

- **Depth gauge:** Everything's better down where it's wetter—down to 40 meters, to be precise, with water temperature readings while you're diving.

### Left or Right Wrist?

The Apple Watch can be worn on your left *or* right wrist by turning it so the side controls face your fingers. A setting in the Watch app on the iPhone rotates the display. If you're left-handed and prefer the watch on your right hand, the side controls are still easily accessible by your left hand.

Flip ahead to [Watch Orientation](#) for more options.

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## Bluetooth, Wi-Fi, and Cellular Connections

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The Apple Watch primarily communicates with the iPhone wirelessly via Bluetooth, which requires little power but has a short range. If you normally carry your phone everywhere, it and the watch stay in contact this way.

All models also support Wi-Fi (using 802.11b/g/n protocols at 2.4 GHz, and 5 GHz in the Series 6, 7, 8, and Ultra), which is used to connect to the iPhone when it's out of Bluetooth range. The watch can also access the internet directly via Wi-Fi when connected to a known network.

Some Apple Watch models include LTE and UMTS radios to connect directly to cellular networks, enabling you to receive notifications and calls, and access other data, when the iPhone is nowhere nearby (such as if you've gone on a run and left the phone at home). Depending on your cellular provider, activating this feature may cost extra; adding my watch to my AT&T plan, for example, tacks on \$10 per month. Some providers also support international roaming.

If you didn't set up cellular service when you first activated the watch, you can do it at any point:

1. In the Watch app on the iPhone, tap Cellular.
2. Tap Set Up Cellular.
3. Log in to your cellular account and follow the instructions for adding service. The steps vary by provider.

I cover how to manage the connections and join Wi-Fi networks in the discussion about [Use Control Center](#).

**Note:** In the event you find yourself not using the cellular features after all, you can cancel that service. You may also be able to suspend it for a period of time, such as if you're going on an extended vacation. Check with your provider for details.

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## Watch Bands

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Apple offers several types of interchangeable watch bands, from colorful, sweat-resistant fluoroelastomer (high-tech synthetic rubber) sport bands in several colors to a luxurious Milanese Loop made of woven stainless steel mesh.

I won't list them all here, because it's fun to [browse them visually](#), but here are two important takeaways:

- **Mix and match:** The bands slide into notches at the top and bottom of the watch, meaning you can easily change them out depending on the activity—a sport band while running, a leather classic buckle to go out to dinner, for example.
- **Easy adjustments:** Many of the bands include magnets in the strap, so you won't need to struggle to find a comfortable diameter. The stainless steel link band features buttons in several links to remove them; no special tools required.

Make sure you order the correct connector size for any extra bands you purchase. A band made for the 40mm watch doesn't sit flush on a 44mm watch, and vice versa.