3. Tap Add Schedule, then set the times, a location, or an app you want to activate this Focus.

*Note:* When you set up a Sleep Focus, it follows the sleep schedule you set in the Health app. To add or edit a sleep schedule, tap Open Sleep in Health. See Add or change sleep schedules in Health on iPhone. You can also change your next bedtime and wake-up time. See Set an alarm in Clock on iPhone.

## Turn off a Focus

When you're finished using a Focus, you can quickly turn it off to allow notifications again. After you turn off a Focus, it still appears in Control Center and can be reused.

1. Do any of the following:

   - Touch and hold the Focus icon on the Lock Screen.

   - Open Control Center, then tap Focus.

2. Tap the Focus that's on to turn it off.

## Turn a Focus on or off using Siri

You can use Siri to turn a Focus on or off.

**Siri:** Say something like: "Turn on the Work Focus," or "Turn off the Work Focus." Learn how to use Siri.

## Delete a Focus

When you no longer need a Focus you set up, you can delete it.

1. Go to Settings ⚙️ > Focus.

2. Tap the Focus, scroll to the bottom of the screen, then tap Delete Focus.

If you delete a provided Focus, you need to set it up again by going to Settings > Focus, then tapping ➕.

# Stay focused while driving with iPhone

Turning on the Driving Focus helps you stay focused on the road. When you turn it on, text messages and other notifications are silenced or limited. You can have Siri read replies to you, so you don't have to look at your iPhone. Incoming calls are allowed only when iPhone is connected to CarPlay—a car Bluetooth® system—or a hands-free accessory.

**WARNING:** For important information about navigation and avoiding distractions that could lead to dangerous situations, see Important safety information for iPhone. The Driving Focus is not a substitute for following all the rules that prohibit distracted driving.

**Set up the Driving Focus**

You can set up the Driving Focus to turn on automatically when you're in a moving car. (You can also turn it on manually in Control Center.)

1. Go to Settings ⚙️ > Focus, tap Driving, then turn on Driving.

   If you don't see the Driving Focus, tap ＋ at the top right, then tap Driving.

2. Tap Focus Status, then turn on Share Focus Status.

3. Tap Auto-Reply, then choose who should receive an auto-reply when the Driving Focus is on:

   - No one

   - Recents

   - Favorites

   - All Contacts

   You can edit your auto-reply message to customize it.

   Then tap ‹ at the top left.

4. Tap While Driving (below Turn On Automatically), then select when to activate Driving:

   - *Automatically:* When iPhone detects you might be driving.

   - *When Connected to Car Bluetooth:* When your iPhone is connected to a car's Bluetooth system.

   - *Manually:* When you turn it on in Control Center.

- *Activate With CarPlay:* Automatically when iPhone is connected to CarPlay.

## Get calls, messages, and notifications when you're a passenger

If you receive a Driving notification when you're in a car, but you're not driving (for example, when you're a passenger), you can dismiss the notification.

Tap I'm Not Driving.

When the Driving Focus is on and you're a passenger in a moving car, you can receive calls, messages, and notifications.

# Work with text and graphics

## Enter, select, and revise text

## Type with the onscreen keyboard on iPhone

On iPhone, you can use the onscreen keyboard to enter and edit text.

*Note:* You can also use Magic Keyboard and Dictation to enter text on iPhone.

### Enter text using the onscreen keyboard

In any app that allows text editing, open the onscreen keyboard by tapping a text field. Tap individual keys to type, or use QuickPath to type a word by sliding from one letter to the next without lifting your finger (not available for all languages). To end a word, lift your finger. You can use either method as you type, and even switch in the middle of a sentence. (If you tap ⌫ after sliding to type a word, it deletes the whole word.)

Tap any key to begin typing.
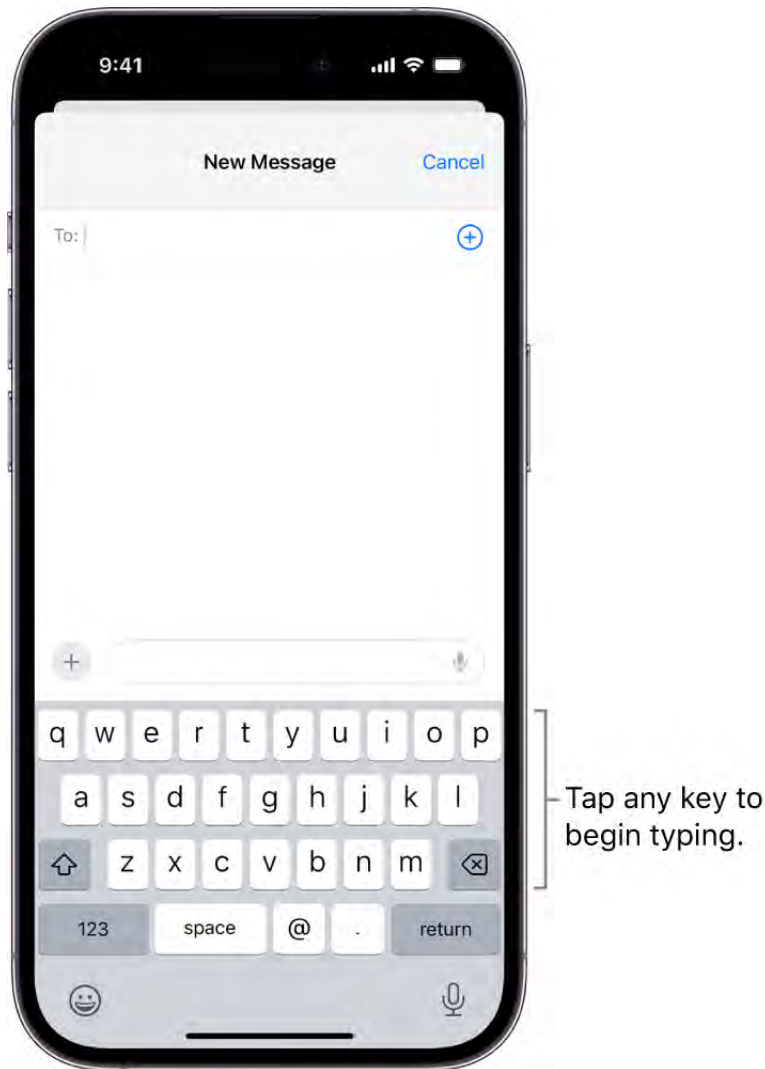
While entering text, you can do any of the following:

- *Type uppercase letters:* Tap ⇧, or touch ⇧, then slide to a letter.

- *Turn on Caps Lock:* Double-tap ⇧.

- *Quickly end a sentence with a period and a space:* Double-tap the Space bar.

- *Enter numbers, punctuation, or symbols:* Tap 123 or #+=.

- *Undo autocorrect:* As you type, misspelled words are automatically corrected and temporarily underlined so you know what's been changed; to revert to the spelling as you typed it, tap the underlined word, then tap the spelling you want to use.

- *Correct spelling:* Tap a misspelled word (underlined in red) to see suggested corrections, then tap a suggestion to replace the word, or type the correction.

- *Undo the last edit:* Swipe left with three fingers, then tap Undo at the top of the screen.

- *Redo the last edit:* Swipe right with three fingers, then tap Redo at the top of the screen.

## Turn on keyboard sounds and haptic feedback

You can customize keyboard settings to hear or feel tapping as you type.

1. Go to Settings ⚙ > Sounds & Haptics > Keyboard Feedback.

2. Turn on Sound to hear tapping as you type; turn on Haptic to feel tapping as you type.

## Turn the onscreen keyboard into a trackpad

You can turn the onscreen keyboard into a trackpad to easily move and place the insertion point.
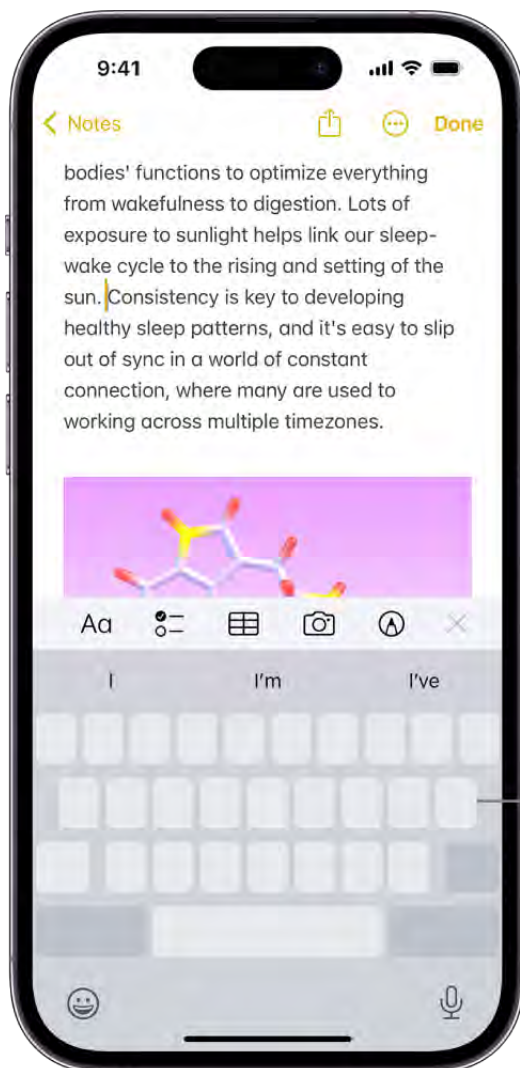
Slide your finger over the keyboard to move the insertion point.

1. Touch and hold the Space bar with one finger until the keyboard turns light gray.

2. To move the insertion point, slide your finger around the keyboard.

3. To select text, touch and hold the keyboard with a second finger, then adjust the selection by moving the first finger around the keyboard.

See Select, cut, copy, and paste text on iPhone for more ways to select text.

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**Enter accented letters or other characters while typing**

While typing on the keyboard, touch and hold the letter, number, or symbol that's related to the character you want.

For example, to enter é, touch and hold the e key, then slide your finger and release it on the option you want.
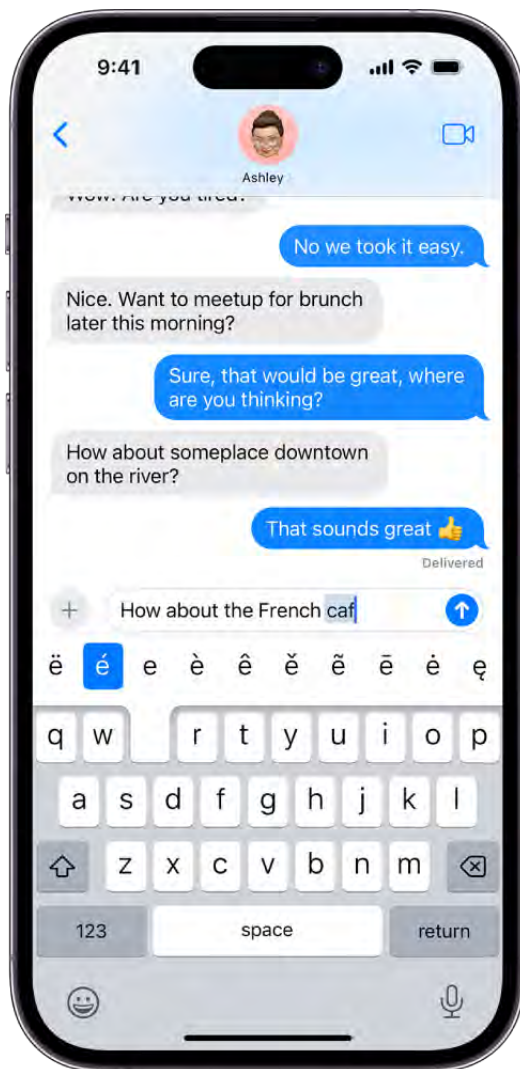
You can also do any of the following:

- *On a Thai keyboard:* To choose native numbers, touch and hold the related Arabic number.

- *On a Chinese, Japanese, or Arabic keyboard:* Tap a suggested character or candidate at the top of the keyboard to enter it, or swipe left to see more candidates.

  *Note:* To view the full candidate list, tap the up arrow on the right. To return to the short list, tap the down arrow.

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## Move text

1. In a text editing app, select the text you want to move.

2. Touch and hold the selected text until it lifts up, then drag it to another location within the app.
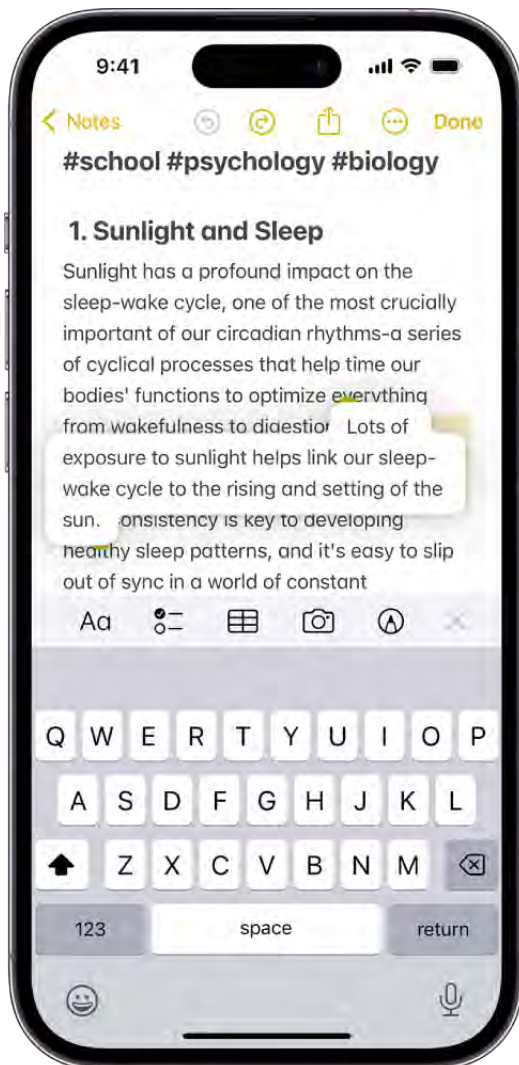


If you change your mind about moving the text, lift your finger before dragging, or drag the text off the screen.

## Set typing options

You can turn special typing features—such as predictive text and auto-correction—off and on.

1.  While typing on the onscreen keyboard, touch and hold 😊 or 🌐, then tap Keyboard Settings. Or go to Settings 🔘 > General > Keyboard.

2.  Turn the typing features (below All Keyboards) on or off (green is on).

## Type with one hand

To make it easier to type with one hand, you can move the keys closer to your thumb.
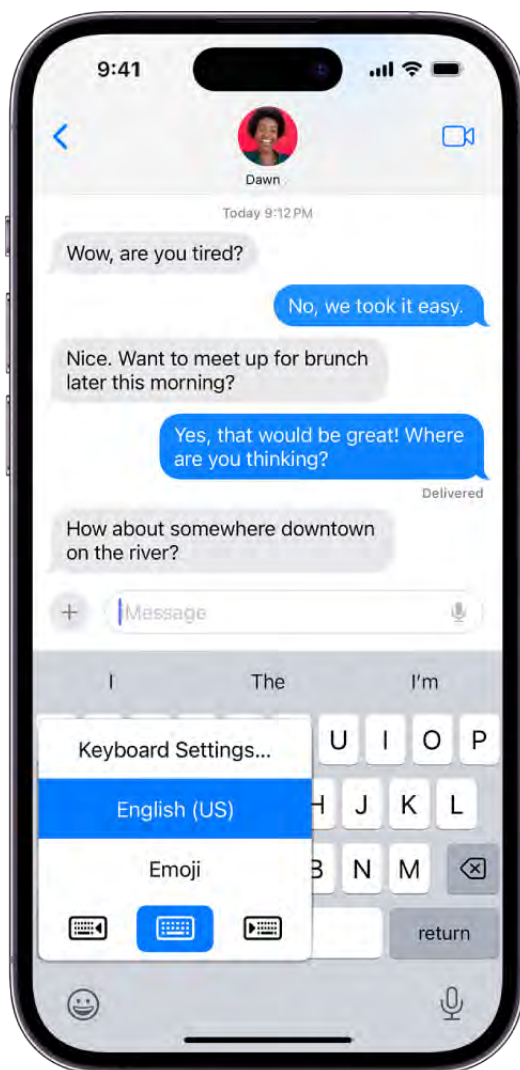


1.  Touch and hold 😊 or 🌐.

2.  Tap one of the keyboard layouts. (For example, choose ⌨ to move the keyboard to the right side of the screen.)

To center the keyboard again, tap the right or left edge of the keyboard.

# Dictate text on iPhone

With Dictation on iPhone, you can dictate text anywhere you can type it. You can also use typing and Dictation together—the keyboard stays open during Dictation so you can easily switch between voice and touch to enter text. For example, you can select text with touch and replace it with your voice.

On supported models, Dictation requests are processed on your device in many languages—no internet connection is required. When dictating in a search box, dictated text may be sent to the search provider in order to process the search.

*Note:* Dictation may not be available in all languages or in all countries or regions, and features may vary.

When using Dictation, cellular data charges may apply. See View or change cellular data settings on iPhone.

**Turn on Dictation**

1.  Go to Settings 🔘 > General > Keyboard.

2.  Turn on Enable Dictation. If a prompt appears, tap Enable Dictation.

To learn more about how Apple protects your information and lets you choose what you share, tap About Dictation & Privacy below Dictation, or see the Apple Privacy website.

**Dictate text**



Start to speak when this symbol appears.

Tap to turn Dictation on and off.
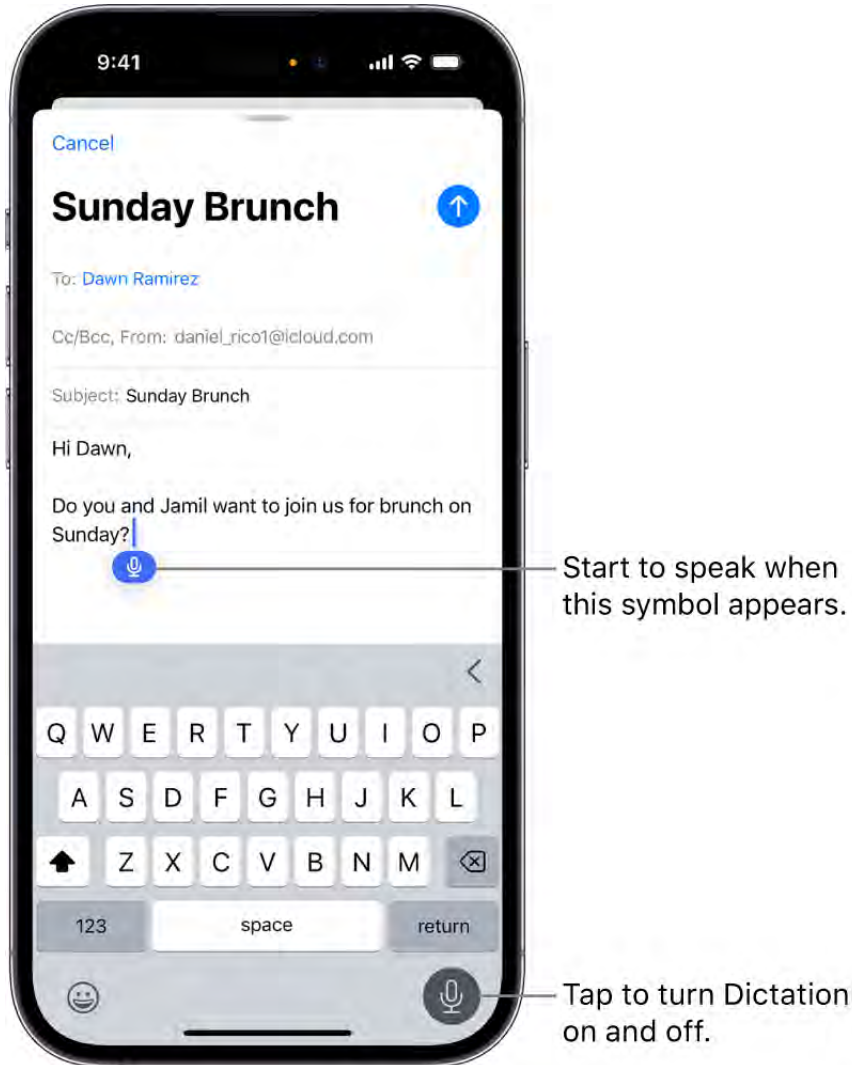
1. Tap in the text field to place the insertion point where you want to begin dictating text.

2. Tap 🎤 on the onscreen keyboard (or in any text field where it appears).

3. When 🎤 appears near the insertion point in the text field, begin to dictate your text.

4. To insert an emoji or a punctuation mark, or perform simple formatting tasks, do any of the following:

   - Say the name of an emoji, such as "heart emoji" or "smiley face emoji."

   - Say the name of the punctuation mark, such as "exclamation point."

*Note:* In supported languages, Dictation automatically inserts commas, periods, and question marks as you dictate. To turn off automatic punctuation, go to Settings ⚙ > General > Keyboard, then turn off Auto-Punctuation.

- Say a formatting command such as "new line" or "new paragraph."

5. When you're done, tap 🎤; or Dictation stops automatically when you stop speaking for 30 seconds.

When you use a keyboard for another language, you can use Dictation in that language as well. See Add or change keyboards on iPhone.

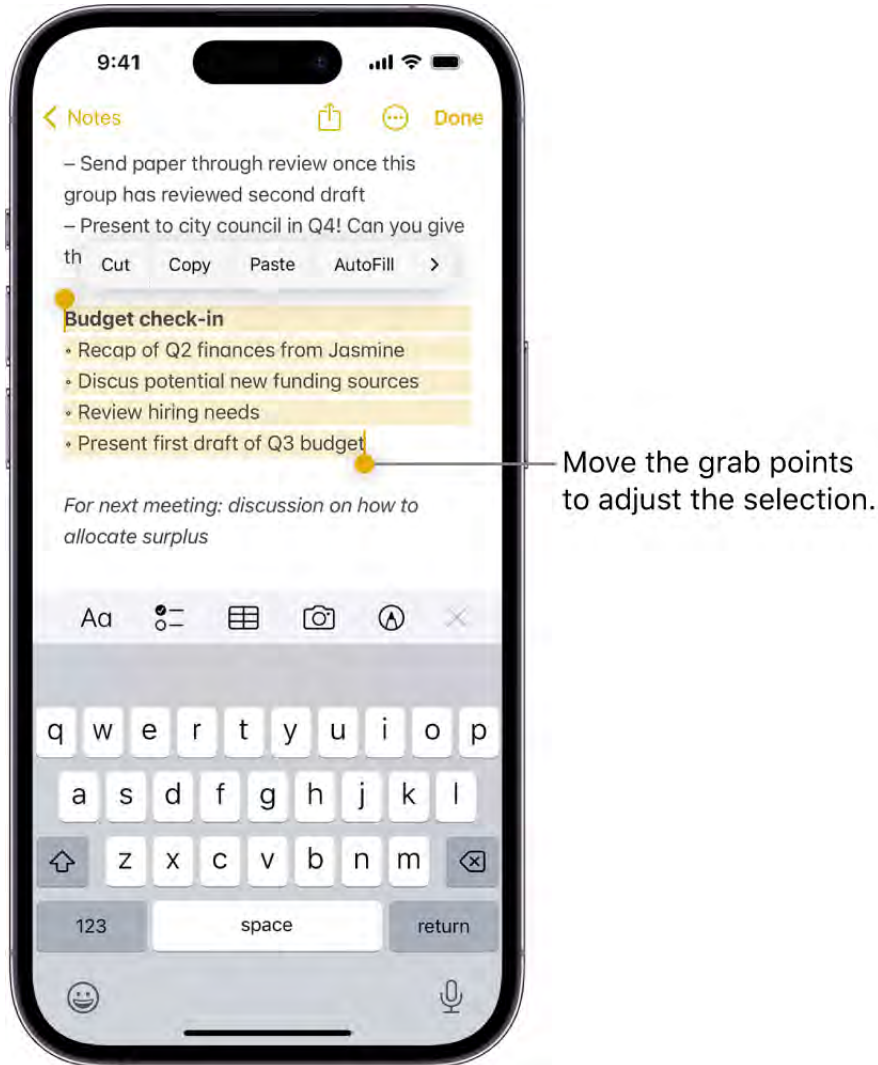**Turn off Dictation**

1. Go to Settings ⚙ > General > Keyboard.

2. Turn off Enable Dictation.

# Select, cut, copy, and paste text on iPhone

In apps on iPhone, you can use the onscreen keyboard to select and edit text in text fields.

**Select and edit text**

Move the grab points
to adjust the selection.

1. To select text, do any of the following:

   - *Select a word:* Double-tap with one finger.

   - *Select a paragraph:* Triple-tap with one finger.

   - *Select a block of text:* Double-tap and hold the first word in the block, then move the grab points to select text.

2. After selecting the text you want to revise, you can type, or tap the selection to see editing options:

   - *Cut:* Tap Cut or pinch closed with three fingers two times.

   - *Copy:* Tap Copy or pinch closed with three fingers.

- *Paste:* Tap Paste or pinch open with three fingers.

- *Select All:* Select all the text in the document.

- *Replace:* View suggested replacement text, or have Siri suggest alternative text.

- *Format:* Format the selected text.

- 〉: View more options.

**Tip:** To move text without cutting or copying, touch and hold selected text until it lifts up, then drag the text to another location.

**Insert or edit text by typing**

1. Place the insertion point where you want to add or edit text by doing any of the following:

   - Tap where you want to add or edit text.

   - Touch and hold to magnify the text, then move the insertion point by dragging it.
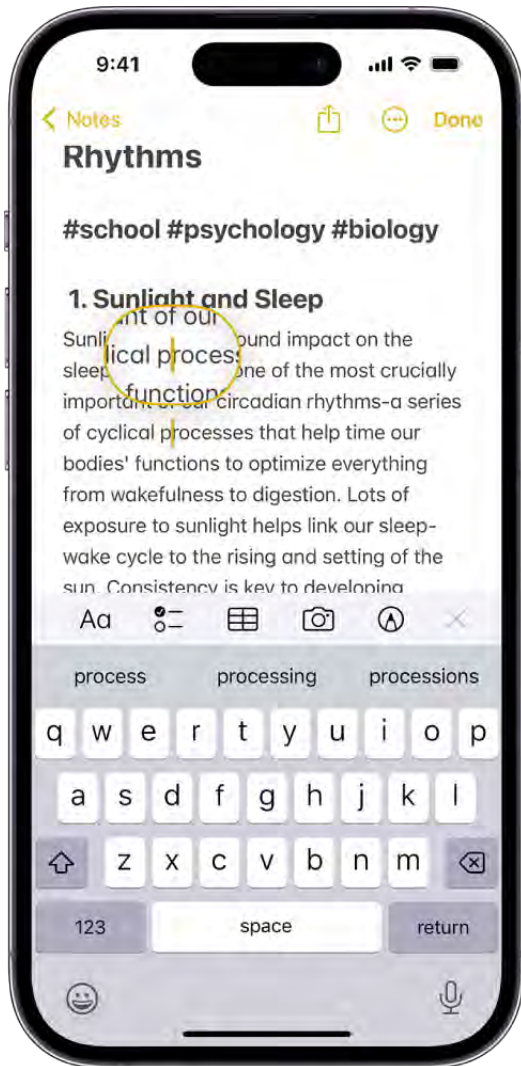
   *Note:* To navigate a long document, touch and hold the right edge of the document, then drag the scroller to locate the text you want to revise.

2. Type or paste the text you want to add.

You can also use Universal Clipboard to cut or copy something as you normally would on one Apple device and paste it to another. See Cut, copy, and paste between iPhone and other devices.

# Use predictive text on iPhone

Using predictive text, you can write and complete entire sentences with just a few taps. As you type on the iPhone keyboard, you see choices for words, emoji, and information that you'd probably type next (not available for all languages). In Messages, for example, when you type something like:

- "I'm at" followed by a space, your current location appears as an option

- "My number is" followed by a space, your phone number appears as an option

You also see inline predictions that complete the word or phrase you're currently typing.

**Apply inline text predictions**

As you type, predictions that complete the word or phrase you're typing appear inline in gray text. Tap the Space bar to accept the prediction for the word or phrase; keep typing to reject it.

If you accept an inline prediction and then change your mind, tap ⌫, then tap the word you were in the process of typing.

*Note:* Inline predictive text may not be supported in your language. See iOS and iPadOS Feature Availability.

**Apply predictive text**

As you type, suggested words, emoji, and information appear above the onscreen keyboard; tap a suggestion to apply it.

Predictive text; tap a suggestion to apply.
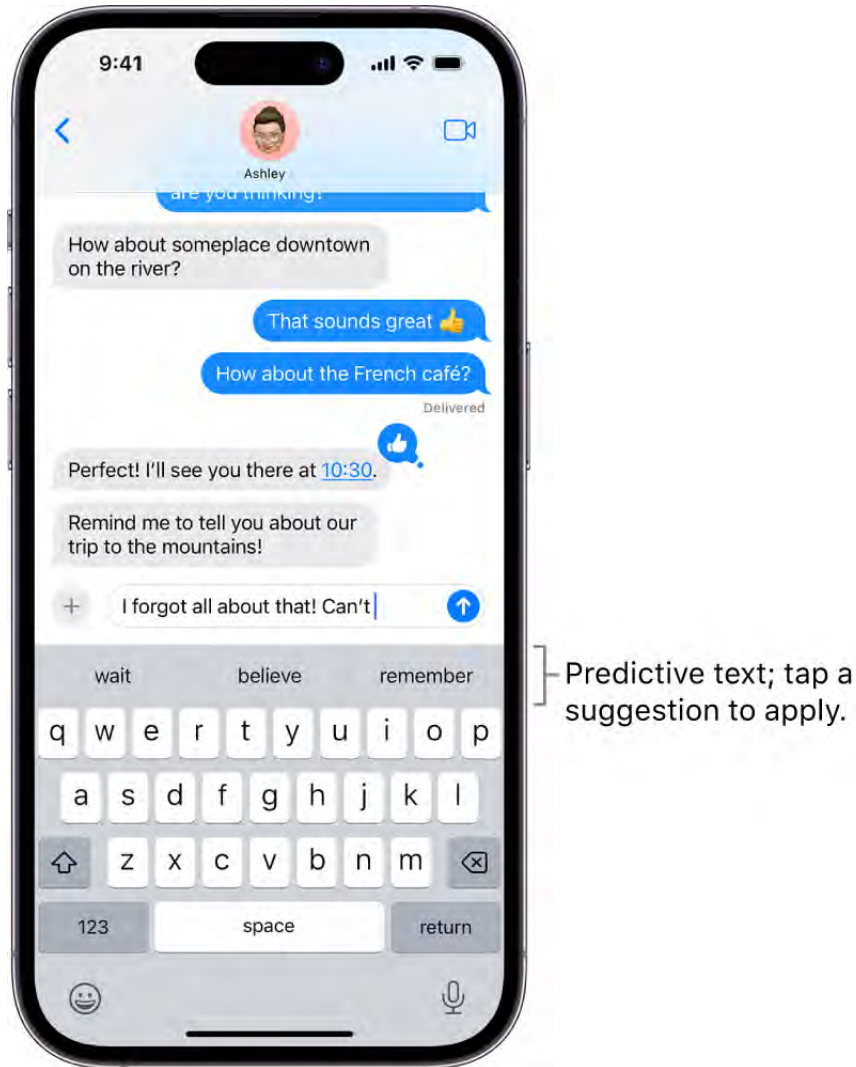
*Note:* When you accept a suggested word, a space is automatically entered after the suggestion. If you enter a comma, period, or other punctuation, that space is automatically deleted.

To reject the suggestions, tap your original word (shown as the option within quotation marks), or just continue to type.

**Turn off predictive text**

1. While using the keyboard, touch and hold 😀 or 🌐.

2. Tap Keyboard Settings, then turn off Predictive.

When you turn off Predictive, iPhone may still try to suggest corrections for misspelled words. To accept a correction, enter a space or punctuation, or tap Return. To reject a correction, tap the "x." If you reject the same suggestion a few times, iPhone stops suggesting it.

*Note:* Turning off the Predictive setting turns off both predictive text and inline text predictions.

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# Save keystrokes with text replacements on iPhone

Set up a text replacement you can use to enter a word or phrase by typing just a few characters. For example, type "omw" to enter "On my way!" That one's already set up for you, but you can also add your own.

**Create a text replacement**

1. While typing in a text field, touch and hold 😊 or 🌐.

2. Tap Keyboard Settings, then tap Text Replacement.

3. Tap ＋ at the top right.

4. Type a phrase in the Phrase field and the text shortcut you want to use for it in the Shortcut field.

**Have a word or phrase you use and don't want it corrected?**

1. Go to Settings 🔘 > General > Keyboard, then tap Text Replacement.

2. Tap ＋ at the top right, then enter your word or phrase in the Phrase field, but leave the Shortcut field blank.

**Create a text replacement for word and input pairs**

When using certain Chinese or Japanese keyboards, you can create a text replacement for word and input pairs. The text replacement is added to your personal dictionary. When you type the text shortcut for a word or input while using a supported keyboard, the paired word or input is substituted for the typed shortcut.

Shortcuts are available for the following:

- *Simplified Chinese:* Pinyin

- *Traditional Chinese:* Pinyin and Zhuyin

- *Japanese:* Romaji and Kana

**Use iCloud to keep your personal dictionary up to date on your other devices**

Go to Settings 🔘 > [*your name*] > iCloud, then turn on iCloud Drive.

**Reset your personal dictionary**

1. Go to Settings 🔘 > General > Transfer or Reset iPhone > Reset, then tap Reset Keyboard Dictionary.

2. Tap Reset Keyboard Dictionary.

   All custom words and shortcuts are deleted, and the keyboard dictionary returns to its default state.

# Add or change keyboards on iPhone

You can add keyboards for writing or using Dictation in different languages on your iPhone. You can also change the layout of your onscreen or external keyboard.

If you add keyboards for other languages, you can type in two languages without having to switch between keyboards. Your keyboard automatically switches between the two languages you use most often. (Not available for all languages.)

## Add or remove a keyboard for another language

1. Go to Settings ⚙ > General > Keyboard.

2. Tap Keyboards, then do any of the following:

   - *Add a keyboard:* Tap Add New Keyboard, then choose a keyboard from the list. Repeat to add more keyboards.

   - *Remove a keyboard:* Tap Edit, tap 🔴 next to the keyboard you want to remove, tap Delete, then tap Done.

   - *Reorder your keyboard list:* Tap Edit, drag ☰ next to a keyboard to a new place in the list, then tap Done.

If you add a keyboard for a different language, the corresponding language is automatically added to the Preferred Language Order list. You can view this list and add languages directly to it in Settings > General > Language & Region. You can also reorder the list to change how apps and websites display text.

## Switch to another keyboard

1. While typing text, touch and hold 😊 or 🌐.

2. Tap the name of the keyboard you want to switch to.

You can also switch between Magic Keyboard and other keyboards.

## Assign an alternative layout to a keyboard

You can use an alternative keyboard layout that doesn't match the keys on your keyboard.

1. Go to Settings ⚙ > General > Keyboard > Keyboards.

2. Tap a language at the top of the screen, then select an alternative layout from the list.

# Add emoji and stickers from the iPhone keyboard

You can use emoji and stickers instead of text to express yourself in any app that uses the iPhone onscreen keyboard.

**Decorate text documents with stickers**

Use stickers in the emoji keyboard to decorate and illustrate text anywhere you can access emoji. You can download sticker packs from the App Store or make your own stickers in the Messages app or Photos app.

1. Tap a text field, then tap 😊 or 🌐 to switch to the emoji keyboard.

2. Tap 🗨 to see all of your stickers.

   Stickers you recently used appear in the Frequently Used section of the emoji keyboard.

      **Tip:** To add a visual effect like Outline or Comic to a sticker, touch and hold the sticker, then tap Add Effect.

3. Tap a sticker to add it to your document.

You can also drag a sticker from the keyboard or the sticker menu to any position on your document. Use a second finger to resize or rotate the sticker, then lift your finger to place it.

4. Tap ⊗ to close the sticker menu; tap ABC to return to the regular keyboard.

**Replace text with emoji**

Use the emoji keyboard to replace text and bring words to life.

1. Tap a text field, then tap 😀 or 🌐 to switch to the emoji keyboard.
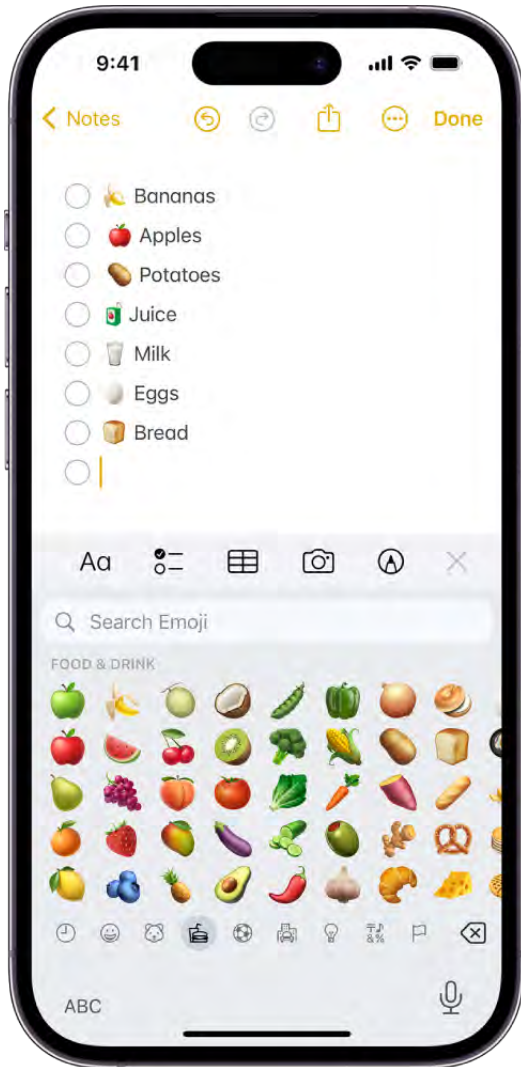
2. Swipe left or right to browse emoji, or tap a symbol below the emoji keyboard to jump to that category.

3. Tap an emoji to add it to your text field.

4. Tap ABC to return to the regular keyboard.

   **Tip:** As you use the keyboard to type, words that can be replaced with emoji appear above the keyboard; tap the emoji to apply it in place of the text.

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## Take a screenshot on iPhone

Take a picture of what appears on your iPhone screen so you can view it later, share it with others, or attach it to documents.

**Take a screenshot with an iPhone that has Face ID**

1. Quickly press and release the side button and the volume up button at the same time.

   A thumbnail of the screenshot temporarily appears in the lower-left corner of your screen.

2. Tap the thumbnail to view the screenshot or swipe left to dismiss it.
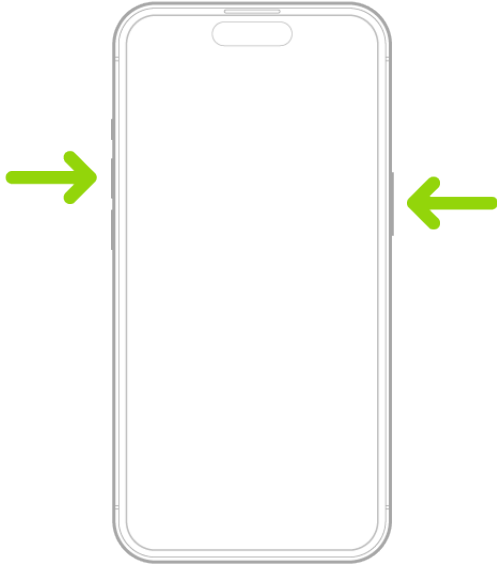


Screenshots are automatically saved to your photo library in the Photos app 🌈. To see all of your screenshots in one place, open Photos, tap Albums, then tap Screenshots below Media Types.

**Take a screenshot with an iPhone that has Touch ID**

1. Quickly press and release the side button and the Home button at the same time.

   A thumbnail of the screenshot temporarily appears in the lower-left corner of your screen.

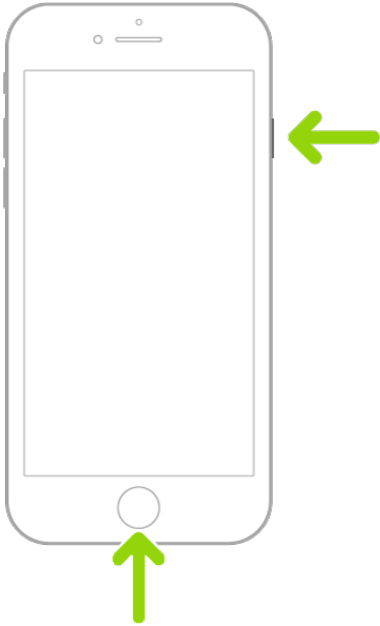2. Tap the thumbnail to view the screenshot or swipe left to dismiss it.

Screenshots are automatically saved to your photo library in the Photos app 🌸. To see all of your screenshots in one place, open Photos, tap Albums, then tap Screenshots below Media Types.

**Take a full-page screenshot**

You can take a screenshot of content that exceeds the length of your iPhone screen, such as an entire webpage in Safari.

1. Do one of the following:

   - *On an iPhone with Face ID:* Quickly press and release the side button and volume up button at the same time.

   - *On an iPhone with a Home button:* Quickly press and release the side button and the Home button at the same time.

2. Tap the screenshot thumbnail in the lower-left corner of the screen.

3. Tap Full Page, tap Done, then do one of the following:

- Tap Save to Photos to save the screenshot in your Photos 🌸 library.

- Tap Save PDF to Files, choose a location, then tap Save to save the screenshot in the Files app 📁.

# Take a screen recording on iPhone

You can make a recording of what happens on your iPhone screen.

1. Go to Settings ⚙️ > Control Center, then tap ➕ next to Screen Recording.

2. Open Control Center, tap ⚪, then wait for the 3-second countdown.

3. To stop recording, open Control Center, tap 🔴 or the red status bar at the top of the screen, then tap Stop.

Screen recordings are automatically saved to your photo library in the Photos app 🌸. To see all of your screen recordings in one place, open Photos, tap Albums, then tap Screen Recordings below Media Types.

# Use Markup tools

## Write and draw in documents with Markup on iPhone

In supported apps such as Mail, Messages, Notes, and Photos, you can use the Markup tools to draw and sketch in your documents. You can also use the Markup tools to annotate screenshots, PDFs, and more.

**Write and draw**

1. In a supported app, tap Ⓐ or Markup.

2. In the Markup toolbar, tap the pen, marker, or pencil tool, then write or draw with your finger.

   While drawing, do any of the following:

   - *Change the line weight:* Tap the selected drawing tool in the toolbar, then tap an option.

   - *Change the opacity:* Tap the selected drawing tool in the toolbar, then drag the slider.

   - *Change the color:* Tap 🔴 in the toolbar, then tap Grid, Spectrum, or Sliders to further adjust your color choice.

   - *Undo:* Tap ↺.

   - *Draw a straight line:* Tap the ruler tool in the toolbar, then draw a line along the edge of the ruler.

     - To change the angle of the ruler, touch and hold the ruler with two fingers, then rotate your fingers.

     - To move the ruler without changing its angle, drag it with one finger.

     - To hide the ruler, tap the ruler tool in the toolbar again.

3. To close the Markup toolbar, tap Ⓐ or Done.

**Erase a mistake**

Tap the eraser tool in the Markup toolbar in a supported app, then do one of the following:

- *Erase with the pixel eraser:* Scrub over the mistake with your finger.

- *Erase with the object eraser:* Touch the object with your finger.

- *Switch between the pixel and the object erasers:* Tap the eraser tool again, then choose Pixel Eraser or Object Eraser.

*Note:* If you don't see the Markup toolbar, tap Ⓐ or Markup. If the toolbar is minimized, tap its minimized version.

**Move Markup objects**

1. In the Markup toolbar, tap the lasso tool (between the eraser and ruler tools), then use your finger to drag around the elements you want to move.

   *Note:* If you don't see the Markup toolbar in a supported app, tap Ⓐ or Markup. If the toolbar is minimized, tap its minimized version.

2. Lift your finger.

3. Touch the selected element, then drag it to a new location.

4. Tap the screen to turn off the lasso.

## Use Markup to add text, shapes, signatures, and more to documents on iPhone

In supported apps, you can use Markup tools to add text, shapes, signatures, stickers, and image descriptions to your images and documents.
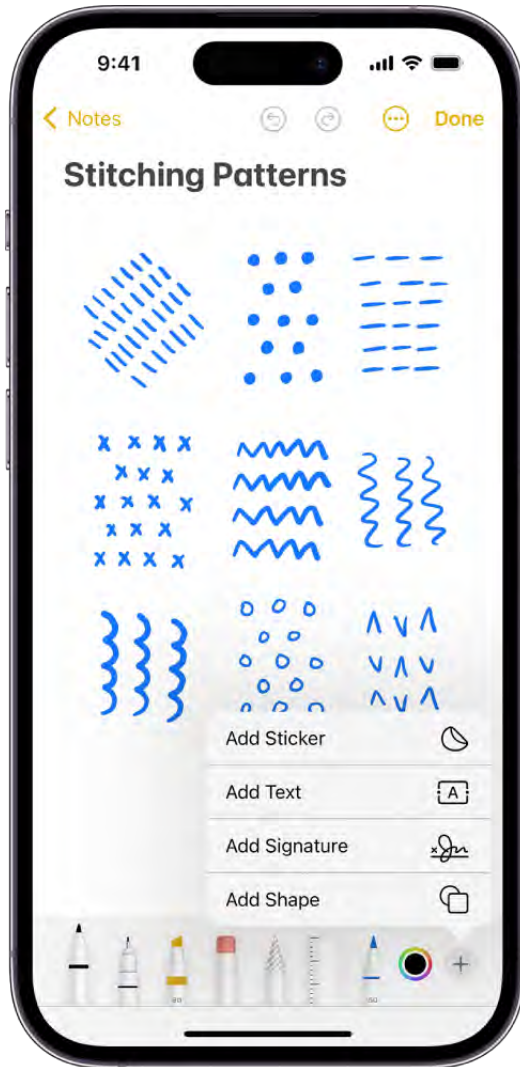
## Add text

1. In a supported app, tap Ⓐ or Markup.

2. In the Markup toolbar, tap ⊕, then tap Add Text.

3. Tap the text box, then use the keyboard to enter text.

4. To adjust the text's font, size, justification, style, or color, tap the tools at the bottom of the screen.

5. To cut, copy, duplicate, or delete the text box, tap ⊙.

6. When you're done, tap outside the text box.

7. To close the Markup toolbar, tap ⓐ or Done.

## Add a shape

1. In a supported app, tap Ⓐ or Markup.

2. In the Markup toolbar, tap ⊕, then tap Add Shape.

3. Tap the shape you want to add, then do any of the following:

   - *Move the shape:* Drag it.

   - *Resize the shape:* Drag any dot along the shape's outline.

   - *Adjust the shape's direction or dimension:* Drag any green dot along the shape's outline.

   - *Adjust the shape's border color, border width, fill color, and opacity:* Tap an option in the Markup toolbar.

   - *Cut, copy, duplicate, share, or delete:* Tap ⊙ next to the shape, then tap an option.

4. When you're done adjusting the shape, tap the screen.

5. To close the Markup toolbar, tap Ⓐ or Done.

## Draw a shape

You can use Markup to draw geometrically perfect shapes—lines, arcs, and more—to use in diagrams and sketches.

1. In a supported app, tap Ⓐ or Markup, then tap a writing tool in the Markup toolbar.

2. Draw a shape in one stroke with your finger, then pause.

   A perfect version of the shape snaps into place, replacing the drawing. (If you prefer to keep the freehand shape, tap ↩.)

The shapes you can draw include straight lines, arrows, arcs, continuous lines with 90-degree turns, squares, circles, rectangles, triangles, pentagons, chat bubbles, hearts, stars, and clouds.

**Add your signature**

1. In a supported app, tap Ⓐ or Markup.

2. In the Markup toolbar, tap ⊕, then tap Add Signature.

3. Use your finger to sign your name.

   To redo, tap Clear, then sign your sign name again.

4. Tap Done, then make any of the following adjustments:

   - *Move the signature:* Drag it.

   - *Resize the signature:* Drag any dot along the outline.

   - *Adjust the signature's line weight or color:* Tap an option in the Markup toolbar.

   - *Cut, copy, duplicate, share, or delete:* Tap ☺ next to the signature, then tap an option.

5. When you're done adjusting the signature, tap outside the text box.

**Add or delete signatures**

After you create a signature, iPhone saves it to use the next time you tap Add Signature. You can create multiple signatures, such as a nickname or initials, and delete signatures.

1. In a supported app, tap Ⓐ or Markup.

2. In the Markup toolbar, tap ⊕, then tap Add Signature.

3. Tap Add or Remove Signature, then tap ＋ to create a new signature.

4. Tap the arrow next to New Signature, then tap the type of signature you want to add, such as given name, nickname, or initials.

5. Use your finger to sign, then tap Done.

To delete a signature, tap ⊕, then tap Add Signature. Tap Add or Remove Signature, then tap ➖ next to any signatures you want to delete.

**Add a sticker with Markup**

You can use Markup to add stickers from your sticker collection to documents and images.

1. In a supported app, tap Ⓐ or Markup.

2. Tap ⊕, then tap Add Sticker.

3. Touch a sticker, then drag it onto your document or photo.

   To adjust the angle of the sticker, before lifting your finger, rotate a second finger around the sticker.

4. Touch and drag a dot around the outline of the sticker to adjust its size.

You can download sticker packs in the App Store. You can also create stickers in the Messages app, or by lifting subjects from photos and Live Photos. See Make stickers from your photos on iPhone.

### Add custom image descriptions

In supported apps such as Photos, you can use Markup to add descriptions to images. VoiceOver reads your custom descriptions when you use the Image Explorer.

1. In a supported app, tap Ⓐ or Markup.

2. In the Markup toolbar, tap ⊕, then tap Description.

3. Enter your description, then tap Done.

## Zoom in or magnify in Markup on iPhone

In Markup in supported apps, you can zoom in when you need to draw or show the details.

### Zoom in

While using Markup in a supported app, pinch open so you can draw, adjust shapes, and more, up close.

To pan when you're zoomed in, drag two fingers. To zoom back out, pinch closed.

### Magnify

In the Markup toolbar in a supported app, tap ⊕, then tap Magnifier.

*Note:* If you don't see the Markup toolbar, tap Ⓐ or Markup. If the toolbar is minimized, tap its minimized version.

To change the magnifier's characteristics, do any of the following:

- *Change the magnification level:* Drag the green dot on the magnifier.

- *Change the size of the magnifier:* Drag the blue dot on the magnifier.

- *Move the magnifier:* Drag it.

- *Change the outline thickness of the magnifier:* Tap ▢, then choose an option.

- *Change the outline color of the magnifier:* Choose an option from the color picker.

- *Remove or duplicate the magnifier:* Tap its outline, then tap Delete or Duplicate.

To hide the Markup toolbar when you finish, tap Ⓐ or Done.

# Fill out forms and add signatures to documents on iPhone

You can fill out forms and sign documents that you receive on your iPhone. After you complete a form, you can add your signature and share it with others.

1. Tap the file to open the document.

   If prompted, open the document in the Files app, then tap Save.

2. Tap ✏️, then tap the text box to enter text using the onscreen keyboard.

3. To fill out another line, tap it, then enter text.

4. To add additional text or to add your signature to the form, tap ➕, then do one of the following:

   - *Add text:* Tap Add Text Form Box, drag the text box where you want it on the form, then enter text using the onscreen keyboard.

   - *Add your signature:* Tap Add Signature, sign your name with your finger, then tap Done. Drag your signature where you want it to appear on the document.

5. When you're done, tap ⬆️ to share the completed form using Mail, Messages, or AirDrop.

6. Tap Done to close the form.

# Use Live Text to interact with content in a photo or video on iPhone

When you view a photo or pause a video in the Photos app 🌈, Live Text recognizes text and information within the image, which you can interact with in multiple ways. You can select text to copy, share, or translate, or you can use quick actions to perform tasks like making a phone call, opening a website, or converting currencies.
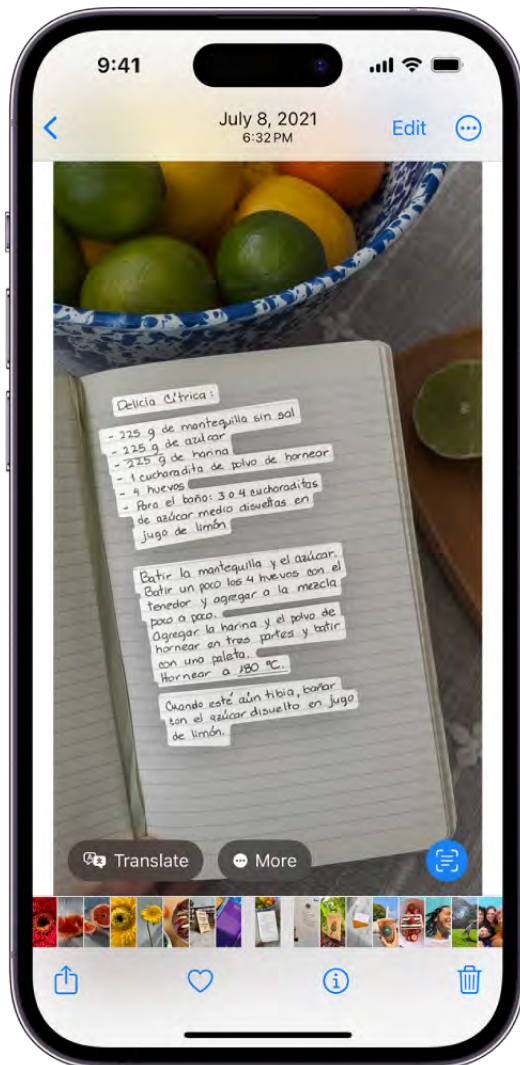


Live Text is available on supported models and can also be used in Safari, Camera, Quick Look, and more.

## Turn on Live Text

Before you start using Live Text, make sure it's turned on for all supported languages.

1. Go to Settings ⚙️ > General > Language & Region.

2. Turn on Live Text (green is on).

## Copy, translate, and look up text in a photo or video

1. Open a photo or pause a video that contains text.

2. Tap 🔲, then touch and hold the selected text.

3. Use the grab points to select specific text, then do any of the following:

   - *Copy Text:* Copy text to paste into another app such as Notes or Messages.

   - *Select All:* Select all the text within the frame.

   - *Look Up:* Show personalized web suggestions.

   - *Translate:* Translate text.

   - *Search the web:* Look up the selected text on the web.

   - *Share:* Share text using AirDrop, Messages, Mail, or other available options.

4. Tap 🔵 to return to the photo or video.

## Perform tasks within a photo or video with quick actions

Depending on the content of the photo or video, you can tap a quick action at the bottom of the screen to do things like make a phone call, get directions, translate languages, convert currencies, and more.

1. In the Photos app, open a photo or pause a video that contains text.

2. Tap 🔲.

3. Tap a quick action at the bottom of the screen.

4. Tap 🔵 to return to the photo or video.

Live Text isn't available in all regions or languages. See iOS and iPadOS Feature Availability.

# Use Visual Look Up to identify objects in your photos and videos on iPhone

With Visual Look Up, you can identify and learn about popular landmarks, plants, pets, and more that appear in your photos and videos in the Photos app ⬢. Visual Look Up can also identify food and suggest recipes for similar dishes from a photo.



Visual Look Up
is available.

Visual Look Up is available on supported models.

1. Open a photo in full screen or pause a video on any frame.

If the Info button displays a symbol with stars such as 🌟 or 🌟, Visual Look Up is available.

2. Tap the starred Info button, then tap Look Up at the top of the photo information to view the Visual Look Up results.

3. Tap ⊗ to close the Visual Look Up results, then swipe down on the photo or video frame to close the photo information.

Visual Look Up isn't available in all regions or languages. See iOS and iPadOS Feature Availability.

# Lift a subject from the photo or video background on iPhone

In the Photos app 🌈, you can isolate the subject of a photo or video frame from its background, and then copy or share it in other documents and apps.
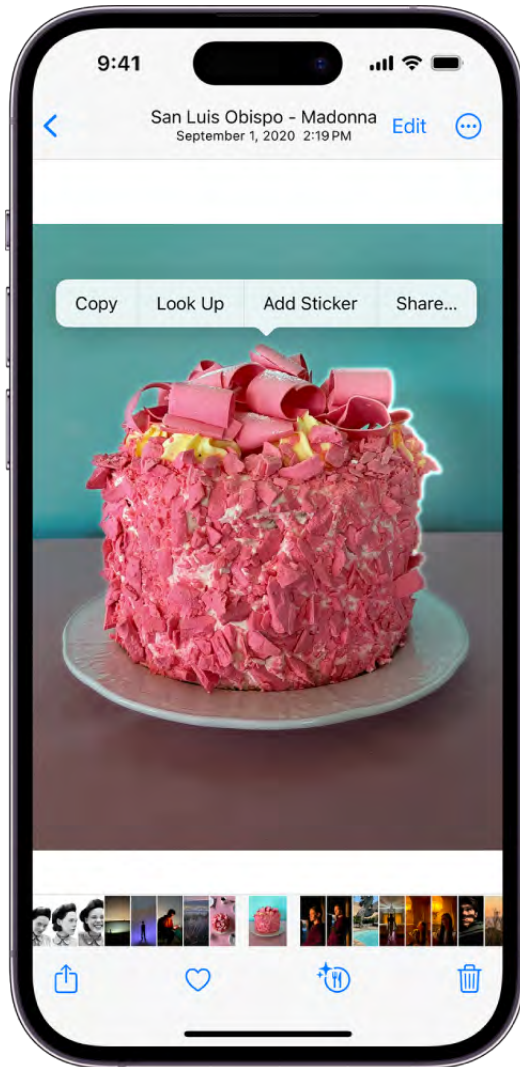
This feature is available on supported models and can also be used in Safari, Quick Look, and more.

1. Open a photo in full screen or pause a video on any frame.

2. Touch and hold the subject. When an outline appears around the subject, do one of the following:

   - Continue to touch the subject, then with another finger, open a document in another app and drag the subject into the document.

   - Tap Copy, then paste the subject into an email, text message, or note.

   - Tap Look Up to view results and learn more about the subject.

- Tap Add Sticker, then save the sticker to use in photos, email, text messages, and more.

- Tap Share, then choose a sharing option, such as AirDrop, Messages, or Mail.

# Apps

## App Store

## Get apps in the App Store on iPhone

In the App Store app 🅰️, you can discover new apps, featured stories, tips and tricks, and in-app events.

*Note:* You need an internet connection and an Apple ID to use the App Store. The availability of the App Store and Apple Arcade varies by country or region. See the Apple Support article Availability of Apple Media Services.

**Find apps**

Tap any of the following:

- *Today:* Browse featured stories, apps, and in-app events.

- *Games:* Find your next game across dozens of categories including action, adventure, racing, puzzles, and more.

- *Apps:* Explore new releases, see the top charts, or browse by category.

- *Arcade:* Enjoy the curated collection of premium games from Apple Arcade (subscription required) without ads or in-app purchases.

- *Search:* Enter what you're looking for, then tap Search on the keyboard. You can also explore different categories or browse the suggested apps.

    **Siri:** Say something like: "Search the App Store for cooking apps." Learn how to use Siri.

**Get more info about an app**

Tap an app to see the following information and more:

- Screenshots or previews

- In-app events

- Ratings and reviews

- Supported languages

- Game Center and Family Sharing support

- Compatibility with other Apple devices

- File size

- Privacy information; see Manage the information you share with people and apps

**Buy and download an app**

1. Tap Get (if the app is free) or the price.

   If you see ☁ instead of Get or the price, you have already purchased this app before. Tap ☁ to download it again for free.

2. If required, authenticate with Face ID, Touch ID, or your passcode to complete your purchase.

You can find the app in the Recently Added category in App Library. While the app is downloading, a progress indicator appears on the app icon. See Find your apps in App Library on iPhone and Change where new apps get downloaded.

**Get the App Store widget**

See stories, collections, and in-app events right on your Home Screen. See Add, edit, and remove widgets on iPhone.

**Share or give an app**

1. Tap the app to see its details.

2. Tap ⬆, then choose a sharing option or tap Gift App (not available for all apps).

**Redeem or send an Apple Gift Card**

1. Tap ⦿ or your picture at the top right.

2. Tap one of the following:

   - Redeem Gift Card or Code

   - Send Gift Card by Email

# Play games

## Subscribe to Apple Arcade on iPhone

In the App Store app 🅰, you can subscribe to Apple Arcade to enjoy unlimited access to a curated collection of games on iPhone, iPad, Mac, and Apple TV. (Not all Apple Arcade games are available on Mac and Apple TV.)

You can subscribe to Apple Arcade or to Apple One, which includes Apple Arcade and other services. See the Apple Support article Bundle Apple subscriptions with Apple One.

*Note:* Apple Arcade and Apple One aren't available in all countries or regions. See the Apple Support article Availability of Apple Media Services. The availability of Apple Arcade games across devices varies based on hardware and software compatibility. Some content may not be available in all areas. See the Apple Support article Apple Arcade game availability across devices.

**Subscribe to Apple Arcade**

1. In the App Store, tap Arcade, then tap the subscription button.

2. Review the free trial (if eligible) and subscription details, then follow the onscreen instructions.

**Share Apple Arcade with family members**

When you subscribe to Apple Arcade or Apple One, you can use Family Sharing to share Apple Arcade with up to five other family members. Your family group members don't need to do anything—Apple Arcade is available to them the first time they open the App Store app after your subscription begins.

If you join a family group that subscribes to Apple Arcade or Apple One, and you already subscribe, your subscription isn't renewed on your next billing date; instead, you use the group's subscription. If you join a family group that doesn't subscribe, the group uses your subscription.

*Note:* To stop sharing Apple Arcade with a family group, you can cancel the subscription, leave the family group, or (if you're the family group organizer) stop using Family Sharing.

**Play Apple Arcade games on your Apple devices**

If you subscribe to Apple Arcade, you can play and access your game progress on your compatible Apple devices where you're signed in with your Apple ID. (Not all Apple Arcade games are available on Mac and Apple TV.)

See the Apple Support article Access your Apple Arcade gameplay data on all of your devices.

**Change or cancel your Apple Arcade subscription**

Go to Settings ⚙ > [*your name*] > Subscriptions, tap Apple Arcade, then follow the onscreen instructions.

If you cancel your subscription, you can't play any Apple Arcade games, even if you downloaded them to your device. Delete the apps if you don't want them anymore.

You can resubscribe to play Apple Arcade games again and regain access to your gameplay data. If you wait too long, some of your gameplay data might not be supported after you resubscribe.

## Get games from the App Store on iPhone

In the App Store app 🅰, you can find your next game across dozens of categories including action, adventure, racing, puzzles, and more.

*Note:* Game Center, Apple Arcade, and Apple One aren't available in all countries or regions. See the Apple Support article Availability of Apple Media Services. The availability of Apple Arcade games across devices varies based on hardware and software compatibility. Some content may not be available in all areas. See the Apple Support article Apple Arcade game availability across devices.

**Find games**

Tap any of the following:

- *Games:* Explore new releases, see the top charts, or browse by category.

- *Arcade:* Enjoy the curated collection of premium games from Apple Arcade (subscription required) without ads or in-app purchases.

- *Search:* Tap the search bar, enter what you're looking for, then tap Search on the keyboard.

**Get more info about a game**

Tap a game to see the following information and more:

- Screenshots or previews

- In-app events

- Ratings and reviews

- Supported languages

- Game Center and game controller support

- Compatibility with other Apple devices

- File size

- Privacy information; see Manage the information you share with people and apps

**Buy and download a game**

1. Tap the price. If the game is free, tap Get.

   If you see ☁ instead of Get or the price, you have already purchased this game before. Tap ☁ to download it again for free.

2. If required, authenticate with Face ID, Touch ID, or your passcode to complete your purchase.

## Play with friends in Game Center on iPhone

In Game Center, you can send friend requests, manage your user profile, earn achievements, compete on leaderboards, and play with friends during a FaceTime call.

**Set up your Game Center profile**

1. Go to Settings ⚙ > Game Center, then sign in with your Apple ID.

2. Do any of the following:

   - *Choose a nickname:* Tap Nickname, then enter a name or choose one of the suggestions. Your friends see your nickname when you play games together.

   - *Personalize your avatar:* Tap Edit Avatar, then create a new Memoji, use an existing Memoji, or customize how your initials appear.

To view your Game Center profile, achievements, recent games, friends, and their activity, go to Settings > Game Center > [*your profile*].

## Add friends

1. Go to Settings ⚙ > Game Center.

2. Tap Invite Friends, then enter their phone number or Apple ID, or tap ⊕ to invite someone in your contacts list in the Contacts 👤 app.

3. Recipients can respond to friend requests in any of the following ways:

   - In Messages, tap the link.

   - In a supported game, tap the Game Center profile picture, tap Friends, then tap Friend Requests.

   - In the App Store, tap 👤 or your picture at the top right, tap Game Center, then tap Friend Requests.

In your list of friends, tap a friend to see games they recently played and their achievements.

You can also add a friend in the Contacts 👤 app (available if you and your friend are using iOS 16.1, iPadOS 16.1, or later). Open their contact card, then tap Add Friend in Game Center. After your friend accepts the request, you can view their Game Center profile from their contact card.

## Play games with friends using SharePlay

You can find and download a Game Center multiplayer game in the App Store and play with friends while on a FaceTime call.

During the call, open a supported multiplayer game, tap Start SharePlay, then follow the onscreen instructions.

See Use SharePlay to watch, listen, and play together in FaceTime on iPhone.

## Report a user or remove a friend

You can report a user for cheating, an inappropriate picture or nickname, or another problem. You can also remove someone from your Friends list.

1. Go to Settings ⚙ > Game Center > [*your profile*] > Friends.

2. Tap the friend you want to report or remove, tap 😊, then choose Report User or Remove Friend.

**Set Game Center restrictions**

You can set restrictions for multiplayer games, adding friends, private messaging, and more.

1. Go to Settings ⚙️ > Screen Time > Content & Privacy Restrictions, then turn on Content & Privacy Restrictions.

2. Tap Content Restrictions, scroll down to Game Center, then set restrictions.

## Connect a game controller to iPhone

You can connect a compatible game controller to your iPhone through Bluetooth® or the Lightning or USB-C connector. You can customize the buttons and even add a second controller to get help from a friend.

**Pair a Bluetooth game controller**

1. Follow the instructions that came with the controller to put it in discovery mode.

2. On iPhone, go to Settings ⚙️ > Bluetooth, turn on Bluetooth, then tap the name of the device.

See the Apple Support article Connect a wireless game controller to your Apple device.

**Connect a game controller through the Lightning or USB-C connector**

If you have a compatible game controller, you can connect it to iPhone using the Lightning or USB-C connector. Depending on your iPhone model and controller, you may need a an adapter (sold separately). Follow the instructions that came with your controller.

**Customize the game controller buttons**

After you pair or connect a compatible game controller, you can customize the buttons for supported games from Apple Arcade and the App Store.

1. Go to Settings ⚙️ > General > Game Controller.

2. Tap the buttons you want to change.

3. To customize for a specific app, tap Add App.

**Add a second game controller and get help from a friend**

With Buddy Controller, iPhone combines two controllers to drive a single player in a game so a friend can help you get to the next level. Buddy Controller is compatible with any game that supports game controllers.

1. Connect two compatible game controllers to iPhone through Bluetooth or the Lightning or USB-C connector.

2. Go to Settings ⚙️ > General > Game Controller > Buddy Controller.

3. Choose the primary controller, then choose the secondary controller.

# Use App Clips on iPhone

An App Clip is a small part of an app that lets you do a task quickly, like rent a bike, pay for parking, or order food. You can discover App Clips in Safari, Maps, and Messages, or in the real world through NFC tags, QR codes, and App Clip Codes—unique markers that take you to specific App Clips.

NFC integrated          Scan only

**Get and use an App Clip**

1. Get an App Clip from any of the following:

   - *App Clip Code or QR code:* Scan the code using the iPhone camera or Code Scanner in Control Center.

   - *NFC-integrated App Clip Code or NFC tag:* Hold iPhone (supported models) near the NFC tag.

   - *Maps:* Tap the App Clip link on the information card (for supported locations).

   - *Safari or Messages:* Tap the App Clip link.

2. When the App Clip appears on the screen, tap Open or Play.

In supported App Clips, you can use Sign in with Apple, then make a payment using Apple Pay.

With some App Clips, you can tap the banner at the top of the screen to see the full app.

**Find an App Clip you used on iPhone**

Go to App Library, tap the search field at the top of the screen, then scroll down to the end of the alphabetical list.

**Remove App Clips**

- *Remove a specific App Clip:* Go to App Library, tap the search field at the top of the screen, enter the name of the App Clip, then touch and hold the app icon.

- *Remove all App Clips:* Go to Settings ⚙️ > App Clips.

## Manage App Store purchases, subscriptions, settings, and restrictions on iPhone

In the App Store app 🅰️, you can manage subscriptions and review and download purchases made by you or other family members. You can also set restrictions and customize your preferences for the App Store in Settings ⚙️.

**Approve purchases with Family Sharing**

With Family Sharing set up, the family organizer can review and approve purchases made by other family members under a certain age. See Turn on Ask to Buy for a child later.

**Find and download apps purchased by you or family members**

1. Tap 😀 or your picture at the top right, then tap Purchased.

2. If you set up Family Sharing, tap My Purchases or choose a family member to view their purchases.

   *Note:* You can see purchases made by family members only if they choose to share their purchases. Purchases made with Family Sharing may not be accessible after the family member leaves the family group.

3. Find the app you want to download (if it's still available in the App Store), then tap ☁️.

**Change or cancel your App Store subscriptions**

1. Tap 😀 or your picture at the top right, then tap Subscriptions.

   You may need to sign in with your Apple ID.

2. Choose a subscription, then do any of the following:

   - Change or cancel an existing subscription.

   - Resubscribe to an expired subscription.

   - [Share an eligible App Store subscription](#) with other family members in your Family Sharing group.

**Change your App Store settings**

Go to Settings ⚙️ > App Store, then do any of the following:

- *Automatically download apps purchased on your other Apple devices:* Below Automatic Downloads, turn on App Downloads.

- *Automatically update apps:* Turn on App Updates.

- *Download in-app content in the background:* Turn on In-App Content to download content before you first open an app.

- *Allow app downloads to use cellular data:* Below Cellular Data, turn on Automatic Downloads. To choose whether you want to be asked for permission for downloads over 200 MB or all apps, tap App Downloads.

- *Automatically play app preview videos:* Turn on Video Autoplay.

- *Automatically remove unused apps:* Turn on Offload Unused Apps. You can reinstall an app at any time if it's still available in the App Store.

**Set content restrictions and prevent in-app purchases**

After you turn on content and privacy restrictions, do the following.

1. Go to Settings ⚙ > Screen Time > Content & Privacy Restrictions > Content Restrictions.

2. Set restrictions such as the following:

   - *Apps:* Restrict apps by age ratings.

   - *App Clips:* Prevent App Clips from opening.

## Install and manage fonts on iPhone

You can download fonts from the App Store app 🅰 and use them in documents you create on iPhone.

1. After you download an app containing fonts from the App Store, open the app to install the fonts.

2. To manage installed fonts, go to Settings ⚙ > General, then tap Fonts.

# Books

## Buy books and audiobooks on iPhone

In the Books app 📖, you can find today's bestsellers, view top charts, explore series, and browse lists curated by Apple Books editors. After you select a book or audiobook, you can read or listen to it right in the Books app.

Search the Book Store and Audiobooks Store.

Visit the Audiobooks store.
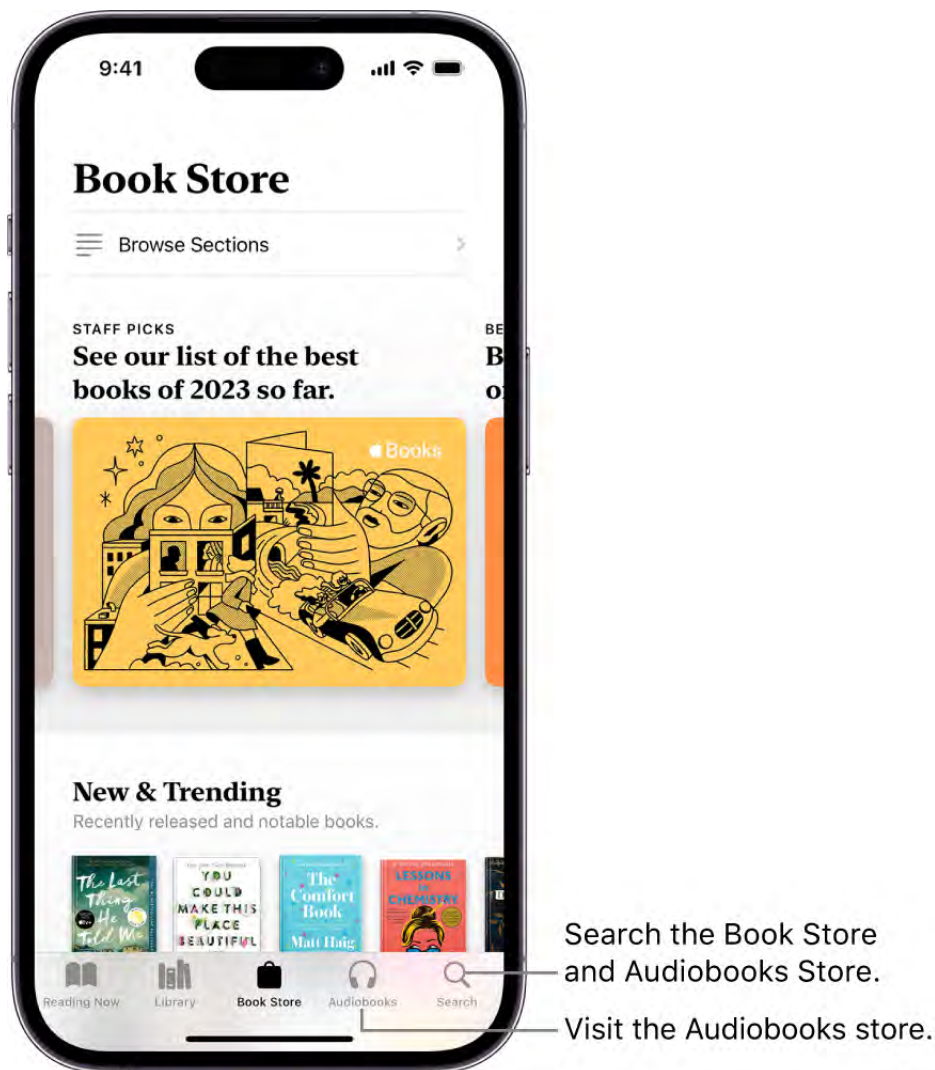
1. Open the Books app 📖 on your iPhone.

2. Tap Book Store or Audiobooks to browse titles, or tap Search to look for a specific title, author, series, or genre.

**Tip:** Tap Browse Sections at the top of the screen to view titles in categories like Top Charts and Book Clubs, or genres like Biographies & Memoirs and Young Adults.

3. Tap a book cover to see more details, read a sample, listen to a preview, or mark as Want to Read.

4. Tap Buy to purchase a title, or tap Get to download a free title.

   All purchases are made with the payment method associated with your Apple ID.

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You can allow books and audiobooks to download automatically over your cellular network when you aren't connected to Wi-Fi. Go to Settings ⚙ > Books, then turn on Automatic Downloads. Tap Downloads, then choose Always Allow, Ask If Over 200 MB or Always Ask.

## Read books in the Books app on iPhone

In the Books app 📙, you can view the books you're currently reading, want to read, book collections, and more.

- *Reading Now:* Tap to access the books and audiobooks you're currently reading as well as recommendations and suggestions for your next read. Scroll down to see books and audiobooks you've added to your Want To Read collection and books you've sampled. You can also set daily reading goals and keep track of the books you finish throughout the year.

- *Library:* Tap to see all of the books, audiobooks, series, samples, and PDFs you either got from the Book Store or manually added to Books. Tap Collections to see your library sorted into collections, such as Want to Read, My Samples, Audiobooks, Finished, or custom collections you created (see Create a collection).
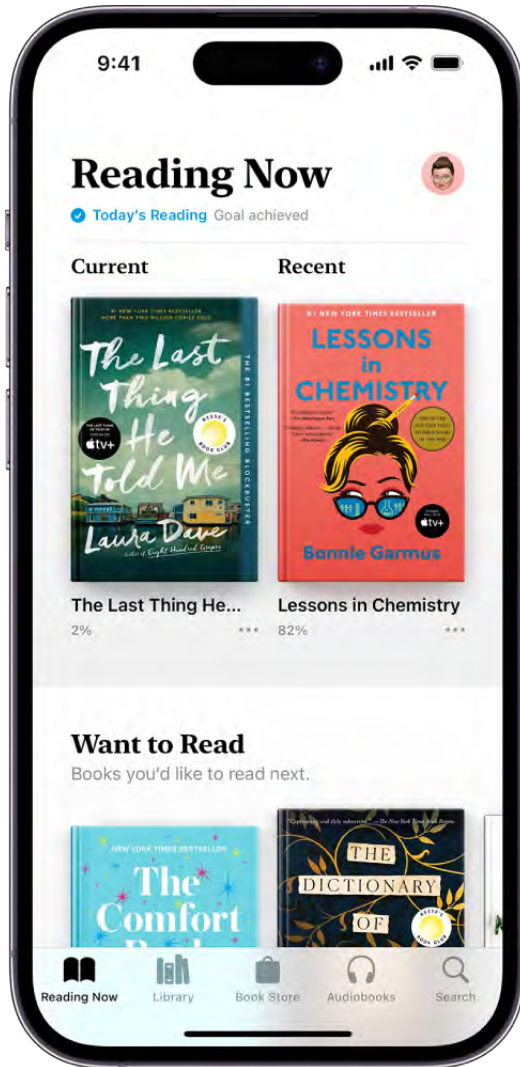
## Read a book

At the bottom of the screen, tap Reading Now or Library, tap a book cover, then do any of the following:

- *Turn the page:* Tap the right margin or swipe right to left.

  To allow either the left or right margin to turn the page, go to Settings ⚙ > Books, then turn on Both Margins Advance.

- *Go back to the previous page:* Tap the left margin or swipe left to right.

- *Go back to previous reading location:* Tap the page, then tap the rounded arrow in the top-left corner of the page. Tap the rounded arrow again, but in the top-right corner, to go back to your current location.

- *Go to a specific page or location:* Tap the page, tap ☰, tap Search Book, enter a word, phrase, or page number, then tap a result.

- *Use the table of contents:* Tap the page, tap ☰, then tap Contents.

  **Tip:** To quickly move through a book, touch and hold Contents, then drag your finger left or right; release your finger to go directly to that location in the book.

- *Lock screen orientation:* Tap the page, tap ☰, then tap 🔒 to lock the screen in horizontal or vertical orientation.

- *Close a book:* Tap the page, then tap ⊗ in the top-right corner. Or swipe down from the top of the page (not available if vertical scrolling is turned on).

Tap to go back to previous reading location.

9:41

298    9 pages left in chapter    ✕ ——— Tap to close book.

**Chapter 33**

More than once did Elizabeth, in her ramble within the park, unexpectedly meet Mr. Darcy. She felt all the perverseness of the mischance that should bring him where no one else was brought, and, to prevent its ever happening again, took care to inform him at first that it was a favourite haunt of hers. How it could occur a second time, therefore, was very odd! Yet it did, and even a third. It seemed like wilful ill-nature, or a voluntary penance, for on these occasions it was not merely a few formal inquiries and an awkward pause and then away, but he actually thought it necessary to turn back and walk with her. He never said a great deal, nor did she give herself the trouble of talking or of listening much; but it struck her in the course of their third rencontre that he was asking some odd unconnected questions—about her pleasure in being at Hunsford, her love of solitary walks, and her opinion of Mr. and Mrs. Collins's happiness; and that in speaking of Rosings and her not perfectly understanding the house, he seemed to expect that whenever she came into Kent again she would be

Tap to navigate the table of contents, change the display, search, share, and add bookmarks.

305 of 646    ☰

## Change text and page appearance

1. Tap the page, tap ⦂⦂⦂ at the bottom of the page, tap Themes & Settings, then do any of the following:

   - *Change the font size:* Tap the large A to increase the font size or tap the small A to decrease it.

   - *Turn on vertical scrolling:* Tap ▤ to scroll continuously through a book; tap again to undo vertical scrolling.

     For PDFs, tap A A at the top of the screen, then turn on Vertical Scrolling.

   - *Change the page turn style:* Tap ▱, then tap an option.

   - *Adjust the background color:* Tap ◑, then tap an option.

   - *Adjust the display brightness:* Touch the brightness bar, then drag your finger in either direction.

   - *Change the page theme:* Tap a page theme such as Quiet or Bold.

   - *Change the font:* Tap Customize, then tap Font. Swipe up to view the font options. Tap a font name, such as Original or Palatino, to see a preview at the top of the screen. Tap Done to apply the font.

   - *Make the font bold:* Tap Customize, tap the button next to Bold Text (green is on), then tap Done.

   - *Customize spacing and justification:* Tap Customize, then below Accessibility & Layout Options, turn on Customize (green is on). Drag the sliders left or right to adjust line spacing, character spacing, and word spacing. You can also turn Justify Text on or off (green is on). Tap Done to apply your changes.

2. Tap ⊗ or swipe down to close the menu.

Tap to change the font and customize Accessibility & Layout options.

*Note:* You can choose on which side of the screen the Menu button ⚏ appears. Go to Settings ⚙ > Books, then choose Left or Right below Reading Menu Position.

To undo text and layout customizations, tap ⚏, tap Customize, then tap Reset Theme.

**Bookmark a page**

When you close a book, your place is saved automatically—you don't need to add a bookmark. Bookmark pages you want to return to again.

Tap the page, tap ⚏, then tap 🔖; tap it again to remove the bookmark.

To access all your bookmarks, tap the page, tap ⚏, tap Bookmarks & Highlights, then tap Bookmarks.

**Share a text selection or book link**

You can send text selections using AirDrop, Mail, or Messages, or you can add the selection to Notes. If the book is from the Book Store, a link to the book is included with the selection. (Sharing may not be available in all countries or regions.)

1. Touch and hold a word, then move the grab points to adjust the selection.

2. Swipe right on the menu items, then tap Share.

3. Tap Mail, Messages, or another app or service to share the selection.

You can also share a link to view the book in the Book Store. Tap any page, tap ⚎, tap ⬆, then tap how you want to share the link.

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# Annotate books in the Books app on iPhone

You can highlight, underline, and take notes as you read books in the Books app 📕.
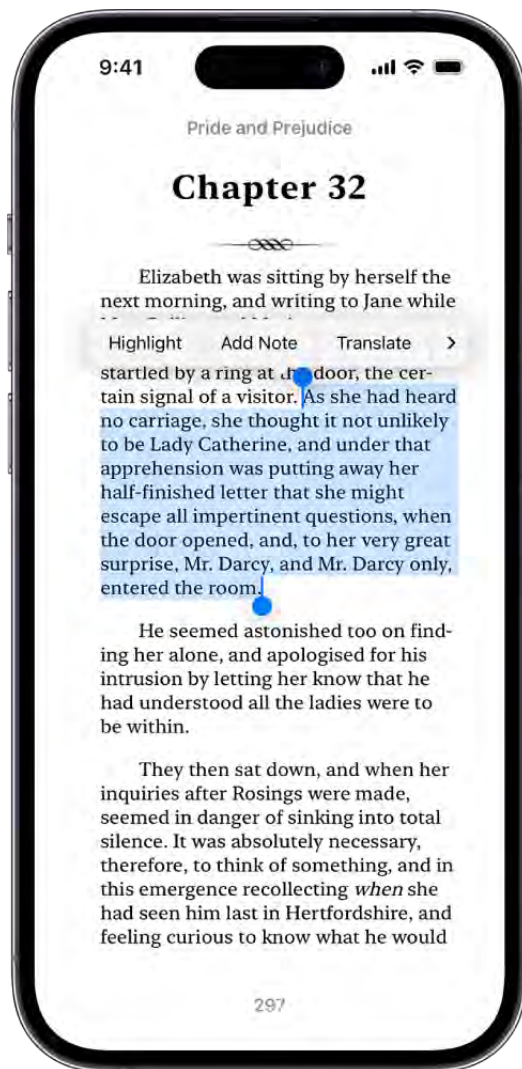
### Highlight or underline text

1. Touch and hold a word, then move the grab points to adjust the selection.

2. Tap Highlight.

   To change the highlight color or switch to underline, tap the text, tap Highlight, then tap an option.

   To remove a highlight or underline, tap the text, then tap Remove Highlight.

To see all of your highlights, tap the page, tap ☰, tap Bookmarks & Highlights, then tap Highlights. Tap a highlight to go to that location in the book.

**Add a note**

1. Touch and hold a word, then move the grab points to adjust the selection.

2. Tap Add Note, enter text, then tap Done.

   To remove a note, tap the highlighted text, then tap Delete Note.

To see all of your notes, tap the page, tap ⠿, tap Bookmarks & Highlights, then tap Highlights.

## Access books on other Apple devices in the Books app on iPhone

You can access the books and audiobooks in the Books app 📙 on other devices such as your iPad and Mac. You can also sync your reading position, highlights, notes, library collections, and more.

**Access your books on your other devices**

To keep your Books content and information updated across your other iPhone and iPad devices, sign in with the same Apple ID on each device, then do any of the following:

- *Automatically download purchases made on other devices:* Go to Settings ⚙️ > Books, then turn on Purchases from Other Devices (green is on).

- *Sync reading position, bookmarks, notes, and highlights:* Go to Settings > [*your name*] > iCloud > iCloud Drive, then turn on Sync this iPhone. Tap iCloud, then tap Show All and turn on Books.

- *Sync Reading Now, Library, and collections:* Go to Settings > Books, then below Syncing, turn on Reading Now and iCloud Drive (green is on).

**Access your books on your Mac**

To see your books, audiobooks, and PDFs on your Mac, do one of the following:

- *macOS 13 or later:* Choose Apple menu  > System Settings, click [*your name*] at the top of the sidebar, then click iCloud on the right. Click iCloud Drive, click Apps syncing to iCloud Drive, then select Books. Click Back, then click Done. (If you don't see your name, click Sign in with your Apple ID to enter your Apple ID or to create one.)

- *macOS 10.15–12.5:* Choose Apple menu > System Preferences, then click Apple ID. Click iCloud in the sidebar, then select iCloud Drive. Click Options, then select Books.

- *macOS 10.14 or earlier:* Choose Apple menu > System Preferences, then click iCloud. Select iCloud Drive, click Options, then select Books.

To see your collections, bookmarks, notes, and highlights on your Mac, open Books, then do one of the following:

- *macOS 13 or later:* Choose Books > Settings, click General, then select "Collections, bookmarks, and highlights."

- *macOS 12.5 or earlier:* Choose Books > Preferences, click General, then select "Collections, bookmarks, and highlights."

# Listen to audiobooks in Books on iPhone

Use the Books app 📖 to listen to audiobooks on your iPhone.

## Play an audiobook

Tap Reading Now or Library, then tap an audiobook cover to play it.

While the audiobook is playing, do any of the following:

- *Skip forward or back:* Tap or touch and hold the rounded arrows next to the pause button. Or, use external controls such as headphones or car controls.

  *Note:* To change the number of seconds to skip forward or back, go to Settings 🔘 > Books, below Audiobooks tap Skip Forward or Skip Back, then tap an option.

- *Go to a specific time:* Drag the slider below the audiobook cover left or right.

- *Adjust the volume:* Drag the slider below the pause button left or right.

- *Speed it up, or slow it down:* Tap the playback speed, 1x, in the lower-left corner to choose a different speed.

- *Set a sleep timer:* Tap ☾ᶻ, then choose a duration.

- *Play on a different device:* Tap ⓐ, then choose an available device such as HomePod, Apple TV, or Bluetooth® speakers.

- *Go to a chapter:* Tap ☷, then tap a chapter.

  *Note:* Some audiobooks refer to chapters as *tracks*, or don't define chapters.

- *Switch to the audiobook mini-player:* Tap ▬ or swipe down anywhere on the screen; tap the mini-player at the bottom of the screen to go back to full screen.

- *Close the audiobook player:* Tap ▬, or touch and hold the mini-player, then tap Close Audio Player.

If a Wi-Fi connection to the internet isn't available, audiobooks play over your carrier's cellular network, which may result in additional fees. To manage cellular data usage, see [View or change cellular data settings on iPhone](#).

## Find supplemental PDFs

Some audiobooks come with supplemental PDFs.

To find the PDFs, tap ••• below the audiobook cover in your library, then tap View PDF Content.

# Set reading goals in Books on iPhone

The Books app 📖 helps you keep track of how many minutes you read every day, and how many books and audiobooks you finish each year. You can customize your goals to spend more time reading, set new reading streaks, and share your achievements with friends.
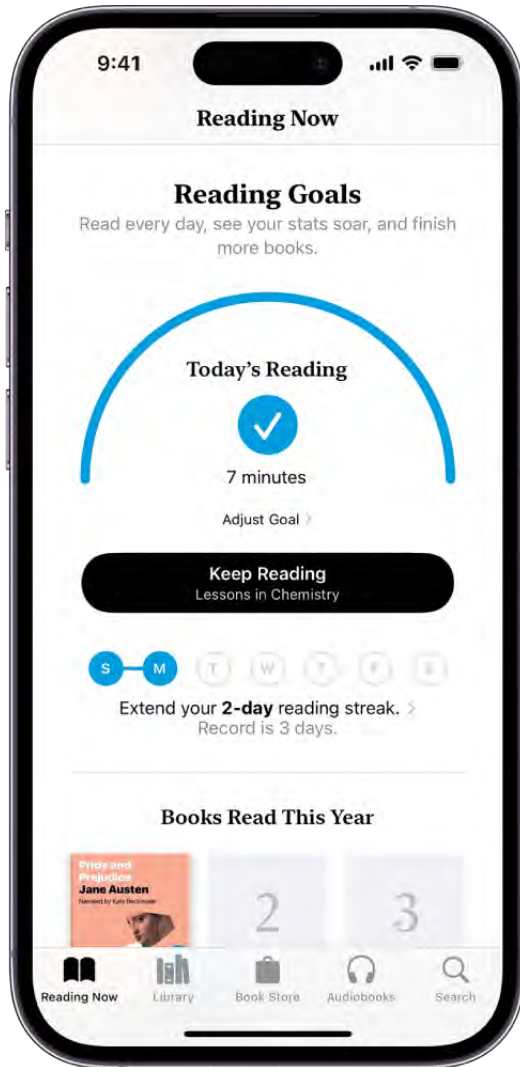
## Change your daily reading goal

You can adjust your daily reading goal depending on how many minutes you want to read per day. If you don't customize your daily reading goal, it's set to five minutes per day.

1. Tap Reading Now, then swipe down to Reading Goals.

2. If you're adjusting the goal for the first time, tap Today's Reading, then tap Adjust Goal.

    If you've changed your goal before and you want to change it again, tap Adjust Goal.

3. Slide the counter up or down to set the minutes per day that you want to read.

    *Note:* To count PDFs toward your reading goal, go to Settings 🔘 > Books, then turn on Include PDFs (green is on).

When you reach your daily reading goal, you receive a notification from Books; tap it to get more details about your achievement, or send your achievement to friends.

**Tip:** To make sure you receive reading goals notifications, tap your account in the top-right corner of Reading Now. Tap Notifications, tap Allow Notifications on This iPhone, turn on Goal Completion (green is on), then tap Done.

### Change your yearly reading goal

After you finish reading a book or audiobook in Books, the Books Read This Year collection appears below Reading Goals. The default yearly reading goal is three books per year, but you can increase or decrease your goal depending on how many books you want to finish.

1. Tap Reading Now, then swipe down to Books Read This Year.

2. Tap a placeholder square, or a book cover, then tap Adjust Goal.

3. Slide the counter up or down to set the books per year that you want to read, then tap Done.

### See your reading streaks and records

Books lets you know how many days in a row you reach your daily reading goal and notifies you when you set a record.

To view your current reading streak and record, tap Reading Now, then swipe down to Reading Goals.

### Turn off reading goals

Go to Settings ⚙ > Books, then turn off Reading Goals.

When Reading Goals is turned off, the reading indicators in Reading Now are hidden and you don't receive reading notifications.

### Turn coaching notifications off and on

You can turn on coaching to receive encouragement, and nudges to help you reach your reading goals.

1. Tap Reading Now, then tap your account icon in the top-right corner.

2. Tap Notifications, then tap the button next to Coaching (green is on).

3. Tap Done.

**Turn reading goals notifications off and on**

Books sends you notifications when you achieve a reading goal or set a reading streak. You can turn these notifications off and on.

1. Tap Reading Now, then tap your account in the top-right corner.

2. Tap Notifications, then tap the button next to Goal Completion (green is on).

3. Tap Done.

**Clear reading data**

To clear your reading data, such as time spent reading and reading streaks, go to Settings  > Books, then tap Clear Reading Goals Data.

# Organize books in the Books app on iPhone

In the Books app , the books and audiobooks you purchase are saved in your library and automatically sorted into collections, such as Audiobooks, Want to Read, and Finished.
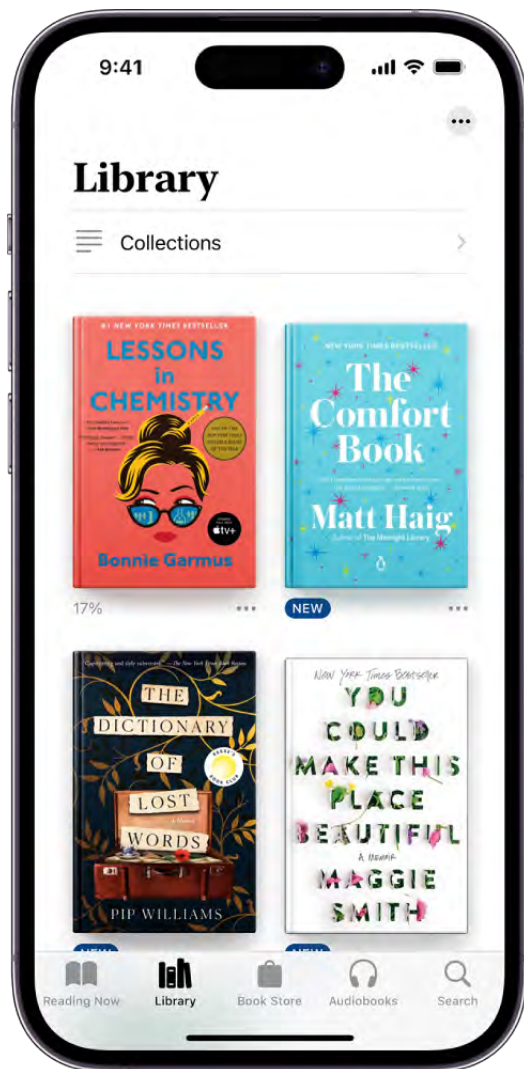
## Create a collection

You can create your own collections to personalize your Library.

1. Open the Books app 📖 on your iPhone.

2. Tap Library, tap Collections, then tap New Collection.

3. Name the collection, for example, *Beach Reads* or *Book Club*, then tap Done.

## Add a book to a collection

You can add a book from your library or from the Book Store to the collections you create.

1. Open the Books app 📖 on your iPhone.

2. Tap Book Store or Library to view books.

3. Tap ••• below a book cover.

4. Tap Add to Collection, then tap the collection you want to add it to.

   **Tip:** You can add the same book to multiple collections.

## Organize your books

You can change how the books in your library or a collection are displayed and sorted.

1. Open the Books app 📖 on your iPhone.

2. Tap Library, tap 😀, then do either of the following:

   - *Change the book display:* Tap Grid or List.

   - *Change the book order:* Tap Recent, Title, Author, or Manual.

     If you choose Manual, touch and hold a book cover, then drag it to the position you want.

## Remove books, audiobooks, and PDFs

You can remove or hide books, audiobooks, and PDFs from Reading Now, Library, and your library collections.

1. Open the Books app 📖 on your iPhone.

2. Tap Reading Now, Library, or a collection in your Library, then tap ••• next to the title you want to remove.

3. Tap Remove, then choose an option.

   *Note:* If you choose Remove Download, the content and data associated with the title is no longer stored on your iPhone. To redownload the title, tap •••, then tap Download. If you choose Hide Book, the book won't appear in your library or collections. To unhide books and audiobooks, tap Reading Now, tap your account icon, then tap Manage Hidden Purchases.

You can automatically remove downloads from your iPhone after you finish a book. Tap Library, then tap 😀 at the top of the screen. Tap Remove Downloads, then tap Automatically When Finished.

**Delete a collection**

1. Open the Books app 📖 on your iPhone.

2. Tap Library, then tap Collections.

3. Swipe left on the collection you want to delete, then tap Delete.

   *Note:* Deleting a collection doesn't delete the books or audiobooks in the collection; they're still in your library.

# Read PDF documents in Books on iPhone

In the Books app 📖, you can open and save PDFs that you receive in Mail, Messages, and other apps.

**Open PDFs in Books**

1. Tap the PDF attachment to open it.

2. Tap ⬆️.

3. Tap ••• from the list of share options, then tap Books.

**Share or print a PDF document**

1. Tap the PDF attachment to open it.

2. Tap ⬆️, then choose a share option such as AirDrop, Mail, or Messages, or tap Print.

See the Apple Support article About AirPrint.

**Mark up a PDF**

Open the PDF and tap Ⓐ to use the drawing and annotation tools (tap near the center of a page if you don't see Ⓐ).

# Use Calculator on iPhone

In the Calculator app 🔢, you can perform basic arithmetic calculations with the standard calculator. Or use the scientific calculator for exponential, logarithmic, and trigonometric functions.

**Siri:** Say something like: "What's 74 times 9?" or "What's 18 percent of 225?" Learn how to use Siri.
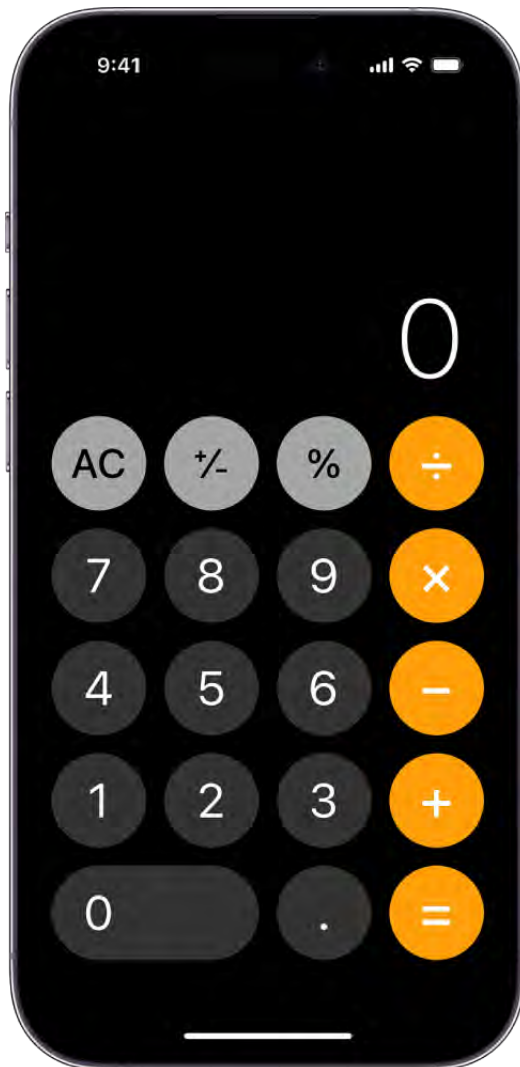
## Use the scientific calculator

Rotate iPhone to landscape orientation.

## Copy, delete, or clear numbers

- *Copy a calculation result:* Touch and hold the calculation result in the display, tap Copy, then paste the result somewhere else, such as a note or message.

- *Delete the last digit:* If you make a mistake when you enter a number, swipe left or right on the display at the top.

- *Clear the display:* Tap the Clear (C) key to delete the last entry, or tap the All Clear (AC) key to delete all entries.

# Calendar

## Create and edit events in Calendar on iPhone

Use the Calendar app 📅 to create and edit events, appointments, and meetings.

View list of events.

Change calendars or accounts.

View invitations.
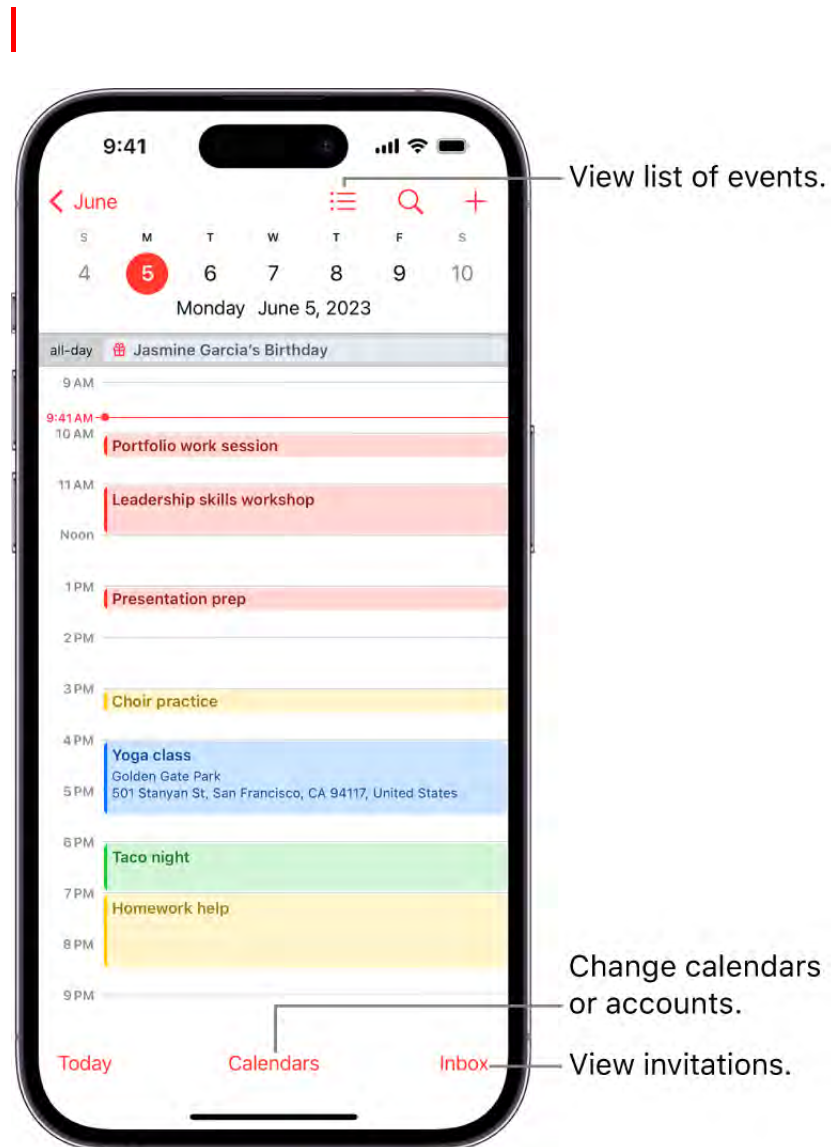
**Siri:** Say something like:

- "Set up a meeting with Gordon at 9"

- "Do I have a meeting at 10?"

- "Where is my 3:30 meeting?"

[Learn how to use Siri](#)

## Add an event

1. In Day view, tap + at the top of the screen.

2. Enter the title of the event.

3. Tap Location or Video Call, then enter a physical location or tap FaceTime to enter a video link for a remote event.

   You can also copy a FaceTime link you created or received and paste it in the Location field. See [Create a link to a FaceTime call on iPhone](#).

4. Enter the start and end times for the event, the travel time, invitees, attachments, and so on. (Swipe up, if necessary, to enter all the meeting information.)

5. Tap Add.

## Add an alert

You can set an alert to be reminded of an event beforehand.

1. Tap the event, then tap Edit near the top right.

2. In the event details, tap Alert.

3. Choose when you want to be reminded.

   For example, "At time of event," "5 minutes before," or another choice.

   *Note:* If you add the address of the event's location, Calendar uses Apple Maps to look up locations, traffic conditions, and transit options to tell you when it's time to leave.

## Add an attachment

You can add an attachment to a calendar event to share with invitees.

1. Tap the event, then tap Edit near the top right.

2. In the event details, tap Add attachment.

3. Locate the file you want to attach.

To find the file, you can enter its name in the search field, scroll, tap folders to open them, tap Browse to look in other locations (such as iCloud Drive), and so on. See Modify files and folders in Files on iPhone.

4. Tap Done.

To remove the attachment, tap the event, tap Edit near the top right, swipe left over the attachment, then tap Remove.

### Find events in other apps

Siri can suggest events found in Mail, Messages, and Safari—such as flight reservations and hotel bookings—so you can add them easily in Calendar.

1. Go to Settings  > Calendar > Siri & Search.

2. Turn on Show in App to allow Siri to suggest events found in other apps.

To allow Siri to make suggestions in other apps based on how you use Calendar, turn on Learn from this App.

### Copy and paste an event

You can copy an event and paste it to another date.

1. Touch and hold the event, then tap Copy.

2. On another date, touch and hold the time where you want to paste the event.

   When you release, the New Event screen appears and the copied event appears below Title with the date and time where you want to paste the event.

   **Tip:** You can also tap ✚ at the top of the screen after copying an event.

3. Tap the copied event below Title.

4. Tap Add.

### Edit an event

You can change the time of an event and any of the other event details.

- *Quickly change the event time or duration:* In Day or Week view, touch and hold the event, then drag it to a new time, or adjust the grab points.

- *Change event details:* Tap the event, tap Edit near the top right, then in the event details, tap a setting to change it, or tap in a field to type new information.

**Delete an event**

In Day view, tap the event, then tap Delete Event at the bottom of the screen.

# Send invitations in Calendar on iPhone

In the Calendar app 5, you can send meeting and event invitations. iCloud, Microsoft Exchange, and some CalDAV servers also let you send meeting invitations. (Not all calendar servers support every feature.)

**Before you begin**

Before you can invite people to events you've scheduled, you need to make sure your calendar accounts are turned on.

- Go to Settings 🔘 > Calendar > Accounts, then select an account.

- Check if Calendar is turned on.

  For more information on how to add calendars, see Set up multiple calendars on iPhone.

**Invite others to an event**

You can invite people to an event you've scheduled.

1. Tap the event, then tap Edit near the top of the screen.

2. Tap Invitees.

3. Do any of the following:

   - *Add a name from your contacts:* Enter a contact's name, tap the name, then tap Done.

     You can also tap ⊕ to select contacts.

   - *Add an email address:* Enter an email address, tap Return, then tap Done.

   *Note:* In order to send a calendar invitation to a contact, the contact must have an email address. See Add and use contact information on iPhone.

To make an invitation optional, tap Invitees, swipe left on the name or email address of the person you've invited, then tap Make Optional.

4. When you're finished, tap Done.

If you don't want to be notified when someone declines a meeting, go to Settings ⚙ > Calendar, then turn off Show Invitee Declines.

*Note:* With Microsoft Exchange and some other exchange servers, you can invite people to an event even if you're not the one who scheduled it.

### Schedule an event without blocking your schedule

You can add an event to your calendar without having the timeframe appear as busy to others who send you invitations.

1. Tap the event, then tap Edit.

2. Tap Show As, then tap Free.

### Quickly email attendees

You can email all attendees of an event—for example, to share event details.

1. Tap an event that has attendees.

2. Tap Invitees, then tap ✉.

# Reply to invitations in Calendar on iPhone

In the Calendar app 📅, reply to meeting and event invitations you've received.

### Reply to an event invitation

1. To respond to an event notification, tap it.

   Or, in Calendar, tap Inbox, then tap an invitation.

2. Tap your response—Accept, Maybe, or Decline.

To respond to an invitation you receive by email, tap the underlined text in the email, then tap Show in Calendar.

If you add comments to your response, your comments can be seen by the organizer but not by other attendees (comments may not be available for all calendars). To see events you declined, tap Calendars at the bottom of the screen, then turn on Show Declined Events.

**Suggest a different meeting time**

You can suggest a different time for a meeting invitation you've received.

1. Tap the meeting, then tap Propose New Time.

2. Tap the time, then enter a new one.

Depending on the capabilities of your calendar server, the organizer will receive either a counter-proposal or an email with your suggestion.

## Change how you view events in Calendar on iPhone

In the Calendar app 📅, you can view one day, a week, a month, or a year at a time, or view a list of upcoming events. To change your view of Calendar, do any of the following:

- *Zoom in or out:* Tap a year, month, or day to zoom in or out on your calendar. In Week or Day view, pinch to zoom in or out.

- *View a weekly calendar:* In Day view, rotate iPhone sideways.

- *View a list of events:* In Month view, tap 🖳 to see the day's events. (Tap 🖳 again to return to Month view.)

## Search for events in Calendar on iPhone

In the Calendar app 📅, you can search for events by title, invitees, location, and notes.

Tap 🔍, then, in the search field, enter the text you want to find.

**Siri:** Say something like: "What's on my calendar for Friday?" Learn how to use Siri.

# Change calendar and event settings on iPhone

You can change default settings for the Calendar app 🗓 to make it easier to create new events and to display your calendar in a way that works best for you. For example, you can choose the default calendar for new events, change the duration of new events, and more.

## Choose a default calendar

If you have multiple calendars, you can choose a default calendar, and any new events you create are added to that calendar automatically.

1. Go to Settings ⚙ > Calendar > Default Calendar.

2. Select the calendar you want to use as your default calendar.

*Note:* You can always move an event to a different calendar after you create it. To find out more about using multiple calendars, see Set up multiple calendars on iPhone.

## Set default event settings

You can change default settings for calendar events, such as the duration for new events, whether to be alerted when it's time to leave for an upcoming event, and more.

1. Go to Settings ⚙ > Calendar.

2. Do any of the following:

   • *Choose when to get alerts for different types of events:* Tap Default Alert Times, tap Birthdays, Events, or All-Day Events, then choose an option.

   • *Choose whether to be alerted when it's time to leave for an upcoming event:* Tap Default Alert Times, then turn Time to Leave on or off.

   • *Change the default duration for new events:* Tap Duration for New Events, then choose a length of time.

   • *Choose whether Calendar suggests a location when you create a new event:* Turn Location Suggestions on or off.

**Change how your calendar is displayed**

You can customize the way your calendar is displayed to help highlight the information that's most important to you. For example, you can choose which day you want to start the week with, display the Chinese, Hebrew, or Islamic calendar (alongside the Gregorian calendar), and more.

1. Go to Settings ⚙️ > Calendar.

2. Do any of the following:

   - *Choose a different day to start the week:* Tap Start Week On, then tap a day.

   - *Display the week number next to every week of the year:* Turn on Week Numbers.

   - *Display the Chinese, Hebrew, or Islamic calendar:* Tap Alternate Calendars, then choose a calendar.

   - *Show the current day as the first day in Week view:* Tap Week View Starts On Today.

# Schedule or display events in a different time zone in Calendar on iPhone

In the Calendar app 📅, events appear according to the time zone of your current location. However, you can schedule an event in a different time zone from the one currently shown in Calendar. You can also set your calendar to always display a specific time zone, even if you travel to a different location.
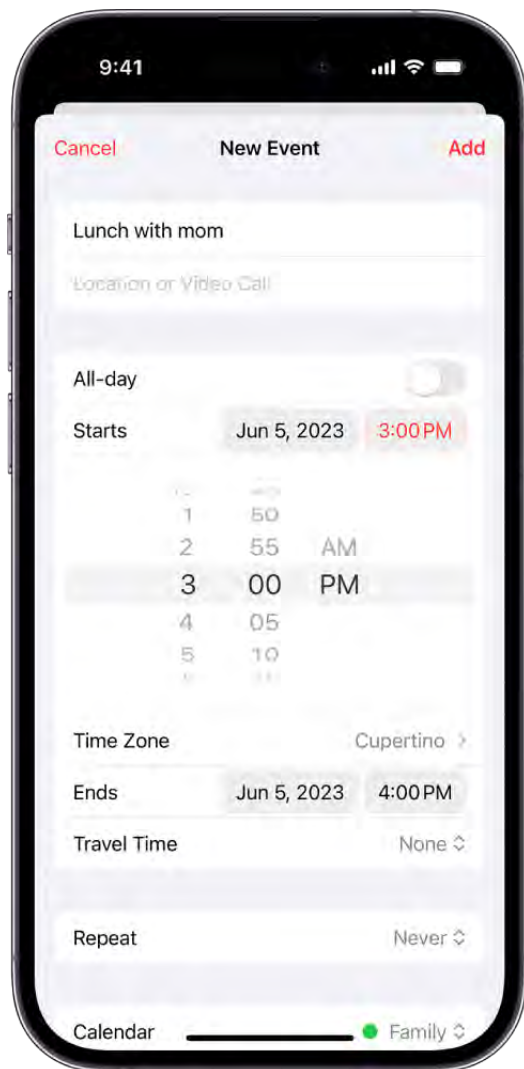
## Change the time zone for a new event

You can create and edit events in Calendar and change the time zone of the event—even if it's different from the time zone you're currently in. For example, if you live in New York, you can create or edit an event and schedule it according to the time zone in another location—like Chicago.

1. Open the Calendar app 📅 on your iPhone.

2. Tap + at the top of the screen.

3. Add the event details (title, location, travel time, attachments, and so on).

4. Enter the start and end times for the event, then tap Time Zone.

5. Search for a location, tap it, then tap Add.

*Note:* You can edit the time zone of the event later if you need to.

**Always display your calendar in a specific time zone**

You can override the default time zone setting so you can display Calendar in the time zone of your choice. This can be helpful if you're working remotely and need to keep track of the time when scheduling meetings with your colleagues in a different time zone. For example, if you live in San Francisco, but your job is based out of Boston, you can override the time zone of your current location and view your calendar events according to the time zone in Boston.

1. Go to Settings ⚙ > Calendar.

2. Tap Time Zone Override, then tap Time Zone Override to turn it on.

3. Tap Time Zone, search for a location (like Boston, for example), then tap the location.

Events created before you turn on Time Zone Override appear in the new time zone, but also show the original time zone used when they were created.

*Note:* Time Zone Override only changes the time zone shown in the Calendar app.

## Keep track of events in Calendar on iPhone

In the Calendar app 📅, you can customize the notifications that let you know about upcoming calendar events, invitations, and more. You can also make sure your events and other calendar information are kept up to date on all your devices.

**Customize Calendar notifications**

1. Go to Settings ⚙ > Notifications > Calendar.

2. Turn on Allow Notifications.

3. Choose how and where you want the notifications to appear—for example, on the Lock Screen, in Notification Center, as banners at the top of the screen, with an alert sound, and so on.

**Turn on customized notifications for specific calendar events**

After customizing Calendar notifications, you can choose whether you want them to appear for specific occasions—like upcoming events or invitee responses, for example.

1. Go to Settings ⚙ > Notifications > Calendar.

2. Scroll down and tap Customize Notifications.

3. Turn the specific customized notifications on or off.

**Keep your calendar up to date across your devices**

You can use iCloud to keep your calendar information up to date on all your devices where you're signed in with the same Apple ID.

Go to Settings ⚙ > [*your name*] > iCloud, then turn on Calendars.

*Note:* If you don't see Calendars, tap Show All to see more options.

If you don't want to use iCloud for your calendar, you can sync your calendar information between your iPhone and your computer. See Sync supported content.

# Set up multiple calendars on iPhone

In the Calendar app 📅, you can set up multiple calendars to keep track of different kinds of events. You can keep track of all your events and appointments in one calendar, but additional calendars are easy to set up and a great way to stay organized.
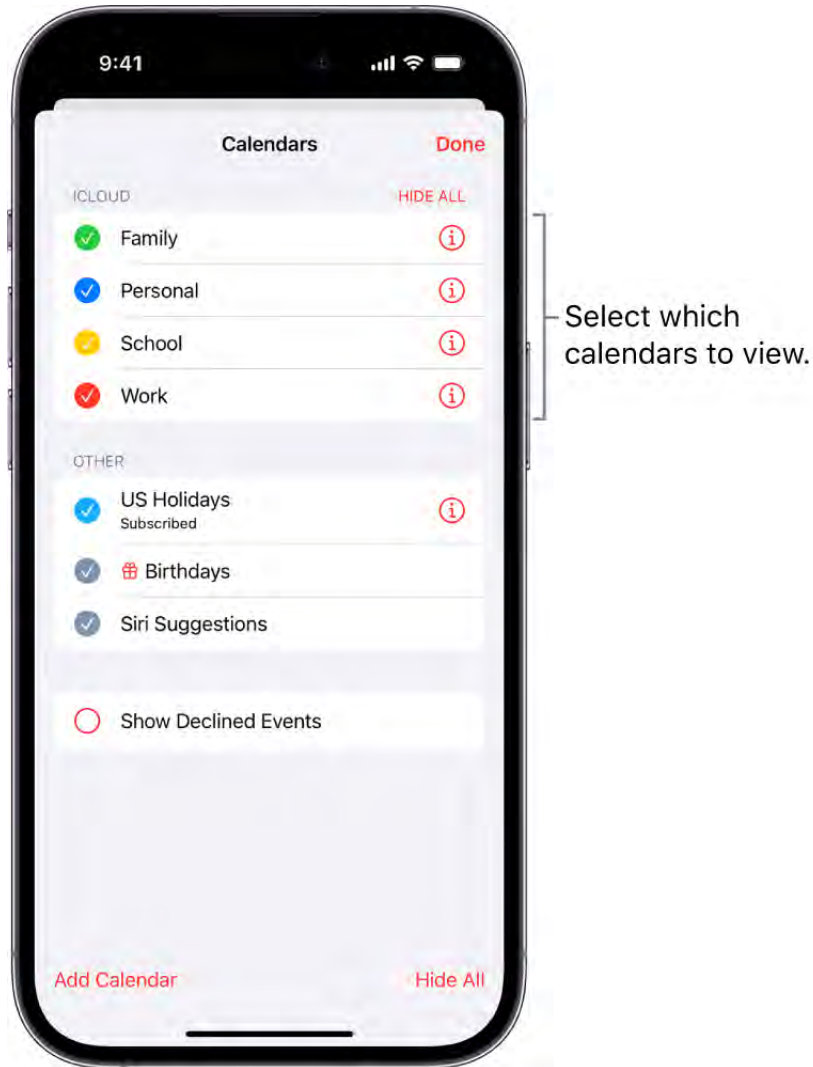
## Set up a calendar

1. Tap Calendars at the bottom of the screen, then tap Add Calendar.

2. Do one of the following:

   - *Create an iCloud calendar:* Tap Add Calendar, enter a name for the calendar, then choose a color for it.

   - *Subscribe to an external, read-only calendar:* Tap Add Subscription Calendar, enter the URL of the .ics file you want to subscribe to (and any other required server information), then click Subscribe.

   - *Add a Holiday calendar:* Tap Add Holiday Calendar, tap the holiday calendar you want to subscribe to, then tap Add.

     See Use the Holidays calendar on iPhone.

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You can also subscribe to an iCalendar (.ics) calendar by tapping a link to it.

## Unsubscribe from a calendar

You can unsubscribe from a calendar you're subscribed to. When you unsubscribe, you can also report the calendar as junk.

1. Tap Calendars at the bottom of the screen.

2. Tap ⓘ next to the calendar you want to unsubscribe from.

3. Tap Unsubscribe, then Tap Unsubscribe or Unsubscribe and Report Junk.

   *Note:* When you tap Unsubscribe and Report Junk, the calendar is reported to Apple as a suspected junk subscription.

## See multiple calendars at once

To view multiple calendars, tap Calendars at the bottom of the screen, then do any of the following:

- Select the calendars you want to view.

- Tap US Holidays to include national holidays with your events.

- Tap Birthdays to include birthdays from Contacts with your events.

## Turn on calendar event alerts

You can turn on event notifications for calendars you create or subscribe to.

1. Tap Calendars at the bottom of the screen.

2. Tap ⓘ next to a calendar.

3. Turn Event Alerts on or off.

4. Tap Done.

## Change a calendar's color

1. Tap Calendars at the bottom of the screen.

2. Tap ⓘ next to the calendar, then choose a color.

3. Tap Done.

For some calendar accounts, such as Google, the color is set by the server.

**Set up iCloud, Google, Exchange, or Yahoo calendar accounts**

1. Go to Settings ⚙ > Calendar > Accounts > Add Account.

2. Do any of the following:

   - Tap a mail service (iCloud, Microsoft Exchange, or Google, for example), then sign in.

   - Tap Other, tap Add CalDAV Account or Add Subscribed Calendar, then enter your server and account information.

**Add a CalDAV account**

1. Go to Settings ⚙ > Calendar > Accounts > Add Account > Other.

2. Tap Add CalDAV account.

3. Enter your server and account information.

**Move an event to another calendar**

Tap the event, tap Calendar, then select a calendar to move the event to.

# Use the Holidays calendar on iPhone

In the Calendar app 📅, the Holidays calendar displays holidays based on the region set on your iPhone.

*Note:* The Holidays calendar is a subscription calendar. You can't add or delete holidays, because subscription calendars can be modified only by the calendar provider.

**Show or hide holidays**

1. Tap Calendars at the bottom of the screen.

2. Select or deselect US Holidays (or the holiday calendar for your country or region).

**Add a holiday calendar from a different region**

1. Tap Calendars at the bottom of the screen.

2. Tap Add Calendar, then tap Add Holiday Calendar.

3. Tap the holiday calendar you want to subscribe to, then tap Add.

To change settings, like notification alerts or the name of a holiday calendar you've subscribed to, see Set up multiple calendars on iPhone.

## Share iCloud calendars on iPhone

In the Calendar app 📅, you can share an iCloud calendar with other iCloud users. When you share a calendar, others can see it, and you can let them add or change events. You can also share a read-only version that anyone can view but not change.

**Create an iCloud calendar**

1. Tap Calendars at the bottom of the screen.

2. Tap Add Calendar.

3. Tap Add Calendar, enter a name for the new calendar, then tap Done.

   If iCloud is not your default calendar, tap Accounts, then tap iCloud. See Change calendar and event settings on iPhone.

**Share an iCloud calendar**

You can choose to share a calendar with one or more people in iCloud. Those you invite receive an invitation to join the calendar.

1. Tap Calendars at the bottom of the screen.

2. Tap ⓘ next to the iCloud calendar you want to share.

3. Tap Add Person, then enter a name or email address, or tap ⊕ to browse your contacts.

   *Note:* Your contacts must have an email address to share an iCloud calendar. See Add and use contact information on iPhone.

4. Tap Add, then tap Done.

## Change a person's access to a shared calendar

After you invite a person to share your calendar, you can turn on or off their ability to edit the calendar, or stop sharing the calendar with that person.

1. Tap Calendars, tap ⓘ next to the shared calendar, then tap the person's name.

2. Do any of the following:

   - Turn Allow Editing on or off.

   - Tap Stop Sharing.

## Turn off notifications for shared calendars

When someone modifies a calendar you're sharing, you're notified of the change. You can turn off notifications, if you don't want to receive them.

1. Go to Settings 🔘 > Notifications > Calendar > Customize Notifications.

2. Turn off Shared Calendar Changes.

## Share a read-only calendar with anyone

1. Tap Calendars, then tap ⓘ next to the iCloud calendar you want to share.

2. Turn on Public Calendar, then tap Share Link to copy or send the URL for your calendar.

3. Choose a method for sending the URL—Messages, Mail, and so on.

Anyone you send the URL to can use it to subscribe to the calendar using a compatible app, such as Calendar for macOS.

## Delete a calendar

1. Tap Calendars at the bottom of the screen.

2. Tap ⓘ next to the iCloud calendar you want to delete.

3. Tap Delete Calendar at the bottom of the list.

# Camera

## Take photos

### iPhone camera basics

Learn how to take photos with Camera 📷 on your iPhone. Choose from camera modes such as Photo, Video, Cinematic, Pano, and Portrait, and zoom in or out to frame your shot.

**Open Camera**

To open Camera, do any of the following:

- Tap Camera 📷 on the iPhone Home Screen.

- Swipe left on the iPhone Lock Screen.

- Touch and hold 📷 on the iPhone Lock Screen.

- Open Control Center, then tap 📷.

    **Siri:** Say something like: "Open Camera." Learn how to use Siri.

- On iPhone Y, you can assign the Action button to open Camera, see Customize the Action button on iPhone Y.

*Note:* For your security, a green dot appears in the top-right corner of the screen when Camera is in use. See Control access to hardware features.

**Take a photo**

Open Camera, then tap the Shutter button or press either volume button to take the shot.

## Switch between camera modes

Photo is the standard mode that you see when you open Camera. Use Photo mode to take still photos and Live Photos. Swipe left or right on the camera screen to choose one of the following camera modes:

- *Video:* Record a video; see Record a video.

- *Time-lapse:* Create a time-lapse video of motion over a period of time; see Record a time-lapse video.

- *Slo-mo:* Record a video with a slow-motion effect; see Record a slow-motion video.

- *Pano:* Capture a panoramic landscape or other scene; see Take a panoramic photo.

- *Portrait:* Apply a depth-of-field effect to your photos (on supported models); see Take a photo in Portrait mode.

- *Cinematic:* Apply a depth-of-field effect to your videos (on supported models); see Record Cinematic videos.

- *Square:* Take photos with a square ratio.

  On iPhone 11 and later, tap ⌃, then tap 4:3 to choose between Square, 4:3, or 16:9 aspect ratios.

To save a mode other than Photo as the default mode when you open Camera, see Save camera settings on iPhone.

**Zoom in or out**

- On all models, open Camera and pinch the screen to zoom in or out.

- On iPhone models with Dual and Triple camera systems, switch between 0.5x, 1x, 2x, 2.5x, 3x, and 5x to quickly zoom in or out (depending on your model). For a more precise zoom, touch and hold the zoom controls, then drag the slider right or left.

## Use iPhone camera tools to set up your shot

Before taking a photo, you can use Camera 📷 tools to customize and improve your shot.

**Adjust the camera's focus and exposure**

Before you take a photo, the iPhone camera automatically sets the focus and exposure, and face detection balances the exposure across many faces. If you want to manually adjust the focus and exposure, do the following:

1. Open Camera.

2. Tap the screen to show the automatic focus area and exposure setting.

3. Tap where you want to move the focus area.

4. Next to the focus area, drag ☀ up or down to adjust the exposure.

> **Tip:** To lock your manual focus and exposure settings for upcoming shots, touch and hold the focus area until you see AE/AF Lock; tap the screen to unlock settings.

On iPhone 11 and later, you can precisely set and lock the exposure for upcoming shots. Tap ⌃, tap ⊕, then move the slider to adjust the exposure. The exposure locks until the next time you open Camera. To save the exposure control so it's not reset when you open Camera, go to Settings ⚙ > Camera > Preserve Settings, then turn on Exposure Adjustment.

## Turn the flash on or off

Your iPhone camera is set to automatically use the flash when needed. To manually control the flash before you take a photo, do the following:

- Tap ⚡ to turn the automatic flash on or off.

- Tap ⌃, then tap ⚡ below the frame to choose Auto, On, or Off.

**Take a photo with a filter**

Use a filter to give your photo a color effect.

1. Open Camera, then choose Photo or Portrait mode.

2. Tap ⌃, then tap ⌾.

3. Below the viewer, swipe the filters left or right to preview them; tap one to apply it.

You can remove or change a photo's filter in the Photos app. See Apply filter effects.

**Use the timer**

You can set a timer on your iPhone camera to give yourself time to get in the shot.

1. Open Camera, then tap ⌃.

2. Tap ⏱, then choose 3s or 10s.

3. Tap the Shutter button to start the timer.

**Use a grid and level to straighten your shot**

To display a grid or level on the camera screen that can help you straighten and compose your shot, go to Settings ⚙ > Camera, then turn on Grid and turn on Level.

After you take a photo, you can use the editing tools in the Photos app to further align shots and adjust horizontal and vertical perspective. See Straighten and adjust perspective.

## Apply Photographic Styles with your iPhone Camera

On iPhone 13 models, iPhone 14 models, iPhone XY models, and iPhone SE (3rd generation), you can apply a Photographic Style that customizes how Camera captures photos. Choose from the preset styles—Rich Contrast, Vibrant, Warm, or Cool—then customize them further by adjusting the tone and warmth values. Camera applies your choice every time you take a photo in Photo mode. You can change and adjust Photographic Styles right in Camera.

**Choose a Photographic Style**

Camera is automatically set to Standard—a balanced style that is true to life. To apply a different Photographic Style, do the following:

1.  Open Camera, then tap ⌃.

2.  Tap ⬙, then swipe left to preview the different styles:

    - *Rich Contrast:* Darker shadows, richer colors, and stronger contrast create a dramatic look.

    - *Vibrant:* Wonderfully bright and vivid colors create a brilliant yet natural look.

    - *Warm:* Golden undertones create a warmer look.

    - *Cool:* Blue undertones create a cooler look.

    To customize a Photographic Style, tap the Tone and Warmth controls below the frame, then drag the slider left or right to adjust the value. Tap ↺ to reset the values.

3.  Tap ⬙ to apply the Photographic Style.

To change or adjust a Photographic Style that you set, tap ⬙ at the top of the screen. To stop using a Photographic Style, select Standard from the style choices.

You can also change Photographic Styles in Settings: go to Settings ⚙ > Camera > Photographic Styles.

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## Take Live Photos with your iPhone camera

Use Camera 📷 to take Live Photos with your iPhone. A Live Photo captures what happens just before and after you take your photo, including the audio. You take a Live Photo just like you do a normal photo.

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1.  Open Camera.

2.  Make sure Camera is set to [Photo mode](#) and that Live Photo is turned on.

    When Live Photo is on, the Live Photo button ◎ appears at the top of the camera screen. A slash through the Live Photo button means that the feature is off. Tap the button to turn Live Photo on or off.

3.  Tap the Shutter button to take a Live Photo.

4.  To play the Live Photo, tap the photo thumbnail at the bottom of the screen, then touch and hold the screen to play it.

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To edit and add effects to Live Photos, see Edit Live Photos.

*Note:* Live Photos aren't available when ProRAW or HEIF 48 MP is turned on. See Take Apple ProRAW photos with your iPhone camera.

## Capture action shots with Burst mode on your iPhone camera

Use Burst mode with Camera 🔲 to capture a moving subject, or when you want to take multiple high-speed photos so that you have a range of photos to choose from. You can take Burst photos with the rear and front-facing cameras.

1.  Open Camera.

2.  Swipe the Shutter button to the left.

3.  Lift your finger to stop.

4.  To select the photos you want to keep, tap the Burst thumbnail, then tap Select.

    Gray dots below the thumbnails mark the suggested photos to keep.

5.  Tap the circle in the lower-right corner of each photo you want to save as an individual photo, then tap Done.

To delete the entire Burst, tap the thumbnail, then tap 🗑.

**Tip:** You can also press and hold the volume up button to take Burst shots. Go to Settings 🔅 > Camera, then turn on Use Volume Up for Burst.

## Take a selfie with your iPhone camera

Use Camera 🔲 to take a selfie. You can take selfies in Photo mode, Portrait mode, or Video mode.

To learn about camera modes, see Switch between camera modes.

1.  Open Camera.

2.  Tap 🔄 to switch to the front-facing camera.

3.  Hold your iPhone in front of you.

> **Tip:** Tap the arrows inside the frame to increase the field of view.

4. Tap the Shutter button or press either volume button to take the shot or start recording.



To take a selfie that captures the shot as you see it in the front-facing camera frame, rather than reversing it, go to Settings 🔘 > Camera, then turn on Mirror Front Camera.

## Take panoramic photos with your iPhone camera

Use Camera 📷 to take a panoramic photo of your surroundings in Pano mode.

To learn about camera modes, see Switch between camera modes.

1.  Choose Pano mode.

2.  Tap the Shutter button.

3.  Pan slowly in the direction of the arrow, keeping it on the center line.

4.  To finish, tap the Shutter button again.

Tap the arrow to pan in the opposite direction. To pan vertically, rotate iPhone to landscape orientation. You can reverse the direction of a vertical pan, too.

## Take macro photos and videos with your iPhone camera

Camera 📷 on supported models uses the Ultra Wide camera to capture macro photography—stunning close-ups in sharp focus. You can take macro photos and Live Photos, and shoot macro slow-motion and time-lapse videos.

**Take a macro photo or video**

1.  Open Camera, then select Photo or Video mode.

2.  Get close to the subject—as close as 2 centimeters. The camera will automatically switch to the Ultra Wide camera.

3.  Tap the Shutter button to take a photo or the Record button to start and stop recording video.

**Take a macro slow-motion or time-lapse video**

1.  Open Camera, then select Slo-mo or Time-lapse mode.

2.  Tap .5x to switch to the Ultra Wide camera, then move close to the subject.

3.  Tap the Record button to start and stop recording.

**Control automatic macro switching**

You can control when the camera automatically switches to the Ultra Wide camera for capturing macro photos and videos.

1.  Open Camera, then get close to your subject.

    When you get within macro distance of your subject, 🌻 appears on the screen.

2. Tap 😝 to turn off automatic macro switching.

   **Tip:** If the photo or video becomes blurry, you can back up or tap .5x to switch to the Ultra Wide camera.

3. Tap 🌼 to turn automatic macro switching back on.

To turn off automatic switching to the Ultra Wide camera for macro photos and videos, go to Settings 🔘 > Camera, then turn off Macro Control.

If you want to maintain your Macro Control setting between camera sessions, go to Settings 🔘 > Camera > Preserve Settings, then turn on Macro Control.

## Take portraits with your iPhone camera

With Camera 📷 on models that support Portrait mode, you can apply a depth-of-field effect that keeps your subject—people, pets, objects, and more—sharp while creating a beautifully blurred foreground and background. You can also apply and adjust different lighting effects to your portraits.

**Take a photo in Portrait mode**
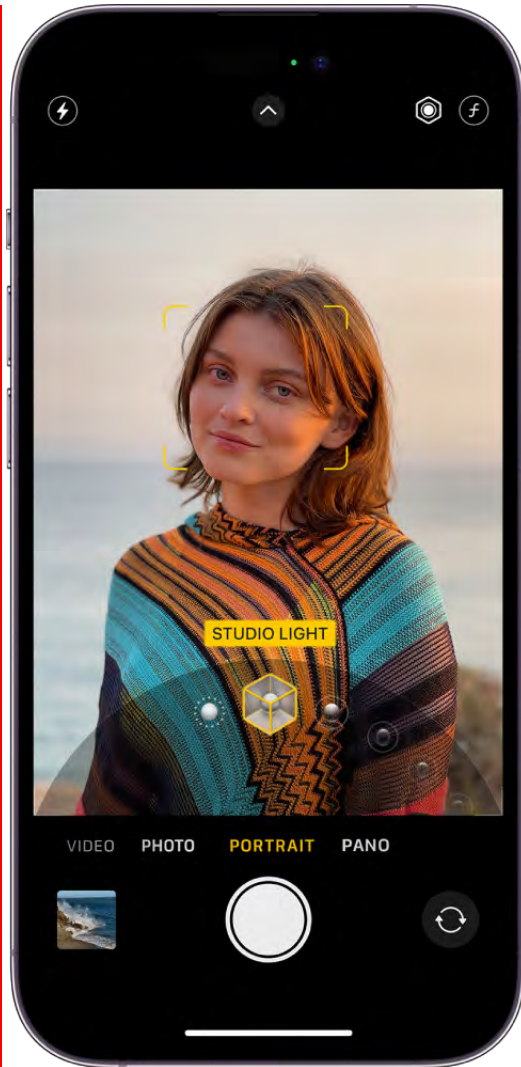


1. Open Camera, then select Portrait mode.

2. If prompted, follow the tips onscreen to frame your subject in the yellow portrait box.

   On supported models, tap 1x, 2x, or 3x to switch between different zoom options. On

   iPhone XY models, you can pinch the iPhone screen to zoom in and out.

3. Drag 🔶 to choose a lighting effect:

   - *Natural Light:* The face is in sharp focus against a blurred background.

   - *Studio Light:* The face is brightly lit, and the photo has an overall clean look.

   - *Contour Light:* The face has dramatic shadows with highlights and lowlights.

   - *Stage Light:* The face is spotlit against a deep black background.

- *Stage Light Mono:* The effect is similar to Stage Light, but the photo is in classic black and white.

- *High-Key Light Mono:* Creates a grayscale subject on a white background.

4. Tap the Shutter button to take the shot.

After you take a photo in Portrait mode, you can remove the portrait effect if you don't like it. In the Photos app 🌸, open the photo, tap Edit, then tap Portrait to turn the effect on or off.

*Note:* On supported models, Night mode turns on when you take a portrait in low-light situations with the wide (1x) lens. To learn more about Night mode, see Take Night mode photos.

*Note:* Photographic Styles are applied to portraits that you take in Portrait mode.

*Note:* On iPhone XR, Stage Light, Stage Light Mono, and High-Key Light Mono are only available when you use the front camera.

**Adjust Depth Control in Portrait mode**

Use the Depth Control slider to adjust the level of background blur in your portrait photos.

1. Open Camera, select Portrait mode, then frame your subject.

2. Tap ⓕ in the top-right corner of the screen.

   The Depth Control slider appears below the frame.

3. Drag the slider to the right or left to adjust the effect.

4. Tap the Shutter button to take the shot.

After you take a portrait photo, you can use the Depth Control slider in Photos to further adjust the background blur effect. See Edit Portrait mode photos.

**Adjust Portrait Lighting in Portrait mode**

You can virtually adjust the position and intensity of the Portrait Lighting to sharpen eyes or brighten and smooth facial features.

1. Open Camera, select Portrait mode, then drag ⬡ to choose a lighting effect.

2. Tap ⬡ at the top of the screen.

The Portrait Lighting slider appears below the frame.

3. Drag the slider to the right or left to adjust the effect.

4. Tap the Shutter button to take the shot.

After you take a portrait photo, you can edit the Portrait Lighting levels in the Photos app. See Edit Portrait mode photos.

**Take a portrait in Photo mode**

On iPhone XY, you can apply portrait effects to your shot while in Photo mode.

1. Open Camera and select Photo mode.

   When 𝑓 appears at the bottom of the camera frame, the camera has identified a subject and the portrait effect is available; a yellow frame appears around the subject.

2. If 𝑓 doesn't appear, tap a subject in the camera frame to apply the portrait effect.

   You can also tap a different subject in the camera frame if you want to change the focus point of the portrait.

3. Tap 𝑓, then tap the Shutter button to take the photo with the portrait effect.

When you take a photo in in Photo mode, iPhone captures depth information automatically, so if you decide not to apply the portrait effect, you can apply it later in the Photos app 🌈. See Apply the portrait effect to photos taken in Photo mode.

*Note:* Photographic Styles are applied to portraits that you take in Photo mode.

## Take Night mode photos with your iPhone camera

On supported models, Camera 📷 can use Night mode to capture more detail and brighten your shots in low-light situations. The length of the exposure in Night mode is determined automatically, but you can experiment with the manual controls.

**Tip:** Use a tripod for even more detailed Night mode photos.

Night mode is available on the following iPhone models and cameras:

- *iPhone Y, and iPhone YY,iPhone 14 Pro, iPhone 14 Pro Max, iPhone 13 Pro, and iPhone 13 Pro Max:* Ultra Wide (0.5x) camera, Wide (1x) camera, Telephoto (3x) camera, and front camera

- *iPhone XY models, iPhone 14 models, iPhone 13 models, and iPhone 12 models:* Ultra Wide (0.5x) camera, Wide (1x) camera, and front camera

- *iPhone 11 models:* Wide (1x) camera



1. Open Camera. In low–light situations, Night mode turns on automatically.

2. Tap ⚇ at the top of the screen to turn Night mode off and on.

3. To experiment with Night mode, tap ⌃, tap ⚇ in the row of options at the bottom of the screen, then use the slider to choose between the Auto and Max timers. With Auto, the time is determined automatically; Max uses the longest exposure time. The setting you choose is saved for your next Night mode shot.

4. Tap the Shutter button, then hold the camera still to take your shot.

Crosshairs appear in the frame if your iPhone detects movement during capture—align the crosshairs to help you reduce motion and improve the shot.

To stop taking a Night mode shot mid-capture, tap the Stop button below the slider.

You can take Night mode selfies and time-lapse videos with all iPhone 12 models, iPhone 13 models, and iPhone 14 models and iPhone XY models.

You can capture Portrait mode photos with Night mode on all iPhone 12 Pro models, iPhone 13 Pro models, iPhone 14 Pro models and iPhone Y models.

## Take Apple ProRAW photos with your iPhone camera

On supported models, you can use Camera 📷 to take photos in Apple ProRAW. Apple ProRAW combines the information of a standard RAW format along with iPhone image processing to offer additional creative control when you make adjustments to exposure, color, and white balance.

Apple ProRAW is available on all cameras, including the front camera. Apple ProRAW isn't supported in Portrait mode.

### Set up Apple ProRAW

To set up Apple ProRAW on supported models, go to Settings ⚙ > Camera > Formats, then turn on Apple ProRAW.

*Note:* Apple ProRAW photos retain more information about the images, resulting in larger file sizes.

### Take a photo with Apple ProRAW

1. Open Camera, then tap ⓡₐᵥᵥ to turn ProRAW on.

2. Take your shot.

   As you shoot, you can switch between ⓡₐᵥᵥ and ⓡₐᵥᵥ to turn ProRAW on and off.

   To preserve your ProRAW setting, go to Settings ⚙ > Camera > Preserve Settings, then turn on Apple ProRAW or ProRAW & 48 MP Control (depending on your model).

To learn more about Apple ProRAW, see the Apple Support article About Apple ProRAW.

**Change Apple ProRAW default resolution and format**

On iPhone 14 Pro, iPhone 14 Pro Max, iPhone Y, and iPhone YY you can set your ProRAW default resolution to 12 MP, 48 MP, or HEIF 48 MP.

1. Go to Settings ⚙ > Camera > Formats.

2. Turn on ProRAW & 48 MP Control.

3. Tap Pro Default, then choose HEIF 48 MP, ProRAW 12 MP, or ProRAW 48 MP as your default resolution and format.

   *Note:* If you've chosen Most Compatible as your Camera Capture setting, JPEG 48 MP is used instead of HEIF 48 MP.

## Adjust the shutter volume on your iPhone camera

You can adjust the sound of the Camera 📷 shutter, or mute it using the Ring/Silent switch on the side of your iPhone.

**Change the volume of the shutter sound in Photo mode**

1. In Camera, switch to [photo mode](#).

2. Open Control Center, then drag 🔊 up or down.

3. Swipe up from the bottom of the screen to go back to Camera.

   *Note:* The shutter doesn't make a sound when [Live Photos](#) ◎ is turned on (except in some countries and regions).

**Mute the shutter sound**

Mute the shutter sound using the Ring/Silent switch on the side of your iPhone. To put iPhone in silent mode, set the Ring/Silent switch so that the switch shows orange. To turn off silent mode, set the switch back.

*Note:* In some countries and regions, you can't mute the shutter sound.

# Adjust HDR camera settings on iPhone

*HDR* (high dynamic range) in Camera 📷 helps you get great shots in high-contrast situations. iPhone takes several photos in rapid succession at different exposures and blends them together to bring more highlight and shadow detail to your photos.

By default, iPhone takes photos in HDR (for the rear camera and the front camera) when it's most effective. iPhone 12 models, iPhone 13 models, iPhone 14 models, and iPhone XY models, record video in HDR to capture true-to-life color and contrast.

### Turn off automatic HDR

By default, iPhone automatically uses HDR when it's most effective. On some iPhone models, you can manually control HDR instead.

*On iPhone X*S*, iPhone X*R*, iPhone 11 models, iPhone SE (2nd generation), and iPhone 12 models:* Go to Settings 📷 > Camera, then turn off Smart HDR. Then from the camera screen, tap HDR to turn it off or on.

### Turn HDR video off and on

On iPhone 12 models, iPhone 13 models, iPhone 14 models, and iPhone XY models, iPhone records video in Dolby Vision HDR for true-to-life color and contrast. To turn off HDR video recording, go to Settings 📷 > Camera > Record Video, then turn off HDR Video.

# Record videos with your iPhone camera

Use Camera 📷 to record videos and QuickTake videos on your iPhone. Learn how to change modes to take Cinematic, slow-motion, and time-lapse videos.

**Record a video**

1. Open Camera, then select .

2. Tap the Record button or press either volume button to start recording. While recording, you can do the following:

   - Press the white Shutter button to take a still photo.

   - Pinch the screen to zoom in and out.

   - For a more precise zoom, touch and hold 1x, then drag the slider (on supported models).

3. Tap the Record button or press either volume button to stop recording.

*Note:* For your security, a green dot appears at the top of the screen when Camera is in use. See Control access to hardware features on iPhone.

**Record HD or 4K video**

Depending on your iPhone model, you can record video in high-quality formats, like HD, 4K, HD (PAL), and 4K (PAL).

1. Go to Settings 🔘, tap Camera, then tap Record Video.

2. Select from the list of video formats and frame rates that your iPhone supports.

   *Note:* Faster frame rates and higher resolutions result in larger video files.

*Note:* PAL is a television video format used in many countries and regions in Europe, Africa, Asia, and South America.

**Use Action mode**

On iPhone 14 models and iPhone XY models, Action mode provides improved stabilization while recording in Video mode. Tap    at the top of the screen to turn Action mode on and to turn it off.

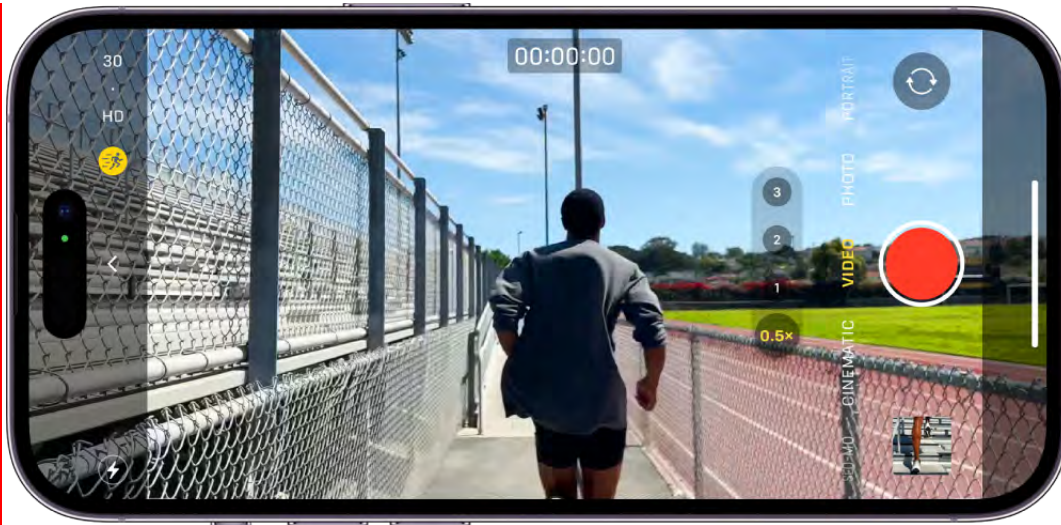*Note:* Action mode works best in bright light. If you want to use Action mode in lower light, go to Settings ⚙ > Camera > Record Video, then turn on Action Mode Lower Light. Action mode has a maximum capture resolution of 2.8K.

**Record a QuickTake video**

A QuickTake video is a video you record in Photo mode. While you record a QuickTake video, you can move the Record button into the lock position and keep taking still photos.

1. Open Camera in Photo mode, then touch and hold the Shutter button to start recording a QuickTake video.

2. Slide the Shutter button to the right and let go over the lock for hands-free recording.

   - Both the Record and Shutter buttons appear below the frame—tap the Shutter button to take a still photo while recording.

   - Swipe up to zoom in on your subject, or if you're recording hands-free, you can pinch out on the screen to zoom in.

3. Tap the Record button to stop recording.

**Tip:** Press and hold the volume up or volume down button to start recording a QuickTake video in Photo mode.

Tap the thumbnail to view the QuickTake video in the Photos app.

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**Record a slow-motion video**

When you record a video in Slo-mo mode, your video records as normal and you see the slow-motion effect when you play it back. You can also edit your video so that the slow-motion action starts and stops at a specific time.

1. Open Camera, then select Slo-mo mode.

   On iPhone 11 models, iPhone 12 models, iPhone 13 models, and iPhone 14 models, and  iPhone XY models, you can tap ⟳ to record in Slo-mo mode with the front camera.

2. Tap the Record button or press either volume button to start recording.

You can tap the Shutter button to take a still photo while recording.

3. Tap the Record button or press either volume button to stop recording.

To set a portion of the video to play in slow motion and the rest at regular speed, tap the video thumbnail, then tap Edit. Slide the vertical bars below the frame viewer to define the section you want to play back in slow motion.

Depending on your model, you can change the slow motion frame rate and resolution. To change slow-motion recording settings, go to Settings 📷 > Camera > Record Slo-mo.

**Tip:** Use quick toggles to adjust the video resolution and frame rate while you record. See Use quick toggles to change video resolution and frame rate.

### Record a time-lapse video

Capture footage at selected intervals to create a time-lapse video of an experience over a period of time—such as a setting sun or traffic flowing.

1. Open Camera, then select Time-lapse mode.

2. Set up your iPhone where you want to capture a scene in motion.

3. Tap the Record button to start recording; tap it again to stop recording.

**Tip:** On iPhone 12 models and later, use a tripod to capture time-lapse videos with more detail and brightness when recording in low-light situations.

## Record ProRes videos with your iPhone camera

On supported models, you can use Camera 📷 to record and edit videos in ProRes, which offers higher color fidelity and less compression.

ProRes is available on all cameras, including the front camera. ProRes isn't supported in Cinematic, Time-lapse, or Slo-Mo mode.

*Note:* ProRes videos result in larger file sizes.

### Set up ProRes

To set up ProRes, go to Settings 📷 > Camera > Formats, then turn on Apple ProRes.

**Record a video with ProRes**

1. Open Camera, select Video mode, then tap $^{ProRes}_{HDR}$ to turn ProRes on.

2. Tap the Record button or press either volume button to start recording.

   While recording with the rear camera, you can pinch to zoom in or out, tap .5x, 1x, 2x, 3x, and 5x (depending on your model) to switch between lenses, or touch and hold the lens picker, then slide the dial for more precise zoom control.

3. Tap the Record button or press either volume button to stop recording.

4. Tap $^{ProRes}_{HDR}$ when you want to turn off ProRes.

ProRes is available for recording up to 4K at 30 fps; iPhone Y models can record 4K at 60 fps when connected to a compatible external storage device.

On 128GB iPhone models, recording is only available at 1080p at 30 fps, with the exception of iPhone Y 128GB models, which can record in 4K up to 60 fps when connected to a compatible external storage device. For more information, see the Apple Support article About Apple ProRes on iPhone.

**Choose color encoding options for your ProRes recordings**

On iPhone Y models, you can choose between HDR, SDR, or Log color encoding when you record video in ProRes.

1. Go to Settings  > Camera > Formats, then turn on Apple ProRes.

2. Tap ProRes Encoding, then tap HDR, SDR, or Log.

# Record video in Cinematic mode with your iPhone camera

Cinematic mode applies a depth-of-field effect that keeps the subject of your video sharp while creating a beautifully blurred foreground and background. iPhone automatically identifies the subject of the video and keeps it in focus throughout the recording; if a new subject is identified, iPhone automatically transitions the point of focus. You can also manually adjust the point of focus while you record, or change it later in the Photos app.

Cinematic mode is available on supported models.

1. Open Camera, then select Cinematic mode.

On supported models, you can tap 3 next to 1x before recording to zoom in.

On  iPhone XY, you can pinch the iPhone screen to zoom in and out.

To adjust the depth-of-field effect, tap ⓕ, then drag the slider left or right before recording.

2. Tap the Record button or press either volume button to start recording.

- A yellow frame on the screen indicates the person in focus; a gray frame indicates a person is detected, but not in focus. Tap the gray box to change the focus; tap again to lock the focus on that person.

- If there isn't a person in the video, tap anywhere on the screen to set the focus point.

- Touch and hold the screen to lock the focus at a single distance.

3. Tap the Record button or press either volume button to stop recording.

**Tip:** On iPhone 14 models and  iPhone XY models, you use quick toggles at the top of the can screen to change the video resolution and frame rate.

After you record a video in Cinematic mode, you can remove or change the cinematic effect. See Edit Cinematic mode videos on your iPhone.

## Change the camera's video recording settings on iPhone

By default, Camera 📷 records video at 30 frames per second (fps). Depending on your iPhone model, you can choose other frame rates and video resolution settings. Faster frame rates and higher resolutions result in larger video files.

You can also use quick toggles to easily change video resolution and frame rates right on the camera screen.

**Use quick toggles to change video resolution and frame rate**

In Video mode, use quick toggles at the top of the screen to change the video resolution and frame rates available on your iPhone.

Tap the quick toggles in the top-right corner to switch between HD or 4K recording and 24, 25, 30, or 60 fps in Video mode.

On iPhone 14 models and  iPhone XY models, quick toggles are available in    Cinematic moc    to switch between HD or 4K and 24, 25, or 30 fps.

### Adjust Auto FPS settings

iPhone can improve the video quality in low-light situations by automatically reducing the frame rate to 24 fps.

Go to Settings 🎛 > Camera > Record Video, then, depending on your model, do one of the following:

- Tap Auto FPS, then apply Auto FPS to only 30-fps video or to both 30- and 60-fps video.

- Turn on Auto Low Light FPS.

### Turn stereo recording on and off

iPhone uses multiple microphones to achieve stereo sound.

To turn off stereo recording, go to Settings 🎛 > Camera, then turn off Record Stereo Sound.

### Turn HDR video off and on

On supported models, iPhone records video in HDR and shares HDR videos with devices using iOS 13.4, iPadOS 13.4, macOS 10.15.4, or later; other devices receive an SDR version of the same video.

To turn off HDR recording, go to Settings 🎛 > Camera > Record Video, then turn off HDR Video.

### Turn Lock Camera on and off

On iPhone 13 models, iPhone 14 models, and  iPhone XY models, the Lock Camera setting prevents automatic switching between cameras while recording video. Lock Camera is off by default.

To turn on Lock Camera, go to Settings 🎛 > Camera > Record Video, then turn on Lock Camera.

**Turn Enhanced Stabilization off and on**

On iPhone 14 models and iPhone XY models, the Enhanced Stabilization setting zooms in slightly to provide improved stabilization while recording in Video mode and Cinematic mode. Enhanced Stabilization is on by default.

To turn off Enhanced Stabilization, go to Settings 🔘 > Camera > Record Video, then turn off Enhanced Stabilization.

**Turn Lock White Balance on and off**

You can lock the white balance when recording videos on your iPhone to improve accurate color capture based on lighting conditions.

To turn on Lock White Balance, go to Settings 🔘 > Camera > Record Video, then turn on Lock White Balance.

## Save camera settings on iPhone

You can save the last camera mode, filter, lighting, depth, and Live Photo settings you used so they're not reset when you next open Camera 📷.

1. Go to Settings 🔘 > Camera > Preserve Settings.

2. Turn on any of the following:

   - *Camera Mode:* Save the last camera mode you used, such as Video or Pano.

     See Switch between camera modes.

   - *Creative Controls:* Save the last settings you used for the filter, lighting option, or depth control.

     See Take a photo with a filter, Adjust Portrait Lighting in Portrait mode, and Adjust Depth Control in Portrait mode.

   - *Macro Control:* Preserve the Auto Macro setting rather than automatically using the Ultra Wide camera to capture macro photos and videos (on iPhone 13 Pro, iPhone 13 Pro Max, iPhone 14 Pro, iPhone 14 Pro Max, iPhone Y, and iPhone YY).

     See Control automatic macro switching.

   - *Exposure Adjustment:* Save the exposure control setting (on iPhone 11 and later).

See Adjust the camera's focus and exposure.

- *Night Mode:* Save the Night mode setting rather than reset to Auto (on iPhone 12 models, iPhone 13 models, iPhone 14 models, and  iPhone XY models).

  See Take Night mode photos with your iPhone camera.

- *Portrait Zoom:* Save the Portrait mode zoom rather than reset to the default lens (on iPhone 11 Pro, iPhone 11 Pro Max, iPhone 12 Pro, iPhone 12 Pro Max, iPhone 13 Pro, iPhone 13 Pro Max, iPhone 14 Pro, and iPhone 14 Pro Max, iPhone Y, and iPhone YY).

  See Take portraits with your iPhone camera.

- *Action Mode:* Keep the Action Mode setting turned on rather than reset to off (on iPhone 14 models).

- *Apple ProRAW:* Save the Apple ProRAW setting (on iPhone 12 Pro, iPhone 12 Pro Max, iPhone 13 Pro, iPhone 13 Pro Max, iPhone 14 Pro, and iPhone 14 Pro Max, iPhone Y and iPhone YY).

  See Take Apple ProRAW photos with your iPhone camera.

- *Apple ProRes:* Save the Apple ProRes setting (on iPhone 13 Pro, iPhone 13 Pro Max, iPhone 14 Pro, and iPhone 14 Pro Max iPhone Y and and iPhone YY).
  See Record ProRes videos with your iPhone camera.

- *Live Photo:* Save the Live Photo setting.

  See Take Live Photos with your iPhone camera.

## Customize the Main camera lens

On iPhone Y models, the default for the 1x Main camera lens is 24MM. You can add 28MM and 35MM as secondary lenses, and change which lens is the default Main lens.

1. Go to Settings 🔘 > Camera, then tap Main Camera below Photo Capture.

2. Below Additional Lenses, turn on the lenses you want to add as additional Main lenses.

3. Below Default Lens, tap the option you want to use for the default Main lens.

4.  Swipe up from the bottom of the screen to exit Settings.

Open Camera 📷 after setting your Main camera lens. Depending on your selections, the Main camera default lens will be either 1x (24MM), 1.2X (28MM), or 1.5X (35MM). Tap the Main camera lens to switch between the additional lenses you chose.

## Change advanced camera settings on iPhone

Learn about advanced Camera 📷 features that let you capture photos more quickly, apply tailored and enhanced looks to your photos, and view content outside the camera frame.

**Change the Main camera resolution**
On iPhone XY the Main camera resolution is set to 24 MP by default. You can switch between 12 MP, 24 MP, and 48 MP.

Go to Settings ⚙ > Camera > Formats > Photo Mode, then choose 12 MP or 24 MP.

To capture resolution at 48 MP, turn on 48 MP Control or Pro Raw & 48 MP Control (depending on your model).

To learn more about customizing the Main camera on iPhone Y, see  Customize the Main camera lens.

**Turn View Outside the Frame off and on**

On supported models, the camera preview displays content outside the frame to show you what can be captured by using another lens in the camera system with a wider field of view. View Outside the Frame is on by default.

To turn off View Outside the Frame, go to Settings ⚙ > Camera, then turn off View Outside the Frame.

**Turn Prioritize Faster Shooting off and on**

The Prioritize Faster Shooting setting modifies how images are processed—allowing you to capture more photos when you rapidly tap the Shutter button. Prioritize Faster Shooting is on by default.

To turn off Prioritize Faster Shooting, go to Settings ⚙ > Camera, then turn off Prioritize Faster Shooting.

**Turn Lens Correction off and on**

On supported models, the Lens Correction setting adjusts photos taken with the front camera or Ultra Wide camera for more natural-looking results.Lens Correction is on by default.

To turn off Lens Correction, go to Settings ⚙ > Camera, then turn off Lens Correction.

**Turn Scene Detection off and on**

On iPhone 12 models, the Scene Detection setting can identify what you're taking a photo of and apply a tailored look to bring out the best qualities in the scene. Scene Detection is on by default.

To turn off Scene Detection, go to Settings ⚙ > Camera, then turn off Scene Detection.

# View, share, and print photos on iPhone

All photos and videos you take with Camera 📷 are saved in Photos. With iCloud Photos turned on, all new photos and videos are automatically uploaded and available in Photos on all your devices that are set up with iCloud Photos (with iOS 8.1, iPadOS 13, or later).

*Note:* If Location Services is turned on in Settings ⚙ > Privacy & Security > Locations Services, photos and videos are tagged with location data that can be used by apps and photo-sharing websites. See Control the location information you share on iPhone.

**View your photos**

1. Open Camera, then tap the thumbnail image in the lower-left corner.

2. Swipe left or right to see the photos you've taken recently.

3. Tap the screen to show or hide the controls.

4. Tap All Photos to see all your photos and videos saved in Photos.

**Share and print your photos**

1. While viewing a photo, tap ⬆️.

2. To share your photo, select an option such as AirDrop, Mail, or Messages.

3. To print your photo, swipe up to select Print from the list of actions.

See Use AirDrop on iPhone to send items to nearby devices.

See the Apple Support article Use AirPrint to print from your iPhone, iPad, or iPod touch.

**Upload photos and keep them up to date across devices**

Use iCloud Photos to upload photos and videos from your iPhone to iCloud and then access them on other devices where you're signed in with the same Apple ID. iCloud Photos is useful if you want to keep your photos up to date across multiple devices or save space on your iPhone. To turn on iCloud Photos, go to Settings ⚙ > Photos.

## Use Live Text with your iPhone camera

Camera 📷 can copy, share, look up, and translate text that appears within the camera frame. Camera also provides quick actions to easily call phone numbers, visit websites, convert currencies, and more, based on the text that appears in the frame.

1. Open Camera, then position iPhone so the text appears within the camera frame.

2. After the yellow frame appears around detected text, tap ▤, then do any of the following:

   - *Copy Text:* Copy text to paste into another app such as Notes or Messages.

   - *Select All:* Select all the text within the frame.

   - *Look Up:* Show personalized web suggestions.

   - *Translate:* Translate text.

   - *Search the web:* Look up the selected text on the web.

   - *Share:* Share text using AirDrop, Messages, Mail, or other available options.

   *Note:* You can also touch and hold the text, then use the grab points to select specific text and perform the actions above.

   Tap a quick action at the bottom of the screen to do things like make a phone call, visit a website, start an email, convert currencies, and more.

3. Tap 🔲 to return to Camera.

To turn off Live Text on your iPhone camera, go to Settings ⚙ > Camera, then turn off Show Detected Text.

*Note:* Live Text isn't available in all regions or languages. See the iOS and iPadOS Feature Availability website.

## Scan a QR code with your iPhone camera

You can use Camera 📷 or the Code Scanner to scan Quick Response (QR) codes for links to websites, apps, coupons, tickets, and more. The camera automatically detects and highlights a QR code.

**Use the camera to read a QR code**

1. Open Camera, then position iPhone so that the code appears on the screen.

2. Tap the notification that appears on the screen to go to the relevant website or app.

**Open the Code Scanner from Control Center**

1. Go to Settings ⚙ > Control Center, then tap ➕ next to Code Scanner.

2. Open Control Center, tap the Code Scanner, then position iPhone so that the code appears on the screen.

3. To add more light, tap the flashlight to turn it on.

# Clock

## See the time worldwide in Clock on iPhone

Use the Clock app 🕐 to see the local time in different time zones around the world.

**Siri:** Say something like: "What time is it?" or "What time is it in London?" Learn how to use Siri.



1. Tap World Clock.

2. To manage your list of cities, do any of the following:

   • *Add a city:* Tap +, then choose a city.

- *Delete a city:* Tap Edit, then tap 🔴.

- *Reorder the cities:* Tap Edit, then drag ≡ up or down.

3. When you're finished, tap Done.

---

# Set an alarm in Clock on iPhone

In the Clock app 🕘, you can set alarms for any time of day and have them repeat on one or more days of the week.

**Siri:** Say something like: "Set an alarm for 7 a.m." Learn how to use Siri.

*Note:* You can also set up a wake up alarm as part of a full sleep schedule (including bedtimes, wake up times, and more) in the Health app. If you don't want to set up a sleep schedule, you can set a regular alarm in Clock for the time you want to wake up.
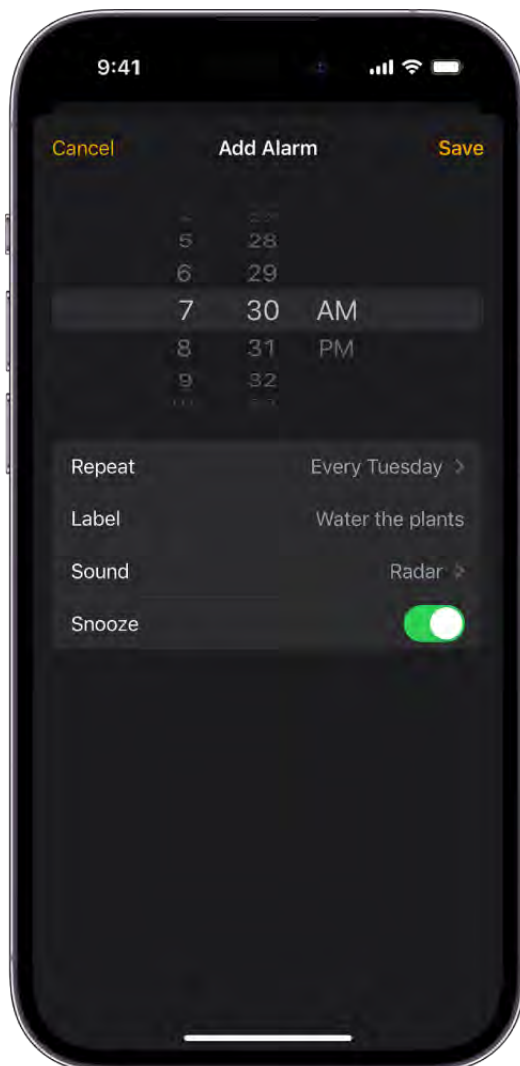
**Set an alarm**

You can set alarms for any time, including one for the time you want to wake up. Any alarm you set up in Clock is unrelated to a sleep schedule.

1. Open the Clock app 🕐 on your iPhone.

2. Tap Alarms, then tap ➕.

3. Set the time, then choose any of the following options:

   - *Repeat:* Choose the days of the week you want the alarm to repeat.

   - *Label:* Give the alarm a name, like "Water the plants."

   - *Sound:* Choose a vibration, song, or ringtone.

   - *Snooze:* Give yourself 9 more minutes.

4. Tap Save.

To change the alarm, tap the alarm time. Or tap Edit at the top left, then tap the alarm time.

**Turn off an alarm**

Tap the button next to the alarm time.

**Remove an alarm**

To remove an alarm, swipe left on the alarm, then tap Delete.

## Change the next wake up alarm in Clock on iPhone

In the Clock app 🕐, you can change the wake up alarm in your sleep schedule (if you've set up a sleep schedule in the Health app). Although you don't set the wake up alarm in Clock, you can make changes to it in Clock.

**Change the next wake up alarm**

1. Tap Alarms, then tap Change.

2. Drag (🕐) to change your wake up time, 🛏 to change your bedtime, or the semicircle between the icons to shift both times simultaneously.

3.  Scroll down to Alarm Options, then change any of the following:

    - *Alarm:* Tap to turn the alarm on or off.

    - *Sounds & Haptics:* Tap to choose a vibration or ringtone.

    - *Alarm volume:* Drag the slider.

    - *Snooze:* Turn on to give yourself 9 more minutes of sleep.

4.  Tap Done, then choose one of the following:

    - *Change the next wake up alarm:* Tap Change Next Alarm Only.

    - *Update your recurring wake up alarm:* Tap Change This Schedule.

      *Note:* This option updates the wake up alarm in the sleep schedule.
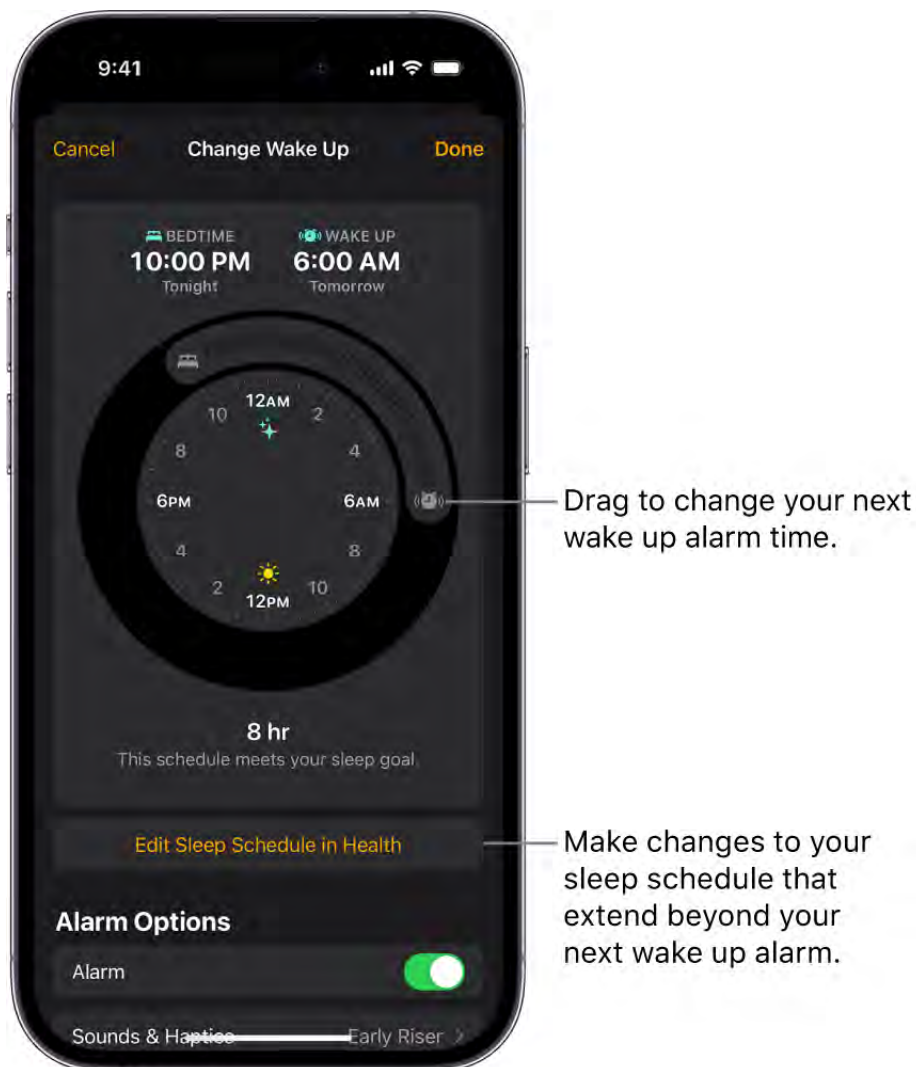
To make changes to your sleep schedule that extend beyond your next wake up alarm, tap Edit Sleep Schedule in Health. (See Add or change sleep schedules in Health on iPhone.)

**Turn off the next wake up alarm**

You can turn off the next wake up alarm in your sleep schedule, or you can turn off all wake up alarms for a sleep schedule.

1. Tap Alarms, then tap Change.

2. Scroll down to Alarm Options, then turn off Alarm.

3. Tap Done, then choose to turn off the next alarm or turn off your recurring wake up alarm.

**Remove the wake up alarm**

You can remove the wake up alarm by deleting or turning off your sleep schedules.

Do one of the following:

- Tap Change, tap Edit Sleep Schedule in Health, then turn off Sleep Schedule.

- Go to the Health app, then delete a sleep schedule or turn off all sleep schedules.

## Track time with the stopwatch in Clock on iPhone

In the Clock app , you can use the stopwatch to measure the duration of an event.

1. Tap Stopwatch.

   To switch between the digital and analog faces, swipe the stopwatch.

2. Tap Start.

   The timing continues even if you open another app or if iPhone goes to sleep.

3. To record a lap or split, tap Lap.

4. Tap Stop to record the final time.

5. Tap Reset to clear the stopwatch.

# Use multiple timers in Clock on iPhone

In the Clock app 🕐, you can set timers to count down from specified times.

**Siri:** Say something like: "Set the timer for 3 minutes" or "Stop the timer." Learn how to use Siri.
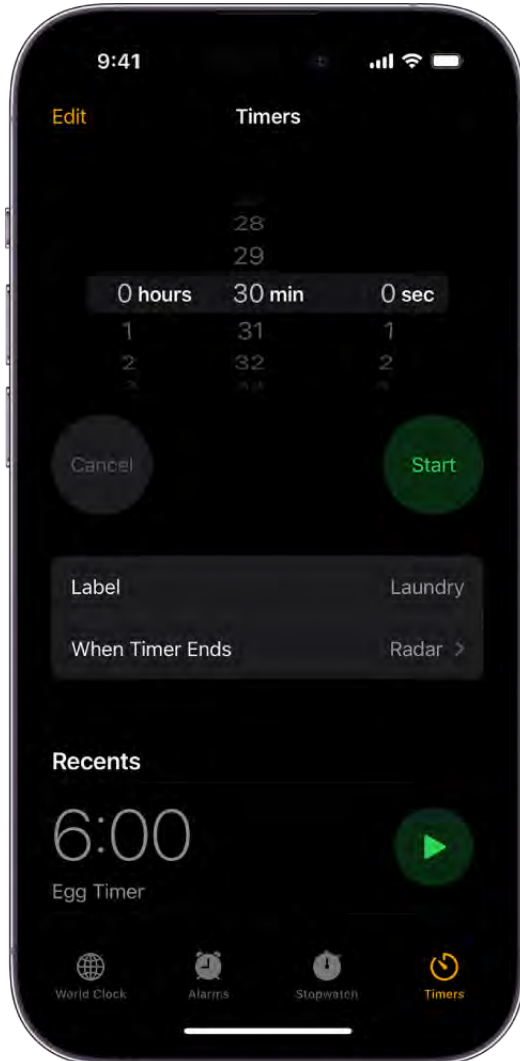
**Set a custom timer**

1. Open the Clock app 🕐 on your iPhone.

2. Tap Timers, then set a duration of time.

3. Choose any of the following options:

   - *Label:* Give the timer a name, like "Egg timer."

   - *When Timer Ends:* Choose a sound to play when the timer ends.

     **Tip:** If you want to fall asleep while playing audio or video, you can set the timer to stop the playback. Tap When Timer Ends, then tap Stop Playing at the bottom.

4. Tap Start.

*Note:* The timer continues even if you open another app or if iPhone goes to sleep.

When you set a custom timer, it appears below Recent—so you can start the same timer whenever you want.

**Create multiple timers**

After you start a custom timer, you can add more timers to keep track of different tasks at the same time.

1. Open the Clock app 🕐 on your iPhone.

2. Tap Timers, then start a timer.

3. Tap ➕ at the top right, then do one of the following:

   - *Add a custom timer:* Set a duration of time, add a label or sound, then tap Start at the top right.

   - *Add a preset timer:* Swipe left below Presets, then tap a preset duration of time (like 1, 5, or 10 minutes).

   - *Add a recent timer:* Tap Start next to a timer you've recently set.

     If you selected a recent or preset timer, tap the timer to edit the label and sound.

To delete a running or paused timer that appears on the Timers screen, swipe left, then tap Delete.

# Use the compass on iPhone

The Compass app ⬛ shows you the direction iPhone is pointing, your current location, and elevation.



*Note:* Your coordinates and elevation may not be available in certain countries or regions.

**See your bearings, coordinates, and elevation**

Your bearings, coordinates, and elevation are shown at the bottom of the screen.

1. For accurate bearings, hold iPhone flat to align the crosshairs at the center of the compass.

2. To lock your current direction, tap the compass dial.

   A red band appears when you're off course.

To open your location in Maps, tap the coordinates at the bottom of the screen.

## Allow Compass to access your location

If Compass doesn't see your location, make sure you've turned on Location Services.

1. Go to Settings ⚙ > Privacy & Security > Location Services, then turn on Location Services.

2. Tap Compass, then tap While Using the App.

For more information, see Control the location information you share on iPhone.

**Important:** The accuracy of the compass can be affected by magnetic or environmental interference; even the magnets in the iPhone EarPods can cause a deviation. Use the digital compass only for basic navigation assistance. Don't rely on it to determine precise location, proximity, distance, or direction.

# Contacts

## Add and use contact information on iPhone

In the Contacts app 🖼, you can view and edit your contacts lists from personal, business, and other accounts. You can also create contacts and set up a contact card with your own information.

> **Siri:** Say something like:

- "What's my brother's work address?"

- "Sarah Milos is my sister"

- "Send a message to my sister"

[Learn how to use Siri](#)

### Create a contact

Tap ➕.

Siri also suggests new contacts based on your use of other apps, such as email you receive in Mail and invitations you receive in Calendar. (To turn this feature off, go to Settings ⚙ > Contacts > Siri & Search, then turn off Show Siri Suggestions for Contacts.)

Based on how you use Contacts, Siri also provides contact information suggestions in other apps. (To turn this feature off, go to Settings ⚙ > Contacts > Siri & Search, then turn off Learn from this App.) See [Siri Suggestions on iPhone](#).

### Find a contact

Tap the search field at the top of the contacts list, then enter a name, address, phone number, or other contact information.

You can also search your contacts using Search (see [Search with Spotlight on iPhone](#)).

### Share a contact

Tap a contact, tap Share Contact, then choose a method for sending the contact information.

Sharing the contact sends all of the info from the contact's card.

**Quickly reach a contact**

To start a message, make a phone call or a FaceTime call, compose an email, or send money with Apple Pay, tap a button below the contact's name.

To change the default phone number or email address for a contact method, touch and hold the button for that method below the contact's name, then tap a selection in the list.

**Delete a contact**

1. Go to the contact's card, then tap Edit.

2. Scroll down, then tap Delete Contact.

# Edit contacts on iPhone

In the Contacts app 🖼, assign a photo to a contact, add a pronunciation, pronouns, change a label, add a birthday, and more.

1. Tap a contact, then tap Edit.

2. Enter or update their contact information.

3. When you're finished, tap Done.

On models with Dual SIM, when you call or text a contact, iPhone uses the same line you used for your previous communication with this contact by default. To choose a preferred line for phone calls and SMS/MMS message conversations, select the contact, tap default (below the contact's name), then choose a line.

To change how your contacts are sorted and displayed, go to Settings 🖼 > Contacts.

## Add or edit your contact info and photo on iPhone

iPhone uses your Apple ID to create your contact card, called *My Card,* but you may want to add or edit details—including your name, address, phone number, birthday, photo and Contact Poster you can share with people when you call or message them.

## Add or edit your photo and poster

You can set a photo and poster to automatically display when you call or message others. To set or edit your contact photo and poster:

1. Open the Contacts app .

2. Tap My Card at the top, then tap Contact Photo & Poster.

3. (Optionally) Tap Name, then enter your first and last name as you want it to appear to others, then tap Edit to pick a poster or create a new one.

4. Scroll to the bottom and turn on Name & Photo Sharing to start sharing your contact photo and poster with others.

   You can choose to share automatically with Contacts Only, or select Always Ask to be prompted before your name, photo, and poster are shared with anyone you're communicating with.

**Add or edit contact pronouns**

You can add or edit your or another contact's pronouns in the Contacts app. To add or edit a contact's pronouns:

1.  Open the Contacts app .

2.  Tap My Card at the top to add your pronouns, or select another contact to add theirs.

3.  Tap Edit, then tap Add Pronouns.

4.  Select your language and add the correct pronouns.

    You can also add pronouns in other languages by tapping Add Pronouns again.

*Note:* When you share your contact information through Contacts or NameDrop, by default your pronouns are not shared. When you're sharing another contact's information, their pronouns are never shared.

See Use NameDrop on iPhone to share your contact information with new people.

**Complete or edit My Card**

Use My Card in the Contacts app to easily share your information with others.

1. Open the Contacts app 🖼.

2. Tap My Card at the top, then tap edit.

3. Enter your contact information.

   Contacts suggests addresses and phone numbers to help you set up My Card.

If there is no My Card—tap ➕ and enter your information, then return to the contact list, touch and hold your contact, and tap Make this My Card.

You can also teach Siri how to pronounce your name. See Tell Siri how to say your name.

**Create or edit your Medical ID**

Tap My Card at the top of your contacts list, tap Edit, scroll down, then tap Create Medical ID or Edit Medical ID.

# Use NameDrop on iPhone to share your contact info

**Use NameDrop on iPhone to share your contact information with new people**

You can use NameDrop to quickly share contact information with a nearby iPhone. To use NameDrop:

1. Hold the top of your iPhone near the top of someone else's iPhone to share your contact.

   A glow emerge from the top of both devices to indicate a connection is being made. Continue holding and NameDrop will appear on both screens.

2. You and the recipient can then select the following:

   **Receive Only:** Receive the other iPhone's contact card.

**Share:** Receive the other iPhone's contact card, and share your own as well.

To cancel, move the two devices away from eachother before NameDrop completes.



*Note:* NameDrop only works for sending new contact information, not updating an existing contact.

**Use Contacts on iPhone to share a contact**

You can use the Contacts app to share your or another person's contact information to someone else using Messages, Mail, or another option.

1.  Open the Contacts app 👤.

2.  Select the contact you want to share.

3.  Tap Share Contact, select the fields you want to include, then tap Done.

4. Select a method to share the contact, and tap send.

# Use other contact accounts on iPhone

You can include contacts from other accounts in the Contacts app 👤.

## Use your iCloud contacts

Go to Settings ⚙ > [*your name*] > iCloud, then turn on Contacts.

## Use your Google contacts

1. Go to Settings ⚙ > Contacts > Accounts, then tap Google.

2. Sign in to your account, then turn on Contacts.

## Add contacts from another account

1. Go to Settings ⚙ > Contacts > Accounts, then tap Add Account

2. Choose an account, sign in to it, then turn on Contacts.

## Access a Microsoft Exchange Global Address List

1. Go to Settings ⚙ > Contacts > Accounts, then tap Exchange.

2. Sign in to your Exchange account, then turn on Contacts.

## Set up an LDAP or CardDAV account to access business or school directories

1. Go to Settings ⚙ > Contacts > Accounts > Add Account, then tap Other.

2. Tap Add LDAP Account or Add CardDAV Account, then enter the account information.

## Keep contacts up to date across devices

To keep your contact information up to date across all your devices where you're signed in with the same Apple ID, you can use iCloud.

Go to Settings > [*your name*] > iCloud, then turn on Contacts.

Alternatively, you can sync the information between iPhone and your Mac or Windows PC to keep the information up to date across iPhone and your computer. See Sync supported content.

If you use iCloud for Contacts, your contacts are kept up to date automatically, and no options appear for syncing them with your computer.

### Import contacts from a SIM card (GSM)

Go to Settings ⚙ > Contacts > Import SIM Contacts.

### Import contacts from a vCard

Tap a .vcf attachment in an email or message.

### Add a contact from a directory

1. Tap Lists, then tap the GAL, CardDAV, or LDAP directory you want to search.

2. Tap Done, then enter your search.

3. Tap the person's name to save their info to your contacts.

### Show or hide a list

Tap Lists, tap Edit, then select the lists you want to see.

This button appears only if you have more than one source of contacts.

## Use Contacts from the Phone app on iPhone

In the Phone app 📞 on iPhone, you can call contacts and add recent callers to the Contacts app 👤.

### Add a Favorite

You can add VIP contacts to your Favorites list for quick dialing.

Select a contact, scroll down, then tap Add to Favorites.

Calls from these contacts bypass Do Not Disturb (see Turn on or schedule a Focus on iPhone).

### Save the number you just dialed

1. In the Phone app 📞, tap Keypad, enter a number, then tap Add Number.

2. Tap Create New Contact, or Add to Existing Contact, then select a contact.

**Add a recent caller to Contacts**

1. In the Phone app 📞, tap Recents, then tap ⓘ next to the number.

2. Tap Create New Contact, or Add to Existing Contact, then select a contact.

**Automate dialing an extension or passcode**

If the number you're calling requires dialing an extension, iPhone can enter it for you. When editing a contact's phone number, tap ＋＊＃, then do any of the following:

- Tap Pause to enter a two-second pause (a two-second pause is represented as a comma in the phone number).

- Tap Wait to stop dialing until you tap Dial again (wait-to-dial is represented as a semicolon in the phone number).

# Get rid of duplicate contacts on iPhone

In the Contacts app 👤, link contact cards for the same person in different accounts so they appear only once in your All Contacts list. When you have contacts from multiple sources, you might have multiple entries for the same person in Contacts. To keep redundant contacts from appearing in your All Contacts list, contacts from different sources with the same name are linked and displayed as a single *unified contact*.

**Resolve duplicate contacts**

If you have more than one contact card with the same first and last name, you can merge the duplicate contacts.

1. Below My Card, tap Duplicates Found.

2. Tap individual contacts to review and merge them, or tap Merge All to merge all duplicate contacts.

**Link contacts manually**

If two entries for the same person aren't linked automatically, you can unify them manually.

1. Tap one of the contacts, tap Edit, then tap Link Contacts.

2. Choose the other contact entry to link to, then tap Link.

When you link contacts with different first or last names, the names on the individual cards don't change, but only one name appears on the unified card. To choose which name appears on the unified card, tap one of the linked cards, tap the contact's name on that card, then tap Use This Name For Unified Card.

*Note:* When you link contacts, those contacts aren't merged. If you change or add information in a unified contact, the changes are copied to each source account where that information already exists.
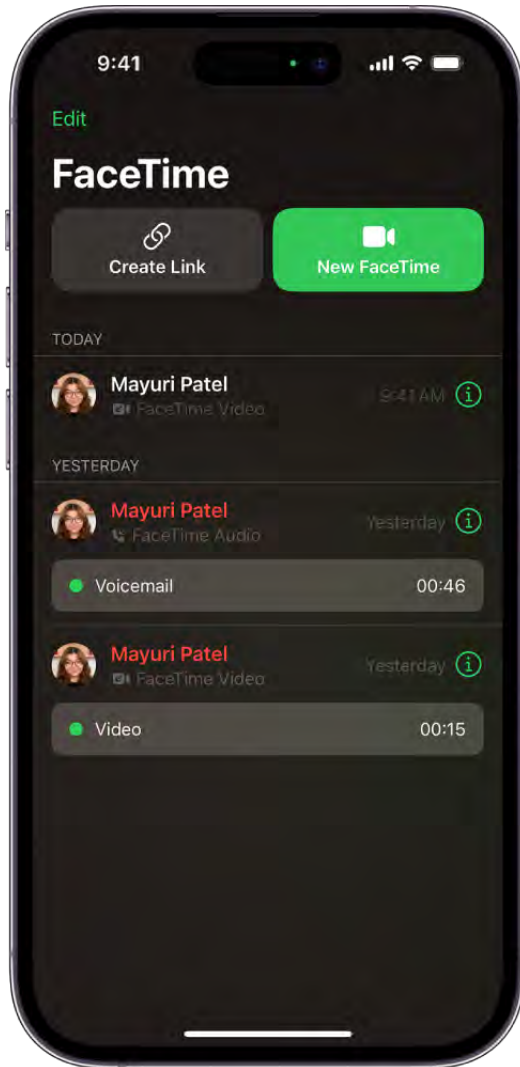
# FaceTime

## Get started with FaceTime on iPhone

Learn how to use the FaceTime app ◻ to visit face-to-face with friends and family—over Wi-Fi or cellular. In a FaceTime call, you can also watch TV shows and movies, listen to music, and even work out together.
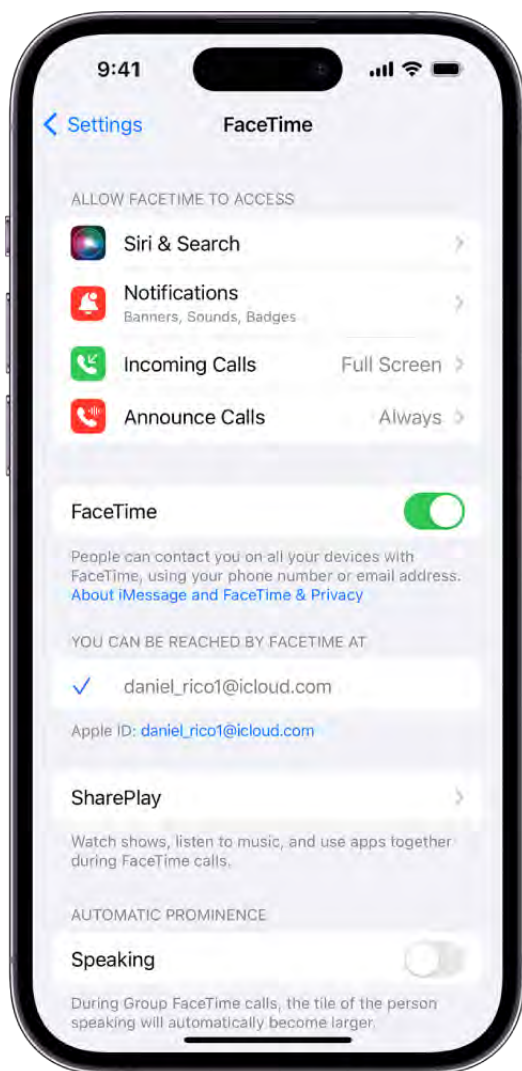
**Set up FaceTime**

To get started with FaceTime, go to Settings ◉ > FaceTime, then turn on FaceTime. Below "You can be reached by FaceTime at," enter your Apple ID or phone number, if you haven't already.
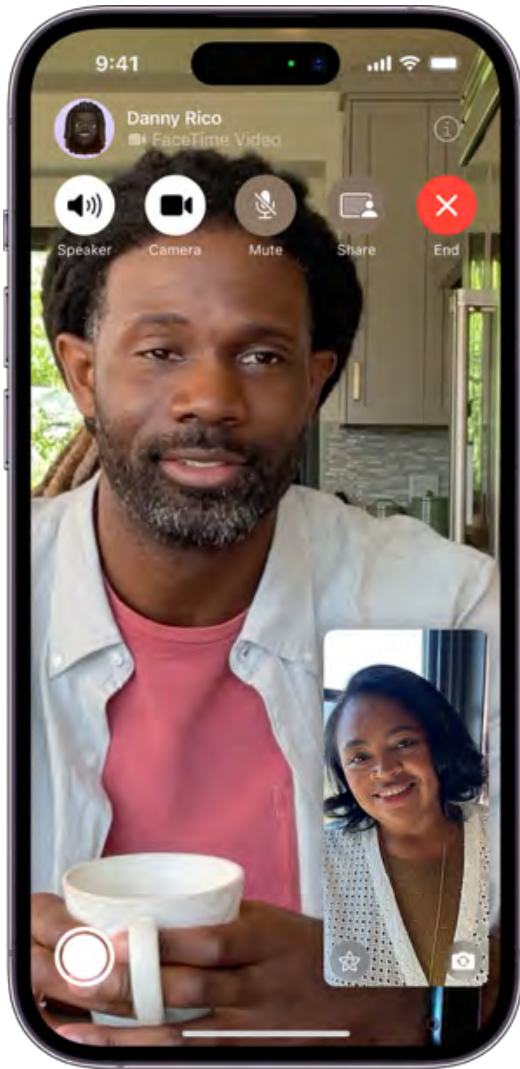
**Make a FaceTime call**

Open the FaceTime app, tap New FaceTime, then enter the name or phone number of the person (or people) you want to call. Tap ▭◁ to make a video call or ☎ to make an audio call (not available in all countries or regions). You can talk with up to 32 people on a call.
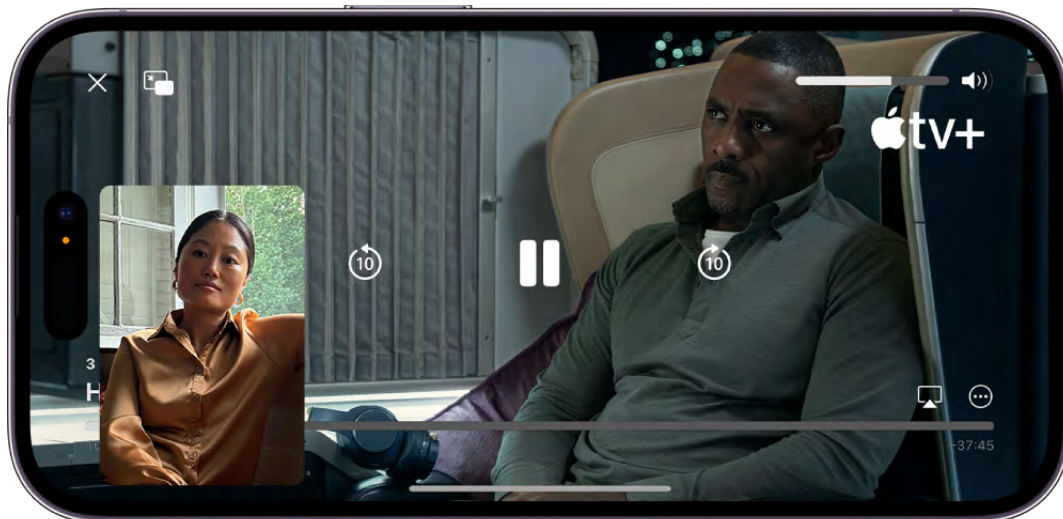
If you want to call someone who doesn't have an Apple device, you can create and send a link to the call in Messages or Mail. To get started, open FaceTime, then tap Create Link.

## Use the FaceTime controls

While on a FaceTime call, use the FaceTime controls to turn your speaker, camera, or mic on or off, take a Live Photo, and more. If you don't see the controls, tap your screen.

**Watch, listen, and play together**

To get started sharing music or video together, or working out together during a FaceTime call, tap 🖵 in the FaceTime controls (if you don't see 🖵, tap the screen).

Scroll through the apps below Listen and play together, then select one (for example, TV, Music, or Fitness).

Want to learn more?

- Add people to a FaceTime call

- Share your screen during a FaceTime call

- Use SharePlay to watch, listen, and play together in FaceTime

- Change your FaceTime video settings

- Change your FaceTime audio settings

*Note:* Not all features and content are available in all countries or regions.

# Make and receive FaceTime calls

## Make FaceTime calls on iPhone

With an internet connection and an Apple ID, you can make and receive calls in the FaceTime app ▢.

*Note:* You must set up FaceTime before you can make and receive calls.

You can also make FaceTime calls over a cellular data connection, which may incur additional charges. To turn this feature off, go to Settings > Cellular, then turn off FaceTime. See View or change cellular data settings on iPhone.

**Make a FaceTime call**

1. Open the FaceTime app ▢ on your iPhone, then tap New FaceTime near the top of the screen.

2. Type the name or number you want to call in the entry field at the top, then tap ▢ to make a video call or 📞 to make an audio call (not available in all countries or regions).

   Alternatively, you can tap ⊕ to open Contacts and add people from there; or tap a suggested contact in your call history to quickly make a call.

When you call someone, your contact information appears as a Contact Poster on their screen until the call is answered. When you initiate a call, you may be prompted to update your Contact Poster. See Add or edit your photo and poster.

To call multiple people, see Make a Group FaceTime call.

You can also use Siri. Say something like: "Make a FaceTime call" or "Call Eliza's mobile." Learn how to use Siri on iPhone.

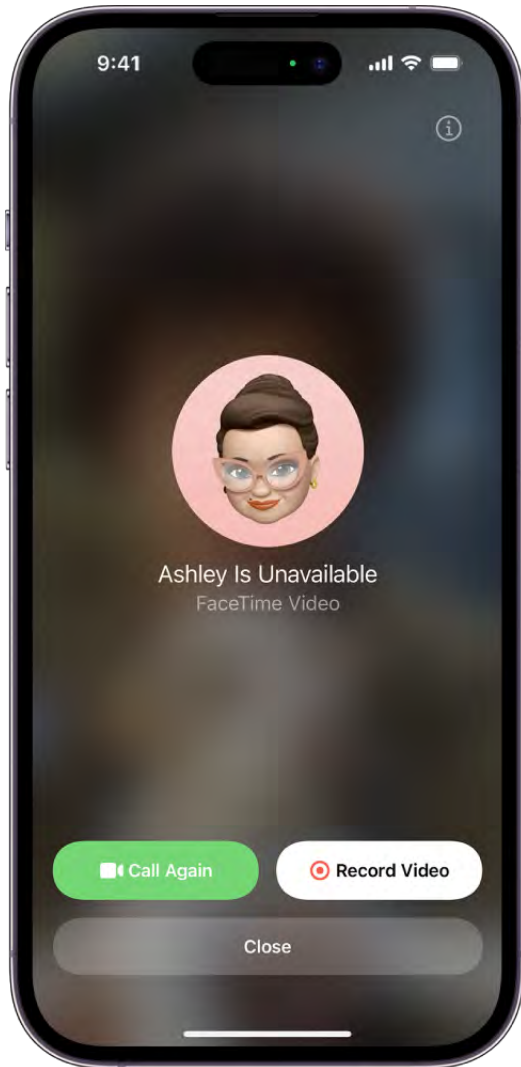**Tip:** To see more during a FaceTime video call, rotate iPhone to use landscape orientation. See Change or lock the screen orientation on iPhone.

**Record a video message**

If someone doesn't answer your FaceTime video call, you can record a video message to convey exactly what you want to say.

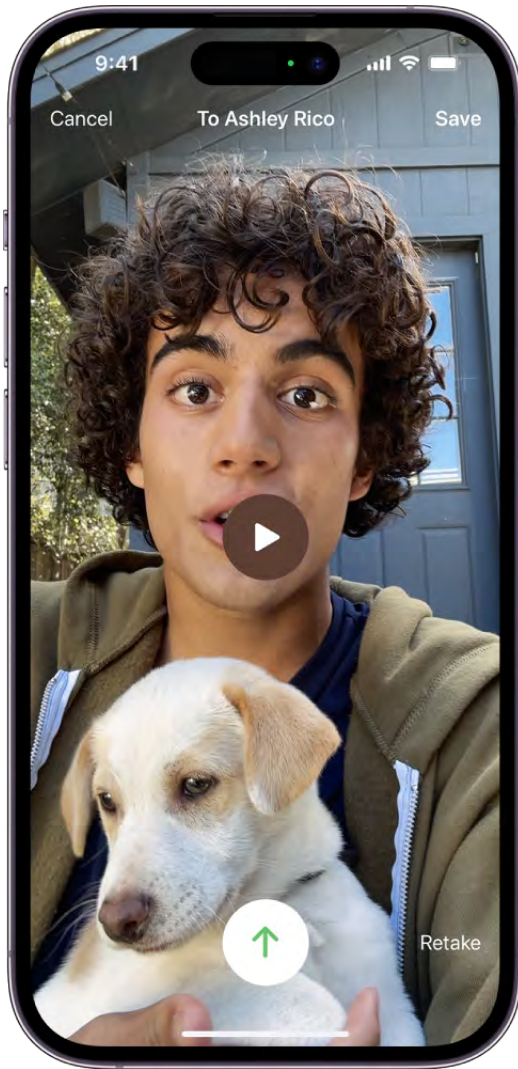1. Tap Record Video, wait for the countdown (from 5 to 1), then record your message.

2. Tap ⬆ to send your recorded message, or tap Retake to rerecord the message. You can also tap Save to save it to Photos.

   After you send your video message, the recipient is notified.

*Note:* You can receive video messages only from saved contacts, people you've called, and people suggested by Siri.

## Leave a voicemail

If someone doesn't answer your FaceTime audio call, and you're a known contact of the person you're calling (either you're in their Contacts or you've messaged or spoken to them recently), you'll be prompted to leave a voicemail.

If the person you're calling has Live Voicemail turned on in Settings 🔘 > Phone, your message will be transcribed on their screen as you speak, letting them know what you're calling about and giving them a chance to pick up your call.
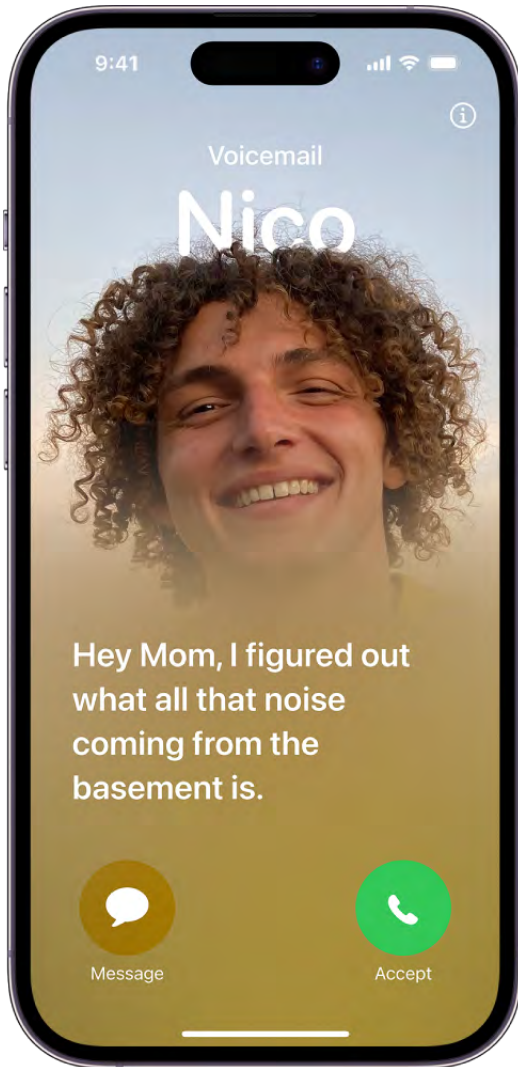
## Call again

To call someone again in FaceTime, do any of the following:

- Tap Call Again on the Record Video screen.

- In your call history, tap the name or number of the person (or group) you want to call again.

## Start a FaceTime call from a Messages conversation

In an iMessage conversation, you can start a FaceTime call with the person you're chatting with.

1. Tap ⬜️ at the top right of the iMessage conversation.

2. Do any of the following:

   - Tap FaceTime Audio.

- Tap FaceTime Video.

# Receive FaceTime calls on iPhone

**Receive a FaceTime call**

When a FaceTime call comes in, do any of the following:

- *Take the call:* Drag the slider or tap Accept.

- *Decline the call:* Tap Decline or ❌.

- *Set a reminder to call back:* Tap Remind Me.

- *Send a text message to the caller:* Tap Message.

If you're on another call when a FaceTime video call comes in, instead of Accept, you see the End & Accept option, which terminates the previous call and connects you to the incoming call.

**Tip:** You can have Siri announce incoming calls, which you can accept or decline using your voice.

**Receive a video message or Live Voicemail**

If you miss an incoming video call and the caller leaves a video message, you receive a notification about the video, which you can tap to view. You can also find a link to the video in your call history, below the missed call.

If you miss an incoming audio call from a known contact (someone in your Contacts, or someone that you've messaged or spoken to recently), the caller is prompted to leave a voicemail. If you have Live Voicemail turned on in Settings > Phone, you can see a real-time transcription of the voicemail and pick up the call as they're leaving the message. See Turn on Live Voicemail.

*Note:* You can receive video messages only from saved contacts, people you've called, and people suggested by Siri.

After the caller has left a video message or voicemail, a link to it appears in your call history, just below their call.
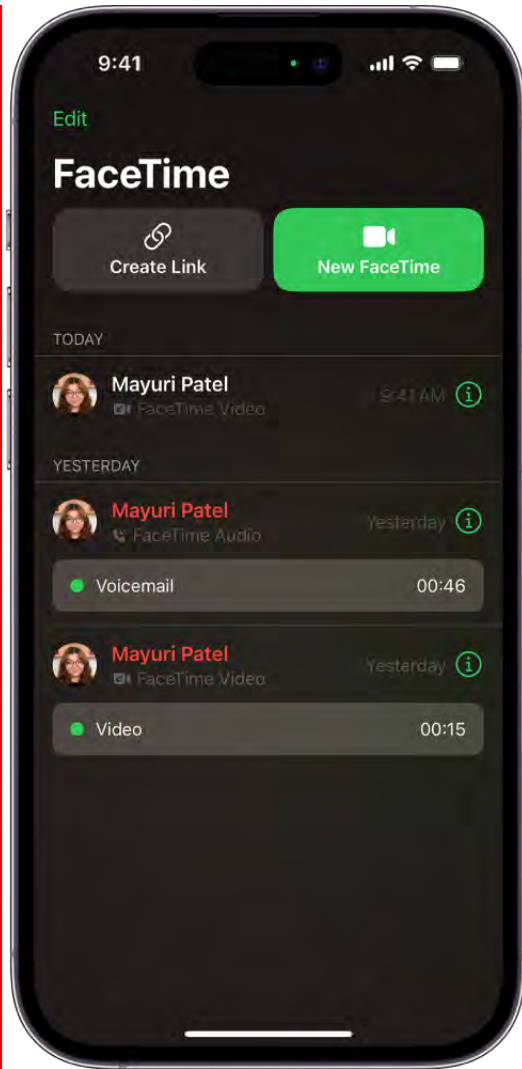
**Delete a call from your call history**

Open the FaceTime app 📷, swipe left over the call in your call history, then tap Delete.

## Create a link to a FaceTime call on iPhone

In FaceTime, you can create a link to a FaceTime call and send the link to a friend or a group (using Mail or Messages). They can use the link to join or start a call.

1. Open the FaceTime app 📷, then tap Create Link near the top of the screen.

2. Choose an option for sending the link (Mail, Messages, and so on).

In Calendar, you can schedule a remote video meeting by inserting a FaceTime link as the location of the meeting .

*Note:* You can invite anyone to join you in a FaceTime call, even people who don't have an Apple device. They can join you in one-on-one and Group FaceTime calls from their browser—no login is necessary. (They need the latest version of either Chrome or Edge. Sending video requires H.264 video encoding support.)

## Take a Live Photo in FaceTime on iPhone

When you're on a video call in the FaceTime app 📷, you can take a FaceTime Live Photo to capture a moment of your conversation (not available in all countries or regions). The camera captures what happens just before and after you take the photo, including the audio, so you can see and hear it later just the way it happened.

To take a FaceTime Live Photo, first make sure FaceTime Live Photos is turned on in Settings ⚙ > FaceTime, then do one of the following:

- *On a call with one other person:* Tap ⚪.

- *On a Group FaceTime call:* Tap the tile of the person you want to photograph, tap ⤢, then tap ⚪.

You both receive a notification that the photo was taken, and the Live Photo is saved in your Photos app.

## Turn on Live Captions in a FaceTime call on iPhone

During a video call in the FaceTime app 📷, you can turn on Live Captions to have the spoken conversation turned into text and displayed in real time on your iPhone. If you're having difficulty hearing the conversation, Live Captions can make it easier to follow along. Live Captions are available on iPhone 11 and later when the primary language is set to English (U.S.) or English (Canada).

**Important:** The accuracy of Live Captions may vary and shouldn't be relied upon in high-risk or emergency situations. Live Captions uses additional battery.

1. During a FaceTime video call, tap the screen to show the FaceTime controls (if they aren't visible).

2. Tap ⓘ at the top of the controls, turn on Live Captions, then tap Done.

   A Live Captions window appears, showing the automatically transcribed dialogue of the call near the top of the screen and who's speaking.

To stop showing the transcribed conversation on the screen, tap the screen, tap ⓘ at the top of the FaceTime controls, then turn off Live Captions.

## Use other apps during a FaceTime call on iPhone

While you're on a call using the FaceTime app 🟢, you can use other apps—for example, to look up information, write a note, or perform a calculation.

Go to the Home Screen, then tap an app icon to open the app.

To return to the FaceTime screen, tap the green bar (or the FaceTime icon) at the top of the screen.

You can also share your screen with the other people in your FaceTime call while using another app. See Share your screen in a FaceTime call.

## Make a Group FaceTime call on iPhone

In the FaceTime app 🟢, you can talk with up to 32 participants in a Group FaceTime call (not available in all countries or regions).

**Start a Group FaceTime call**

1. In FaceTime, tap New FaceTime near the top of the screen.

2. Type the names or numbers of the people you want to call in the entry field at the top.

   You can also tap ⊕ to open Contacts and add people from there. Or tap suggested contacts in your call history.

3. Tap 📹 to make a video call or tap 📞 to make a FaceTime audio call.

Each participant appears in a tile on the screen. When a participant speaks (verbally or by using sign language) or you tap the tile, that tile becomes highlighted or more prominent. Tiles that can't fit on the screen appear in a row at the bottom. To find a participant you don't see, swipe through the row. (The participant's initials may appear in the tile if an image isn't available.)

*Note:* To see participants' images arranged in a grid, see View participants in a grid layout in FaceTime on iPhone.

To prevent the tile of the person speaking or signing from becoming more prominent during a Group FaceTime call, go to Settings ⚙ > FaceTime, then turn off Speaking below Automatic Prominence.

*Note:* Sign language detection requires a supported model for the presenter. In addition, both the presenter and participants need iOS 14, iPadOS 14, macOS 11, or later.

**Start a Group FaceTime call from a group Messages conversation**

In a group iMessage conversation, you can start a Group FaceTime call with all the people you're chatting with in Messages.

1. Tap 📹 at the top right of the iMessage conversation.

2. Do any of the following:

   - Tap FaceTime Audio.

   - Tap FaceTime Video.

**Add another person to a call**

Any participant can add another person at any time during a FaceTime call.

1. During a FaceTime call, tap the screen to show the FaceTime controls (if they aren't visible), tap ⓘ at the top of the controls, then tap Add People.

2. Type the name, Apple ID, or phone number of the person you want to add in the entry field at the top.

   Or tap ⊕ to add someone from Contacts.

3. Tap Add People.

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**Join a Group FaceTime call**

When someone invites you to join a Group FaceTime call, you receive a notification of the incoming call—you can either join or decline. See Receive a FaceTime call.

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**Leave a Group FaceTime call**

To leave a group call at any time, tap Leave.

The call remains active if two or more participants remain.

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## View participants in a grid layout in FaceTime on iPhone

During a call with four or more people in the FaceTime app, you can view participants in same-size tiles, arranged in a grid. The speaker's tile is highlighted automatically, so it's easy to know who's talking. (Depending on your iPhone model, some tiles may appear blurred.)

In a call in the FaceTime app ▣, tap the Grid button at the bottom left of the screen (if the button isn't visible, tap the screen).

To turn the grid off, tap the button again.

# Use SharePlay to watch, listen, and play together in FaceTime on iPhone

With SharePlay in the FaceTime app 📹, you can stream TV shows, movies, and music in sync with friends and family while on a FaceTime call together. Enjoy a real-time connection with others on the call—with synced playback and shared controls, you see and hear the same moments at the same time. With smart volume, media audio is adjusted dynamically, so you can continue to chat while watching or listening. You can also play supported multiplayer games in Game Center with friends during a FaceTime call.

> **Tip:** You can start SharePlay instantly by holding two iPhone devices together. (See Start a SharePlay session by holding two iPhones close together.)

SharePlay can also be used in other apps during a FaceTime call. To see which apps can be used for SharePlay during a call, tap ⬡, then scroll through the apps below Apps for SharePlay.

*Note:* Some apps that support SharePlay require a subscription. To watch a movie or TV show together, every participant needs to have access to the content on their own device, through either a subscription or purchase, on a device that meets the minimum system requirements. SharePlay may not support the sharing of some movies or TV shows across different countries or regions. FaceTime, some FaceTime features, and other Apple services may not be available in all countries or regions.

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### Watch video together during a FaceTime call

> You can watch movies and TV shows during a FaceTime call in sync with your friends and family.
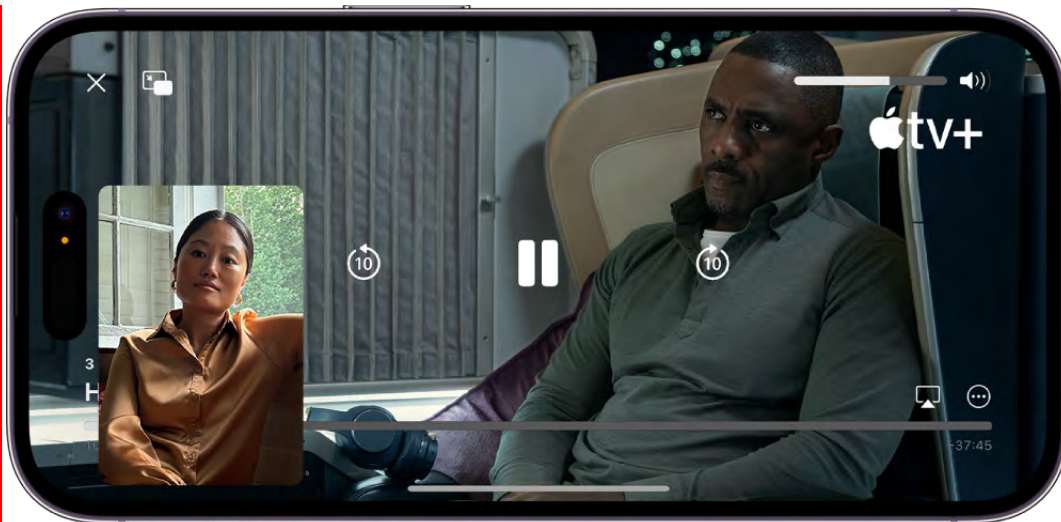
1. Start a call in the FaceTime app 🟢 on your iPhone.

2. Tap 🔲, then tap an app below Listen and Play Together (for example, the Apple TV app 📺)

   Alternatively, you can go to the Home Screen, then open a video streaming app that supports SharePlay.

3. Select a show or movie you want to watch, tap the Play button, then select Play for Everyone (if it appears) to begin watching with everyone on the call. (Others on the call may have to tap Join SharePlay to see the video.)

   For everyone on the call who has access to the content, the video starts playing at the same time. People who don't have access are asked to get access (through a subscription, a transaction, or a free trial, if available).

Each person watching the content can use the playback controls to play, pause, rewind, or fast-forward. (Settings like closed captioning and volume are controlled separately by each person.)

You can use Picture in Picture to keep watching the video while using another app—order food, check your email, or jump into the Messages app to discuss the video by text when you don't to interrupt the sound of the movie or TV show.

**Invite friends to watch video together from a supported app during a FaceTime call**

On an iPhone that meets the minimum system requirements, you can start a FaceTime call in the Apple TV app (or other supported video app) while you're browsing or watching video content, and share the item in sync with others using SharePlay. Everyone on the call needs to have the same type of access to the content on their own device, through either a subscription or purchase.

1. In the Apple TV app (or other supported video app), find a show or movie you want to share, then tap the item to see its details.

2. Tap ⬆️, then tap SharePlay.

3. In the To field, enter the contacts you want to share with, then tap FaceTime.

4. When the FaceTime call connects, tap Start or Play to begin using SharePlay.

   To begin viewing, recipients tap Open.

*Note:* If the content requires a subscription, people who aren't subscribers can subscribe before watching.

After the video starts playing, you can stream it to Apple TV. See Send what you're watching in SharePlay to Apple TV.

### Send what you're watching in SharePlay to Apple TV

If you've already started watching a video together on iPhone, you can send it to Apple TV to enjoy on the big screen.

On iPhone, do one of the following:

- In the streaming app, tap 📺, then choose Apple TV as the playback destination.

- Open Control Center, tap 📺, then choose Apple TV as the playback destination.

The video plays in sync on Apple TV, and you can keep the conversation going on your iPhone.

See Watch together using SharePlay in the Apple TV User Guide.

### Listen to music together during a FaceTime call

You can get together and listen to an album or favorite playlist with others on a FaceTime call. Anyone on the call who has access to the music (for example, through a subscription, a transaction, or a free trial) on a device that meets the minimum system requirements can listen along, see what's next, add songs to a shared queue, and more.
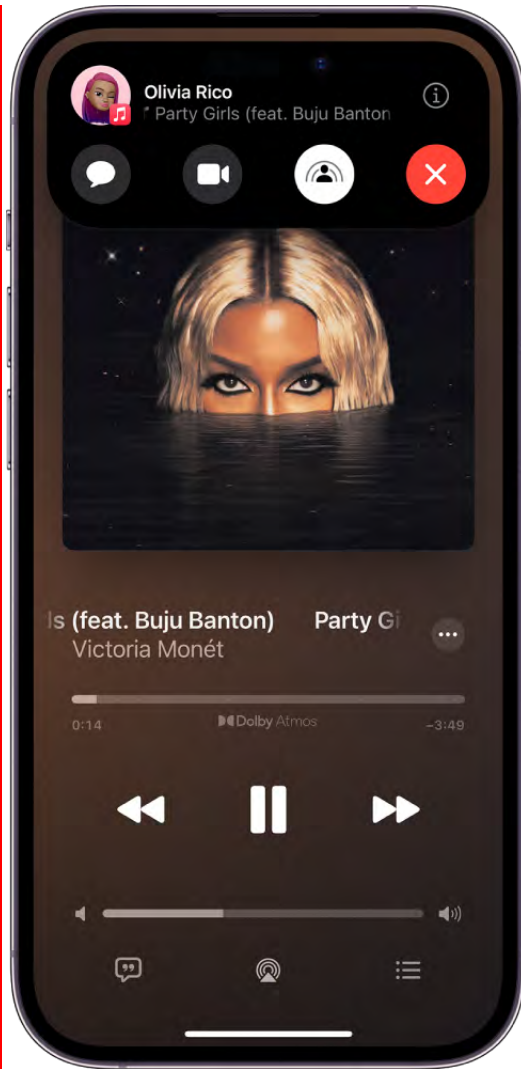
1.  Start a Group FaceTime call.

2.  Tap 🖥, then tap a music streaming app below Listen and Play Together (for example, the Apple TV app 📺)

    Alternatively, you can go to the Home Screen, then open a music streaming app that supports SharePlay (for example, the Music app 🎵).

3.  Select the music you want to listen to, then tap the Play button to begin listening to the music together. (Others on the call may have to tap Join SharePlay to hear the music.)

    For everyone on the call who has access to the content, the music starts playing at the same time. People who don't have access are asked to get access (through a subscription, a transaction, or a free trial, if available).

Each person can use the music controls to pause, rewind, fast-forward, scrub to a different part of the song, or go to the next track. And anyone on the call can add songs to the shared queue.

**Invite friends to listen to music together from a supported app during a FaceTime call**

On an iPhone that meets the minimum system requirements, you can start a FaceTime call in the Music app (or other supported music app) and use SharePlay to share the music in sync with others on the call. Each person can use the music controls to pause, rewind, fast-forward, or scrub to a different part of the song. And anyone using SharePlay can add songs to the shared queue. The people you want to share with must have access to the music (for example, through a subscription).

1. Open the Apple Music app 🎵 (or other supported music app), then tap the music you want to share.

2. Do one of the following:

   • Tap ••• next to the music, then tap SharePlay.

   • Tap ••• at the top right, tap 📤, then tap SharePlay.

3. In the To field, enter the contacts you want to share with, then tap FaceTime.

4. When the FaceTime call connects, tap Start.

   To begin listening, recipients tap the song title at the top of the FaceTime controls, then tap Open. The music starts playing at the same time for everyone on the call who has access to the content.

*Note:* People who don't have access to the content you share are asked to get access.

**Play games in Game Center with friends during a FaceTime call**

You can play supported multiplayer games with friends in Game Center on a FaceTime call. You must first set up your Game Center profile in Settings ⚙️, add friends, then find and download a supported multiplayer game for Game Center in the App Store.

During a FaceTime call, open the game, tap Start SharePlay, then follow the onscreen instructions.

See Play with friends in Game Center on iPhone.

SharePlay lets you work out with others using Apple Fitness+. See Work out together using SharePlay in Fitness on iPhone.

You can also share your screen to show apps, webpages, and more during the conversation. See Share your screen in a FaceTime call.

## Share your screen in a FaceTime call on iPhone

In the FaceTime app (on a device that meets the minimum system requirements), you can share your screen to bring apps, webpages, and more into the conversation. You can get feedback on something you're working on, show off a photo album, and more— all while seeing and hearing the reactions of others on the call.

**Share your screen in a FaceTime call**

1. During a call in the FaceTime app 🟢 on your iPhone, tap the screen to show the FaceTime controls (if they aren't visible), then tap 🖥.

2. To share your whole screen, tap Share My Screen.

   A countdown from 3 to 1 appears on 🖥, then a small image of your screen appears in the FaceTime call. The others on the call can tap it to enlarge it and view your content.

To stop sharing your screen, tap 🖥.

See Collaborate on projects with Messages on iPhone.

## Collaborate on a document in FaceTime on iPhone

In a FaceTime call, you can collaborate on a shared document. You can initiate collaboration in a FaceTime call that's in progress, or you can initiate collaboration from the app where the document was created.

**Collaborate on a document**

1. Start a conversation in the FaceTime app 🔲 with the people you want to collaborate with. (See Make a FaceTime call.)

2. Tap 🔲, then choose the app you want to use below Collaborate Together.

   If you don't see 🔲, tap the screen to open the FaceTime controls.

3. Open the document, then tap ⬆️.

4. Share the document with your collaborators in the call via FaceTime, AirDrop, Mail, or Messages, then tap Collaborate.

5. A notification to start collaborating appears at the top of your screen. Tap Start, then tap Collaborate.

   Your collaborators get a notification that you've shared a document you want to collaborate on. When they tap Open on the notification, the document opens on their device.

   Everyone who receives and opens the document can make changes and see changes made by others. When someone makes a change, a notification is sent to all collaborators.

# Use video conferencing features on iPhone

During a video call in the FaceTime app or a 3rd-party video conferencing app, you can enable full-screen video effects and add reactions with hand gestures that fill the camera frame with 3D effects.

**Use video effects in a video conference call**

1. In a video conference call in the FaceTime app 📷 or a third-party video conferencing app, open Control Center.

2. Tap Video Effects, then choose any of the following:

   - *Studio Light:* Dims the background and illuminates your face. Tap ⚫ to adjust the intensity of the studio light .

   - *Portrait:* Automatically blurs the background and puts the visual focus on you. Tap ⚫ to adjust the amount of the background blur. See Blur the background with Portrait mode.

   - *Reactions:* Allows you to use hand gestures to add reactions. When Reactions is turned off in Control Center, you can't use hand gestures to add reactions, but you can add reactions by tapping the icons that appear when you touch and hold your tile in the call. See Add reactions during a video call.
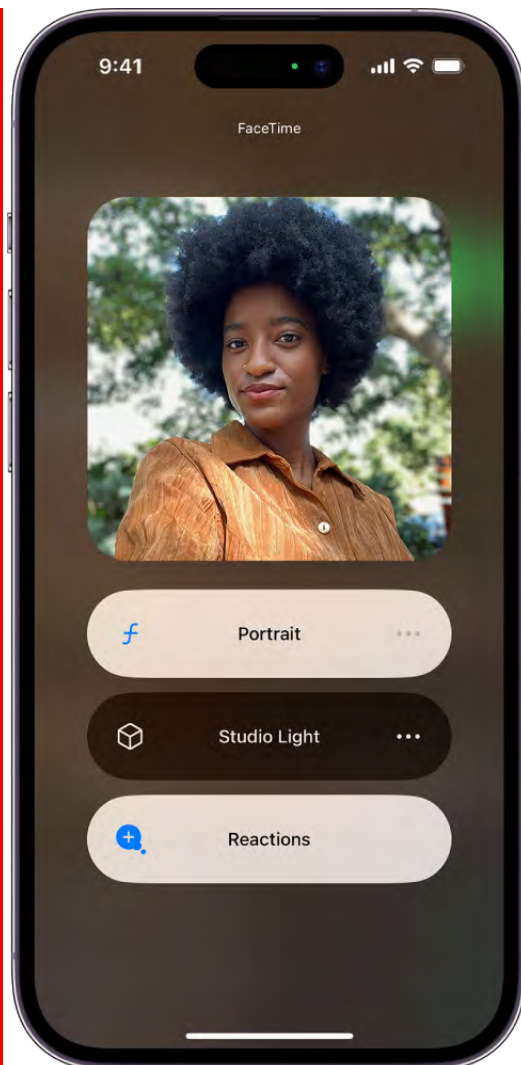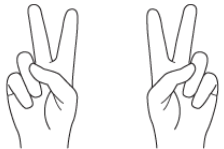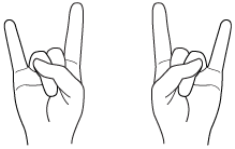
## Add reactions during a video call

With simple hand gestures in the FaceTime app (and third-party video conferencing apps), you can add reactions that fill the camera frame with fun, 3D augmented reality effects—including hearts, balloons, fireworks, and more.

You can also add these reactions by touching and holding your tile in the call, then tapping the icons that appear.

*Note:* To use hand gestures, open Control Center, tap Video Effects, then make sure Reactions is enabled. When using gestures, hold your hands away from your face, and pause for a moment or two to activate the effect.

| Reaction | Gesture | Icon |
|---|---|---|
| Hearts | | |
| Thumbs-up | | |
| Thumbs-down | | |
| Balloons | | |
| Rain | | |
| Confetti | | |
| Laser burst | | |
| Fireworks | | |

# Hand off a FaceTime call from your iPhone to your other Apple devices

You can start a FaceTime call on your iPhone and move the call to another device where you're signed in with the same Apple ID.

With Continuity Camera and Mic, you can also use iPhone as a webcam and microphone for FaceTime calls on your Mac or Apple TV. See Use your iPhone as a webcam on Mac and Use FaceTime on Apple TV 4K.

*Note:* Your selected contact information for the call, shown in Settings  > FaceTime, must match the selected contact information in Settings > FaceTime on the device you want to hand off to.

## Hand off a FaceTime call from iPhone to iPad or Mac

While on a FaceTime call on your iPhone, you can hand off the call to your iPad or Mac. To hand off a FaceTime call, your devices need macOS 13, iOS 16, or iPadOS 16 or later. You must be signed in with the same Apple ID on both devices.

1. During a call in the FaceTime app  on iPhone, do one of the following on the other device:

   - Tap the notification with the suggestion "Move call to this [*device*]."

   - Tap  at the top of the screen.

     A preview of the call appears, showing your camera, microphone, and audio settings.

2. Make sure the settings are the ones you want, then tap Switch or Join.

   The call moves to the new device. On the original device, a banner appears confirming that the call was continued elsewhere, along with a Switch button, which you can tap if you want to bring the call back.

## Hand off a FaceTime call from your iPhone to Apple TV 4K

You can start a FaceTime call on your iPhone, then hand it off to the larger screen on Apple TV 4K (2nd generation and later) when you're signed in with the same Apple ID on both devices. You can continue to use iPhone as a webcam and microphone for Apple TV. Continuity Camera with Apple TV is supported on iPhone XR, iPhone XS, Apple TV 4K (2nd generation), and later.

1. Start a call in the FaceTime app 🟢 on your iPhone.

   Apple TV detects when a FaceTime call is in progress. A notification may appear on Apple TV with the suggestion "Use *device name* to move to TV."

2. Do any of the following:

   - On iPhone, tap Move next to the notification that appears with the suggestion "Move call to TV."

   - Press and hold the TV button 🖥 on the Siri Remote, select the FaceTime tab in the status bar, then select your iPhone.

3. Position your iPhone near the TV in landscape orientation so that the rear camera of iPhone faces you and you're satisfied with the way you appear in the preview on your TV screen.

   A short countdown begins automatically when the iPhone is in landscape orientation and still. When the countdown ends, the call moves to the Apple TV.

   You can press the Play/Pause button on the Siri Remote to skip this step

4. On iPhone, a banner appears confirming that the Apple TV is using the device as a Continuity Camera.

   To pause the call, tap Pause. To end the call, tap End Call and Disconnect.

## Change FaceTime video settings on iPhone

During a call in the FaceTime app 🟢, you can turn Portrait mode on or off, switch between cameras, or turn your camera on or off.

**Blur the background with Portrait mode**

On supported models, you can turn on Portrait mode, which automatically blurs the background and puts the visual focus on you, the same way Portrait mode does in the Camera app.

1. When you're on a FaceTime call, tap your tile.

2. Tap 👤 in your tile.

   To turn Portrait mode off, tap the button again.

You can also turn on Portrait mode in Control Center. Open Control Center, then tap Video Effects.

### Switch to the rear camera

When you're on a FaceTime call, tap your tile, then tap ⬡.

To switch back to the front camera, tap ⬡ again.

*Note:* While you're using the rear camera, you can enlarge the image by tapping 1x. Tapping it again returns the image to normal size.

### Turn off your camera

When you're on a FaceTime call, tap the screen to make the controls appear, then tap ⬚. (Tap it again to turn the camera back on.)

## Change FaceTime audio settings on iPhone

Spatial Audio in the FaceTime app 📷 makes it sound like your friends are in the room with you. Their voices are spread out and sound like they're coming from the direction in which each person is positioned on the screen.

*Note:* Spatial Audio is available on supported models and works with the following AirPod models (sold separately)—AirPods (3rd generation), AirPods Pro (all models), and AirPods Max.

### Filter out background sounds

When you want your voice to be heard clearly in a FaceTime call and other sounds filtered out, you can turn on Voice Isolation mode (available on supported models). Voice Isolation mode prioritizes your voice in a FaceTime call and blocks out the ambient noise.

During a FaceTime call, open Control Center, tap Mic Mode, then select Voice Isolation.
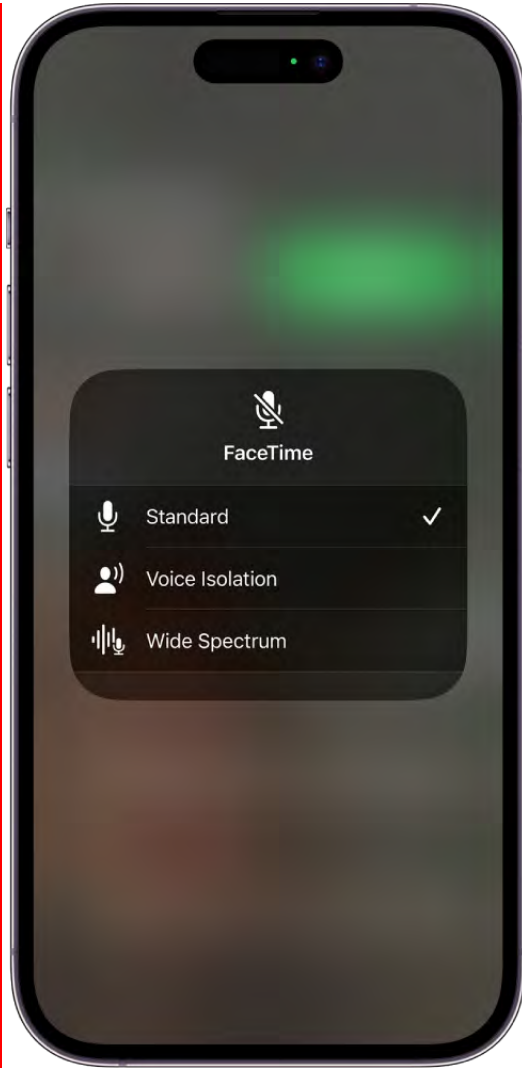
### Include the sounds around you

When you want your voice and all the sounds around you to be heard in a FaceTime call, you can turn on Wide Spectrum mode (available on supported models).

During a FaceTime call, open Control Center, tap Mic Mode, then select Wide Spectrum.

### Turn off the sound

When you're on a FaceTime call, tap the screen to show the FaceTime controls (if they aren't visible), then tap 🎤 to turn the sound off.

To turn the sound back on, tap the button again.

When your sound is turned off, your mic detects whether you're speaking, and you're notified that your mic is muted and that you can tap 🎤 to unmute it.

# Change your appearance in a FaceTime call on iPhone

On video calls in the FaceTime app 📹, you can become your favorite Memoji (on an iPhone with Face ID). On supported models, you can use a built-in filter to change your appearance and add stickers, labels, and shapes. And you can take pictures of your customized appearance in a FaceTime call.

## Become a Memoji

In Messages on an iPhone with Face ID, you can create a Memoji character to use in your FaceTime calls. iPhone captures your movements, facial expressions, and voice, and conveys them through your character. (Your character imitates you even when you stick out your tongue!)

See Use Memoji in Messages.

1. During a FaceTime call, tap ✩. (If you don't see ✩, tap the screen.)

2. Tap 🧑, then choose a Memoji (swipe through the characters at the bottom, then tap one).

   The other caller hears what you say, but sees your Memoji doing the talking.

## Use a filter to change your appearance

1. During a FaceTime video call, tap your tile, then tap ✩ (supported models).

2. Tap 🎨 to open the filters.

3. Choose your appearance by tapping a filter at the bottom (swipe left or right to preview them).

## Add a text label

1. During a call, tap the screen, then tap ✩.

2. Tap 🆎, then tap a text label.

   To see more label options, swipe up from the top of the text window.

3. While the label is selected, type the text you want to appear in the label, then tap away from it.

4. Drag the label where you want to place it.

   To delete the label, tap it, then tap ⊗.

**Add stickers**

1. During a call, tap your tile, tap ⊛, then do any of the following:

   - Tap 🦰 to add a Memoji sticker or 🐵 to add an Emoji sticker.

   - Tap Aa, swipe up, then tap ☺.

2. Tap a sticker to add it to the call.

   To see more options, swipe left or swipe up.

3. Drag the sticker to place it where you want.

   To delete the sticker, tap it, then tap ⊗.

**Add shapes**

1. During a call, tap your tile, then tap ⊛.

2. Tap 〰, then tap a shape to add it to the call.

   To see more options, swipe up from the top of the shapes window.

3. Drag the shape where you want to place it.

   To delete the shape, tap it, then tap ⊗.

# Leave a FaceTime call or switch to Messages on iPhone

You can leave a call in the FaceTime app 📹 at any time, or switch your conversation to Messages.

**Leave a FaceTime call**

Tap the screen to show the FaceTime controls (if they aren't visible), then tap ⊗.

**Switch to a Messages conversation**

To jump to a Messages thread that includes everyone on the call, tap the screen to show the FaceTime controls (if they aren't visible), tap ⓘ at the top of the controls, then tap Message or 💬.

# Block unwanted callers in FaceTime on iPhone

In the FaceTime app 📷, you can block FaceTime calls from unwanted callers.

1. In your FaceTime call history, tap ⓘ next to the name, phone number, or email address of the contact you want to block.

2. Scroll down, tap Block this Caller, then tap Block Contact.

To unblock a contact, tap ⓘ next to the contact's name, phone number, or email address in your call log, scroll down, then tap Unblock this Caller.

*Note:* To block incoming FaceTime calls from unknown callers, go to Settings ⚙ > FaceTime, tap Silence Unknown Callers, then turn on Silence Unknown Callers. This ensures that you'll receive FaceTime calls only from your saved contacts, people you've called before, and people suggested by Siri.

# Files

## Connect servers or external devices with Files on iPhone

You can use the Files app ▣ to access files stored on file servers, other cloud storage providers like Box and Dropbox, and external devices, such as USB drives and SD cards, after you connect them to your iPhone.

**Connect to a computer or file server**

1. Tap ⊙ at the top of the Browse screen.

   If you don't see ⊙, tap Browse again.

2. Tap Connect to Server.

3. Enter a local hostname or a network address, then tap Connect.

   **Tip:** After you connect to a computer or file server, it appears in the Recent Servers list on the Connect to Server screen. To connect to a recent server, tap its name.

4. Select how you want to connect:

   - *Guest:* You can connect as a Guest user if the shared computer permits guest access.

   - *Registered User:* If you select Registered User, enter your user name and password.

5. Tap Next, then select the server volume or shared folder in the Browse screen (below Shared).

To disconnect from the file server, tap ⏏ next to the server in the Browse screen.

For information on how to set up your Mac to share files, see Set up file sharing on Mac in the macOS User Guide.

**Add a cloud storage service**

1. Download the app from the App Store, then open the app and follow the onscreen instructions.

2. Open Files, then tap Browse at the bottom of the screen.

3. Tap More Locations (below Locations), then turn on the service.

4. To view your contents, tap Browse at the bottom of the screen, then tap the name of the storage service below Locations. If you don't see Locations, tap Browse again at the bottom of the screen.

**Connect a USB drive or an SD card**

For information on how to connect external storage devices and SD cards, see Connect external storage devices to iPhone.

# Modify files and folders in Files on iPhone

In the Files app 📁, modify your documents, images, and other files.

## Modify and rearrange documents

When viewing a file in a supported document format, you can modify and rearrange the document's contents using the Files app.

1. Open a document, then tap the page number in the top left.

2. Tap ⊙, then choose any of the following:

   - *Rotate Left:* Rotate the highlighted page left.

   - *Rotate Right:* Rotate the highlighted page right.

   - *Insert Blank Page:* Insert a blank page after the highlighted page.

   - *Insert from File:* Insert pages from a file after the highlighted page.

   - *Scan Pages:* Insert pages from a scanned document after the highlighted page.

- *Delete:* Delete the highlighted page.

To rearrange a document, touch and hold a highlighted page and drag it to a new location.

To mark up a document, tap Ⓐ.

*Note:* Not all document formats are supported by the Files app.

## Change to list view or icon view

From an open location or folder, tap ⊙, then tap List or Icons.
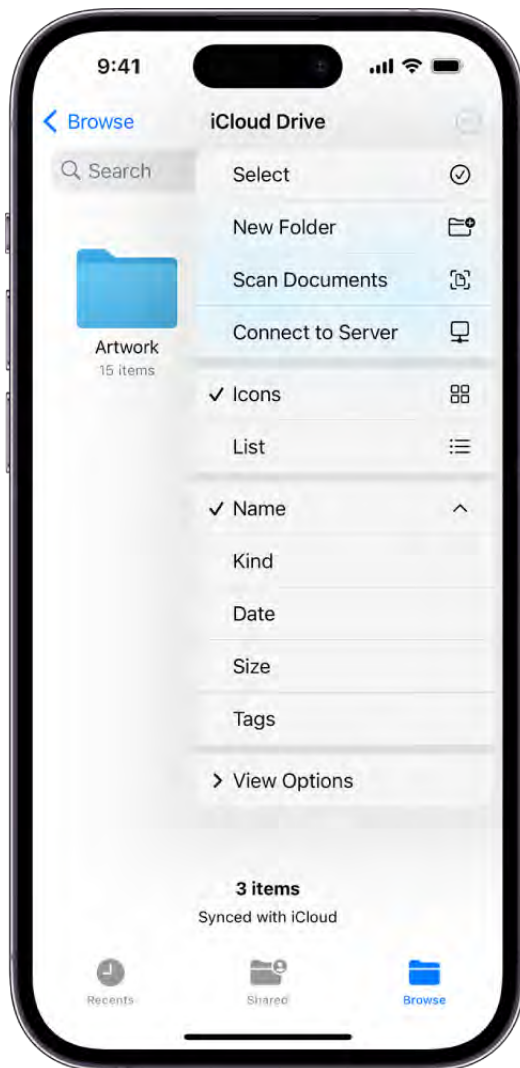


## Rearrange the Browse screen

Tap ⊙ at the top of the Browse screen, tap Edit, then do any of the following:

- *Hide a location:* Turn the location off.

- *Delete a tag and remove it from all items:* Tap 🛇 next to the tag. (See Tag a file or folder.)

- *Remove an item from the Favorites list:* Tap 🛇 next to the item. (See Mark a folder as a favorite.)

- *Change the order of an item:* Touch and hold ≡, then drag it to a new position.

# Search for files and folders in Files on iPhone

In the Files app 🔲, search and view your documents, images, and other files.

**Browse and open files and folders**

1. Open the Files app 🔲 on your iPhone.

2. Tap Browse at the bottom of the screen, then tap an item on the Browse screen.

   If you don't see the Browse screen, tap Browse again.

3. To view recently opened files, tap Recents at the bottom of the screen.

4. To open a file, location, or folder, tap it.

   *Note:* If you haven't installed the app that created a file, a preview of the file opens in Quick Look.

For information about marking folders as favorites or adding tags, see Organize files and folders in Files on iPhone.

**Find a specific file or folder**

Enter a filename, folder name, or document type in the search field.

When you search, you have these options:

- *Focus the scope of your search:* Below the search field, tap Recents or the name of the location or tag.

- *Hide the keyboard and see more results on the screen:* Tap Search.

- *Start a new search:* Tap ⊗ in the search field.

- *Open a result:* Tap it.

**Change how files and folders are sorted**

1. From an open location or folder, tap ⊙.

2. Choose an option: Name, Date, Size, Kind, or Tags.

# Organize files and folders in Files on iPhone

In the Files app 🔵, organize documents, images, and other files in folders.

**Create a folder**

1. Open a location or an existing folder.

2. Tap ⊙, then tap New Folder.

   *Note:* If you don't see New Folder, you can't create a folder in that location.

**Rename, compress, and make other changes to a file or a folder**

Touch and hold the file or folder, then choose an option: Copy, Duplicate, Move, Delete, Rename, or Compress.

To modify multiple files or folders at the same time, tap ⊙, tap Select, tap your selections, then tap an option at the bottom of the screen.

*Note:* Some options may not be available, depending on the item you select; for example, you can't delete or move an app library (a folder labeled with the app name).

**Tag a file or folder**

1. Touch and hold the file or folder, tap Tags, then tap one or more tags.

2. Tap Done.

To find tagged items, tap Browse, then tap an item below Tags.

To remove a tag, tap it again.

**Mark a folder as a favorite**

Touch and hold the folder, then tap Favorite.

To find Favorites, tap Browse.

# Send files from Files on iPhone

You can send a copy of any file in the Files app 🟦 to others. If you have a document you want to send that isn't digitized, you can scan it with Files first.

### Send a file

1. Touch and hold the file, then tap Share.

   **Tip:** To send a smaller version of the file, tap Compress before you tap Share. Then touch and hold the compressed version of the file (identified as a zip file), and tap Share.

2. Choose an option for sending (for example, AirDrop, Messages, or Mail), then tap Send.

### Scan a document

Tap 😐 at the top of the Browse screen, then tap Scan Documents.

**Tip:** If the files or folders you want to share are stored in iCloud Drive, you can invite others to view or edit their contents—you don't need to send them copies.

# Set up iCloud Drive on iPhone

Use the Files app 🟦 to access iCloud Drive and store files, create folders, and share documents with friends and family. You can access your content from all your devices where you're signed in with the same Apple ID — including on a Mac, where iCloud Drive is located in the Finder.

iCloud Drive is built into the Files app on devices with iOS 11, iPadOS 13, or later. You can also use iCloud Drive on Mac computers (OS X 10.10 or later), PCs (iCloud for Windows 7 or later), or online at iCloud.com. Storage limits depend on your iCloud storage plan.

### Turn on iCloud Drive

Go to Settings ⚙ > [*your name*] > iCloud, then turn on iCloud Drive.

**Browse iCloud Drive**

1. Open the Files app 📁 on your iPhone.

2. Tap Browse at the bottom of the screen.

3. Below Locations, tap iCloud Drive.

   If you don't see Locations, tap Browse again. If you don't see iCloud Drive below Locations, tap Locations.

4. To open a folder, tap it.

   See Modify files and folders in Files on iPhone.

**Choose which apps use iCloud Drive**

You can choose which apps have access to store and edit content on iCloud Drive. To choose which apps have access:

Go to Settings ⚙️ > [*your name*] > iCloud, then turn on or off each of the apps listed below iCloud Drive.

# Share files and folders in iCloud Drive on iPhone

After you set up iCloud Drive, you can use the Files app 📁 to share folders and individual files with friends and colleagues. When you make changes to a shared folder or file, others see your changes automatically. If you allow people to make edits, their changes appear automatically as well.

Files and folders shared in iCloud Drive have these important characteristics:

- If you collaborate on a folder, all items added to that folder by you or other participants are automatically shared.

- The link to a shared file includes its name. If the name or content is confidential, be sure to ask recipients not to forward the link to anyone else.

- If you move a shared file to another folder or location, the link no longer works, and people lose access to the item.

- Depending on the app, users might need to reopen a file or tap the original link to see the latest changes.

**Share a folder or file**

If you own a folder or file in iCloud Drive, you can invite others to view or collaborate on its contents.

You can share a folder and file so that only people you invite can open it, or anyone with the link can open it.

You can allow the contents of a folder or file to be changed, or you can restrict access so that the contents can only be viewed.

When you share a folder, only the people you invite can access the files in the shared folder by default. To invite more people to access the files, you must change the settings of the shared folder to add more participants. You can't select an individual file within the shared folder and add participants to it.

1. Touch and hold the folder or file.

2. Tap Share ⬆, then choose if you want to collaborate or send a copy of the folder or file.

3. Do one of the following:

   - *Allow only invitees to view and edit the contents:* Tap Share Options, tap "Only people you invite," tap "Can make changes," then choose a method—such as Messages or Mail—for sending people a link to the folder or file.

   - *Allow only invitees to view the contents:* Tap Share Options, tap "Only people you invite," tap "View only," then choose a method for sending the link.

   - *Allow anyone with the link to view and edit the contents:* Tap Share Options, tap "Anyone with the link," tap "Can make changes," then choose a method for sending the link.

   - *Allow anyone with the link to view the contents:* Tap Share Options, tap "Anyone with the link," tap "View only," then choose a method for sending the link.

   - *Allow anyone to invite more people:* Tap Share Options, then tap "Anyone can add people."

4. Choose how you want to send your invitation, then tap Send.

**Invite more people to collaborate on a folder or file**

If you already shared a folder or file and its access is set to "Only people you invite," you can share it with more people.

1. Touch and hold the folder or file.

2. Tap Manage Shared Folder or Manage Shared File.

3. Tap Add People and choose a method for sending the link.

4. Enter any other requested information, then send or post the invitation.

## Share a folder or file with more people using a link

If you set the access to a shared folder or file to "Anyone with the link," anyone with the link can share it with others.

1. Touch and hold the folder or file.

2. Tap Manage Shared Folder or Manage Shared File, then tap Copy Link.

3. Choose a method for sending the link, enter any other requested information, then send or post the invitation.

## Change access and permission settings for everyone

If you're the owner of a shared folder or file, you can change its access at any time. However, everyone you shared the link with is affected.

1. Touch and hold the folder or file.

2. Tap Manage Shared Folder or Manage Shared File, then tap Share Options.

3. Change either or both of the options.

   - *Access option:* When you change the access option from "Anyone with the link" to "Only people you invite," the original link no longer works for anyone, and only people who receive a new invitation from you can open the folder or file.

   - *Permission option:* When you change the permission option, everyone who has the file open when you change the permission sees an alert. New settings take effect when the alert is dismissed.

## Change access and permission settings for one person

If you're the owner of a shared folder or file and its access is set to "Only people you invite," you can change the permission for one person without affecting the permission of others. You can also remove the person's access.

1. Touch and hold the folder or file.

2. Tap Manage Shared Folder or Manage Shared File.

3. Tap the person's name, then select an option.

## Stop sharing a folder or file

If you're the owner of a shared folder or file, you can stop sharing it.

1. Touch and hold the folder or file.

2. Tap Manage Shared Folder or Manage Shared File.

3. Tap Stop Sharing.

Anyone who has a file open when you stop sharing it sees an alert. The item closes when the alert is dismissed, the file is removed from the person's iCloud Drive, and the link no longer works. If you later share the item again and set the access to "Anyone with the link," the original link works. If the access is set to "Only people you invite," the original link works again only for people you reinvite to share the item.

# Find My

## Find people

### Share your location in Find My on iPhone

Before you can use the Find My app 🟢 to share your location with friends, you need to set up location sharing.

*Note:* If you set up location sharing and others still can't see your location, make sure Location Services is on in Settings ⚙️ > Privacy & Security > Location Services > Find My. See Control the location information you share on iPhone.

*Note:* Share My Location isn't available in all locations.

**Set up location sharing**

1. In the Find My app, tap Me at the bottom of the screen, then turn on Share My Location.

   The device sharing your location appears next to From.

2. If your iPhone isn't currently sharing your location, you can tap Use This iPhone as My Location.

*Note:* To share your location from another device, open Find My on the device and change your location to that device. If you share your location from an iPhone that's paired with Apple Watch (GPS + Cellular models), your location is shared from your Apple Watch when you're out of range of your iPhone and Apple Watch is on your wrist.

You can also change your location sharing settings in Settings ⚙️ > [*your name*] > Find My.

**Set a label for your location**

You can set a label for your current location to make it more meaningful (like Home or Work). When you tap Me, you see the label in addition to your location.

1. Tap Me at the bottom of the screen, then tap Location.

2. Select a label.

To add a new label, tap Add Custom Label, enter a name, then tap Done.

**Share your location with a friend**

1. Tap ➕, then choose Share My Location.
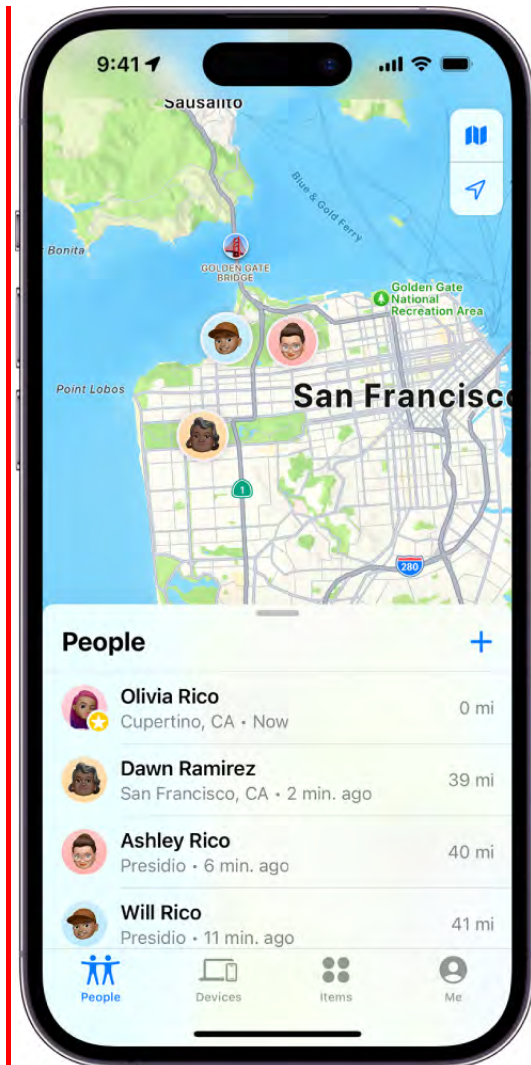
Tap a person to see contact information, get directions, and more.

2. In the To field, type the name of a friend you want to share your location with (or tap ⊕ and select a contact).

3. Tap Send and choose how long you want to share your location.

You can also notify a friend or family member when your location changes.

If you're a member of a Family Sharing group, see Share your location with family members.

**Stop sharing your location**

You can stop sharing your location with a specific friend or hide your location from everyone.

- *Stop sharing with a friend:* Tap People at the bottom of the screen, then tap the name of the person you don't want to share your location with. Tap Stop Sharing My Location, then tap Stop Sharing Location.

- *Hide your location from everyone:* Tap Me at the bottom of the screen, then turn off Share My Location.

**Respond to a location sharing request**

1. Tap People at the bottom of the screen.

2. Tap Share below the name of the friend who sent the request and choose how long you want to share your location.

   If you don't want to share your location, tap Cancel.

**Stop receiving new location sharing requests**

Tap Me at the bottom of the screen, then turn off Allow Friend Requests.

## Use Precision Finding on iPhone XY to meet up with a friend

Use the Find My app 🟢 on iPhone XY to meet up with a friend.

Precision Finding for People is available in select countries and regions, and both you and the friend you're looking for must have a iPhone XY.

To use another iPhone model to find someone, see Locate a friend.

1. Open the Find My app 🟢 on your iPhone.

2. Tap People at the bottom of the screen, then tap the name of the friend you want to meet.

   If you aren't following each other, you may have to share your location or ask for their location.

3. Do one of the following:

- *See your friend in Maps:* If you aren't nearby, tap Directions to get closer to their location.

- *Find your friend nearby:* If you're near one another, tap Find to notify your friend that you're trying to locate them, then follow the onscreen instructions to get directions to them.

  When you get close enough to each other, an arrow will point in their direction with an estimate of how far away they are. When you're walking in the right direction, the screen will turn green.

4. When you locate the person you're looking for, tap ⊗.

If you receive a notification that a friend is trying to find you, you can tap Share so they can find their way to you more easily. If you've already shared your location with them, they see where you are relative to their location. (You can stop sharing your location at any point.)

## Send your location via satellite in Find My on iPhone

On iPhone 14, iPhone 14 Pro, iPhone Y, and iPhone YY, with iOS 16.1 or later, you can use the Find My app 🟢 to share your location via satellite when you're outside cellular and Wi-Fi coverage.

*Note:* Sharing your location via satellite isn't available in all countries or regions. For information about Emergency SOS via satellite availability see this Apple Support article.

**Before you disconnect from cellular and Wi-Fi coverage**

Most Find My features are only available if you're connected to a cellular or Wi-Fi network. To share your location with friends via satellite, do the following *before* you're outside cellular or Wi-Fi coverage:

- Set the iPhone you're bring with you as the iPhone that shares your location. On your iPhone 14 or iPhone XY Find My app, tap Me at the bottom of the screen, then make sure Share My Location is turned on. If your iPhone isn't currently sharing your location, tap Use This iPhone as My Location.

- Add the contacts you want to share your location with. See Share your location in Find My on iPhone.

**Send your location via satellite**

You can use the Find My app to share your location via satellite if you're not connected to a cellular or Wi-Fi network. To share your location with a friend via satellite, you must already be sharing your location with that friend in Find My. See Share your location in Find My on iPhone.

1. Make sure that you're outside with a clear view of the sky and the horizon. If you're under heavy foliage or surrounded by other obstructions, you might not be able to connect to a satellite.

2. Open the Find My app, then tap Me at the bottom of the screen.

3. Tap Send My Location (below My Location via Satellite), then follow the onscreen instructions.

   If you need to turn left or right to connect to a satellite, your iPhone provides guidance—just follow the onscreen instructions.

   *Note:* It may take a few minutes to send your location via satellite; continue to follow the onscreen instructions until the message is sent.

You can send your location once every 15 minutes. When you send your location via satellite, you don't see your friend's location in the Find My app.

**See a friend's location sent via satellite**

In order to see a friend's location sent via satellite, you need to have iOS 16.1 or later installed on your iPhone (iPhone 14 isn't required).

When a contact sends you their location via satellite, a satellite icon 🛰 appears next to their picture and Satellite Location appears in the text in the Find My app. Their most recent location is viewable for up to 7 days.

## Add or remove a friend in Find My on iPhone

In the Find My app 🟢, once you share your location with a friend, you can ask to see their location on a map.

**Ask to see a friend's location**

1. Tap People at the bottom of the screen, then tap the name of the person whose location you want to see.

   If you don't see a person in the list, make sure you're sharing your location with them.

2. Tap Ask To Follow Location.

After your friend receives and accepts your request, you can see their location. See Respond to a location sharing request.

*Note:* If you see your friend's name in the People list but can't see their location on the map, ask them to make sure they're sharing their location and that Location Services is on in Settings ⚙ > Privacy & Security > Location Services > Find My.

**Remove a friend**

When you remove a friend, that person is removed from your People list and you are removed from theirs.

1. Tap People at the bottom of the screen, then tap the name of the person you want to remove.

2. Tap Remove [*name*], then tap Remove.

## Locate a friend in Find My on iPhone

When a friend shares their location with you, you can use the Find My app 🟢 to locate them on a map.

*Note:* If you want to see how far away your friends are from you, make sure you turn on Precise Location for the Find My app. See Control the location information you share on iPhone .

Tap a person to see contact information, get directions, and more.

## See the location of a friend

Tap People at the bottom of the screen, then tap the name of the person you want to locate.

- *If your friend can be located:* They appear on a map so you can see where they are.

- *If your friend can't be located:* You see "No location found" below their name.

- *If you aren't following your friend:* You see "Can see your location" below their name. You can ask to see a friend's location.

You can also use Siri to locate a friend who has shared their location with you.

> **Siri:** Say something like: "Where's Gordon?" Learn how to use Siri.

**Contact a friend**

1. Tap People at the bottom of the screen, then tap the name of the person you want to contact.

2. Tap Contact and choose how you want to contact your friend. See Add and use contact information on iPhone.

**Get directions to a friend**

You can get directions to a friend's current location in the Maps app 🗺️.

1. Tap People at the bottom of the screen, then tap the name of the person you want to get directions to.

2. Tap Directions to open Maps.

See Get directions in Maps.

**Set a label for a friend's location**

You can set a label for a friend's current location to make it more meaningful (like Home or Work). The label appears below your friend's name when they're at that location.

1. Tap People at the bottom of the screen, then tap the name of the person you want to set a location label for.

2. Tap Edit Location Name, then select a label.

   To add a new label, tap Add Custom Label, enter a name, then tap Done.

**Mark favorite friends**

Favorite friends appear at the top of the People list and are marked by a star.

1. Tap People at the bottom of the screen, then find the person you want to mark as a favorite.

2. Do one of the following:

   - Tap the name of the person, then tap Add [*name*] to Favorites.

   - Swipe left across the person's name, then tap the star.

To remove a friend from your Favorites, swipe left and tap the star, or tap the friend, then tap Remove [*name*] from Favorites.

## Get notified when a friend's location changes in Find My on iPhone

Use the Find My app 🟢 to get a notification when your friend's location changes. You can get notified when a friend arrives at a location, leaves a location, or is not at a location.

**Important:** In order to receive a notification when your friend's location changes, make sure you allow notifications for the Find My app. See Change notification settings on iPhone.

You can also let friends know when your location changes. See Notify a friend when your location changes in Find My on iPhone.

### Get notified when your friend arrives at or leaves a location

1. Tap People at the bottom of the screen, then tap the name of the person you want to be notified about.

2. Below Notifications, tap Add, then tap Notify Me.

3. Choose whether you want to be notified when a friend arrives at or leaves a location.

4. Choose a location, or tap New Location to create a new location and set a location radius.

   With a larger radius, you're notified when your friend is near the location instead of right at the location.

5. Choose whether you want to be notified only once or every time.

6. Tap Add, then tap OK.

   Your friend gets an alert after you set the notification.

   If you set a recurring notification, your friend must approve it before it's set. They get an alert asking for approval when they arrive at or leave the location you chose for the first time.

### Get notified when your friend isn't at a location

You can receive a notification if your friend or family member isn't at a specific location during a set schedule. For example, you can be notified if your child isn't at school during school hours.

1. Tap People at the bottom of the screen, then tap the name of the person you want to be notified about.

2.  Below Notifications, tap Add, then tap Notify Me.

3.  Below When, tap [*your friend's name*] Is Not At.

4.  Choose a location, or tap New Location to create a new location and set a location radius.

    With a larger radius, you're notified when your friend is near the location instead of right at the location.

5.  Select when you want to be notified.

    *   *Time:* Select a start and end time.

    *   *Days:* Select the days of the week.

6.  Tap Add, then tap OK.

    Your friend must approve the notification before it's set. They get an alert asking for approval on the time and day the notifications start.

**Change or turn off a notification you set**

1.  Tap People at the bottom of the screen, then tap the name of the person whose notification you want to change or turn off.

    This could be a notification you receive about a friend, or a notification your friend receives about you.

2.  Below Notifications, tap the notification.

3.  Do either of the following:

    *   *Change a notification:* Change any details, then tap Done.

    *   *Turn off a notification:* Tap Delete Notification, then tap Delete Notification again.

You can create up to 25 Notify Me notifications.

*Note:* You can only create recurring notifications for friends who have two-factor authentication turned on.

## Notify a friend when your location changes in Find My on iPhone

Use the Find My app 🟢 to let a friend know when your location changes.

You can also get a notification when your friend's location changes. See Get notified when a friend's location changes in Find My on iPhone.

## Notify a friend when your location changes

1. Tap People at the bottom of the screen, then tap the name of the person you want to notify.

2. Below Notifications, tap Add, then tap Notify [*your friend's name*].

3. Choose whether you want to notify your friend when you arrive at or leave a location.

4. Choose a location, or tap New Location to create a new location and set a location radius.

   With a larger radius, your friend is notified when you're near the location instead of right at the location.

5. Choose whether you want your friend to be notified only once or every time.

6. Tap Add.

You can stop notifying friends when your location changes at any time. See Change or turn off a notification you set.

## See all notifications about you

1. Tap Me at the bottom of the screen.

   Below Notifications About You, you see a list of people who are notified when your location changes.

   If you don't see the Notifications About You section, you aren't notifying any friends when your location changes.

2. Select a name to see more details.

## Turn off notifications about you

You can turn off any location notification about you. This includes notifications you set and notifications your friends create.

1. Tap Me at the bottom of the screen.

   Below Notifications About You, you see a list of people who are notified when your location changes.

If you don't see the Notifications About You section, you aren't notifying any friends when your location changes.

2. Select a name, then tap a notification.

3. Tap Delete Notification, then tap Delete Notification again.

# Find devices

## Add your iPhone to Find My

Before you can use the Find My app 🟢 to locate a lost iPhone, you need to connect the device to your Apple ID.

When you add your iPhone to Find My, you can also get notified if you leave it behind. See Set separation alerts in case you leave a device behind in Find My on iPhone.

**Add your iPhone**

1. On your iPhone, go to Settings ⚙️ > [*your name*] > Find My.

   If you're asked to sign in, enter your Apple ID. If you don't have one, tap "Don't have an Apple ID or forgot it?" then follow the instructions.

2. Tap Find My iPhone, then turn on Find My iPhone.

3. You can also turn on or off either of the following:

   - *Find My network:* If your device is offline (not connected to Wi-Fi or cellular), Find My can locate it using the Find My network.

     On a supported iPhone, turning on the Find My network allows you to locate your iPhone for up to 24 hours after it's turned off, or up to 5 hours when it's in power reserve mode.

   - *Send Last Location:* If your device's battery charge level becomes critically low, its location is sent to Apple automatically.

Your iPhone also includes a feature called Activation Lock that prevents anyone else from activating and using your device, even if it's completely erased. See the Apple Support article Activation Lock for iPhone, iPad, and iPod touch.

**Add another device**

See any of the following:

- *iPad:* Add your iPad to Find My in the iPad User Guide

- *iPod touch:* Add your iPod touch to Find My in the iPod touch User Guide

- *Mac:* Set up Find My on Mac in the Find My User Guide for Mac

- *Apple Watch:* Set up and pair your Apple Watch with iPhone in the Apple Watch User Guide

- *AirPods:* Pairing instructions for your model in the "Pair and connect" section in the AirPods User Guide and Turn on the Find My network for AirPods (3rd generation), AirPods Pro, and AirPods Max

- *iPhone Wallet with MagSafe and Find My support:* Add your iPhone Wallet with MagSafe to Find My on iPhone

You can also add AirTags and other items to Find My using your iPhone. See any of the following:

- Add an AirTag in Find My on iPhone

- Add or update a third-party item in Find My on iPhone

**Add a family member's device**

You can see your family members' devices in Find My if you set up Family Sharing first. Their devices appear below yours in the Devices list. See Share locations with family members and locate their lost devices on iPhone.

You can't add friends' devices to Find My. Friends who lose a device can go to Find Devices on iCloud.com and sign in with their Apple ID.

## Add your iPhone Wallet with MagSafe to Find My on iPhone

If your iPhone Wallet with MagSafe has Find My support, you can connect it to your Apple ID so you can see its last known location in the Find My app 🟢. You can allow someone who finds it to see your contact information to help them return it to you.

When you add your iPhone Wallet with MagSafe to Find My, you can get notified if it detaches from your iPhone.

*Note:* iPhone Wallet with MagSafe and Find My support can be used with compatible iPhone models.

**Add iPhone Wallet with MagSafe when you first attach it to your iPhone**

1. Go to the Home Screen on your iPhone.

2. Attach your iPhone Wallet with MagSafe and Find My support to your iPhone.

3. Tap Continue on your iPhone screen, then follow the onscreen instructions.

**Add iPhone Wallet with MagSafe later**

If you decide not to add your iPhone Wallet with MagSafe and Find My support when you first attach it to your iPhone, you can add it later from the Find My app.

1. Attach your iPhone Wallet with MagSafe and Find My support to your iPhone.

2. In Find My, tap ＋, choose Add MagSafe Accessory, then follow the onscreen instructions.

If the iPhone Wallet with MagSafe and Find My support is associated with someone else's Apple ID, they need to remove it before you can add it. See Remove a device from Find My on iPhone.

## Set separation alerts in case you leave a device behind in Find My on iPhone

In the Find My app 🟢, you can turn on separation alerts for a device so you don't accidentally leave it behind. You can also set Trusted Locations, which are locations where you can leave your device without receiving an alert.

If you have an iPhone Wallet with MagSafe and Find My support, you can get an alert if it detaches from your iPhone.

**Important:** In order to receive separation alerts, make sure you allow notifications for the Find My app. See Change notification settings on iPhone.

**Set up alerts for your iPhone, iPad, Mac, or AirPods**

You can set up separation alerts for your iPhone, iPad, or iPod touch with iOS 15, OS 15, or later; Mac with Apple silicon and macOS 12 or later; or AirPods with the Find My network turned on.

You can only set up a separation alert from the device sharing your location. You receive an alert every time the device sharing your location separates from the device you set an alert for.

1. Tap Devices at the bottom of the screen, then tap the name of the device you want to set up an alert for.

2. Below Notifications, tap Notify When Left Behind.

3. Turn on Notify When Left Behind, then follow the onscreen instructions.

4. If you want to add a Trusted Location, you can choose a suggested location, or tap New Location, select a location on the map, then tap Done.

5. Tap Done.

**Get notified when your iPhone Wallet with MagSafe detaches from your iPhone**

You can get an alert one minute after your iPhone Wallet with MagSafe and Find My support separates from your iPhone. Then you can use the Find My app to see its last known location on a map.

1. Tap Devices at the bottom of the screen, then tap the name of your iPhone Wallet with MagSafe.

2. Below Notifications, tap Notify When Detached.

3. Turn off or on Notify When Detached, then tap Done.

## Locate a device in Find My on iPhone

Use the Find My app 🟢 to locate and play a sound on a missing iPhone, iPad, iPod touch, Mac, Apple Watch, AirPods, or Beats headphones (supported models). In order to locate a device, you must turn on Find My [device] *before* it's lost.

*Note:* If you want to see how far away your devices are from you, make sure you turn on Precise Location for the Find My app. See Control the location information you share on iPhone.

If you lose your iPhone and don't have access to the Find My app, you can locate or play a sound on your device using Find Devices on iCloud.com.

Tap a device to play a sound, get directions, and more.

## About locating a device

- You can use Find My on your iPhone to see the location of your device on a map. If the device is online, you see its location, and it plays a sound to help you find it. If the device is offline, you see its location, but it doesn't play a sound.

- For AirPods and supported Beats headphones, you can locate them when they're near your device and connected to Bluetooth® . For supported AirPods, you can also see their location via the Find My network for up to 24 hours after they last connected to your device, even if they're not nearby.

- For iPhone Wallet with MagSafe and Find My support, you can see its location when it's attached to your iPhone and its last known location if it detaches from your iPhone.

**See the location of your device on a map**

You can see your device's current or last known location in the Find My app.

Tap Devices at the bottom of the screen, then tap the name of the device you want to locate.

- *If the device can be located:* It appears on the map so you can see where it is.

- *If the device can't be located:* You see "No location found" below the device's name. Below Notifications, turn on Notify When Found. You receive a notification when it's located.

  **Important:** Make sure you allow notifications for the Find My app. See Change notification settings on iPhone.

For troubleshooting steps, see the Apple Support article If Find My is offline or not working.

**Play a sound on your device**

1. Tap Devices at the bottom of the screen, then tap the name of the device you want to play a sound on.

2. Tap Play Sound.

   - *If the device is online:* A sound starts after a short delay and gradually increases in volume, then plays for about two minutes. If applicable, a Find My [*device*] alert appears on the device's screen.

     A confirmation email is also sent to your Apple ID email address.

   - *If the device is offline:* You see Sound Pending. The sound plays the next time the device connects to a Wi-Fi or cellular network. For AirPods and Beats headphones, you receive a notification the next time your device is in range of your iPhone or iPad.

If your AirPods are separated, you have additional options to play a sound. See Locate AirPods in Find My in the AirPods User Guide.

**Stop playing a sound on a device**

If you find your device and want to turn off the sound before it stops automatically, do one of the following:

- *iPhone, iPad, or iPod touch:* Press the power button or a volume button, or flip the Ring/Silent switch. If the device is locked, you can also unlock it, or swipe to dismiss the Find My [*device*] alert. If the device is unlocked, you can also tap OK in the Find My [*device*] alert.

- *Apple Watch:* Tap Dismiss in the Find My Watch alert, or press the Digital Crown or side button.

- *Mac:* Click OK in the Find My Mac alert.

- *AirPods or Beats headphones:* Tap Stop in Find My.

**Get directions to a device**

You can get turn-by-turn directions to your device if you see its location on the map.

1. Tap Devices at the bottom of the screen, then tap the name of the device you want to get directions to.

2. Tap Directions to open the Maps app 🗺️. See Get directions in Maps.

If you're near your supported AirPods, you can tap Find for additional directions. For more information, see Locate AirPods in Find My in the AirPods User Guide.

**Locate or play a sound on a friend's device**

If your friend loses a device, they can locate it or play a sound on it by going to Find Devices on iCloud.com and signing in with their Apple ID and password. To learn more, see Locate a device in Find Devices on iCloud.com in the iCloud User Guide.

If you set up Family Sharing, you can use Find My to locate a family member's missing device.

You can also use Siri to help locate a device.

**Siri:** Say something like: "Play a sound on my iPhone" or "Where's my iPad?" Learn how to use Siri.

## Mark a device as lost in Find My on iPhone

Use the Find My app 🟢 to mark a missing iPhone, iPad, iPod touch, Apple Watch, Mac, supported AirPods, or iPhone Wallet with MagSafe as lost. In order to mark a device as lost, you must turn on Find My [device] *before* it's lost.
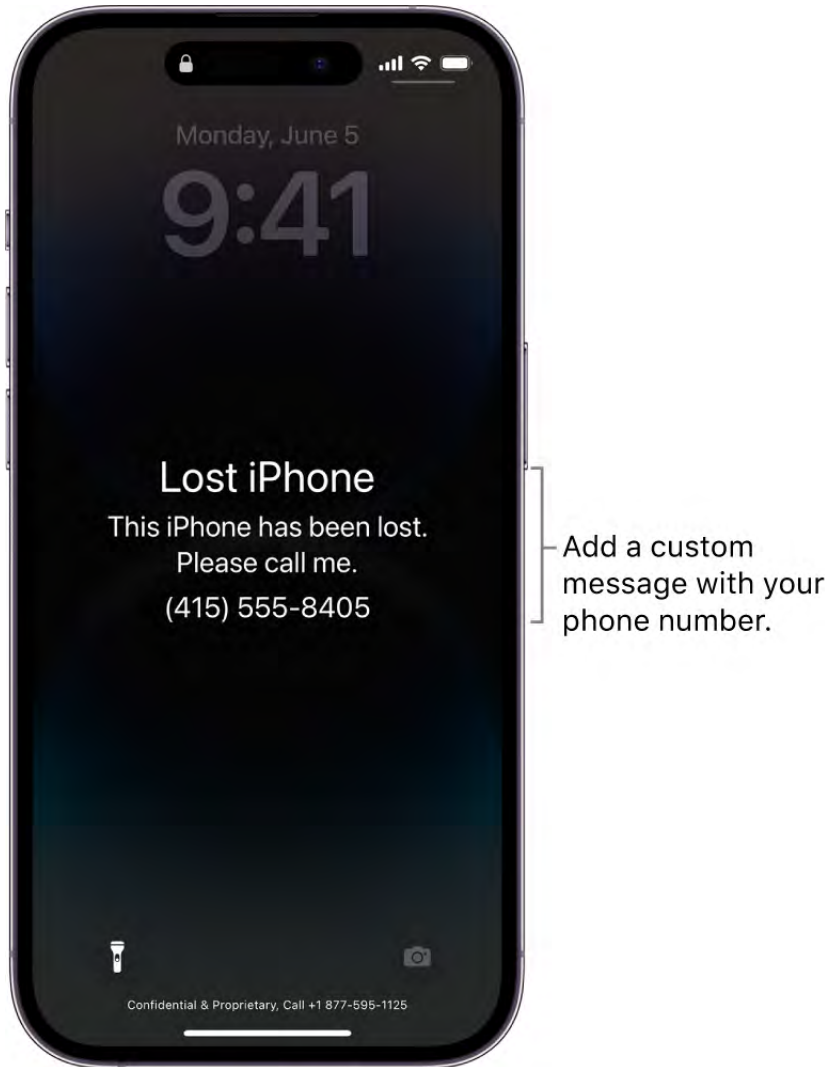
## What happens when you mark a device as lost?

- A confirmation email is sent to your Apple ID email address.

- You can create a message for the device that says it's lost and how to contact you.

- For an iPhone, iPad, iPod touch, Mac, or Apple Watch, your device doesn't display alerts or make noise when you receive messages or notifications, or if any alarms go off. Your device can still receive phone calls and FaceTime calls.

- For applicable devices, payment cards and other services are suspended.

## Mark a device as lost

If your device is lost or stolen, you can turn on Lost Mode (for your iPhone, iPad, iPod touch, Apple Watch, supported AirPods, or iPhone Wallet with MagSafe), or lock your Mac.

1. Tap Devices at the bottom of the screen, then tap the name of the lost device.

2. Below Mark As Lost, tap Activate.

3. Follow the onscreen instructions, keeping the following in mind:

   - *Passcode:* If your iPhone, iPad, iPod touch, or Apple Watch doesn't have a passcode, you're asked to create one now. For a Mac, you must create a numerical passcode, even if you already have a password set up on your Mac. This passcode is distinct from your password and is only used when you mark your device as lost.

   - *Contact information:* For iPhone, iPad, iPod touch, Mac, or Apple Watch, the contact information and message appear on the device's Lock Screen. For AirPods or iPhone Wallet with MagSafe, the information appears when someone tries to connect with your device.

4. Tap Activate (for an iPhone, iPad, iPod touch, Apple Watch, AirPods, or iPhone Wallet with MagSafe) or Lock (for a Mac).

When the device has been marked as lost, you see Activated below the Mark As Lost section. If the device isn't connected to a network when you mark it as lost, you see Pending until the device goes online again.

See also Mark AirPods as lost in the AirPods User Guide.

**Change the information for a lost device**

After you mark your iPhone, iPad, iPod touch, Apple Watch, or iPhone Wallet with MagSafe as lost, you can adjust the information in the Lost Mode message.

1. Tap Devices at the bottom of the screen, then tap the name of the lost device.

2. Below Mark As Lost, tap Pending or Activated.

3. Update the information, then tap Done.

**Turn off Lost Mode for an iPhone, iPad, iPod touch, Apple Watch, AirPods, or iPhone Wallet with MagSafe**

When you find your lost device, you can turn off Lost Mode.

1. In Find My, tap Devices at the bottom of the screen, then tap the name of the device.

2. Tap Pending or Activated below Mark As Lost, tap Turn Off Mark As Lost, then tap Turn Off.

For iPhone, iPad, iPod touch, or Apple Watch, you can also turn off Lost Mode by entering your passcode on the device. For iPhone Wallet with MagSafe, you can turn off Lost Mode by attaching the wallet to your iPhone.

**Unlock a Mac**

When you find your lost Mac, do one of the following:

- Mac with Apple silicon: Enter your Apple ID and password.

  See the Apple Support articles If you forgot your Apple ID email address or phone number or If you forgot you Apple ID password.

- Intel-based Mac: Enter the numeric passcode on the Mac to unlock it (the one you set up when you marked your Mac as lost).

If you forget your passcode, you can recover it using Find Devices on iCloud.com. For more information, see Use Lost Mode in Find Devices on iCloud.com in the iCloud User Guide.

If you lose your iPhone, you can turn on Lost Mode using Find Devices on iCloud.com.

## Erase a device in Find My on iPhone

Use the Find My app 🔵 to erase an iPhone, iPad, iPod touch, Apple Watch, or Mac. In order to remotely erase a device, you must turn on Find My [device] *before* it's lost.

**What happens when you erase a device in Find My?**

- A confirmation email is sent to your Apple ID email address.

- When you erase a device remotely using Find My, Activation Lock remains on to protect it. Your Apple ID and password are required to reactivate it.

- If you erase a device that had iOS 15, iPadOS 15, or later installed, you can use Find My to locate or play a sound on the device. Otherwise, you won't be able to locate or play a sound on it. You may still be able to locate your Mac or Apple Watch if it's near a previously used Wi-Fi network.

**Erase a device**

1. Tap Devices at the bottom of the screen, then tap the name of the device you want to erase.

2. Tap Erase This Device, then tap Continue.

   If the device is a Mac, enter a passcode to lock it (you need to use the passcode to unlock it).

3. If the device is lost and you're asked to enter a phone number or message, you may want to indicate that the device is lost or how to contact you. The number and message appear on the device's Lock Screen.

4. Tap Erase.

5. Enter your Apple ID password, then tap Erase again.

If your device is offline, you see Erase Pending. The remote erase begins the next time it connects to a Wi-Fi or cellular network.

**Cancel an erase**

If you erase an offline device and find it before it comes online again, you can cancel the erase request.

1. Tap Devices at the bottom of the screen, then tap the name of the device whose erase you want to cancel.

2. Tap Cancel Erase, then enter your Apple ID password.

If you lose your iPhone, you can erase it using Find Devices on iCloud.com.

## Remove a device from Find My on iPhone

You can use the Find My app 🟢 to remove a device from your Devices list or turn off Activation Lock on a device you already sold or gave away. When you remove Activation Lock, someone else can activate the device and connect it to their Apple ID.

If you still have the device, you can turn off Activation Lock and remove the device from your account by turning off the Find My [*device*] setting on the device.

## Remove a device from your Devices list

If you're not planning on using a device, you can remove it from your Devices list. The device must be offline in order for you to remove it.

The device appears in your Devices list the next time it comes online if it still has Activation Lock turned on (for an iPhone, iPad, iPod touch, Mac, or Apple Watch), or is paired with your iOS or iPadOS device (for AirPods or Beats headphones).

1. Do one of the following:

   - *For an iPhone, iPad, iPod touch, Mac, or Apple Watch:* Turn off the device.

   - *For AirPods:* Put AirPods in their case and close the lid or turn the AirPods off.

   - *For Beats headphones:* Turn off the headphones.

2. In Find My, tap Devices at the bottom of the screen, then tap the name of the offline device.

3. Tap Remove This Device, then tap Remove.

## Remove an iPhone Wallet with MagSafe

You can remove an iPhone Wallet with MagSafe and Find My support from your Devices list if you don't want it to appear in the Find My app. Removing it from Find My allows someone else to connect it to their Apple ID.

1. In Find My, tap Devices at the bottom of the screen, then tap the name of your iPhone Wallet with MagSafe.

2. Tap Remove This Device, then follow the onscreen instructions.

## Turn off Activation Lock on a device you have

Before you sell, give away, or trade in a device, you should remove Activation Lock so the device is no longer associated with your Apple ID.

See the Apple Support articles:

- What to do before you sell, give away, or trade in your iPhone, iPad, or iPod touch and Activation Lock for iPhone, iPad, and iPod touch

- What to do before you sell, give away, or trade in your Mac and Activation Lock for Mac

- What to do before you sell, give away, or trade in your Apple Watch, or buy one from someone else and About Activation Lock on your Apple Watch

**Turn off Activation Lock on a device you no longer have**

If you sold or gave away your iPhone, iPad, iPod touch, Mac, or Apple Watch and you forgot to turn off Find My [*device*], you can still remove Activation Lock using the Find My app.

1. Tap Devices at the bottom of the screen, then tap the name of the device you want to remove.

2. Erase the device.

   Because the device isn't lost, don't enter a phone number or message.

   If the device is offline, the remote erase begins the next time it connects to a Wi-Fi or cellular network. You receive an email when the device is erased.

3. When the device is erased, tap Remove This Device, then tap Remove.

   All your content is erased, Activation Lock is turned off, and someone else can now activate the device.

You can also remove a device online using iCloud.com. For instructions, see Remove a device from Find Devices on iCloud.com in the iCloud User Guide.

# Find items

## Add an AirTag in Find My on iPhone

You can register an AirTag to your Apple ID using your iPhone. When you attach it to an everyday item, like a keychain or a backpack, you can use the Find My app 🟢 to locate it if it's lost or misplaced.

You can also get notified if you leave your AirTag behind. See Set separation alerts in case you leave an AirTag or item behind in Find My on iPhone.

You can also Share an AirTag  with other users.

You can also add supported third-party products to Find My. See Add or update a third-party item in Find My on iPhone.

**Add an AirTag**

1. Go to the Home Screen on your iPhone.

2. Remove the battery tab from the AirTag (if applicable), then hold it near your iPhone.

3. Tap Connect on the screen of your iPhone.

4. Choose a name from the list or choose Custom Name to type a name and select an emoji, then tap Continue.

5. Tap Continue to register the item to your Apple ID, then tap Finish.

You can also register an AirTag in the Find My app. Tap ＋, then choose Add AirTag.

If the item is registered to someone else's Apple ID, they need to remove it before you can add it. See Remove an AirTag or other item from Find My on iPhone.

**Change the name or emoji of an AirTag**

1. Tap Items at the bottom of the screen, then tap the AirTag whose name or emoji you want to change.

2. Tap Rename Item.

3. Choose a name from the list or choose Custom Name to type a name and select an emoji.

4. Tap Done.

**View more details about an AirTag**

When you register an AirTag to your Apple ID, you can view more details about it in the Find My app.

1. Tap Items at the bottom of the screen, then tap the AirTag you want to see more details about.

2. Tap the name of the AirTag to see the serial number and the firmware version.

If the battery level is low, a message appears below the location of the AirTag. You can also see a low battery indicator next to the name of the AirTag in the Items list.

## Share an AirTag or other item in Find My on iPhone

If you want to share an item that's paired with an AirTag (or a third-party item that works with Find My), you can share it in Find My so the borrower can see it on a map and find it. If it's nearby, Find My can play a sound, and if you're using a supported iPhone, you can find its precise location. People you're sharing items with don't receive tracking notifications when the items are moving with them.

*Note:* You share a third-party item the same way you share an AirTag.

**Share an AirTag**

1. Open the Find My app 🟢 on your iPhone, then tap Items.

2. Tap the name of the AirTag or item you want to share, then tap Add Person below Share This AirTag (or Share This Item).

3. Enter the Apple ID of the person you want to add.

   To add more people, tap ⊕.

4. Tap the name of the person you want to share with, then tap their Apple ID.

   Repeat steps 3 and 4 for each person you want to add.

5. When you're finished adding people, tap Share in the top-right corner.

   A list of everyone you invited appears on the item's main screen, along with the status of their invitations.

   When someone accepts the invitation, the shared AirTag appears in the Find My app under Items and the recipient is notified that an item is being shared with them. If someone declines the invitation, their name is removed from the list, and you no longer see it.

   *Note:* You can only share an AirTag with someone who has an Apple ID. You can't share with a child account.

**Accept or decline an invitation to share**

If you're invited to share an AirTag, you receive a notification. To see the invitation in Find My, tap Items.

If you receive an invitation, do one of the following:

- *Accept the invitation:*  Tap Add.

  The AirTag appears in your Items list, below [*Sharer*]'s Items. You stop receiving Tracking Notifications for as long as you borrow the AirTag.

- *Decline the invitation:*  Tap Don't Add.

**Stop sharing an AirTag**

1. Open Find My, then tap Items.

2. Tap the name of the item you're sharing, then tap the name of the person you're sharing it with.

3. Tap Stop Sharing, then tap Stop Sharing again.

The person you were sharing with stops seeing the AirTag's location, but might still get Tracking Notifications when the AirTag is moving with them.

## Add or update a third-party item in Find My on iPhone

You can use certain third-party products with the Find My app 🟢. You can register these products to your Apple ID using your iPhone, and then use Find My to locate them if they're lost or misplaced.

You can also get notified if you leave your item behind. See Set separation alerts in case you leave an AirTag or item behind in Find My on iPhone.

You can also add an AirTag to Find My. See Add an AirTag in Find My on iPhone.

**Add a third-party item**

1. Follow the manufacturer's instructions to make the item discoverable.

2. In the Find My app, tap ✛, then choose Add Other Item.

3. Tap Connect, type a name and select an emoji, then tap Continue.

4. Tap Continue to register the item to your Apple ID, then tap Finish.

If you have trouble adding an item, contact the manufacturer to see if Find My is supported.

If the item is registered to someone else's Apple ID, they need to remove it before you can add it. See Remove an AirTag or other item from Find My on iPhone.

**Change an item's name or emoji**

1. Tap Items at the bottom of the screen, then tap the item whose name or emoji you want to change.

2. Tap Rename Item.

3. Choose a name from the list or choose Custom Name to type a name and select an emoji.

4. Tap Done.

**Keep your item up to date**

Keep your item up to date so you can use all the features in Find My.

1. Tap Items at the bottom of the screen, then tap the item you want to update.

2. Tap Update Available, then follow the onscreen instructions.

   *Note:* If you don't see Update Available, your item is up to date.

   While the item is updating, you can't use Find My features.

**View details about an item**

When you register an item to your Apple ID, you can use Find My to see more details about it, like the serial number or model. You can also see if a third-party app is available from the manufacturer.

1. Tap Items at the bottom of the screen, then tap the item you want more details about.

2. Do either of the following:

   • *View details:* Tap Show Details.

   • *Get or open third-party app:* If an app is available, you see the app icon. Tap Get or ☁ to download the app. If you've already downloaded it, tap Open to open it on your iPhone.

## Set separation alerts in case you leave an AirTag or item behind in Find My on iPhone

In the Find My app 🟢, you can turn on separation alerts for an AirTag or other item so you don't accidentally leave it behind. You receive an alert every time the device sharing your location separates from the item.

You can also set Trusted Locations, which are locations where you can leave an item without receiving an alert.

**Important:** In order to receive separation alerts, make sure you allow notifications for the Find My app. See Change notification settings on iPhone.

1. Tap Items at the bottom of the screen, then tap the name of the item you want to set an alert for.

2. Below Notifications, tap Notify When Left Behind.

3. Turn on Notify When Left Behind.

4. If you want to add a Trusted Location, you can choose a suggested location, or tap New Location, select a location on the map, then tap Done.

5. Tap Done.

## Locate an AirTag or other item in Find My on iPhone

You can use the Find My app 🟢 to locate a missing AirTag or third-party item that you've registered to your Apple ID.

Learn how to register an AirTag or third-party item.

**See the location of an item**

Tap Items at the bottom of the screen, then tap the item you want to locate.

- *If the item can be located:* It appears on the map so you can see where it is. The location and timestamp appear below the item's name. The item's location is updated when it connects to the Find My network.

- *If the item can't be located:* You see where and when it was last located. Below Notifications, turn on Notify When Found. You receive a notification once it's located again.

   **Important:** Make sure you allow notifications for the Find My app. See Change notification settings on iPhone.

## Play a sound

If the item is nearby, you can play a sound on it to help you find it.

*Note:* If you can't play a sound on an item, you won't see the Play Sound button.

1. Tap Items at the bottom of the screen, then tap the item you want to play a sound on.

2. Tap Play Sound.

   To stop playing the sound before it ends automatically, tap Stop Sound.

## Get directions to an item

You can get directions to an item's current or last known location in the Maps app 🗺️.

1. Tap Items at the bottom of the screen, then tap the item you want to get directions to.

2. Tap Directions to open Maps.

See Get directions in Maps.

## Find the precise location of an AirTag

If you have a supported iPhone and are near your AirTag, you can find its precise location.

1. Tap Items at the bottom of the screen, then tap the nearby AirTag.

2. Tap Find.
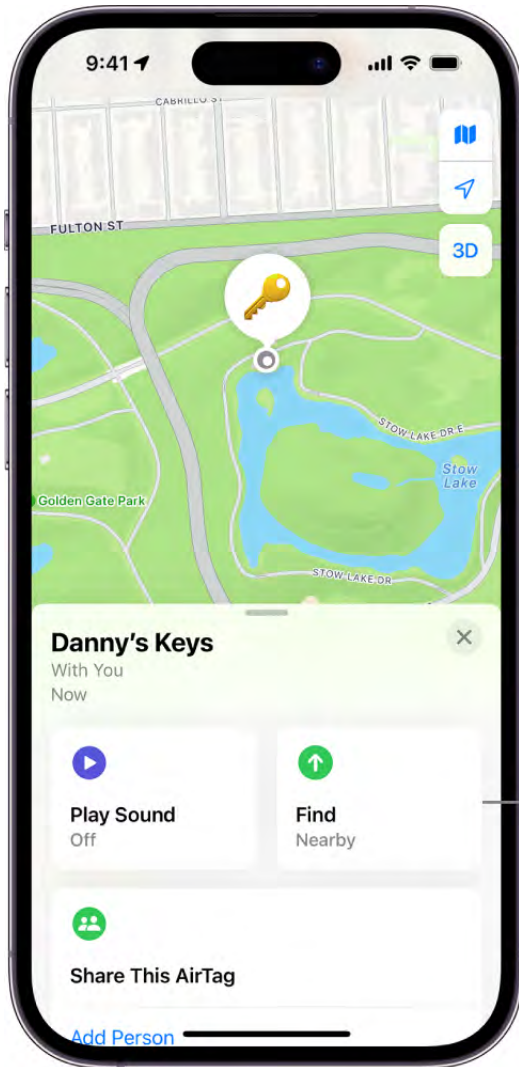
Tap to find a nearby item.

3. Do any of the following:

   - *Move closer to the AirTag:* Start moving around to locate the AirTag and follow the onscreen instructions. You may see an arrow pointing in the direction of the AirTag, an approximate distance telling you how far away it is, and a note if it's located on a different floor.

   - *Play a sound:* Tap 🔊 to play a sound on the AirTag.

4. When you locate the AirTag, tap ⊗.

## Mark an AirTag or other item as lost in Find My on iPhone

If you lose an AirTag or third-party item registered to your Apple ID, you can use the Find My app 🟢 to mark it as lost.

Learn how to register an AirTag or third-party item.

**What happens when you mark an item as lost?**

- You can add a message saying that the item is lost and include your phone number or email address.

- If someone else finds your item, they can use a supported device to see a website with the Lost Mode message.

**Turn on Lost Mode for an item**

To mark an item as lost, you need to turn on Lost Mode.

1. Tap Items at the bottom of the screen, then tap the name of the lost item.

2. Below Lost Mode, tap Enable.

3. Follow the onscreen instructions to enter a phone number where you can be reached. To enter an email address instead, tap "Use an email address."

   **Important:** Make sure you allow notifications for the Find My app. See Change notification settings on iPhone.

4. Tap Activate.

**Change the contact information in the Lost Mode message**

1. Tap Items at the bottom of the screen, then tap the name of the lost item.

2. Below Lost Mode, tap Enabled.

3. Edit the phone number or email address, then tap Save.

**Turn off Lost Mode for an item**

When you find your lost item, turn off Lost Mode.

1. Tap Items at the bottom of the screen, then tap the name of the item.

2. Below Lost Mode, tap Enabled.

3. Tap Turn Off Lost Mode, then tap Turn Off.

## Remove an AirTag or other item from Find My on iPhone

You can use the Find My app 🟢 to remove an AirTag or third-party item from your Apple ID so someone else can register it.

Learn how to register an AirTag or third-party item.

1. Tap Items at the bottom of the screen, then tap the item you want to remove.

2. Bring the item near your iPhone.

   If the item is not near your device, you can still remove it from your account. However, the item must be reset before anyone can register it to their Apple ID.

3. Tap Remove Item, then follow the onscreen instructions.

*Note:* Follow the manufacturer's instructions to reset an item. For an AirTag, see the Apple Support article How to reset your AirTag.

## Adjust map settings in Find My on iPhone

You can change the map view or distance units that appear In the Find My app 🟢.

**Change the map view**

The button at the top right of a map indicates if the current map is for exploring 📖 or viewing from a satellite 🌍. To choose a different map, do the following:

1. Tap the button at the top right.

2. Choose another map type.

   You can also tap ⚫ to further customize the map.

3. Tap ⊗.

You can also tap 2D or 3D at the top right to change the view (not available in all locations).

   **Tip:** If you don't see 2D or 3D, zoom in. You can also swipe up with two fingers to see the 3D view.

For information about how to interact with maps, see View maps on iPhone.

## Change distance units

You can change the default distance units in Settings ⚙. See Change the language and region on iPhone.

# Fitness

## Get started with Fitness on iPhone

Use the Fitness app 🎯 on iPhone to help you meet your fitness goals. You can track your progress, show completed workouts, and share your activity with others. And when you subscribe to Apple Fitness+, you get access to a catalog of different workouts and guided meditations.



**Track your daily activity**

Open the Fitness app, then tap the Activity area to show your Move ring, see the number of steps you've taken, set a move goal, and track your progress over time.

The red Move ring shows how many active calories you've burned. And if you have an Apple Watch, you'll also see a green Exercise ring (showing how many minutes of brisk activity you've done), and a blue Stand ring (showing how many times in the day you've stood and moved for at least 1 minute per hour).

*Note:* Trainer Tips is available in Apple Fitness+, and is not available in all countries or regions.
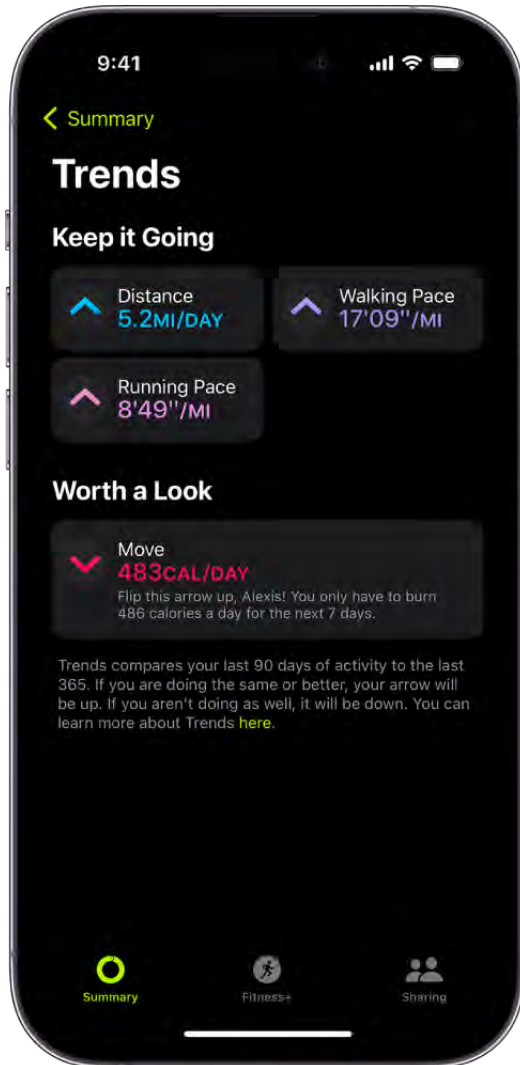


**Check your trends**

Get a quick snapshot of how you're doing on your fitness goals, and see how your statistics have moved over the last 90 days compared to the last 365 days.

## Share your activity with friends

Tap Sharing, then tap Invite a Friend to share the progress you're making toward your fitness goals. You can view highlights of your friends' activity and get notifications when they meet their goals, finish workouts, and more.
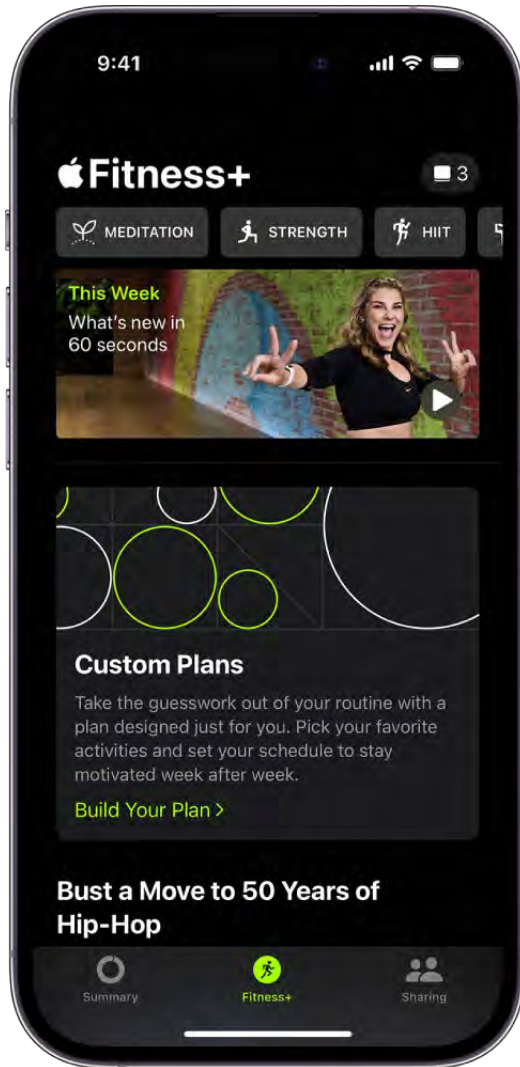
**Get moving with Apple Fitness+**

Apple Fitness+ workouts are for all levels, so you can challenge yourself whether you're just starting out or repeating one of your favorite workouts. To get started, tap Fitness+ at the bottom of the screen.

Want to learn more?

- Track your daily activity and change your move goal in Fitness on iPhone

- See your activity summary in Fitness on iPhone

- Customize notifications for Fitness on iPhone

- Start an Apple Fitness+ workout or meditation on iPhone

- Apple Watch User Guide: Track daily activity with Apple Watch

# Track your daily activity and change your move goal in Fitness on iPhone

You can use the Fitness app 🔴 to track your daily activity, set a move goal, see your progress, and see your movement trends over time—even if you don't have an Apple Watch.

See Track daily activity with Apple Watch in the Apple Watch User Guide.

## Check your progress

Open the Fitness app 🔴 at any time to see how you're doing. You can see your Move ring, total steps, completed workouts, trends, and more.

When you carry your iPhone with you, motion sensors track your steps, distance, and flights climbed to estimate active calories burned. Any workouts you complete in compatible third-party apps also contribute to the progress shown on your Move ring.

An overlapping ring means you exceeded your goal. Tap the Activity area to see details of your progress for that day.

*Note:* You can add a Fitness widget that lets you track your daily activity directly from your Home Screen or Lock Screen. See Add, edit, and remove widgets on iPhone and Create a custom iPhone Lock Screen.

## Change your move goal or personal health details

If you ever find your move goal either too challenging or not challenging enough, you can change it. You can also update your personal health information.
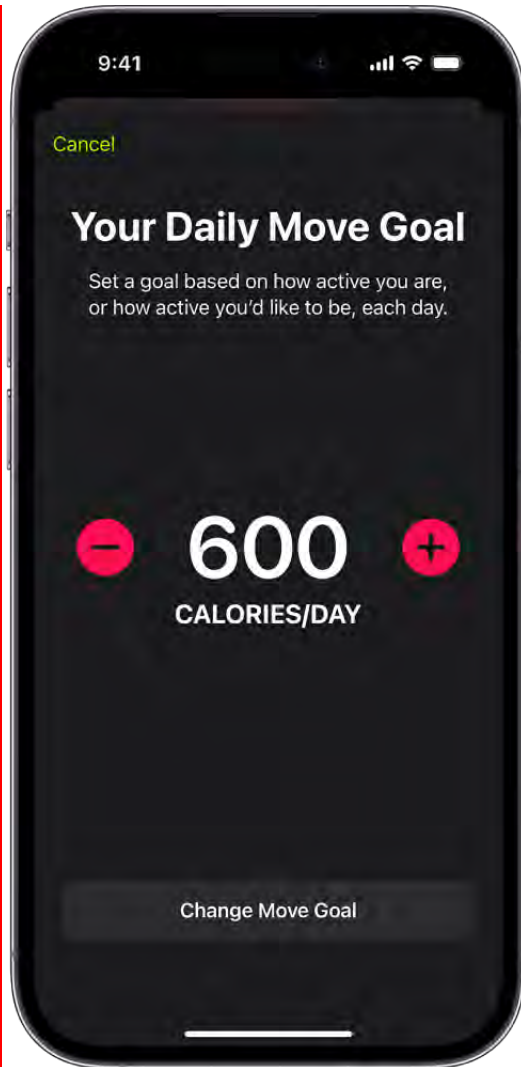
1. Open the Fitness app 🎯 on your iPhone.

2. Tap your picture or initials at the top right.

3. Do any of the following:

   - *Change move goal:* Tap Change Goals, tap ➖ or ➕ to adjust the goal, then tap Change Move Goal.

   - *Change health details:* Tap Health Details, tap a field to make a change, then tap Done.

You can also tap the Activity area, scroll down, then tap Change Goals.

Every Monday, you're notified about the previous week's achievements, and you can adjust your goals for the upcoming week. Goals are suggested based on your performance in the previous week.

# See your activity summary in Fitness on iPhone

You can see a summary of your daily activity, trends, and awards to keep track of your progress. The Trends area shows your daily trend data for active calories, walking and running distance, walking pace, and running pace. Your last 90 days of activity are compared to the last 365.

*Note:* It takes 180 days of activity to start your trends.

You can also view data for workouts and meditations you've completed in Apple Fitness+ or compatible third-party apps—such as how long you worked out, your average heart rate, total calories burned, and more.
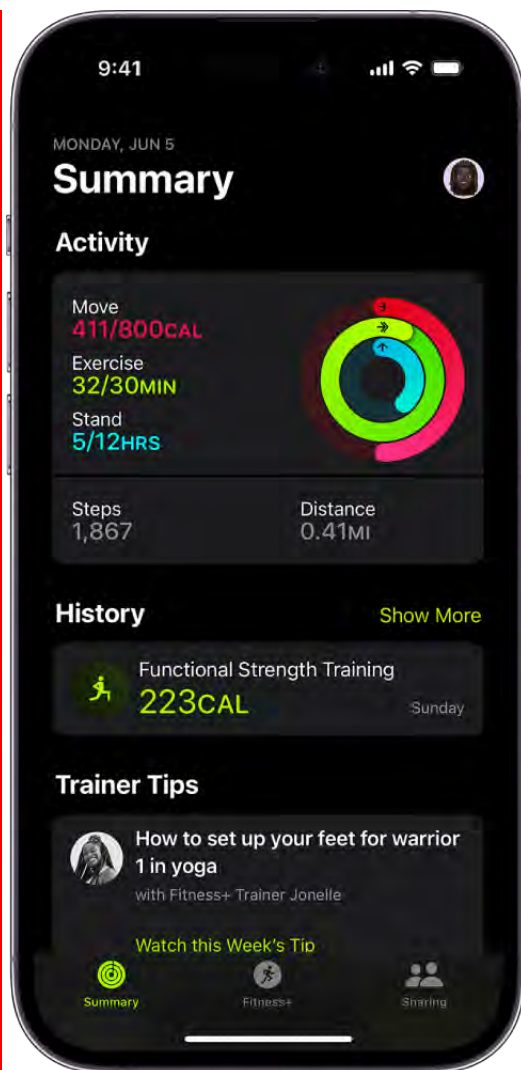
**See your activity summary, trends, and awards**

1. Open the Fitness app 🔴 on your iPhone.

2. Do any of the following:

   - *See your activity summary for a specific day:*  Tap the Activity area, tap 📅, then tap a date.

   - *See your trends:*  Tap Show More next to Trends. To see the history of a specific trend, tap it.

     If the trend arrow for a particular metric points up, then you're maintaining or improving your fitness levels. If an arrow points down, your 90-day average for that metric has started to decline. To help motivate you to turn the trend around, you receive coaching—for example, "Walk an extra quarter mile a day."

   - *See your awards:*  Tap Show More next to Awards, then tap an award to learn more about its details.

**See your workout and meditation history**

You can see data for workouts and meditations you've completed in Apple Fitness+ or compatible third-party apps—such as how long you worked out, your average heart rate, total calories burned, and more.

1. Open the Fitness app 🔴 on your iPhone.

2. In the History area, tap Show More.

3. To review a workout or meditation, tap it.

## Sync a third-party workout app to Fitness on iPhone

You can sync a compatible third-party workout app to the Fitness app on iPhone to help you meet your fitness goals. Fitness suggests workout apps that you can download from the App Store.

1. Open the Fitness app 🔴 on your iPhone.

2. Tap the Activity area, then scroll down to Workout Apps.

3. Choose an app, then download it from the App Store.

4.  Open the app and if prompted, grant permission to share data with the Health app.

    Any workout you complete in a compatible third-party app appears in your activity summary and contributes to the progress toward closing your Move ring in the Fitness app.

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To find out if a workout app you've downloaded is compatible with the Fitness and Health apps, see the Apple Support article Manage Health data on your iPhone or Apple Watch.

## Customize notifications for Fitness on iPhone

The Fitness app 🎯 on iPhone can help you reach your daily activity goals. You can set up notifications to keep you up to date about your progress throughout the day, and even get coaching tips to help you stay on track.

**Turn on notifications**

1.  Go to Settings ⚙️ > Notifications > Fitness, then turn on Allow Notifications.

2.  Tap Fitness Notification Settings, then customize how you want to receive notifications.

**Turn off notifications**

1.  Go to Settings ⚙️ > Notifications > Fitness.

2.  Tap Fitness Notification Settings, then turn off the notifications you no longer want to see.

## Share your activity in Fitness on iPhone

In the Fitness app 🎯, keep your fitness routine on track by sharing your activity with your family and friends—you can even share with a trainer or coach. You can view highlights and get notifications when others meet their goals, finish workouts, and earn achievements.

**Add or remove a friend**

1. Open the Fitness app 🔴 on your iPhone.

2. Tap Sharing, tap 👥, then tap Invite a Friend.

   *Note:* If you're sharing for the first time, tap Sharing, then tap Invite a Friend.

3. Do any of the following:

   - *Add a friend from your contacts:* Enter a contact's name, then tap the name.

     You can also tap ⊕ to select contacts.

   - *Add a friend's phone number:* Enter a phone number, then tap Return.

   - *Add a friend's email address:* Enter an email address, then tap Return.

4. Tap Send.

If a friend hasn't accepted an invitation, tap their name in the Invited area of the Sharing screen, then tap Invite Again.

If you want to unsend an invitation you've sent, swipe left next to the friend's name, then tap Delete.

To remove a friend, tap a friend you're sharing with, tap ⚫⚫⚫, then tap Remove Friend.

**View your friends' activity**

You see highlights of your friends' activity—like workouts they've finished or goals they've met. You can also view your friends' activity rings for the last 7 days and a summary of activities they've completed. And when you receive a notification that someone has met their goals, finished a workout, or earned an award, you can view those highlights in the Fitness app.

1. Open the Fitness app 🎯 on your iPhone.

2. Tap Sharing, then do any of the following:

   - *View highlights:* Swipe left or right below Highlights to view how all of your friends are doing.

   - *View a friend's activity:* Tap a friend's name below Activity Rings to see a summary of their activity rings for the last 7 days and recently completed activities like workouts and meditations.

## Change your friend settings

You can easily adjust friend settings.

1. Open the Fitness app  on your iPhone.

2. Tap Sharing, then tap a friend.

3. Tap , then do any of the following:

   - *View the friend's contact card:* Tap View Contact.

   - *Mute notifications for the friend:* Tap Mute Notifications.

   - *Hide your activity progress with a friend:* Tap Hide My Activity.

   - *Stop sharing your activity with a friend:* Tap Remove Friend.

## Apple Fitness+

## Subscribe to Apple Fitness+ on iPhone

When you subscribe to Apple Fitness+ on iPhone, you get access to a catalog of workouts, including Cycling, Strength, Treadmill (running and walking), Yoga, and more. Stay motivated with onscreen guidance like trainer coaching and timers. If you use an Apple Watch, your personal metrics, like heart rate and calories burned, appear while you work out.

You can also participate in guided meditations—five, ten, or twenty minute meditations designed to help you develop a regular meditation routine and improve your overall sense of well-being.

**What you need to use Apple Fitness+**

To do an Apple Fitness+ workout without an Apple Watch, you need an iPhone 8 or later with iOS16.1 or later.

*Note:* Workouts you perform without an Apple Watch won't display some personal metrics, such as heart rate and calories.

To do an Apple Fitness+ workout with an Apple Watch, you need Apple Watch Series 3 or later with watchOS 7.2 or later, paired with iPhone 6s or later with iOS 14.3 or later. See Apple Watch User Guide: Subscribe to Apple Fitness+.

**Subscribe to Apple Fitness+**

1. Open the Fitness app 🔴 on your iPhone, then tap Fitness+.

2. Tap the free trial button, then follow the onscreen instructions to sign in with your Apple ID and confirm your subscription.

*Note:* Apple Fitness+ isn't available in all countries or regions.

**Change or cancel your Apple Fitness+ subscription**

1. Open the Fitness app 🔴 on your iPhone, then tap 🟢 or your picture at the top right.

2. Tap [*account name*], then tap Apple Fitness+.

3. Follow the onscreen instructions to change or cancel your subscription.

If you subscribe to Apple Fitness+ as part of an Apple One Premier subscription and want to cancel your subscription, see the Apple Support article If you want to cancel a subscription from Apple.

## Share your Apple Fitness+ subscription with Family Sharing

When you subscribe to Apple Fitness+ or Apple One Premier, you can use Family Sharing to share your subscription with up to five other family members. Your family group members don't need to do anything—Apple Fitness+ is available to them the first time they open the Fitness app after your subscription begins.

*Note:* To stop sharing your Apple Fitness+ subscription with a family group, you can cancel the subscription, leave the family group, or (if you're the family group organizer) stop using Family Sharing.

## Find Apple Fitness+ workouts and meditations on iPhone

Apple Fitness+ in the Fitness app 🟢 can help you find a workout, meditation, or routine that works for you. You can browse for individual workouts or meditations, start a program with multiple episodes, sort and filter workouts of a specific type, stack your favorite activities, get trainer tips, or choose a recommended workout based on your activity. Mindful Cooldown workouts begin at 5 minutes and all other workout types range up to 45 minutes, with new workouts added every week. Meditations can be 5, 10, or 20 minutes.

### Browse workouts and meditations

Apple Fitness+ recommends workouts and meditations based on the things you typically do in the Fitness app as well as your favorite apps that work with the Health app. You can even get suggestions for new trainers, workouts, and meditations to help you round out your routine.
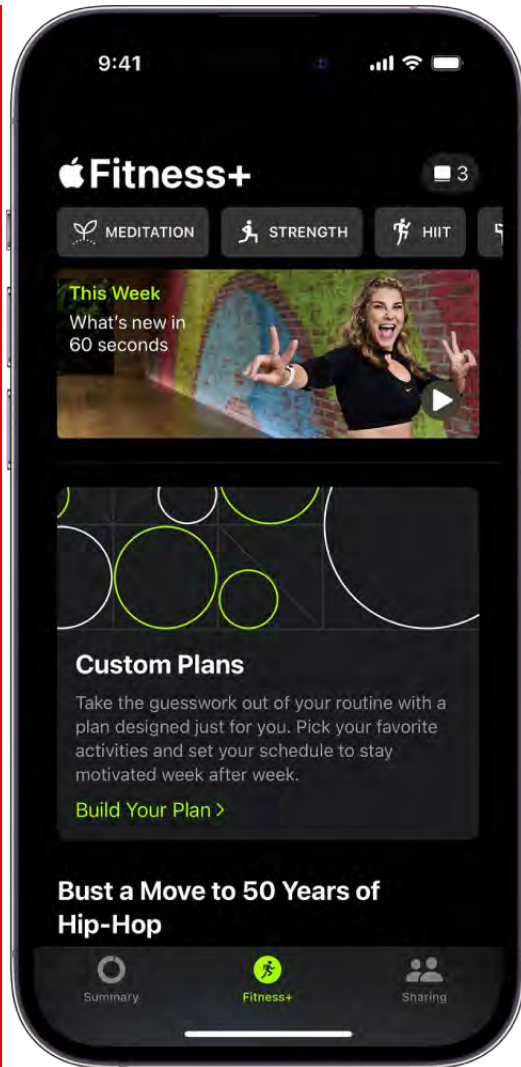
1.  Open the Fitness app 🔴 on your iPhone, then tap Fitness+.

2.  Do any of the following:

    -   *Browse by activity type:* Swipe left or right to browse the activity types at the top
        of the screen.

    -   *Browse audio workouts:* Scroll down to Time to Walk or Time to Run, tap Show All,
        then tap an audio workout to play.

    -   *Browse featured activities:*  Scroll down to a category such as New Workouts,
        New Meditations, Popular, or Simple and Quick.

    -   *Browse by trainer:* Scroll down to Fitness+ Trainers, then tap Show All.

    -   *More of what you do:* Browse workouts with trainers you often work out with, and
        workout types you typically do in other fitness apps that work with the Health app.

See View your data in Health on iPhone.

- *Try something new:* Explore workouts similar to what you already do, but with different trainers and suggested workout types to balance your routine.

- *View My Library:* Scroll down to My Library to view workouts, meditations, Stacks, and Custom Plans you've saved from the workout detail or workout summary screen. You can use My Library to keep a list of your favorite workouts, build a workout routine, or save workouts for playing offline.

When you're browsing, activities you've done before have a checkmark on the thumbnail.

## Stack your workouts and meditations

In Apple Fitness+, you can create Stacks, which are a series of workouts or meditations that play in sequence, like a music playlist. Stacks let you create customized long workouts that incorporate your favorite routines. For example, you can create a stack with a few intense workouts followed by a cool-down meditation.

In Apple Fitness+, you can select multiple workouts and meditations that you want to do in a row and add them to a queue so that you can seamlessly move to your next activity. For example, you can create a stack with a few intense workouts followed by a cool-down meditation. If you create a stack you love, you can save it to My Library to use again in the future.
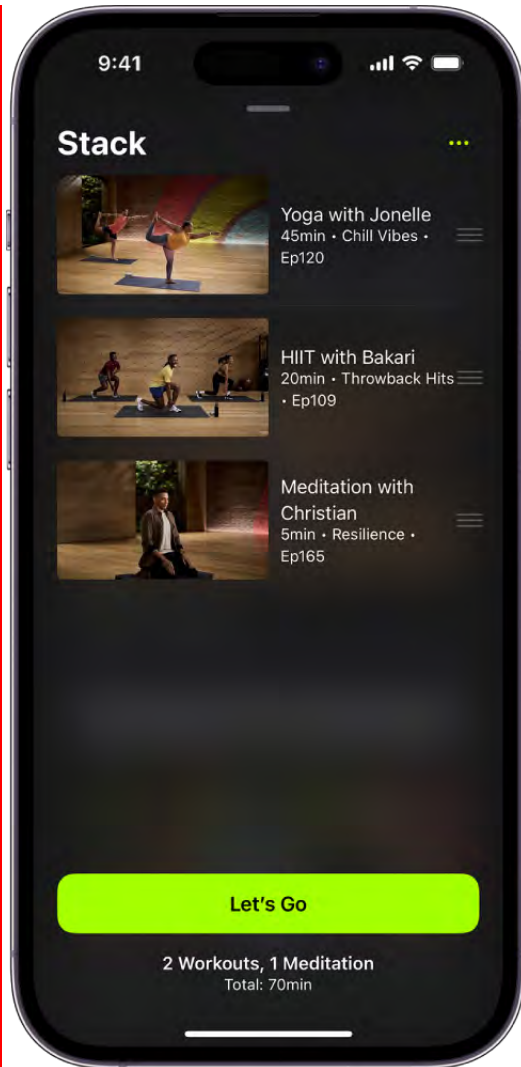
1. Open the Fitness app ⊚ on your iPhone, then tap Fitness+.

2. Tap an activity, then tap ● at the top right.

3. Tap Add to Stack.

   You can also touch and hold an activity, then tap Add to Stack.

4. When you're finished adding activities to your stack, tap ▤, then do any of the following:

   - *Start your stack:* Tap Let's Go.

   - *Add your stack to My Library:* Tap ●, then tap Add Stack to Library.

   - *Delete an activity from your stack:* Swipe left on the activity, then tap Delete.

   - *Reorder the activities in your stack:* Drag ≡ next to an activity up or down.

- *Clear your stack:* Tap 💬, then tap Clear.

## Get Trainer Tips

When you subscribe to Apple Fitness+, you get access to short videos that feature helpful hints for staying active and mindful, how-to demos for improving technique, and expert advice to keep you moving toward your goals.

*Note:* Trainer Tips is not available in all countries or regions.

1. Open the Fitness app 🎯 on your iPhone, then tap Fitness+.

2. Scroll down to Trainer Tips, then tap the tip to watch it.

   You can also tap Show All to view all trainer tips.

*Note:* A new tip appears every week.

## Sort and filter workouts and meditations

To make it easier to find the workout you're looking for, you can sort and filter specific types of workouts (like Rowing or Dance) by trainer, length of the workout, music genre, and more.
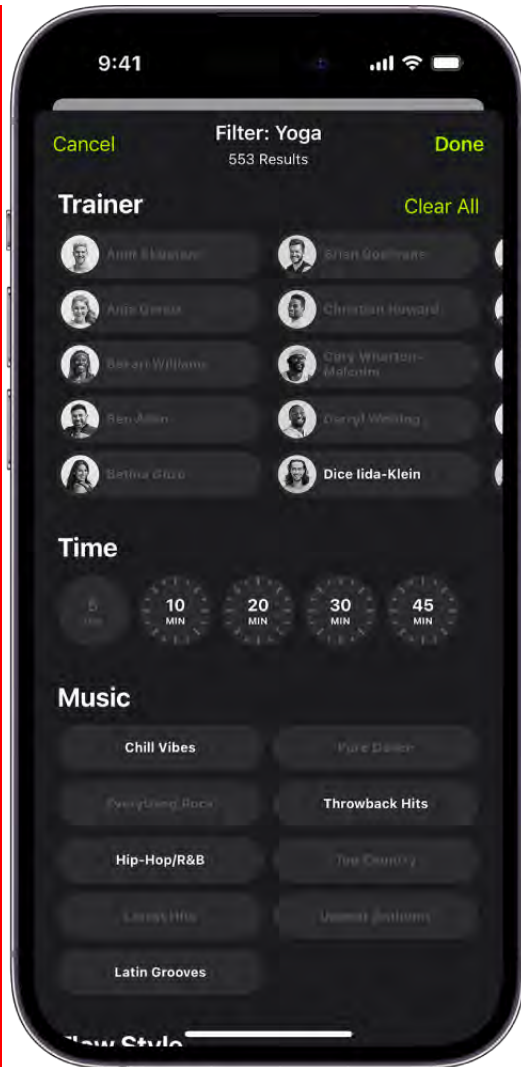
1. Open the Fitness app ⦿ on your iPhone, then tap Fitness+.

2. Select an activity type, then do any of the following:

   - *Sort activities:* Tap Sort, then tap an option like Trainer or Time.

   - *Filter activities:* Tap Filter, then tap the filters you want to apply.

     If you can't select a filter, there are no activities that apply to that filter.

**Try a workout or meditation program with multiple episodes**

1. Open the Fitness app 🔴 on your iPhone, then tap Fitness+.

2. Do one of the following:

   - *Workout programs:* Scroll to Workout Programs, then tap Show All.

   - *Meditation programs:* Scroll to Meditation Programs, then tap Show All.

3. Tap a program.

   Each program shows the workout types and number of episodes.

4. Do any of the following:

   - *Preview the program:* Tap Watch the Film to watch a video about the goals of the program and the types of workouts included. You can also read about the program to learn more.

   - *Add episodes to My Library:* Tap ╋ next to the episode you want to add, or tap `＋ ADD ALL` at the bottom of the screen to add all episodes to My Library.

   - *Start an episode from the program:* Tap an episode in the list, then tap the button that begins the workout or meditation.

To help you keep your place after completing an episode, the next episode is automatically displayed under Next Workout, but you can choose any episode at any time.

## Start an Apple Fitness+ workout or meditation on iPhone

In Apple Fitness+ in the Fitness app 🔴, you can start a workout or meditation from your iPhone. Apple Fitness+ workouts are for all levels, so you can challenge yourself, whether you're just starting out or repeating one of your favorites. After starting a workout, you can pause and resume at any time, and review the details when you finish it.

**Start a workout or meditation**
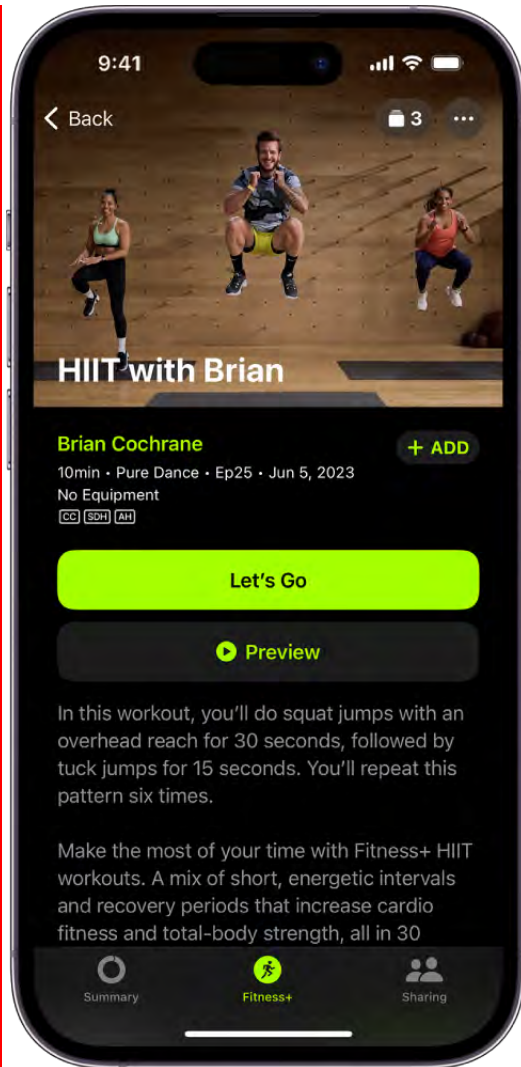
1. Open the Fitness app 🔘 on your iPhone, then tap Fitness+.

2. Tap an activity type at the top of the screen, then select a workout or meditation, or select a workout from one of the categories (like Simple and Quick).

   To learn more about workout and meditation programs, smart suggestions, and more, see Browse workouts and meditations.

3. Do any of the following:

   - *Add the activity to My Library:* Tap + ADD.

   - *Preview the activity:* Tap Preview.

     You can also view the playlist for the activity. If you subscribe to Apple Music, tap Listen in Music to open the playlist and download it in the Music app 🎵. See Subscribe to Apple Music on iPhone.

- *Start the activity:* Tap the button that begins the workout, then tap ▶. If you're starting a treadmill workout, choose Run or Walk to get the most accurate metrics. To stream your workout to an AirPlay 2.0 compatible device such as a TV or HomePod, tap the screen during an activity, tap 🔗, then choose a destination.

In all workouts, additional trainers demonstrate modifications of the exercises to help you make the workout easier or more advanced. Trainers may also offer directions on how to modify an exercise, such as doing the movement using your bodyweight instead of a dumbbell.

## Pause and resume a workout or meditation

Do any of the following:

- *Pause an activity:* Tap the screen, then tap ⏸.

- *Resume an activity:* Tap ▶.

- *Start Picture-in-Picture:* Tap 🔲 to watch the activity while you use another app.

## End and review a workout or meditation

When your workout ends, you can share your workout, cool down, and more.

1. Tap ✕, then tap End Workout.

   Your workout summary is displayed. Tap ⊕ to add the workout to My Library, tap ⬆ to share your workout, tap Mindful Cooldown to choose a cooldown workout, or tap Done to return to Apple Fitness+.

After you've taken a class, it appears in the list of workouts with a checkmark on the thumbnail.

# Create a Custom Plan in Apple Fitness+ on iPhone

In Apple Fitness+, you can create a Custom Plan that fits in your schedule and helps you stay on track with your fitness goals. You can add a variety of different activities to your Custom Plan, including HIIT, Yoga, Strength, Meditation, and more.

## Build your Custom Plan
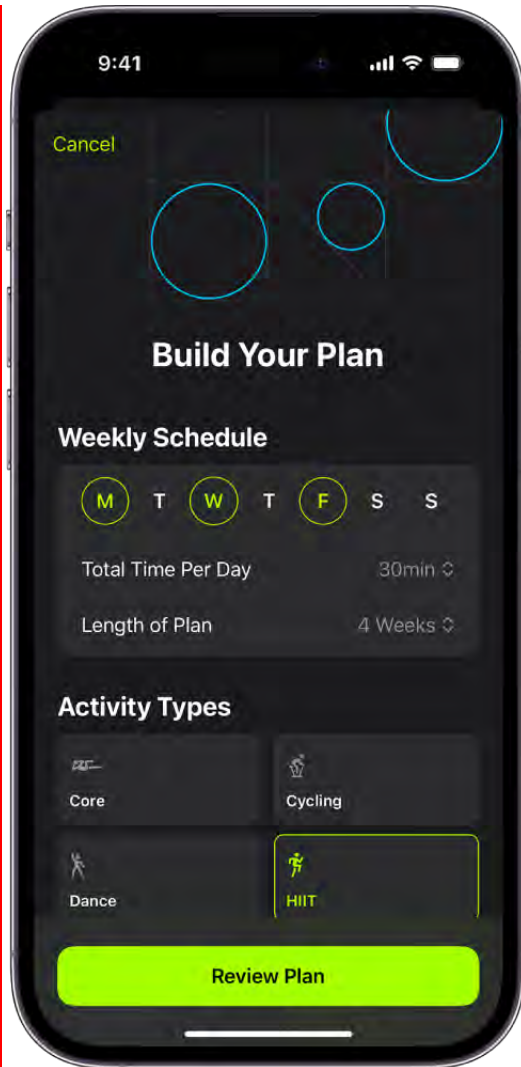
1. Open the Fitness app 🟠 on your iPhone, then tap Fitness+.

2. Tap Build Your Plan, then do the following:

   - *Select your weekly schedule:* Tap the days you want to work out.

   - *Select the total duration of your workouts:* Tap a duration next to Total Time Per Day.

   - *Select how long you want your Custom Plan to last:* Tap a duration next to Length of Plan.

   - *Select the types of activities you want to do:* Tap up to 5 activities.

     *Note:* You may need to increase the total duration of workouts and the number of days you want to work out each week to include more activities in your Custom Plan.

3. Tap Review Plan, then do any of the following:

- *Choose when to start the plan:* Tap a start date below Review Plan.

- *Change the activities in your plan:* Swipe left on your weekly schedule to review the types of activities featured in your plan.

  Tap an activity to change the activity type and its settings, then tap Update Activity.

- *Add an activity to your plan:* If you feel like adding an extra activity to one of the days in your plan, swipe left on a day, then tap Add. Tap the activity to change the activity type and its settings, then tap Add.

- *Choose preferences for trainers and music:* Tap Trainers and Music to select the types of trainers and music genres you want featured in your plan.

4. When you're finished, tap Create Plan.

## Modify your Custom Plan

After you create your Custom Plan, you can change the activities that have been scheduled for you based on your preferences.

1. Open the Fitness app 🟠 on your iPhone, then tap Fitness+.

2. Tap View Plan, then do any of the following:

- *Rename your Custom Plan:* Tap ⚫, then tap Rename Plan.

- *Review the workouts in your Custom Plan:* Swipe left to see all of the activities scheduled in each week of your plan.

- *Swap a workout:* Tap ⮂ next to an activity, then tap a new workout to replace it.

  *Note:* You can only swap workouts on the day you have activities scheduled.

## Start your Custom Plan

1. Open the Fitness app 🟠 on your iPhone, then tap Fitness+.

2. Tap Let's Go below Your Plan, then tap ▶.

*Note:* When you start your Custom Plan, you receive reminders to get started. For more information on Fitness notifications, see Customize notifications for Fitness on iPhone.

**Delete your Custom Plan**

1. Open the Fitness app 🎯 on your iPhone, then tap Fitness+.

2. Tap View Plan, tap ⚫, then tap End Plan.

After you've deleted a workout plan, you can restart it whenever you want. Scroll down to My Library, tap Custom Plans, tap the plan below Previous Custom Plans, then tap Restart Plan.

## Work out together using SharePlay in Fitness on iPhone

In Apple Fitness+, you and up to 32 other people can work out together using SharePlay. You can start a FaceTime call on your iPhone, then start a group workout in the Fitness app 🎯. You can also start a group workout directly from the Fitness app.

The workout plays in sync with everyone on the call, and everyone can control playback from their devices—so you and your friends can cheer each other on, see when someone closes an Activity ring, and get notifications when someone moves ahead of the pack on the Burn Bar during HIIT, Treadmill, Cycling, and Rowing workouts.

**Tip:** You can start SharePlay instantly by holding two iPhone devices close together.

**Start a group workout in the Fitness app**

1. Open the Fitness app 🎯 on your iPhone, then tap Fitness+.

2. Select a workout, tap ⚫, then tap SharePlay.

3. In the To field, enter the contacts you want to work out with, then tap FaceTime.

4. When the FaceTime call connects, tap Let's Begin.

   The recipient must tap the workout title at the top of the FaceTime controls, then tap Open to participate in the workout. For everyone on the call who has access, the workout starts playing at the same time. Those who don't have access are asked to get access (through a subscription or a free trial, if available).

   Everyone can use playback controls on their respective devices to play or pause the workout.

To end a workout before it completes, tap ✕, then tap End Workout Only for Me or End Workout for All.

# Change what's on the screen during an Apple Fitness+ workout or meditation on iPhone

## Change onscreen metrics

During your workout, metrics like timers and trainer guidance appear.

Metrics settings sync in the Fitness app on all your Apple devices where you're signed in with your Apple ID.

1. During a workout, tap ⬚.

2. Do one of the following:

   - *Turn off all metrics:* Turn off Show Metrics.

   - *Change how time is displayed:* Select Off, Show Time Elapsed, or Show Time Remaining.

     Turning off time still shows the timer for intervals in your workout.

## Turn on Audio Focus

During an Apple Fitness+ workout or meditation, you can choose to focus on the trainer's voice or the music.

*Note:* Audio Focus isn't available in Time to Walk and Time to Run workouts, or audio and video meditations.

During an activity, tap ☺, tap Audio Focus, then tap Trainer or Music, depending on which one you want to focus on.

## Turn on Audio Hints

You can turn on audio hints during your workout, which provide additional spoken cues to describe what the trainer is doing.

1. During a workout, tap ☺.

2. Tap Audio Hints, then tap On.

   To adjust the speed, tap Audio Hints again, then tap the speed you prefer.

**Turn on captions and subtitles**

All Apple Fitness+ workouts and meditations support standard captions, as well as subtitles for the deaf and hard of hearing (SDH). After you choose a workout, you can check if it includes closed captions and SDH below the length, music genre, and date added.

1. During a workout, tap ⊙.

2. Tap 💬, then choose a language.

## Download an Apple Fitness+ workout or meditation on iPhone

You can download workouts and meditations to your iPhone so you can work out even when you're offline.

1. Open the Fitness app 🟢 on your iPhone, then tap Fitness+.

   If you don't have the Fitness app on your device, you can download it from the App Store.

2. Do any of the following:

   - *Download an activity to your device:* Tap an activity, tap + ADD to add it to My Library, then tap ☁️.

   - *Show all downloaded activities:* Scroll to My Library, then tap Downloaded.

     To start a downloaded activity, tap the one you want, then tap the button to begin the workout.

   - *Remove a downloaded activity from your device:* Tap the activity, tap 💬, then tap Remove Download.

# Freeform

## Get started with Freeform on iPhone

The Freeform app 🎨 gives you a boundless canvas for creativity. Bring everything together, including photos, drawings, links, and files. And invite others to work with you.



**Gather ideas freely**

You can put just about any kind of file in a Freeform board—an online whiteboard—without worrying about layouts or page sizes. To create a board, tap ✏️.

## Collaborate with others

Tap ⬆ to invite people to start working together in real time on a board. You can add sticky notes 🗒 to conduct a brainstorming session or provide feedback.
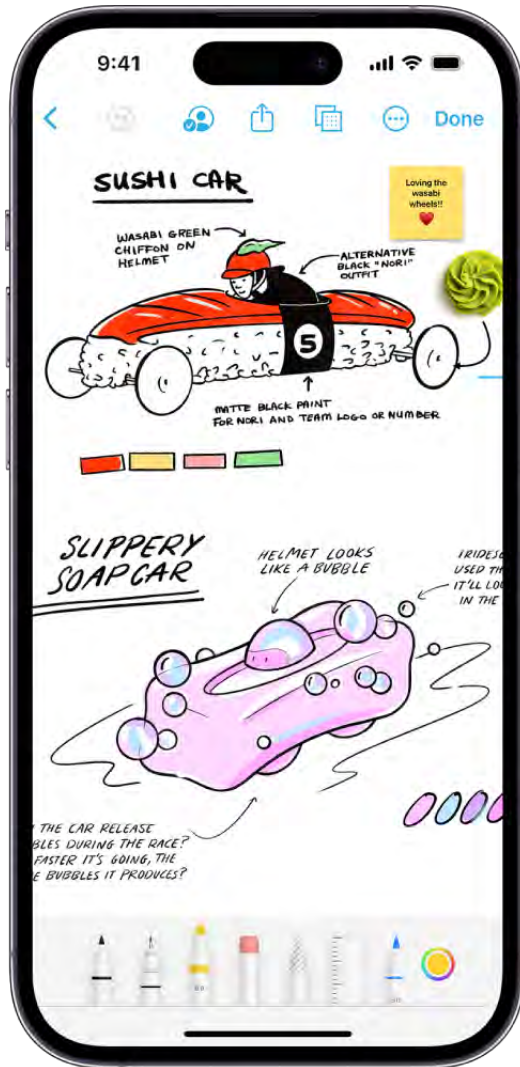
## Get creative with the drawing tools

Tap Ⓐ to start drawing. Adjust the line's thickness, transparency, color, and more, and pinch to zoom in and out as you work.
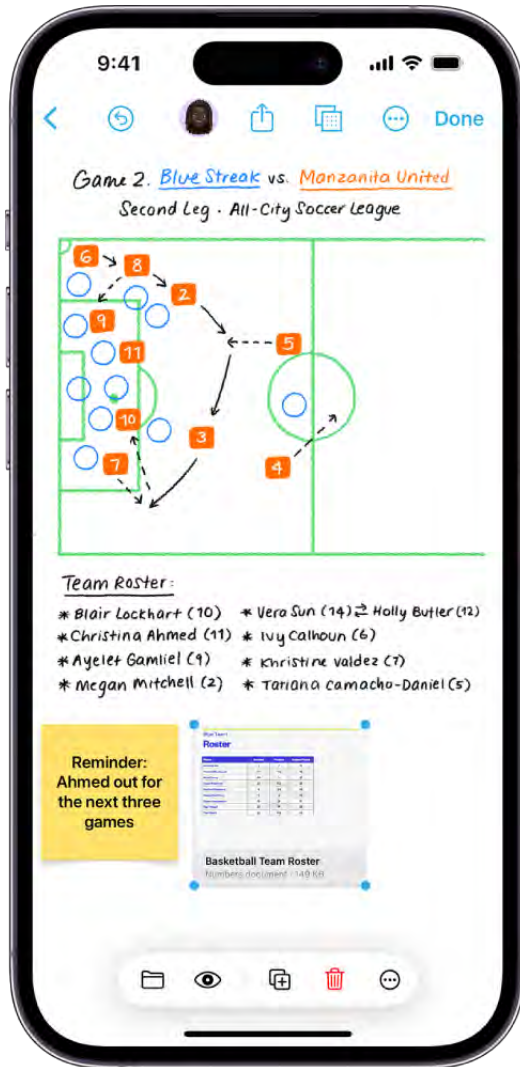
**Start on your iPhone, keep working on your Mac**

The Freeform boards you store in iCloud—and any changes you make to them—stay up to date on all your Apple devices when you're signed in with the same Apple ID. To use iCloud with Freeform, go to Settings ⚙️ > [*your name*] > iCloud > Show All (below Apps Using iCloud), then turn on Freeform.

Want to learn more?

- Create a Freeform board on iPhone

- Draw or handwrite on a Freeform board on iPhone

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# Create a Freeform board on iPhone

Use the Freeform app ⚡ to create boards for brainstorming and collaborating.

**Create a new board**

1. Open the Freeform app 🌈 on your iPhone.

2. Tap ⃞.

3. Tap one of the options at the bottom of the screen, such as a sticky note ▤ or text box ⃞A⃞, to start building your board.



4. Move around your board by dragging your finger, and zoom in or out by pinching open or closed.

> **Tip:** To magnify more precisely, tap ▦, then tap Zoom to.

5. To name your board, tap ⋯, then tap Rename.

To learn how to align items or move something to the background, see Position items on a Freeform board on iPhone.

## Create a board from another app

You can start a new Freeform board using content from another supported app, such as Notes, Maps, Safari, Files, Photos, and more.

1. In the other app, open the item you want to share (for example, a note, map, webpage, PDF, or screenshot).

   (To share just one part of a file to a board (rather than the entire webpage or note), select the item. If your selection includes text, only the text will be shared.)

2. Tap Share or ⬆️, then tap the Freeform app icon 🎨.

3. Tap New Board or the name of an existing board.

   Either a link or the item appears in the board.

**Open a board**

See categories of boards (Recents, Shared, Favorites, or Recently Deleted).
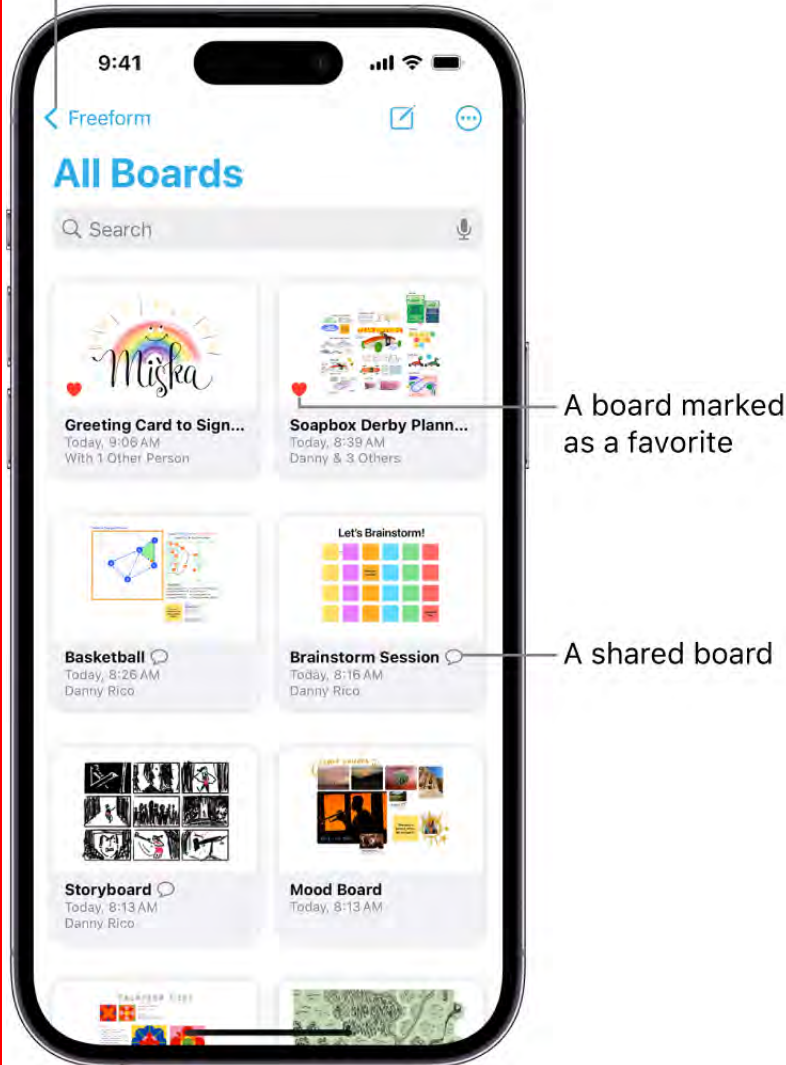
A board marked as a favorite

A shared board

1. Open the Freeform app  on your iPhone.

2. Tap the board you want to open, or do one of the following:

   - *Open a board you've opened recently or marked as a favorite:* Tap ⟨ in the upper-left corner, tap a category, then tap a board.

   - *If you're working in a board:* Tap ⟨ in the upper-left corner, tap a category, then tap a board.

3. To sort boards by name (instead of by most recently updated), tap ⚬⚬⚬, then tap Icons or List.

   *Note:* Any collaborations you get invited to in Messages 🟢 appear in an Invitations section on the Shared Boards screen until you accept them.

4. To add a board to Favorites, do one of the following:

   - *While browsing All Boards:* Touch and hold the thumbnail or name of the board, then tap Favorite ♡.

   - *If you're working in a board:* Tap ⚬⚬⚬, then tap Favorite ♡.

**Duplicate a board**

When you want to copy an existing Freeform board, do one of the following:

- *While browsing All Boards:* Tap ⚬⚬⚬, then tap Select. Tap the boards you want to copy (a checkmark appears as you select each one), then tap Duplicate.

  Or, touch and hold the thumbnail or name of the board, then tap Duplicate ⊞.

- *If you're working in a board:* Tap ⚬⚬⚬, then tap Duplicate.

*Note:* If you duplicate a shared board, the copy isn't shared.

# Draw or handwrite on a Freeform board on iPhone

In the Freeform app 🖼, you can sketch or jot a handwritten note with your finger.
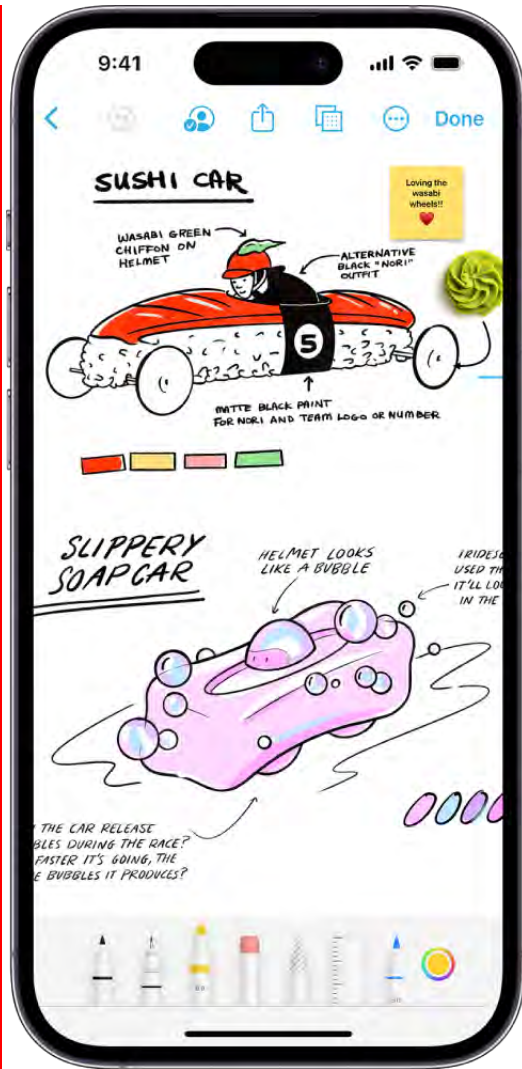
**Draw or handwrite**

1. Open the Freeform app 📲 on your iPhone.

2. Open a board, or tap ☑ to start a new one.

3. Tap Ⓐ, then draw with your finger.

   **Tip:** Hold your finger still for a moment when you finish the drawing to straighten its shape.

4. Tap a tool to switch to it. (Swipe to see other tools, such as Fill, Crayon, Fountain Pen, or Watercolor Brush.)

   Tap any tool a second time to change its qualities, like the thickness or opacity of a stroke.

   To fill a closed shape with color, use the Fill tool (the paint tube).

   To draw a straight line, tap the Ruler tool. (You can rotate it by placing two fingers on it and turning your hand.)



**Select and edit parts of a drawing**

When you draw in the Freeform app 📲, your strokes are grouped. If you want to break a drawing apart, you can separate and merge your strokes. You can also delete, resize, or straighten parts of a drawing.

1. After you draw or write on your Freeform board with the drawing tools, tap 🖊 (between the Eraser and Ruler).

2. Tap or circle the part of the drawing you want to select, then choose an option. (Tap > to see other options.)

   **Tip:** Choose Snap to Shape to straighten hand-drawn lines.

You can also tap to select an entire drawing or other item when you're not using the drawing tools. Tap an item to select it, tap ⊙ in the formatting tools, then tap Cut, Copy, or Duplicate.

# Add text in sticky notes, shapes, and text boxes in a Freeform board on iPhone

In the Freeform app 📴, you can add text to a board using a sticky note or text box, or you can add text within a shape.
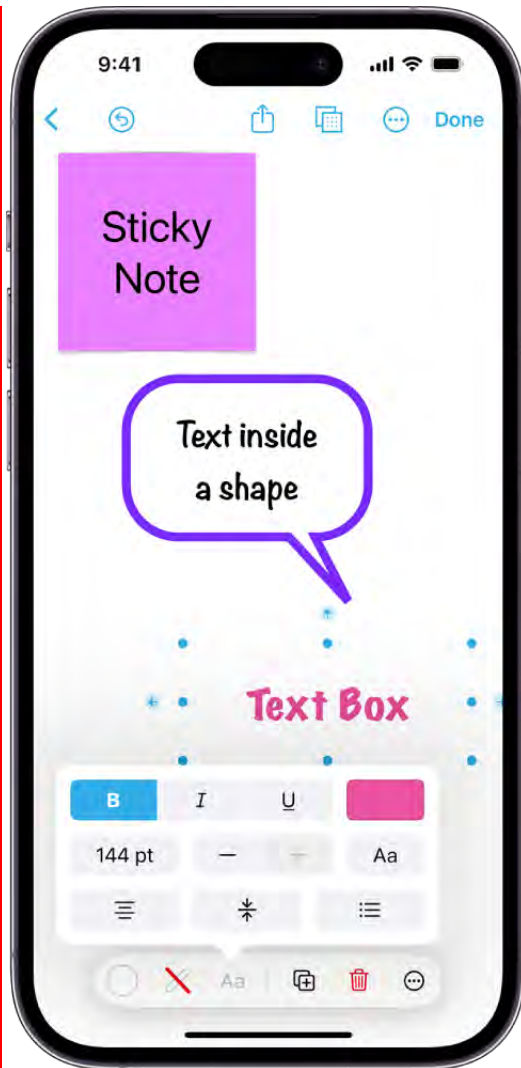


1. Open the Freeform app 📴 on your iPhone.

2. Open a board, or tap ✏️ to start a new one.

3. Tap 🗒️, 🔷, or ⒜.

4. Double-tap the sticky note, shape, or text box, then enter text. (If you have a keyboard connected, you can start typing as soon as the item appears.)

5. To change the font, alignment, and more, double-tap to show the object's formatting tools, then tap Aa.

# Add shapes, lines, arrows, and diagrams to a Freeform board on iPhone

In the Freeform app 🎨, you can add shapes, lines, arrows, and diagrams to a board.

## Add and format shapes, lines, and arrows

1. Open the Freeform app 🎨 on your iPhone.

2. Open a board, or tap ⬜ to start a new one.

3. Tap 🔲, and tap a shape, line, or arrow to add it to the board.

4. Tap to select the shape or line and show its formatting tools, then do any of the following:

   - *Change the fill color:* Tap 🔵.

   - *Change the line style:* Tap ✏️, then choose the stroke color and weight you want for a shape or line.

     Tap ↗ to turn lines into arrows or to add line ends.

     If you've selected a connection line, tap ⌐ to change its style to straight, corner, or curved.

   - *Change the type of shape:* Tap ☺, tap Change Shape, then choose another shape.

You can also add shapes and lines to your board by drawing them and then straightening the strokes. See Draw or handwrite on a Freeform board on iPhone.

*Note:* The color of a button may change to reflect its current state.

## Create a diagram

You can easily create a connected diagram, such as a flowchart, by using connectors and the shape picker in Freeform.

1. Open the Freeform app ⬜ on your iPhone.

2. Open a board, or tap ⬜ to start a new one.

3. Tap ⬜, then tap Show Connectors. (In a shared board, tap ⬜, then tap Show Connectors.)
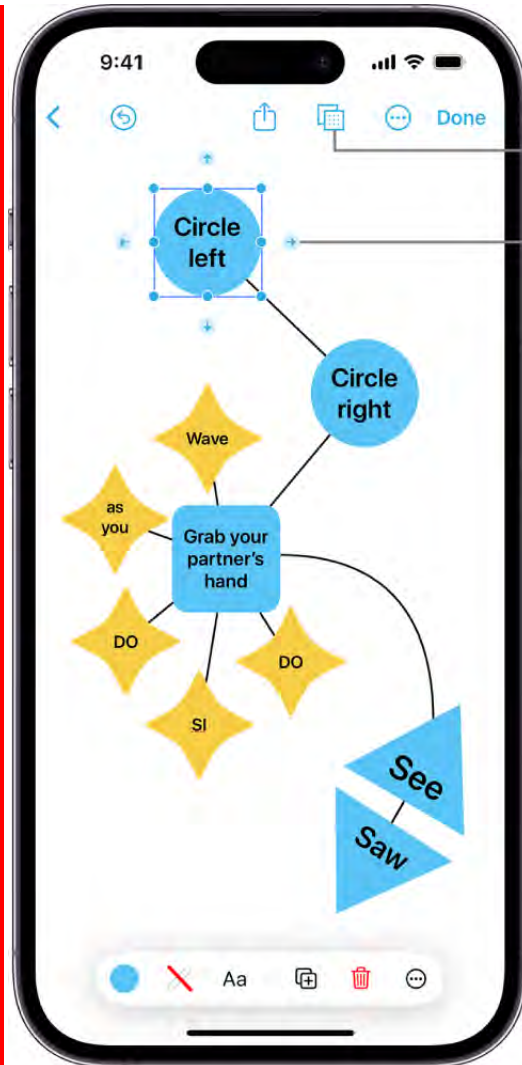


4. Begin your diagram by tapping ⬜, ⬜, ⬜, or ⬜ and adding an item.

5. Drag a connector arrow to where you want the next part of your diagram. When you let go, a small menu of shapes opens. Tap to select the next shape you want to add.

   (Tap ⬜ to browse other shapes.)

Choose a shape.

Browse other shapes.
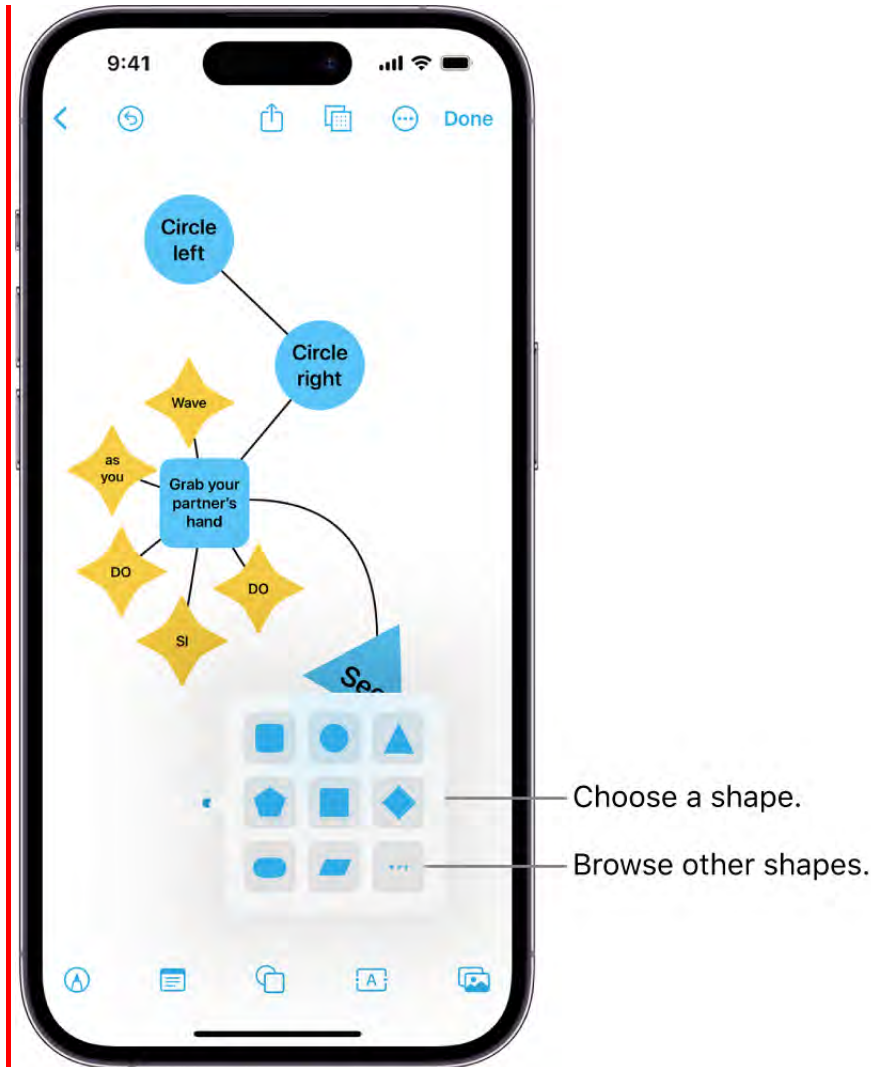
**Tip:** You can quickly add equally spaced, aligned shapes with connectors. Tap to select a shape, then touch and hold a connector arrow. As you hold, a preview of the shape and line appears. When you let go, the shape and line are added to the board.

## Split or combine shapes

When you add multi-part shapes in the Freeform app 🖼, you can divide them into their parts and then edit each part individually. For example, you can divide the map of the United States (in the Places category) and change the color of each state. You can also create a new shape by combining one shape with another, subtract shapes from other shapes, or remove the overlapping area between two shapes.

After you've added shapes to your Freeform board, do one of the following:

- *Split a multi-part shape apart:* Tap ⊙, then tap Break Apart.

- *Combine shapes:* Select multiple items, tap ⊟▢, then below Combine Shapes tap an option to unite, intersect, subtract, or exclude.

**Change size, width, or length**

After you add a shape or line in the Freeform app 📱, you can change its dimensions.

Tap to select a shape, then drag a dot.

- *Shapes:* Drag a blue dot to change the size or proportions of the shape. Drag any green dot to change aspects particular to that shape, such as its number of sides.

- *Connection lines:* Drag a blue dot to attach an endpoint to another item on the board. Drag the green dot to adjust the curve.

# Add photos, videos, links, and other files to a Freeform board on iPhone

In the Freeform app 📱, you can add any photo or video to a board, or take a new one with your iPhone camera. You can also add any kind of file to your board by linking, inserting, or scanning it.
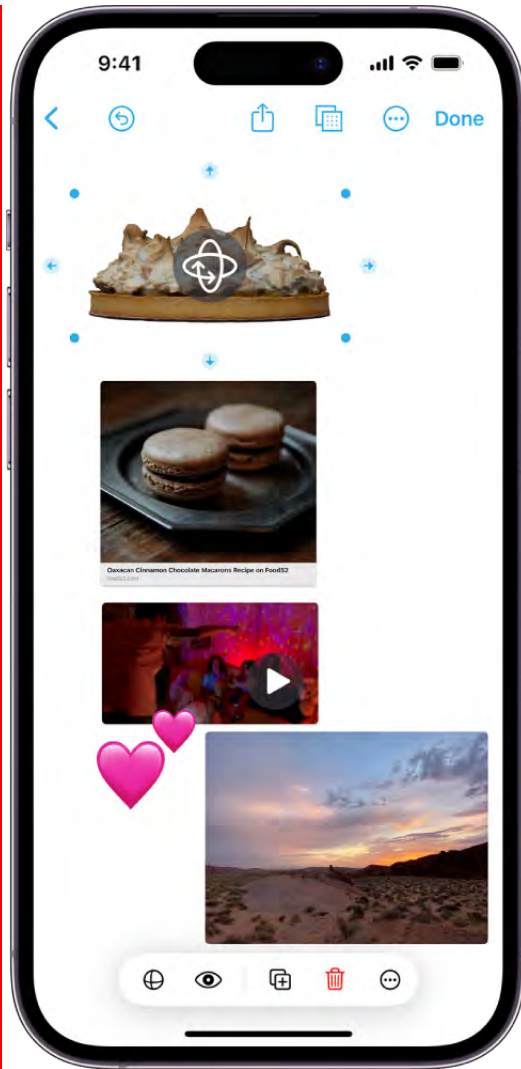
## Add a photo, video, sticker, link, or other file

1. Open Freeform 🌀 on your iPhone.

2. Open a board, or tap ☑️ to start a new one.

3. Do one of the following:

   - *Import from your files:* Tap 🖼, then choose, for example, Stickers.

   - *Paste from your Clipboard:* Tap on an empty space, then when a menu appears, tap Paste.

*Note:* You can insert files saved on your iPhone or in iCloud Drive. For most file types, Freeform makes a copy of the inserted file. When you add a link to a collaborative Keynote presentation, Numbers spreadsheet, or Pages document, participants in your

Freeform board can tap the card to move to the shared file in iCloud. (If you want others to be able to collaborate on the file, you must save it in iCloud.)

Double-tap any media item—photo, video, scan, or other file—to preview it.

## Scan and add a document

You can scan a paper document and add it to your board as a PDF without leaving Freeform.

1. Open Freeform 📷 on your iPhone.

2. Open a board, or tap ✒️ to start a new one.

3. Tap 🖼, then tap Scan.

4. Position the document so that it appears on the screen, then tap ⭘ or press a volume button.

5. Drag the corners to select the area you want in the scanned document, then tap Keep Scan.

6. Scan additional pages, then tap Save when you're done.

A card with an image of the first page of your scan appears on your board.

   **Tip:** To save your scan to iCloud Drive or on your iPhone, select the card, tap 👁, tap ⬆️, then tap Save to Files.

## Format a photo or video

After you add photos or videos in the Freeform app, you can crop, mask, or change their formatting. Do any of the following:

- *Crop or mask the photo:* Tap ⛶.

- *Remove the photo's background:* Tap 🖼, then tap Remove Background. If the background of the photo can't be made transparent, Remove Background isn't available.

   You can also paste an image without a background. See Lift a subject from the photo or video background on iPhone.

- *Add a shadow, round the corners, add a description, and more:* Tap ⊙, then choose an option.

- *Replace the photo or video:* Select the photo or video, tap 🖼 or 🎞, tap Replace, then select a replacement.

- *Preview the photo or video:* Tap 👁, or double-tap the photo or video.

  To preview a movie in full screen, double-tap it.

**Put an image inside a shape**

You can use a shape as a mask or frame for an image. For example, you can put your photo inside a circle.

1. Open Freeform 🎨 on your iPhone.

2. Open a board, or tap ✏️ to start a new one.

3. Add a photo or other image to the board.

4. Tap ⬚, then choose a shape.

5. Position it over the image, then select both the shape and the image. (See Select, align, and group multiple items on a board.)

6. Tap ⊙, then tap Mask with Shape.

Or drag an image onto a shape to use it as a frame.

To remove it from the shape, select the masked image, tap ⊙, then tap Reset Mask.

**Tip:** To add a photo, video, file, or link to a Freeform board from supported apps (such as Notes, Photos, Safari, and more), select it and tap ⬆️ in the other app, tap the Freeform app icon, then tap New Board or the name of an existing board.

## Apply consistent styles and formatting in Freeform on iPhone

In the Freeform app 🎨, when you want the text in your sticky notes, shapes, or text boxes to have a consistent look—for example, font, size, and color—you can copy the style from one item and paste it in another. You can also save styles.

1. Tap an item on your Freeform board and make any adjustments to the formatting—so it has the style you want to copy.

2. When you have an item that's formatted in a style you like, tap it to show its formatting tools.

3. Tap ⊙, tap Style, then tap Copy Style.

4. Tap to select and show the formatting tools for an item whose style you want to change.

5. Tap ⊙, tap Style, then tap Paste Style.

   Depending on the item you're pasting a style into, fonts, line weight, or color are matched.

   For linked or placed files, pasted styles update corners and shadows.

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**Tip:** If you like the style of an item, you can save its style. Then, every time you add another item like that to your board, it uses that saved style. Tap ⊙, tap Style, then choose Save as Insert Style.

## Position items on a Freeform board on iPhone

In the Freeform app 🖼, you can move, rotate, or resize items on your board. You can align, distribute, or group them, and move them to the background or foreground. You can turn on a grid or guides to help you position items, and lock items when you want to prevent any further changes.

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**Move, rotate, or resize an item**

After you add an item to a board in the Freeform app 🖼, you can tap to select it and then do any of the following:

- *Reposition it:* Drag from the center of the item.

- *Move it in a straight line:* To constrain an item's movement horizontally, vertically, or diagonally, drag the item with one finger while you use another finger to touch and hold anywhere on the board.
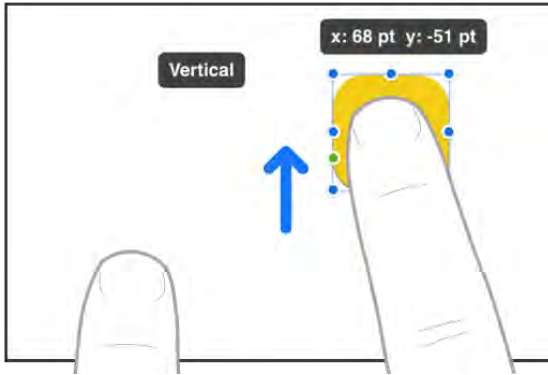
- *Rotate it:* Place two fingers on the item, then turn your hand in the direction you want to rotate the item.
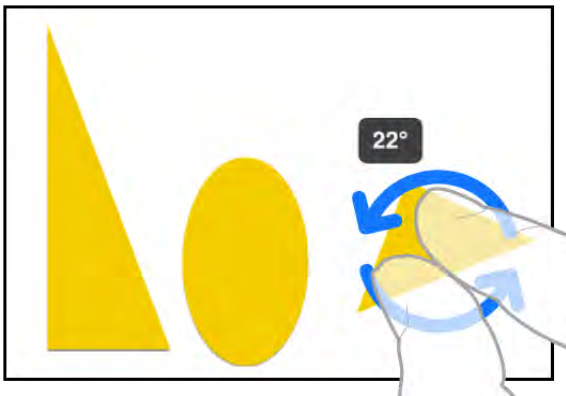


- *Put it in the background or foreground:* Tap ⊙, then tap Back or Front.

- *Resize it:* Drag a blue dot.

  In text boxes, drag a green dot to resize both the box and the text within it.

- *Match its size to another item:* Use a second finger to touch and hold the one you want to match after you start resizing. When the words Match Size appear, lift both your fingers at the same time.
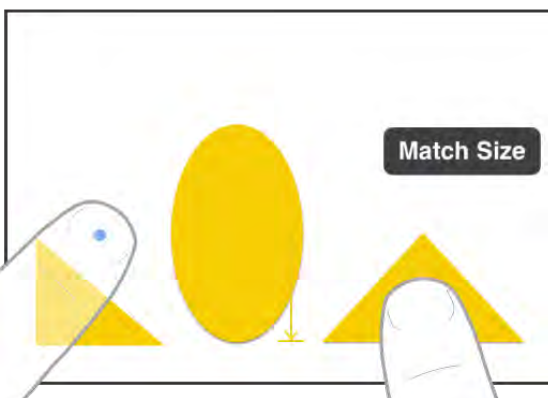
## Select, align, and group multiple items on a board

After you add items to a board in the Freeform app 🎨, you can select and align multiple items relative to one another. You can also group several items to more easily move, rotate, or resize them as a single unit.
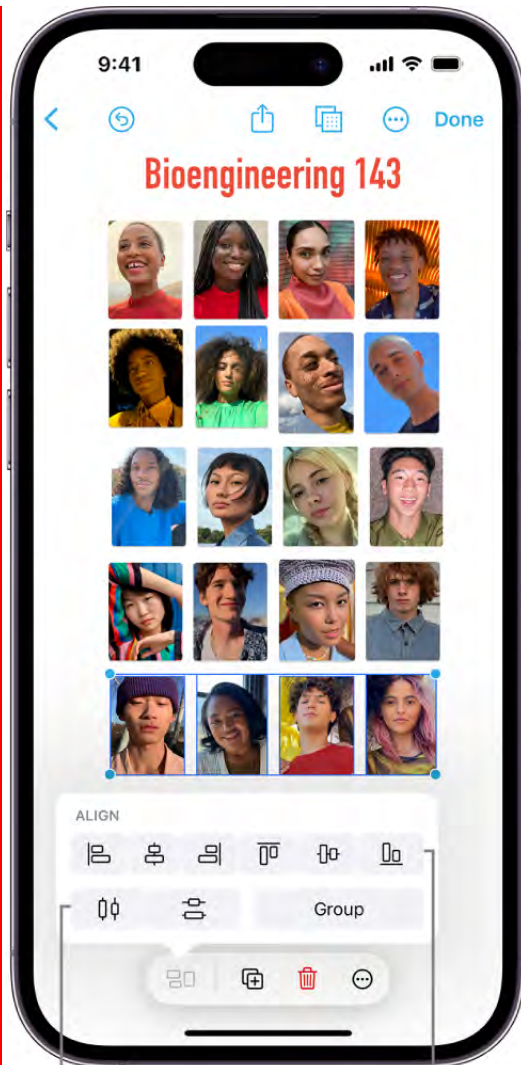


Evenly distribute selected objects.

Align selected objects.

1. Select multiple items by doing one of the following:

   - Tap and hold an item on your board, then, with another finger, tap other items.
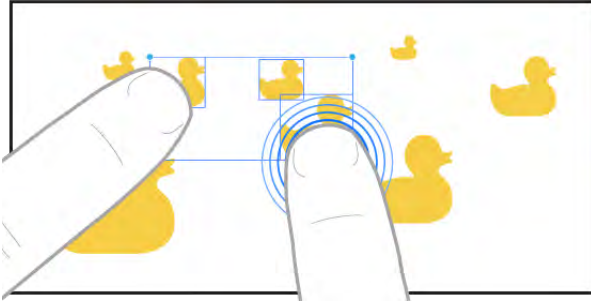
- Touch and hold the canvas, then drag the box that appears around the items you want to select.
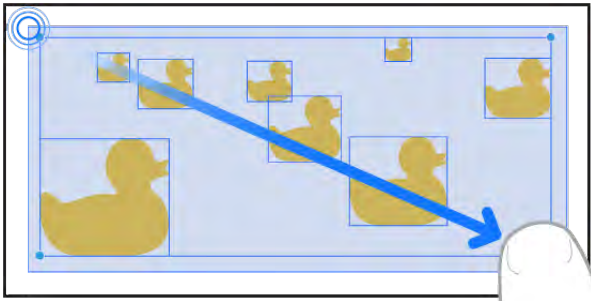


- Tap an empty space on the canvas, then tap Select Objects. Tap each item you want to select. Tap the item again if you want to deselect it.

2. Move, rotate, or resize the selected items, or tap ⊟☐, then tap an alignment option or Group.

## Hide or show the grid

You can show a grid of gray dots in your boards. This allows you to see more easily if items line up.

1. Open the Freeform app 🖌 on your iPhone.

2. Open a board, or tap ☑ to start a new one.

3. Tap 🗔, then tap Hide Grid or Show Grid.

## Turn guides on or off

Guides can help you place items precisely in the Freeform app 🖌. When guides are on, they appear as you drag an item on a board and it aligns with another item. They also indicate when three or more items are equally spaced. You can turn the guides off and on as needed.

Go to Settings ⚙ > Freeform. Turn Center Guides, Edge Guides, and Spacing Guides on or off.

**Lock an item on a board**

After you add an item to a board in the Freeform app 🎨, you can lock it so you don't inadvertently move, modify, or delete it. For example, you might lock one or more text boxes to serve as headings. (This could help set off areas on a board where participants can share items.)

1. Tap a drawing, shape, text box, or other item on your board.

2. Tap 😊, then tap Lock.

   **Tip:** When you want to define a workspace for your participants (rather than having a wide open canvas), try adding a large rectangle shape. Select the shape, tap 😊, tap Back, then lock it.

## Search your Freeform boards on iPhone

In the Freeform app 🎨, you can search all your Freeform boards for text in sticky notes, text boxes, shapes, and filenames.

Do any of the following:

- *Search within a board:* Tap the board's name or 😊 (near the top-right corner), then tap Find.

- *Search all boards:* Tap the search bar near the top of the All Boards screen. Any board that contains the text appears in the search results.

   (If you're in a board, tap ❮ to access Search in All Boards.)

## Share Freeform boards and collaborate on iPhone

In the Freeform app 🎨, you can invite people to collaborate on a board in iCloud, and everyone will see the latest changes when they're online and signed in with their Apple ID. To make sure the board is accessible to all, you can add descriptions for visual items. You can also export your Freeform board as a PDF to send a copy of it to others.

## Invite others to collaborate on a board

When you collaborate with others on a shared Freeform board, you can see edits as others make them. Changes are saved in iCloud, so everyone with access to the board sees the latest version whenever they open it.

*Note:* Boards are stored only in the iCloud account of the owner. The iCloud storage of participants isn't affected by items in a board.

1. Open the Freeform app 🪟 on your iPhone.

2. Do one of the following:

   • *While browsing All Boards:* Touch and hold the board you want to share, then tap Share.

- *From inside a board:* Open the board you want to share (or tap ⬜ to start a new one), then tap ⬆.

3. The current sharing setting is described below the name of the board, such as "Only invited people can edit." Tap the setting to change it.

   *Note:* If you want to be the only one who can invite others, select "Only invited people" and turn off "Allow others to invite" (green is on).

4. Choose how you want to share the board—such as Messages 🟢 or Mail 🔵—or tap the icon of anyone you've communicated with recently to share with them.

You can add people after you've started sharing a board. Tap 👤, tap Manage Shared Board, then tap Share With More People. Depending on the settings of others in Messages, 👤 may change appearance.

*Note:* To edit or view the board, everyone you share with must be signed in with their Apple ID with iOS 16.2, iPadOS 16.2, macOS 13.1, or later. To collaborate using Messages, you and anyone you invite must also turn on iMessage.

## View others in a board

You can see where others are working in your board in real time or follow along while another participant moves in a board. For example, if you're following someone who's presenting their design proposal in a Freeform board, you can see where they are in the board and what they see.

Manage participants and sharing options.

See who's working in the board.

See where others are working.

Change sharing options.
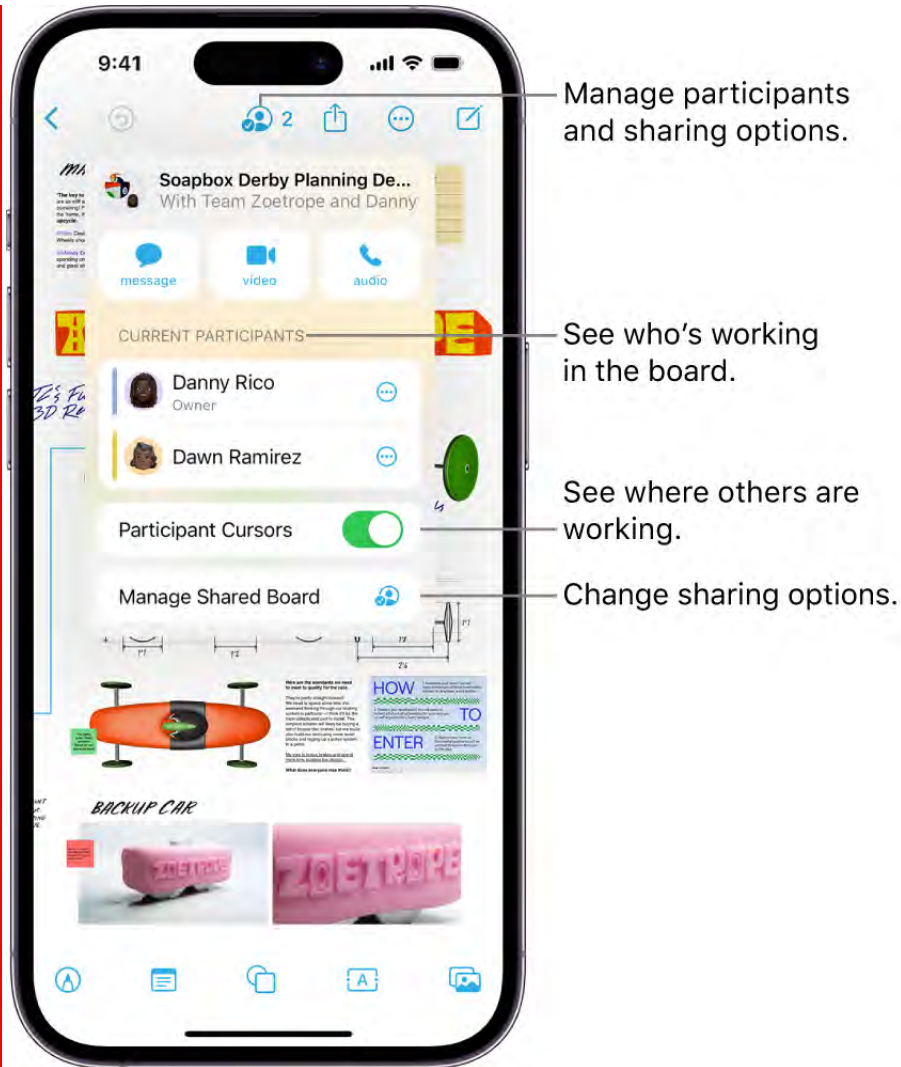
1. Open the Freeform app  on your iPhone.

2. Open the shared board where you want to see others at work, then tap . (Turn on Participant Cursors if it's off.)

3. Do any of the following:

- *Jump to where they're working:* Tap the name of a participant.

   The color next to the participant's name matches the color marking their place on the board.

- *Follow their board view as they work or present:* Tap  next to the name of a participant, then tap Follow Along. Or you can just tap the person's avatar wherever they are on the board, then tap Follow.

Anything you'd selected before entering the mode is deselected. A border (with a color matching the cursor of the person you're following) frames what they see on the board.

Both you and the presenter you're following need to be online.
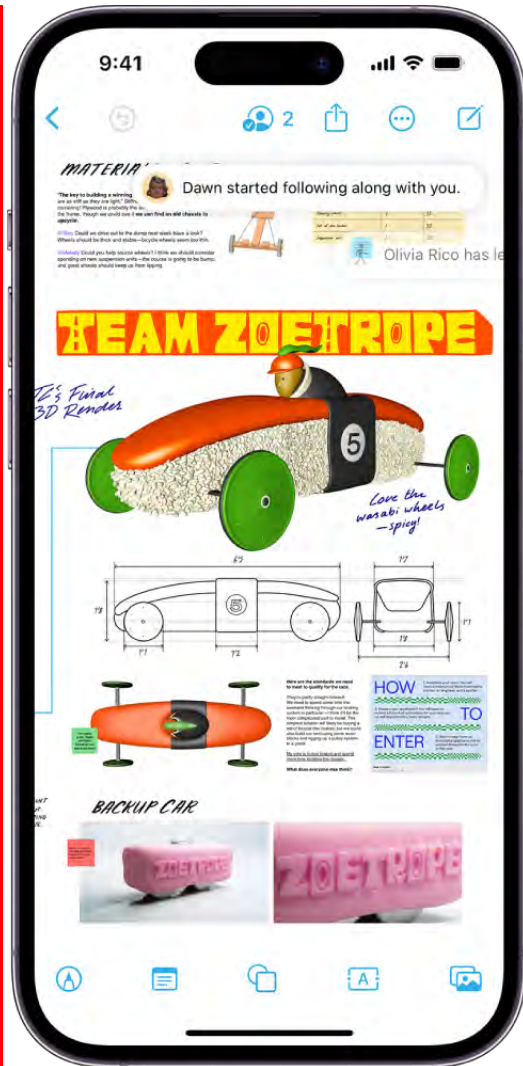


When you're following along, you can't select anything on the canvas, and zoom level is based on the other person's view

To stop following along, tap Stop in the top-right corner, or just make an edit, scroll, or zoom.

*Note:* Others working with you on the board can only undo and redo their own changes while the board is open. Use ↺ to move through the changes you made on your own iPhone. To redo a change after you undo it, touch and hold ↺, then tap Redo.

**Manage sharing settings**

You can change access and permissions for individuals or for everyone after you've started sharing a board.

1. Open the Freeform 🎨 app on your iPhone, then open the board whose sharing settings you want to change.

2. Tap 👤.

   A list of participants appears, showing who is working in the board.

3. Tap Manage Shared Board, then do any of the following:

   - *Lock the board for edits:* Tap Share Options, then tap "View only."

   - *Give editing access:* Tap Share Options, then tap "Can make changes."

   - *Change access and permissions individually:* Tap a participant's name, then adjust their settings.

   - *Invite others with a link:* Tap Share Options, tap "Anyone with the link," tap ‹, then tap Copy Link.

     *Note:* Anyone can copy the link to send to others, but if you select "Only people you invite," then only those invited to open the board can use the link. If you don't want participants to be able to invite others, select "Only people you invite" and "Only you can add people."

   **Tip:** You can also manage any board you've previously shared while browsing All Boards. Touch and hold its thumbnail or name, then tap Manage Shared Board.

**Add accessibility descriptions**

You can add a description of your visual content to any item on your board. That way, people who use assistive technology such as VoiceOver can hear the visual content described aloud. (Descriptions aren't visible on the board itself.)

1. Open the Freeform app 🎨 on your iPhone, then open the board where you want to add accessibility descriptions.

2. Select the item you want to describe, tap 🙂, then tap Description.

3. Enter a description of the visual content, then tap ⊗.

4. To hear the description, turn on VoiceOver, then tap the item.

**Stop sharing or collaborating**

1. Open the Freeform app 🎨 on your iPhone, then open the board you want to stop sharing or collaborating on.

2. Tap 👤, then tap Manage Shared Board.

3. Do any of the following:

   - *Remove people:* Tap the name of the participant you want to remove, then tap Remove Access.

   - *Remove yourself from someone else's board:* Tap your name, then tap Remove Me.

   - *Stop sharing with everyone:* Tap Stop Sharing, then tap Stop Sharing.

     When you choose this option, the board no longer appears on the devices of the other participants, even though you still have access to it.

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**Send a PDF copy of a board**

1. Open the Freeform app 🎨 on your iPhone.

2. Open a board, or tap 📝 to start a new one.

3. In the board you want to send, tap ⌄, then tap Export as PDF.

4. Choose how you want to send the board, such as Messages 💬 or Mail ✉️, then follow the onscreen instructions.

   People and groups you've recently communicated with appear as icons. Tap one to send the board to them.

You can also export a board as a PDF while browsing All Boards. Touch and hold the thumbnail or name of the board, then tap Export as PDF.

   **Tip:** To send a PNG of your board, take a screenshot, then share it from the Photos app 🌸. You can also select and copy items you want to share and then paste them into other apps (Mail or Files, for example) as a PNG.

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To use the collaboration features fully, all participants must be online, signed in with their Apple IDs, have Freeform turned on in iCloud (see Set up iCloud for Freeform on all your devices in the iCloud User Guide), and have two-factor authentication turned on.

# Delete and recover your Freeform boards on iPhone

In the Freeform app 🖌️, you can delete or remove boards you no longer need. You can also recover deleted boards you want to keep.
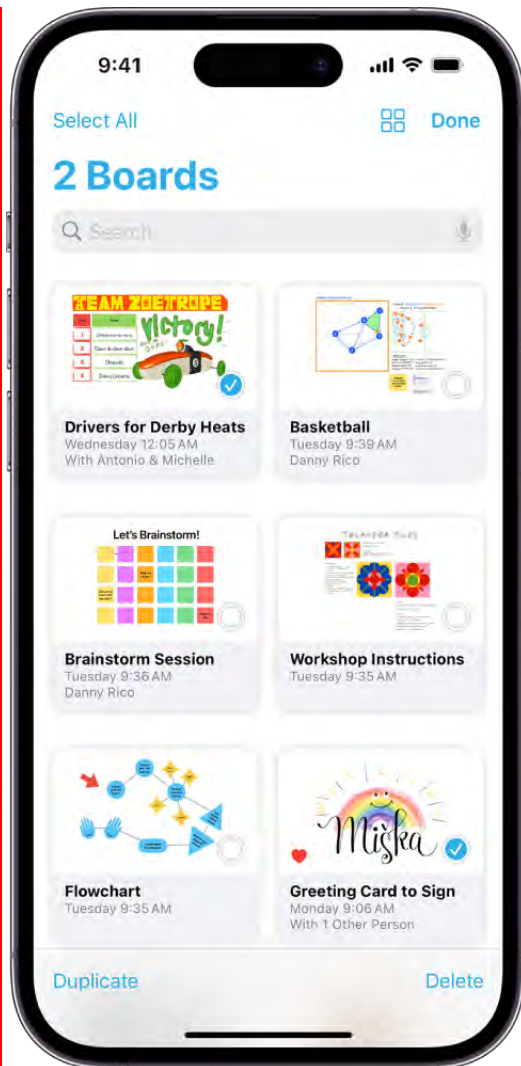


**Delete a board**

1. Open the Freeform app 🖌️ on your iPhone.

2. While browsing All Boards, tap ⋯ near the top-right corner, tap Select, then tap the boards you want to delete. (A checkmark appears as you select each one.)

   (If you're in a board, tap ‹ to browse All Boards.)

3. Tap Delete at the bottom-right corner of the screen.

You can also touch and hold the thumbnail or name of the board, then tap Delete.

If you're the *owner* of a board and you delete it, it no longer appears on anyone's devices.

If you're a *participant* in a shared board and you delete it, it no longer appears on your devices, but others can still access it.

### Recover a recently deleted board

If you change your mind about deleting a board, you can recover it.

1. Open the Freeform app 🎨 on your iPhone.

2. While browsing All Boards, tap ‹, then tap Recently Deleted.

3. Do one of the following:

   - *Recover a board:* Touch and hold the thumbnail or name of the recently deleted board, then tap Recover.

   - *Recover several boards:* Tap ⊙ near the top-right corner, tap Select, then tap the boards you want to recover. (A checkmark appears as you select each one.) Tap Recover at the bottom of the screen.

Deleted boards remain in Recently Deleted for 30 days.

If you were the *owner* of a shared board that you deleted, it no longer appears on anyone's device, and you have to reshare it after recovering it.

If you delete a board you don't own, you may be able to access it again with the invitation link.

### Permanently remove a recently deleted board

After deleting a board, you can permanently remove it.

1. Open the Freeform app 🎨 on your iPhone.

2. While browsing Recently Deleted, touch and hold the board, tap Delete, then tap Delete.

# Health

## Get started with Health on iPhone

The Health app ❤️ on iPhone stores health data from a number of different sources: your iPhone, iPad, Apple Watch, and compatible apps and third-party devices. You can set up a sleep schedule, check your headphone levels, schedule when to take your medications, and much more.



**Find your health data in one place**

iPhone automatically stores and analyzes valuable health details, including mobility data, sleep history, and even health records from your medical providers. You can also manually add information about medications you're taking, your menstrual cycle, and

more. To display all of your health data, open the Health app and scroll down to see highlights.
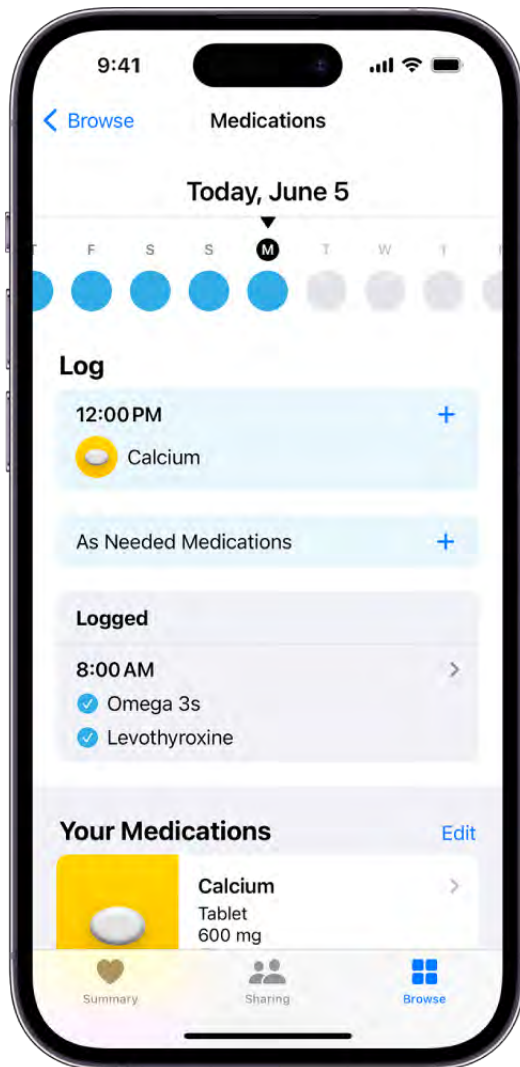


**Schedule your medications**

Create a list of the medications you're taking, schedule when to take them, and log when you do. To add a new medication, tap Browse, tap Medications, then tap Add a Medication.
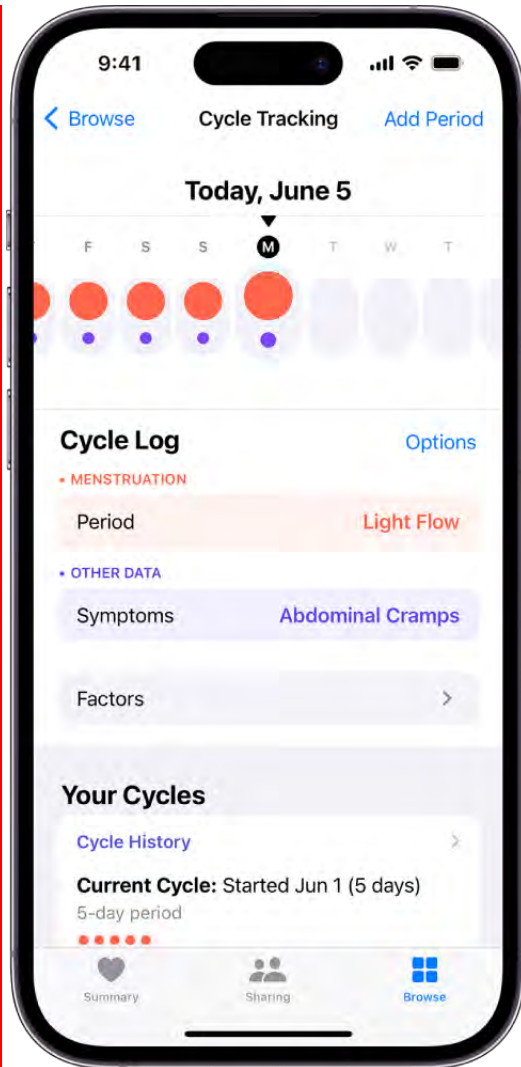
## Track your menstrual cycle

With Cycle Tracking, you can log your period, record symptoms like cramps, and track cycle factors like lactation. You can also use it to help predict when your next period or fertile window will begin. To set up Cycle Tracking, tap Browse, tap Cycle Tracking, then tap Set Up Cycle Tracking.
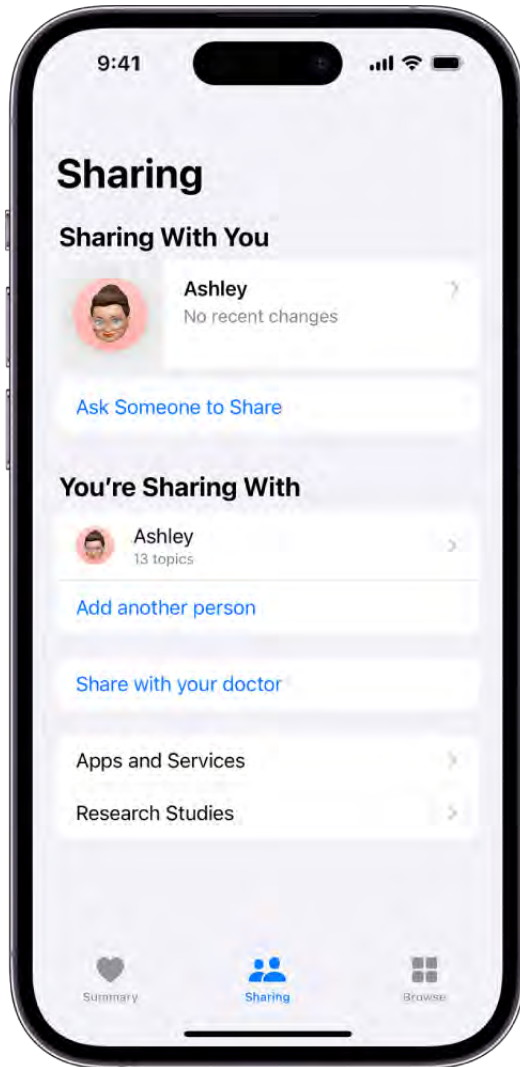
**Share your health data**

Securely share data with friends, family, doctors, and others caring for you. You control which details to share, who to share it with, and when to stop sharing. To share your health data, tap Sharing, then tap "Share with your doctor."

Want to learn more?

- View health records in Health on iPhone

- Add or change sleep schedules in Health on iPhone

- Track your mental wellbeing in Health on iPhone

- Share your data in Health on iPhone

- Back up your Health data on iPhone

# Fill out your Health Details in Health on iPhone

To personalize the Health app ♥️, add your name, date of birth, sex, and other basic information into Health Details. To help first responders and others in case you have a medical emergency, create a Medical ID that contains information about medical conditions, medications, allergies, emergency contacts, and more. To better manage your health with the help of the Health app, periodically review the Health Checklist.

## Fill out the Health Details screen

When you first open Health, you're asked to provide basic health information about yourself. If you don't supply all of the requested information, you can add it later on the Health Details screen.

1. Tap your picture or initials at the top right.

   If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the screen.

2. Tap Health Details, then tap Edit.

3. To make a change, tap a field.

4. When you're finished, tap Done.

**Create a Medical ID**

First responders and others can view critical medical information about you in your Medical ID, even while your iPhone is locked. See Set up and view your Medical ID.
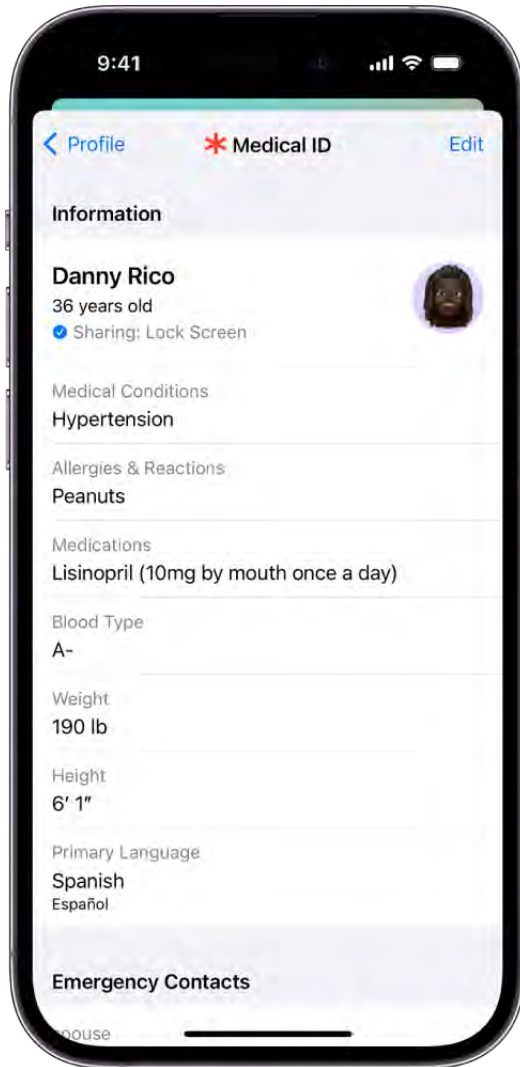
## Review your Health Checklist

1. Tap your picture or initials at the top right.

   If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the screen.

2. Tap Health Checklist.

3. To turn on or learn more about an item in the list, tap it.

4. When you're finished, tap Done.

# View and share health data

## Intro to Health data on iPhone

The Health app 💟 securely stores your health information from iPhone, iPad, and Apple Watch, as well as from compatible third-party apps and connected devices. You can also manually enter data for body measurements, symptoms, menstrual cycle information, and more.



## Health data from iPhone

iPhone automatically stores and analyzes valuable health data, including the following:

- *Steps, flights of stairs, and other walking data:* Built-in sensors on your iPhone capture the number of steps you take, the number of flights of stairs you climb, your walking speed, and more. You can browse highlights, trends, and details about this data in the Activity category in Health.



- *Mobility data:* iPhone stores important mobility metrics such as walking asymmetry, double support time, and more. Over time, as you walk with iPhone in your pocket or wear it near your waist, these metrics are used to calculate and record your walking steadiness. You can browse this data in the Mobility category. You can also receive a notification and share your notification with others if your steadiness becomes low enough to put you at increased risk of falling in the next 12 months.

- *Headphone audio levels:* Audio level measurements from connected AirPods, EarPods, or other compatible headphones are automatically stored in Health. You can review this data in the Hearing category to help you understand your headphone listening habits.

- *Sleep history:* If you set up a sleep schedule in Health, iPhone estimates the periods you're lying in bed with the intention to sleep. You can review this data in the Sleep category to help you meet your sleep goals.

- *Health records from your healthcare providers:* You can set up automatic downloads of health records of your allergies, medical conditions, medications, and more from supported healthcare organizations (not available in all countries or regions). You can browse these records in Health.

**Health data from Apple Watch**

After you pair iPhone with Apple Watch, periodic heart rate and blood oxygen measurements are automatically sent from Apple Watch to Health, where you can browse highlights, trends, and details in the Heart and Respiratory categories. You can also set up Apple Watch to send additional information to Health, including the following:

- Exercise minutes and other activity metrics. You can view these metrics in the Activity category in Health on iPhone.

- A history of time in daylight (Apple Watch SE (2nd generation), Apple Watch Series 6 and later, and Apple Watch Ultra). The ambient light sensor in Apple Watch can estimate how much time you've spent in daylight. You can view details in the Other Data category in Health on iPhone.

- Notifications about high or low heart rates, low cardio fitness (watchOS 7.2 or later), and irregular heart rhythms (not available in all countries or regions). You can view the details about these notifications in the Heart category.

- Environmental noise levels and notifications about loud sounds. You can view the details about noise in your environment in the Hearing category.

- A history of hard falls (Apple Watch SE and Apple Watch Series 4 and later). In the Other Data category, you can view details about the number of times fallen.

To learn more about health data from Apple Watch, see Track important health information, Monitor time in daylight data, Measure noise levels, and Manage Fall Detection in the Apple Watch User Guide.

**Health data from other apps and devices**

As you set up health and fitness apps that you download from the App Store, follow their onscreen instructions to allow them to share data with Health.

To store data from devices like blood pressure monitors and weight scales, follow their setup instructions. Bluetooth® devices need to be paired with iPhone.

*Note:* You can change health data permissions for apps and devices at any time.

**Data that you add manually**

You can manually enter data about your menstrual cycles, medications, body measurements, and more.

- *Add information about your menstrual cycles:* By logging menstrual cycle information, you can get period and fertile window predictions. See Log menstrual cycle information in Health on iPhone.

- *Add your medications, vitamins, and supplements:* By adding these items, you can get reminders to take them and learn more about them. See Track your medications in Health on iPhone.

- *Set up a sleep schedule:* Scheduling regular times for getting to bed and waking up can help you meet your sleep goals. See Set up a schedule for a Sleep Focus in Health on iPhone.

- *Add information to a Medical ID:* You can provide information about your medical conditions, medications, emergency contacts, and more in an emergency Medical ID. First responders and others can view this critical information directly on your iPhone, even while it's locked. See Set up and view your Medical ID.

- *Add information to other Health categories:* Tap Browse at the bottom right of Health, tap a category, tap ⟩ for the data you want to update, then tap Add Data at the top right.

**Important:** iPhone, iPad, and Apple Watch aren't medical devices. See Important safety information for iPhone.

## View your data in Health on iPhone

In the Health app ♥, you can view your health and fitness information in one place. For example, you can check whether your symptoms are improving over time, and see how well you're meeting goals for activity, sleep, mindfulness, and more.

**View your health trends**

To help you keep track of your health data over time, Health can alert you to significant changes in types of data like resting heart rate, number of steps, and amount of sleep. Trend lines show you how much these metrics have changed and for how long.

1. Tap Summary at the bottom left, then scroll down to Trends to view any recent trends.

2. If Health has detected trends, you can do the following:

   • *View more data about a trend:* Tap its graph.

   • *View more trends:* Tap View Health Trends.

To receive notifications about your health trends, tap Summary at the bottom left, tap your picture or initials at the top right, tap Notifications, then turn on Trends.

**View your highlights**

Tap Summary at the bottom left, then scroll down to see highlights of your recent health and fitness data.

To see more details about a highlight, tap ›.

**Add or remove a health category from Favorites on the Summary screen**

1. Tap Summary at the bottom left.

2. Tap Edit for the Favorites section.

3. Tap a category to turn it on or off, then tap Done.

**View trends, highlights, and details for a specific health category**

Tap Browse at the bottom right to display the Health Categories screen, then do one of the following:

• Tap a category. (To see all categories, scroll up and down.)

• Tap the search field, then type the name of a category (such as Mobility) or a specific type of data (such as Walking Speed).
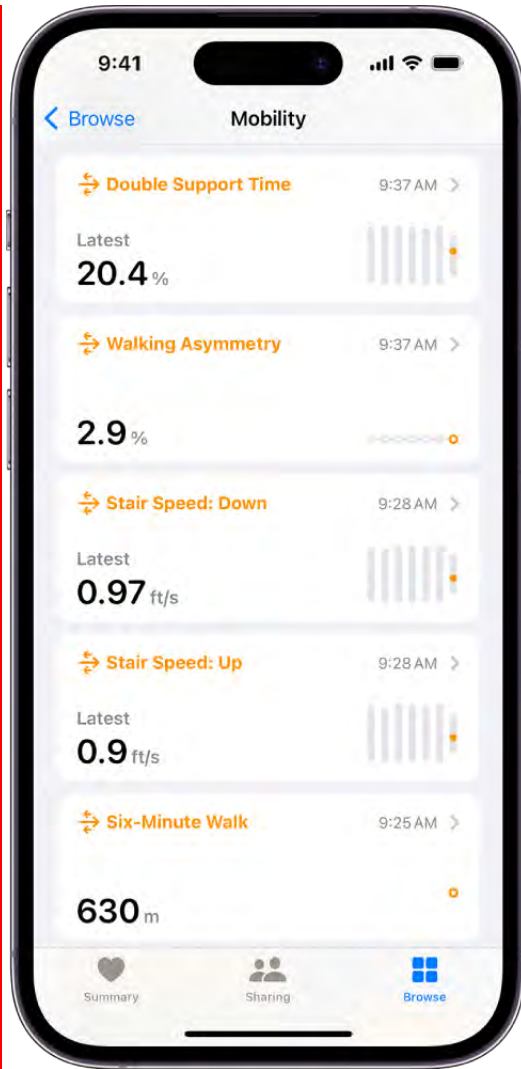
Depending on the data type, you may be able to do the following:

- *View details about any of the data:* Tap $\rangle$.

- *See weekly, monthly, and yearly views of the data:* Tap the tabs at the top of the screen.

- *Manually enter data:* Tap Add Data in the top-right corner of the screen.

- *Add a data type to Favorites on the Summary screen:* Tap Add to Favorites. (You may need to scroll down.)

- *View which apps and devices are allowed to share the data:* Below Options, tap Data Sources & Access. (You may need to scroll down.)

- *Delete data:* Tap Show All Data below Options, swipe left on a data record, then tap Delete. To delete all data, tap Edit, then tap Delete All.

- *Change the measurement unit:* Tap Unit below Options, then select a unit.

**Learn more about health and fitness**

The bottom of the Summary screen provides introductory articles, app suggestions, and other information. Tap an item to learn more.

When you view the details in many health categories, recommended apps are shown in addition to your data.

## Share your data in Health on iPhone

You can share health data stored in the Health app ❤️—such as health alerts and trends—with friends, family, and others caring for you.

**Share health data with a loved one**

People you share health data with can also view the health notifications you receive, including high heart rate and irregular rhythm notifications. You can also share notifications for significant trends, such as a steep decline in activity.

*Note:* To share health data with someone, you need to include them in your contacts.

1. Tap Sharing at the bottom of the screen.

2. Do one of the following:

   - *Set up sharing for the first time:* Tap Share with Someone.

   - *Share with an additional contact:* Tap "Add another person," then tap Next.

3. Use the search field to find someone in your contacts list, then tap their contact information to select them.

4. Tap See Suggested Topics or Set Up Manually, then choose topics to share.

5. Scroll down to see all topics on a screen, then tap Next to see the next screen.

6. Tap Share, then tap Done.

You receive a notification when your invitation is accepted.

## Share health data with your doctor

You can share health data (such as heart rate, exercise minutes, hours of sleep, lab results, and heart health notifications) with your doctors. Doctors view the data in a dashboard in their health records systems (U.S. only; on systems that support Health app data Share with Provider).

1. Tap Sharing at the bottom of the screen.

2. Do one of the following:

   - *Set up sharing for the first time:* Tap "Share with your doctor."

   - *Share with an additional provider:* Tap "Share with another doctor."

3. Tap Next, then select one of the suggested providers, or use Search to find your provider.

4. If Connect to Account appears, tap it, enter the user name and password you use for the patient web portal for that account, then follow the onscreen instructions.

   In addition to sharing your health data, connecting to your account also causes your health records for that account to download to Health.

5. Choose topics to share with your doctor.

6. Scroll down to see all topics on a screen, then tap Next to see the next screen.

7. Tap Share, then tap Done.

## Review or change the data you're sharing with others

1. Tap Sharing at the bottom of the screen.

2. Tap the name of a person or a healthcare provider.

3. Scroll down, then tap View Shared Data.

4. Make any changes, then tap Done.

## Stop sharing data with a contact or a provider

1. Tap Sharing at the bottom of the screen.

2. Tap the name of a person or a healthcare provider.

3. Tap Stop Sharing or Remove Account.

*Note:* If you start sharing data with someone, simply removing them from Contacts doesn't stop the information from being shared.

## Share health and fitness data with apps and devices

You can give other apps permission to share health and fitness data with Health. For example, if you install a workout app, its exercise data can appear in Health. The workout app can also read and make use of data (such as your heart rate and weight) shared by other devices and apps. If you didn't give an app permission to share data with Health when you set up the app, you can give permission later. You can also remove permission from an app.

To share your records from healthcare providers with apps, see Share your health records with other apps.

1. Tap your picture or initials at the top right.

   If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the screen.

2. Below Privacy, tap Apps and Services or Devices.

   The screen lists the items that requested access to Health data.

3. To change the access for an item, tap it, then turn on or off permission to write data to—or read data from—Health.

## Share your health and fitness data in XML format

You can export all of your health and fitness data from Health in XML format, which is a common format for sharing data between apps.

1. Tap your picture or initials at the top right.

   If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the screen.

2. Tap Export All Health Data, then choose a method for sharing your data.

# View data shared by others in Health on iPhone

You can receive notifications about a loved one's health, and you can view data about their activity, mobility, heart rate, and health trends in the Health app ♥.
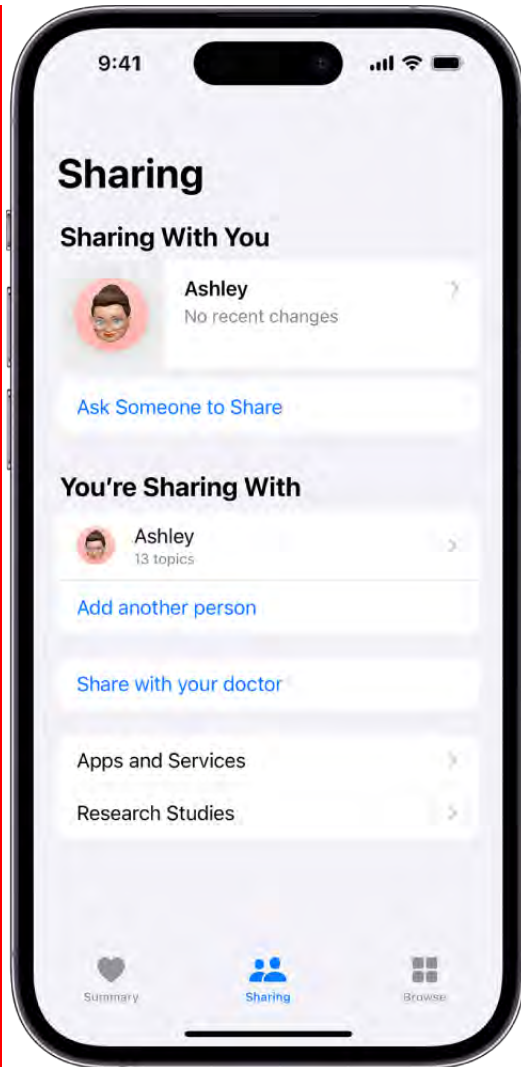
**Accept an invitation to view another person's health data**

1. After the invitation arrives, do one of the following:

   - Tap the invitation, such as on the Lock Screen or in Notification Center.

   - In Health, tap Sharing at the bottom of the screen, then tap View in the invitation at the top of the screen.

2. Tap Accept, then tap Done.

### View shared data and quickly respond to it

1. Tap Sharing at the bottom of the screen.

2. Tap the contact card listed below Sharing With You.

3. You can do any of the following:

   - *Quickly respond:* Tap Message, Call, or FaceTime.

   - *See more detail:* Tap an item on the screen.

     If the detail includes chart data, you can start a conversation about it by tapping Message. The chart is included in your message.

### Ask another person to share their health data with you

You can ask someone to share their health data with you, if they have an iPhone with iOS 15.6 or later. They control what data they share and when to stop sharing.

1. Tap Sharing at the bottom of the screen.

2. Tap Ask Someone to Share, then choose an option.

3. Let your invitee know that you need to be included in their contacts to share with you, and that if they need assistance, sharing instructions are available in Share health data with a loved one.

# Get health records from your providers

## Download health records on iPhone

The Health app 💗 offers secure access to information about your vaccinations, allergies, conditions, medications, and more (not available in all countries or regions).

You can use a QR code or a link from a healthcare provider or authority to download a verifiable COVID-19 vaccination or test result record, and you can set up automatic downloads for a range of health records from supporting healthcare organizations.

*Note:* When iPhone is locked with Face ID, Touch ID, or a passcode, all of the health data in the Health app—other than what you add to your Medical ID—is encrypted.

**Use a QR code or a link to download a verifiable COVID-19 vaccination or test result record**

You can securely download verifiable COVID-19 vaccination and test result records and store them in the Health app. You can also add verifiable COVID-19 vaccination records to the Wallet app.

1. If your healthcare provider or authority makes a QR code or a link available to you, do one of the following:

   - Use your iPhone camera to scan the QR code.

   - Tap the link.

2. Do one of the following:

   - *Add a vaccination record to Wallet and Health:* Tap Add to Wallet & Health, then tap Done.

   - *Add a test result to Health:* Tap Add to Health, then tap Done.

To view a verifiable COVID-19 vaccination or test result record in Health, tap Browse at the bottom right of the screen, scroll down, then tap Immunizations (for a vaccination) or Lab Results (for a test result).

You can also view and present a vaccination record as a vaccination card in Wallet on your iPhone. See Use COVID-19 vaccination cards in Wallet on iPhone. If you have an Apple Watch paired with your iPhone, the vaccination card is also added to and

accessible from your Apple Watch (watchOS 8 or later). See Use vaccination cards in Wallet on Apple Watch in the Apple Watch User Guide.

*Note:* If you set up automatic health record downloads from a healthcare provider that supports verifiable health records and Health Records on iPhone, and you receive a COVID-19 vaccination or test from the provider, the record is automatically downloaded to Health.

**Set up automatic health record downloads from your healthcare provider**

Supporting healthcare organizations can securely and automatically download records of your allergies, medical conditions, medications, labs, vaccinations, and more to Health.

1. Tap your picture or initials at the top right.

   If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the screen.

2. Tap Health Records, then do one of the following:

   - *Set up your first download:* Tap Get Started.

   - *Set up downloads for additional accounts:* Tap Add Account.

   A list of nearby organizations appears. If your organization doesn't appear in the list, enter the name of a clinic, hospital, or other place where you obtain health records. Or enter the name of a city, state, or province to find organizations near there.

3. Tap the name of your organization.

4. Tap Connect Account (below Available to Connect) to go to the sign-in screen for your patient portal.

5. Enter the user name and password you use for the patient web portal of that organization, then follow the onscreen instructions.

After you set up downloads from an organization, you automatically receive new records in Health as they become available.

*Note:* Your healthcare organization might not appear in this feature. Organizations are added frequently. See the Apple Support article Institutions that support health records on iPhone and iPod touch.

**Add a previously downloaded vaccination record to Wallet**

You may have a verifiable COVID-19 vaccination record in Health that doesn't appear in Wallet if you did either of the following:

- You set up health record downloads from a healthcare provider that supports verifiable health records and Health Records on iPhone, and you received your COVID-19 vaccination from the provider.

- You used a QR code or a link to obtain a verifiable COVID-19 vaccination record using a version of iOS earlier than iOS 15.1.

To add this information as a vaccination card in Wallet, do the following:

1. Tap Summary in Health (at the bottom left of the screen).

2. Tap Add to Wallet (in an alert near the top of the screen).

## View health records in Health on iPhone

After you set up health record downloads from a healthcare provider, your records are securely and automatically downloaded to iPhone, where they're available for viewing in the Health app 🫀.

**View your health records**

Tap Browse at the bottom right to display the Health Categories screen, then do one of the following:

- Tap the search field, then enter the name of a health record category (such as clinical vitals) or a type of data (such as blood pressure).

- Scroll down, then tap a category (such as Allergies or Clinical Vitals) below Health Records.

- Scroll down, then tap the name of a specific organization.

To see more details, tap any section where you see >.

*Note:* If you don't see health records that you expect from a healthcare provider, make sure that you're signed in to your account with the provider. Tap Browse, scroll to your list of accounts, tap the name of your provider, then sign in if asked.

**Pin important lab results**

You can pin results so that they appear at the top of the Lab Results screen for quick access.

1. Tap Browse at the bottom right, scroll down, then tap Lab Results.

2. Do any of the following:

   - Swipe right on a result, then tap ⚎.

   - Touch and hold a result, then tap Pin this Lab.

**Share your health records with other apps**

Third-party apps can request access to your health records. Before you grant access, be sure that you trust the app with your records.

1. To grant access, choose which categories to share—such as allergies, medications, or immunizations—when asked.

2. Choose whether to grant access to your current and future health records or to only your current records.

   If you choose to share only your current records, you're asked to grant access whenever new records are downloaded to your iPhone.

To stop sharing health records with the app, turn off its permission to read data from Health.

**Delete an organization and its records from iPhone**

1. Tap your picture or initials at the top right, then tap Health Records.

   If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the page.

2. Tap the name of an organization, then tap Remove Account.

# Monitor your walking steadiness in Health on iPhone

When you carry your iPhone in a pocket or holster near your waist, the Health app 💗 uses custom algorithms that assess your balance, strength, and gait. You can receive a notification if your steadiness becomes low or stays low, and you can automatically share the notification with someone close to you. Health can also show you exercises to help improve your walking steadiness. (iPhone 8 and later.)

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**Receive notifications when your steadiness is low or very low**

1. Tap your picture or initials at the top right.

   If you don't see your picture or initials, tap Summary or Browse at the bottom of the screen, then scroll to the top of the screen.

2. Tap Health Checklist.

3. Tap Set Up for Walking Steadiness Notifications, then following the onscreen instructions.

To review your notifications, tap Browse at the bottom right, tap Mobility, scroll down, then tap Walking Steadiness Notifications.

To automatically share your walking steadiness notifications with somebody close to you, see Share your data in Health on iPhone.

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**View your walking steadiness data**

1. Tap Browse at the bottom right, then tap Mobility.

2. Tap Walking Steadiness (you may need to scroll down).

3. To learn about the three steadiness levels (OK, Low, and Very Low), tap ⓘ.

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**Learn how to improve your walking steadiness**

1. Tap Browse at the bottom right, then tap Mobility.

2. Scroll down, then tap Exercises That May Improve Walking Steadiness.

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# Track your menstrual cycle

## Log menstrual cycle information in Health on iPhone

In the Health app 💗, you can log menstrual cycle information to get period and fertile window predictions.

### Set up cycle tracking

1. Tap Browse at the bottom right, then tap Cycle Tracking.

2. Tap Get Started, then follow the onscreen instructions.

   To help improve predictions for your period and fertile windows, enter the requested information.

### Log your cycle information

You can log the days of a period and track information like symptoms, spotting, basal body temperature, and more.

1. Tap Browse at the bottom right, then tap Cycle Tracking.

2. Do any of the following:
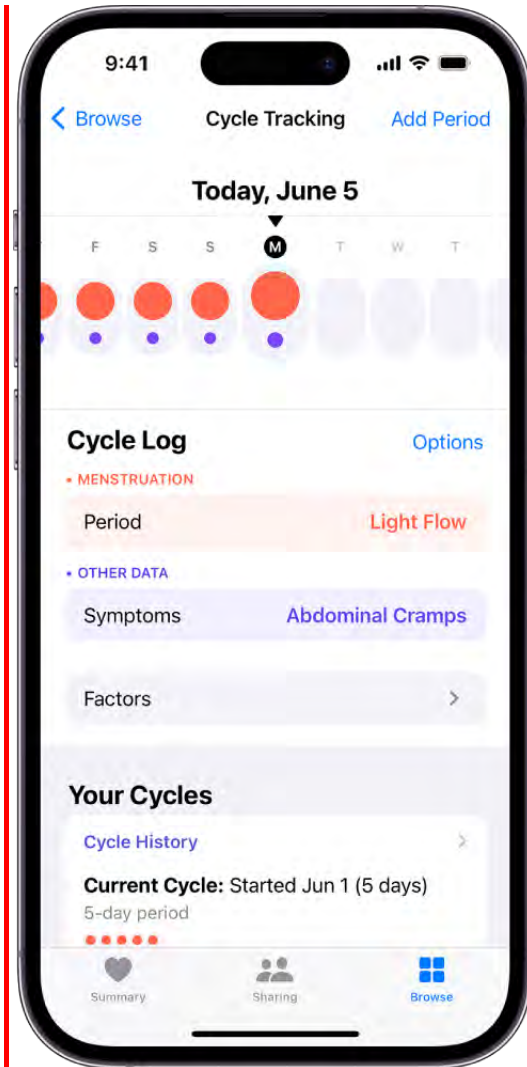
- *Log a period:* Tap a day in the timeline at the top of the screen. Or tap Add Period at the top right, then select days from the monthly calendar.

- *Log the flow level for a day:* Swipe the timeline to select a day, tap Period (below Menstruation), choose an option, then tap Done.

- *Log symptoms, spotting, or other information:* Swipe the timeline to select a day, tap a category (below Other Data), supply the information, then tap Done.

To add categories to the data logging screen, tap Options next to Cycle Log, then choose from the categories below Cycle Log.

*Note:* You can use Apple Watch (sold separately) to help log your cycle information. See Use Cycle Tracking on Apple Watch in the Apple Watch User Guide.

### Edit your log

Your logged information appears in the timeline at the top of the screen, where a solid red circle 🔴 represents a day you logged a period and a purple dot 🟣 represents a day you logged with additional information. Data for the day selected in the timeline appears in the Cycle Log (below the timeline). To change your logged information, do the following:

1. Swipe the timeline to select a day.

2. Tap a category of data (such as Menstruation or Symptoms), make your changes, then tap Done.

To unmark a period day, tap its solid red circle in the timeline.

### Manage cycle factors

When you enter information about pregnancy, lactation, and contraceptive use, that information is used to help manage your cycle predictions.

1. Tap Browse at the bottom right, then tap Cycle Tracking.

2. Tap Factors, then do any of the following:

   - *Add a factor:* Tap Add Factor, select a factor, tap Started if you need to change the start date, then tap Add.

   - *Change the end date for a current factor:* Tap the factor, tap Ended, select a date, then tap Done.

   - *Delete a current factor:* Tap the factor, then tap Delete Factor.

The information you add about yourself in Health is yours to use and share. You can decide what information is stored in Health as well as who can access your data. When your iPhone is locked with Face ID, Touch ID, or a passcode, all of your health and fitness data in Health, other than your Medical ID, is encrypted. Any health data synced to iCloud is encrypted both in transit and on Apple servers. And if you have a version of iOS, iPadOS, and watchOS (if you're using iPad and Apple Watch for cycle tracking) with default two-factor authentication and a passcode, your health and activity data is stored in a way that Apple can't read it. This means that when you use the Cycle Tracking feature and two-factor authentication, your health data synced to iCloud is encrypted end-to-end, and Apple doesn't have the key to decrypt the data and therefore cannot read it.

## View menstrual cycle predictions and history in Health on iPhone

When you log your menstrual cycle in the Health app, you can check the date for your next period or fertile window, receive notifications about when your next period or fertile window is approaching, view details about your cycle history, and more.

*Note:* Health can also use data from Apple Watch to improve the predictions for your period and fertile windows. See Use Cycle Tracking on Apple Watch in the Apple Watch User Guide.

### View your cycle timeline

Tap Browse at the bottom right, then tap Cycle Tracking.

At the top of the screen, a timeline shows the following icons.

| Icon | Description |
| --- | --- |
| | A predicted period day. |
| | A predicted day of your fertile window. |
| | A day you likely ovulated (requires Apple Watch Series 8 or Apple Watch Ultra to be paired with your iPhone; not available in all regions). |
| | A day you logged a period. |
| | A day you added information (for example, noting a headache or cramping). |

To select different days, swipe the timeline.