (The percentage of battery life remaining can usually be seen somewhere on the top of your phone.) Time to use Power Saving Mode.

Power Saving Mode does things such as reduce screen brightness automatically, turn off vibration feedback, reduce screen timeout, and limit the phone processor's maximum performance. But at least you should now have some battery life left until you can get to a charger.