



Tap to change the background dim level or to turn off Line Guide.

[Alt text: A page of a book in the Books app. A single line of text is highlighted and the rest of the text is dimmed. In the bottom-left corner of the screen is the Line Guide Menu button.]

1. Go to the Books app  [ALT N/A] on your iPhone.
2. Tap a book cover to open it, then tap a page.
3. Tap  [Alt text: the Menu button] at the bottom of the page.
4. Tap  [Alt text: the Line Guide Menu button] to turn on Line Guide, then do any of the following:
 - Tap the page above or below the line guide to move it up or down.
 - Tap the left or right page margin to move the line guide up or down (not available if vertical scrolling is on).
 - Touch and hold the line guide, then drag it to a new line on the page.

5. Tap  [Alt text: the Line Guide Menu button] in the bottom-left corner of the page to adjust the dim level or turn off Line Guide.

Related

[Annotate books in the Books app on iPhone](#)

[Listen to audiobooks in the Books app on iPhone](#)

[Organize books in the Books app on iPhone](#)

P9 NAV TITLE: [Annotate books](#)

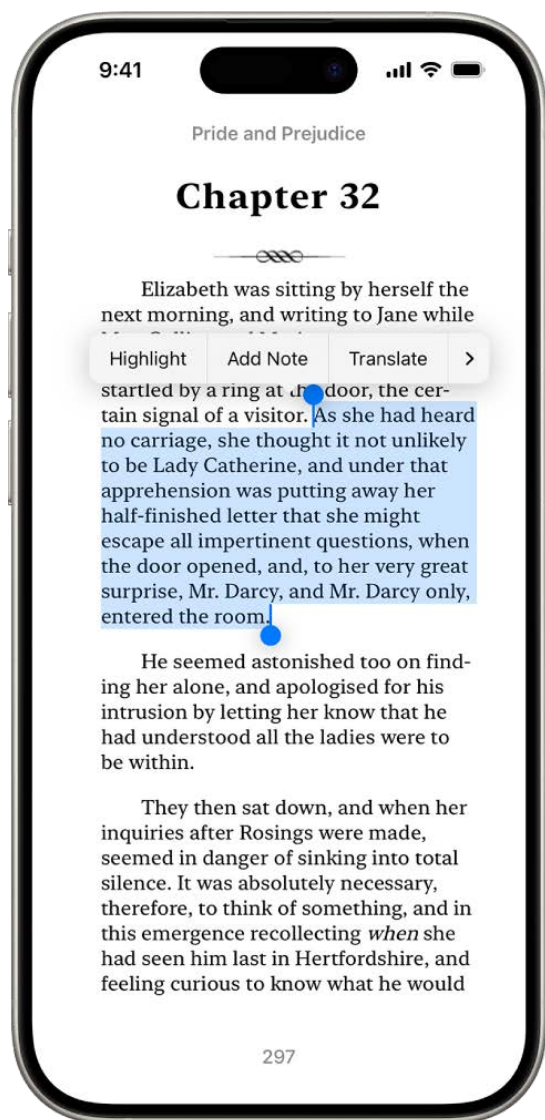
Annotate books in the Books app on iPhone

Metadata

Summary: In the Books app on iPhone, use the underline, highlight, and notes tools to annotate books as you read, then share your annotations with others.

You can highlight, underline, and take notes as you read books in the Books app, and then share your annotations with others.

- COMMENT - [#ba](#) [#books](#)



[Alt text: A page of a book in the Books app, with a portion of the page's text selected. The Highlight, Add Note, and Translate controls are above the selected text.]

Highlight or underline text

1. Go to the Books app  [ALT N/A] on your iPhone.
2. Tap a book cover to open it.
3. Touch and hold a word, then move the grab points to adjust the selection.
4. 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  [Alt text: the Menu button] , tap Bookmarks & Highlights, then tap Highlights. Tap a highlight to go to that location in the book.

Add a note

1. Go to the Books app  [ALT N/A] on your iPhone.
2. Tap a book cover to open it.
3. Touch and hold a word, then move the grab points to adjust the selection.
4. 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  [Alt text: the Menu button] , tap Bookmarks & Highlights, then tap Highlights. Tap a note to go to that location in the book.

Share highlights and notes

1. Go to the Books app  [ALT N/A] on your iPhone.
2. Tap a book cover to open it, tap any page, then tap  [Alt text: the Menu button] .
3. Tap Bookmarks & Highlights, then tap Highlights.
4. Tap Select, tap the items you want to share, then tap  [Alt text: the Share button] .
5. Choose a sharing method such as AirDrop, Messages, or Mail.
6. After you share, tap Done to close Bookmarks & Highlights.

Delete highlights and notes

1. Go to the Books app  [ALT N/A] on your iPhone.
2. Tap a book cover to open it.
3. Tap a highlight or note, then tap Remove Highlight, Delete Note, or Remove Highlight & Note.

To delete multiple items at once, tap  [Alt text: the Menu button] , tap Bookmarks & Highlights, tap Highlight, then tap Select. Choose the items you want to delete, then tap  [Alt text: the Delete button] . Tap Done to close Bookmarks & Highlights.

Related

[Read books in the Books app on iPhone](#)

[Set reading goals in the Books app on iPhone](#)

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

Metadata

Summary: In Books on iPhone, access your books and audiobooks on your other Apple devices where you're signed in to the same Apple Account.

You can access your books and audiobooks in the Books app  [ALT N/A] on your other Apple devices such as your iPad, Mac, and Apple Vision Pro. 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 Apple devices, sign in to the same [Apple Account](#) on each device, then do any of the following:

- *Automatically download purchases made on other devices:* Go to Settings  [ALT N/A] > Apps > Books, then turn on Purchases from Other Devices.
- *Sync reading position, bookmarks, notes, and highlights:* Go to Settings > [your name] > iCloud, tap See All next to Saved to iCloud, then turn on Books.
- *Sync Home, Library, and collections:* Go to Settings > Apps > Books, then below Syncing, turn on Home and iCloud Drive.

Access your books on your Mac

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

- *macOS Sequoia:* Choose Apple menu  [ALT N/A] > System Settings, click your name at the top of the sidebar, then click iCloud. Click iCloud Drive, click Apps Syncing to iCloud Drive, then turn on Books.
- *macOS 13–14.5:* Choose Apple menu > System Settings, click your name at the top of the sidebar, then click iCloud. Click iCloud Drive, click Apps syncing to iCloud Drive, then select Books. Click Back, then click Done.
- *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.”

Related

[Buy books and audiobooks on iPhone](#)

[Annotate books in the Books app on iPhone](#)

P9 NAV TITLE: [Listen to audiobooks](#)

Listen to audiobooks in the Books app on iPhone

Metadata

Summary: [In Books on iPhone, use the audiobook controls to skip ahead, go back, change speed, and more.](#)

[Use the Books app to listen to audiobooks on your iPhone.](#)

- COMMENT - [#ba](#) [#books](#)



[Alt text: The audiobook player screen showing, from top to bottom, the audiobook cover, the name of the section that's playing, the playhead, pause button, and the skip forward and back buttons. At the bottom is the volume slider and below that are buttons for controlling playback speed, setting a sleep timer, choosing a playback destination, and viewing a list of the book's tracks.]

Play an audiobook

1. Go to the Books app  [ALT N/A] on your iPhone.
2. Navigate to an audiobook, then tap the cover to start playing it.
3. 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  [ALT N/A] > Apps > 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 1x in the lower-left corner, then drag the dial up or down to adjust the narration speed. Touch and hold the narration speed to reset it to 1x.
- *Set a sleep timer:* Tap  [Alt text: the Sleep button] , then choose a duration.
- *Play on a different device:* Tap  [Alt text: the AirPlay button] , then choose an available device such as HomePod, Apple TV, or Bluetooth® speakers.
- *Go to a chapter:* Tap  [Alt text: the Table of Contents button] , then tap a chapter.

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

- *Switch to the audiobook mini-player:* Swipe down from anywhere on the screen, or tap  [Alt text: the Close button] at the top of the screen. Tap the mini-player at the bottom of the screen to go back to full screen.
- *Close the audiobook player:* Swipe down from anywhere on the screen, or tap  [Alt text: the Close button] at the top of the screen. 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](#).

Find supplemental PDFs

Some audiobooks come with supplemental PDFs.

1. Go to the Books app  [ALT N/A] on your iPhone.
2. Tap Library, then tap  [Alt text: the More Info button] below an audiobook cover.
3. Tap View PDF Content.

Related

[Buy books and audiobooks on iPhone](#)

[Play audio from iPhone on HomePod and other wireless speakers](#)

P9 NAV TITLE: [Set reading goals](#)

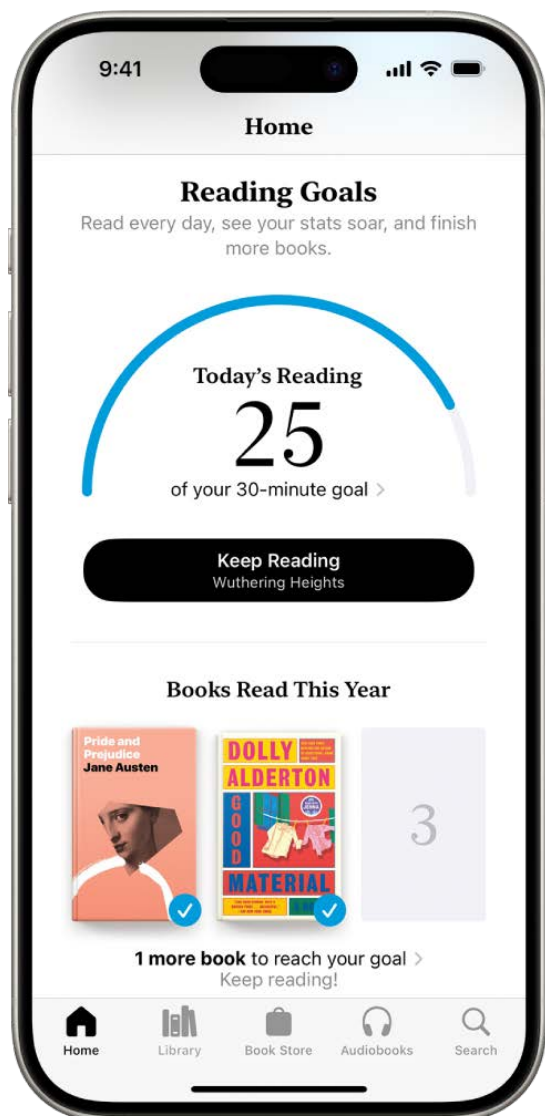
Set reading goals in the Books app on iPhone

Metadata

Summary: In Books on iPhone, customize your daily and yearly reading goals to spend more time reading.

The Books app helps you keep track of how many minutes you read each 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 receive encouragement to reach your goals.

- COMMENT - #ba #books



[Alt text: The Reading Goals screen showing stats for the user—such as today's reading, their reading record for the week, and their books read this year. Across the bottom are the tabs Home (which is selected), Library, Book Store, Audiobooks, and Search.]

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 5 minutes per day.

1. Go to the Books app  [ALT N/A] on your iPhone.
2. Tap Home, then tap the reading goals button at the top right of the screen.
3. Tap the reading goal timer, then tap Adjust Goal.
4. 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  [ALT N/A] > Apps > Books, then turn on Include PDFs below Reading Goals.

Change your yearly reading goal

After you finish reading a book or listening to an audiobook, the cover is displayed below Books Read This Year. 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. Go to the Books app  [ALT N/A] on your iPhone.
2. Tap Home, then tap the reading goals button at the top right of the screen.
3. Tap a book cover or a cover placeholder, then tap Adjust Goal.
4. Slide the counter up or down to set the books per year that you want to read, then tap Done.

Tip: You can change the status of a book in your library to finished. Tap ... [Alt text: the More Info button] next to a book or audiobook cover, then tap Mark as Finished.

Turn off coaching notifications

You receive encouragement and nudges from Books to help you reach your reading goals. You can turn off these notifications.

1. Go to the Books app  [ALT N/A] on your iPhone.
2. Tap Home, then tap your account button in the top-right corner of the screen.
3. Tap Notifications, then turn off Coaching.
4. Tap Done.

Turn off reading goals notifications

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

1. Go to the Books app  [ALT N/A] on your iPhone.
2. Tap Home, then tap your account button in the top-right corner of the screen.
3. Tap Notifications, then turn off Goal Completion.
4. Tap Done.

Turn off reading goals

Go to Settings  [ALT N/A] > Apps > Books, then turn off Reading Goals.

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

Clear reading data

To clear your reading data, such as time spent reading, reading goals, and reading streaks, go to Settings  [ALT N/A] > Apps > Books, then tap Clear Reading Goals Data.

Related

[Buy books and audiobooks on iPhone](#)

[Read books in the Books app on iPhone](#)

P9 NAV TITLE: [Organize books](#)

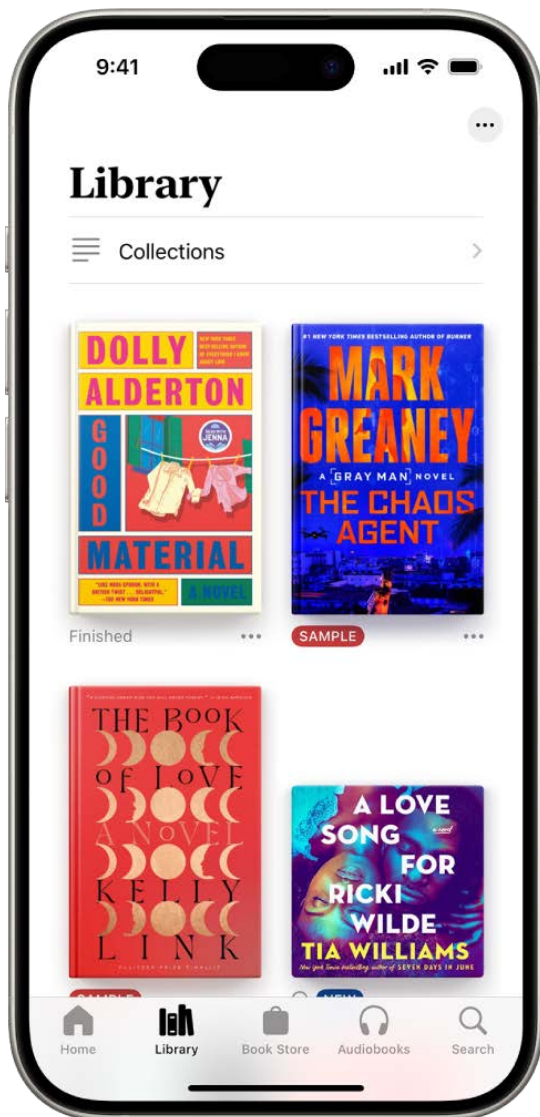
Organize books in the Books app on iPhone

Metadata

Summary: In the Books app on iPhone, organize books in collections, sort books by title or author, and remove books from your Library or collections.

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

- COMMENT - [#ba](#) [#books](#)



[Alt text: The Library screen in the Books app. At the top of the screen is the Collections button. In the middle of the screen are book covers. At the bottom of the screen are, from left to right, the Home, Library, Book Store, Audiobooks, and Search tabs. The Library tab is selected.]

Create a collection

You can create your own collections to organize and personalize your library.

1. Go to the Books app  [ALT N/A] 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. Go to the Books app  [ALT N/A] on your iPhone.
2. Navigate to a book, then tap  [Alt text: the More Info button] below the cover.

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. Go to the Books app  [ALT N/A] on your iPhone.
2. Tap Library or go to a collection.
3. Tap  [Alt text: the More button], 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 a new position.

Remove books, audiobooks, and PDFs

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

1. Go to the Books app  [ALT N/A] on your iPhone.
2. Navigate to a book or audiobook you want to remove, then tap  [Alt text: the More Info button] below the cover.
3. Tap Remove, then choose an option.

Note: If you choose Remove Download, the content and data associated with the title are no longer stored on your iPhone. To redownload the title, tap  [Alt text: the More Info button], then tap Download. If you choose Hide Book, the book won't appear in your library or collections. To unhide books and audiobooks, tap Home, 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  [Alt text: the More button] at the top right of the screen. Tap Remove Downloads, then tap Automatically When Finished.

Delete a collection

1. Go to the Books app  [ALT N/A] 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.

Related

[Annotate books in the Books app on iPhone](#)

[Access books on other Apple devices in the Books app on iPhone](#)

NAV TITLE: [Read PDFs](#)

Read PDF documents in the Books app on iPhone

Metadata

Summary: Read, mark up, print, and share PDFs in the Books app on iPhone.

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

Open a PDF you receive in another app in Books

1. Tap the PDF attachment to open it.
2. Tap  [Alt text: the Share button] , then tap Books from the list options.

Share or print a PDF

1. Go to the Books app  [ALT N/A] on your iPhone.
2. Tap Library, then tap  [Alt text: the More button] below the PDF.
3. Tap  [Alt text: the Share button] , then choose a share option such as AirDrop, Mail, or Messages, or tap Print.

Mark up a PDF in Books

1. Go to the Books app  [ALT N/A] on your iPhone.
2. Open the PDF.
3. Tap the page, then tap  [Alt text: the Markup button] at the top of the screen to use the drawing and annotation tools.

Related

[P9 Listen to audiobooks in the Books app on iPhone](#)

[Write and draw in documents with Markup on iPhone](#)

Calculator

NAV TITLE: [Use the basic calculator](#)

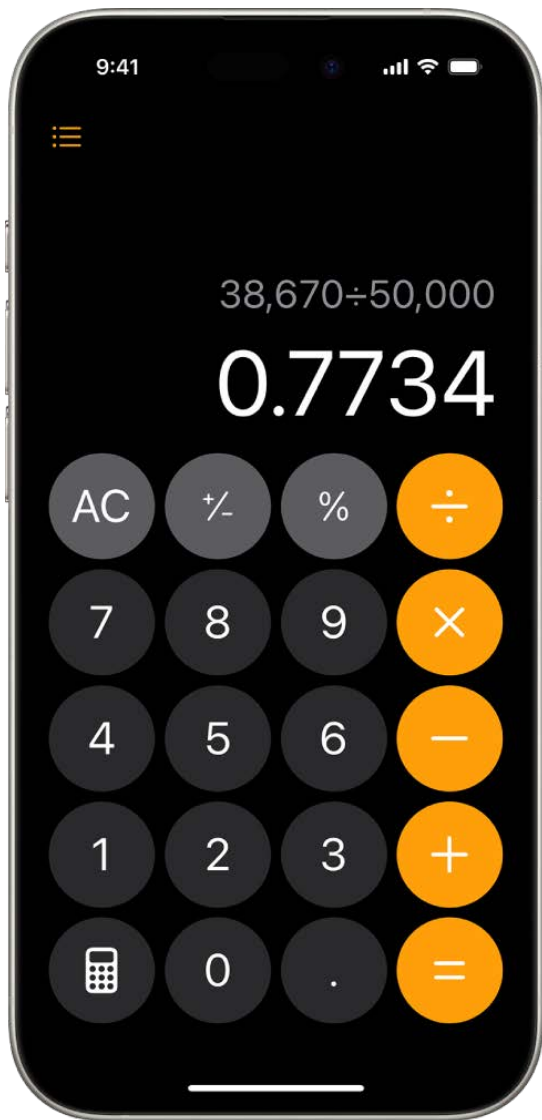
Use the basic calculator on iPhone

Metadata

Summary: On your iPhone, use the Calculator for basic arithmetic or change to other more advanced modes.

You can perform arithmetic calculations with a basic calculator.

Siri: Say something like: “What’s 74 times 9?” or “What’s 18 percent of 225?” [Learn how to use Siri.](#)



[Alt text: The basic calculator on iPhone.]

Switch to the basic calculator

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button] , then tap Basic.

Clear the display

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Enter a digit or calculation.
3. Do one of the following:
 - *Delete the last digit:* If you make a mistake when you enter a number, tap  [Alt text: the Delete key] .
 - *Delete the expression:* Tap the All Clear (AC) key, or touch and hold  [Alt text: the Delete key] .

Switch to another mode

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button] , then do one of the following:
 - *Access algebraic, exponential, logarithmic, and trigonometric keys, and more:* Tap Scientific. See [Use the scientific calculator](#).
 - *Solve handwritten math problems, evaluate expressions, and assign variables:* Tap Math Notes, then tap  [Alt text: the New Note button] . See [Solve math with Math Notes](#).
 - *Draw graphs:* Tap Math Notes, tap  [Alt text: the New Note button] , write an equation, then tap Insert Graph. See [Work with graphs in Math Notes](#).
 - *Instantly calculate unit or currency conversions:* Turn on Convert. See [Convert units or currency](#).

Copy a calculation result

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Enter a calculation, touch and hold the calculation result in the display, then tap Copy.
3. Paste the result somewhere else, such as in a note or message.

You can also copy [previous calculations](#).

Related

[Measure dimensions with iPhone](#)

[Read math equations](#)

[Use the compass on iPhone](#)

NAV TITLE: [Use the scientific calculator](#)

Use the scientific calculator on iPhone

Metadata

Summary: On your iPhone, use the scientific calculator for exponential, logarithmic, and trigonometric functions.

You can use the scientific calculator for exponential, logarithmic, and trigonometric functions. You can also view complete expressions with parentheses, trigonometry, and multiple operations before tapping the equal sign for the final answer.

Note: The Calculator app uses the standard order of operations. For example, multiplication is completed before addition and subtraction. Add parentheses around expressions that you want calculated first.



[Alt text: iPhone showing the scientific calculator with exponential, logarithmic, and trigonometric functions.]

Switch to the scientific calculator

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button] , then tap Scientific.

Work with stored values

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button] , then tap Scientific.
3. As you calculate, you can do any of the following:
 - *Add the value on the screen to memory:* Tap m+.

- *Subtract the value on the screen from memory:* Tap m-.
- *Recall the stored value in memory:* Tap mr.
- *Clear the stored value from memory:* Tap mc.

Use exponential and logarithmic functions or notation

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button] , then tap Scientific.
3. Do any of the following:
 - *Square a value:* Enter a number, tap x^2 , then tap =.
 - *Cube a value:* Enter a number, tap x^3 , then tap =.
 - *Raise a value to the power of y:* Enter a base number, tap x^y , enter the value of y, then tap =.
 - *Raise e to the power of x:* Tap e^x , enter the value of x, then tap =.
 - *Raise 10 to the power of x:* Tap 10^x , enter the value of x, then tap =.

Tip: Tap EE as a shortcut to use scientific notation, instead of tapping the $\times$ and 10^x keys.

Use the keys just below those keys to get the inverse functions: the square root, cube root, y^{th} root, natural logarithm, and logarithm.

To access additional functions (such as y^x or powers of 2), tap the “2nd” key near the top left.

Use trigonometric and hyperbolic functions

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button] , then tap Scientific.
3. Find any of the following:
 - *Sine:* Tap sin, enter a number, then tap =.
 - *Cosine:* Tap cos, enter a number, then tap =.
 - *Tangent:* Tap tan, enter a number, then tap =.
 - *Hyperbolic sine:* Tap sinh, enter a number, then tap =.
 - *Hyperbolic cosine:* Tap cosh, enter a number, then tap =.
 - *Hyperbolic tangent:* Tap tanh, enter a number, then tap =.

To access the inverse of these functions (such as arcsine or arctangent), tap the “2nd” key near the top left.

Use radians or degrees

The scientific calculator uses degrees by default.

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button] , then tap Scientific.
3. Tap Rad to switch to radians.

When you’re using radians instead of degrees, the label Rad appears in the lower left of the display, and the Rad key becomes Deg.

To switch back to degrees, tap the Deg key.

When you hold your iPhone vertically (in portrait mode), the Rad/Deg key is just above the ÷ key. When you hold it horizontally (in landscape mode), the Rad/Deg key is near the bottom center.

Generate a random number between 0 and 1

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button] , then tap Scientific.
3. Tap Rand.

When you hold your iPhone vertically (in portrait mode), the Rand key is just above the AC key. When you hold it horizontally (in landscape mode), the Rand key is to the left of the zero.

Related

[Track time with the stopwatch in Clock on iPhone](#)

[Measure dimensions with iPhone](#)

[Use VoiceOver in apps on iPhone](#)

NAV TITLE: [Solve math with Math Notes](#)

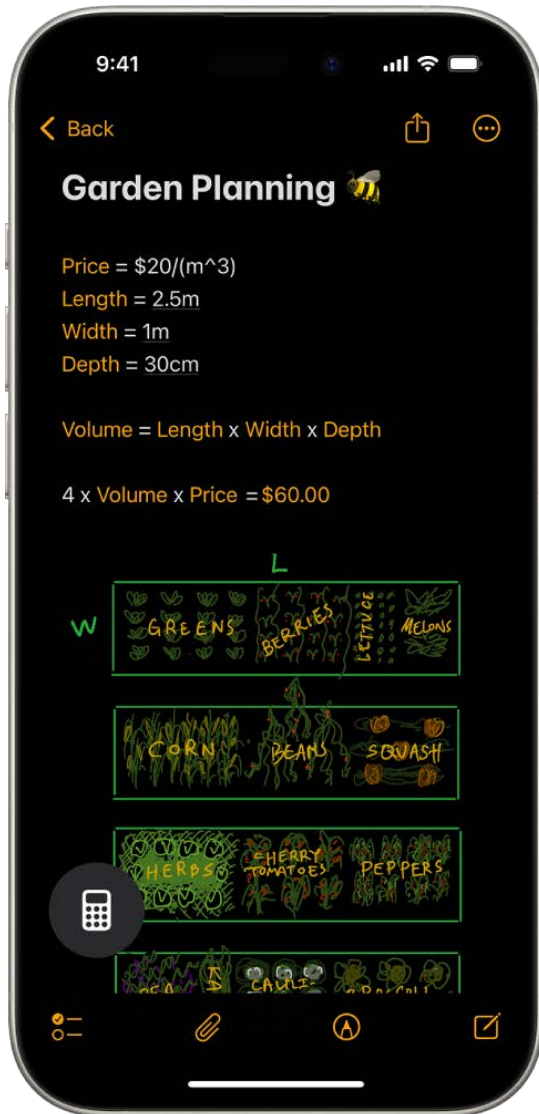
Solve math with Math Notes in Calculator on iPhone

Metadata

Summary: In Calculator, solve mathematical expressions or assign values to variables in equations

You can solve mathematical expressions, create and use variables, or graph equations—for example, when learning new concepts in class, day-to-day budgeting, planning an event, home remodeling, and more.

Note: Math Notes uses common mathematical symbols, the same operations as the [scientific calculator](#), and digits from select numeric systems. Learn more on the [iOS and iPadOS Feature Availability website](#).



[Alt text: A Math Note open in Calculator, with declared variables, equations, and a drawing of the math problem.]

Solve expressions

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button], then tap Math Notes.
3. Tap to open a previous Math Note, or tap  [Alt text: the New Note button] to start a new one.
4. Do any of the following:
 - Type a math expression, then include an equal sign.

- Tap  [Alt text: the Markup button] , write a math expression horizontally, then include an equal sign.
 - Tap  [Alt text: the Markup button] , write a stack of numbers, then draw a horizontal line below the numbers to add the numbers in the stack. Write a different symbol to the left of each digit if you want a different operation.
5. Tap the equal sign to see what Math Notes understood in what you wrote. To correct mistakes, you can fix any of the following:
- *Unrecognized math and unsolvable expressions:* Tap any dotted red lines to see details about the error.
 - *Ambiguous characters:* Tap any dotted blue lines to clarify what you wrote.

See the Apple Support article [How to handle errors in Math Notes](#) to learn more.

Math Notes uses the standard order of operations in horizontal expressions. For example, multiplication is completed before addition and subtraction. Add parentheses around expressions that you want calculated first. In vertically stacked math, Math Notes evaluates expressions from top to bottom.

Math Notes automatically converts any units and currency used in expressions. You can also mix different systems—for example, 42 meters + 143 feet. Available units and currency match the Convert mode of the basic or scientific calculator. See [Convert units or currency](#).

Update values

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button] , tap Math Notes, then tap the note you want to update.
3. Do one of the following:
 - Erase the number, then enter a new value.
 - Tap the number, then slide left and right to adjust the value using the scrubber that appears above the number.

Any graphs using the values automatically update. If the value was assigned to a variable, results or graphs of any equations using the variable automatically update as well.

Use variables in expressions and equations

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button] , then tap Math Notes.
3. Tap to open a Math Note, or tap  [Alt text: the New Note button] to start a new one.

4. To declare a variable, type or write a letter or word to use as the variable, followed by an equal sign.
5. Type or write a value or expression after the equal sign to assign a value to the variable.
6. Type or write the variable name in an expression or an equation to use it.

Note: Math Notes reads entries from top left to bottom right. You must declare a variable (for example, $x = 5$) before using it in an expression (such as $x + 10 =$). Writing an expression without first declaring a variable produces an error. Variable names must contain characters only from the Latin alphabet. Variables can't be used in vertical math.

You can use equations with two variables to [create a graph](#).

Show results automatically or as suggestions

You can choose how you want your iPhone to respond to the math problems you enter in Math Notes.

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button] , then tap Math Notes.
3. Tap  [Alt text: the More button] , then tap Math Results, then do one of the following:
 - *If you want problems to be solved:* Choose Insert Results. Answers appear automatically when you type or write a solvable math problem.
 - *If you want suggestions to appear:* Choose Suggest Results. When you type or write an equal sign or select a solvable math problem, a Solve button appears that, when tapped, inserts the answer.
 - *If you don't want any math results:* Choose Off. Answers don't appear when you write or type an equal sign after an expression.

Related

[Work with graphs in Math Notes in Calculator on iPhone](#)

[Solve handwritten math problems on a Freeform board on iPhone](#)

[Enter formulas and equations in Notes on iPhone](#)

NAV TITLE: [Work with graphs in Math Notes](#)

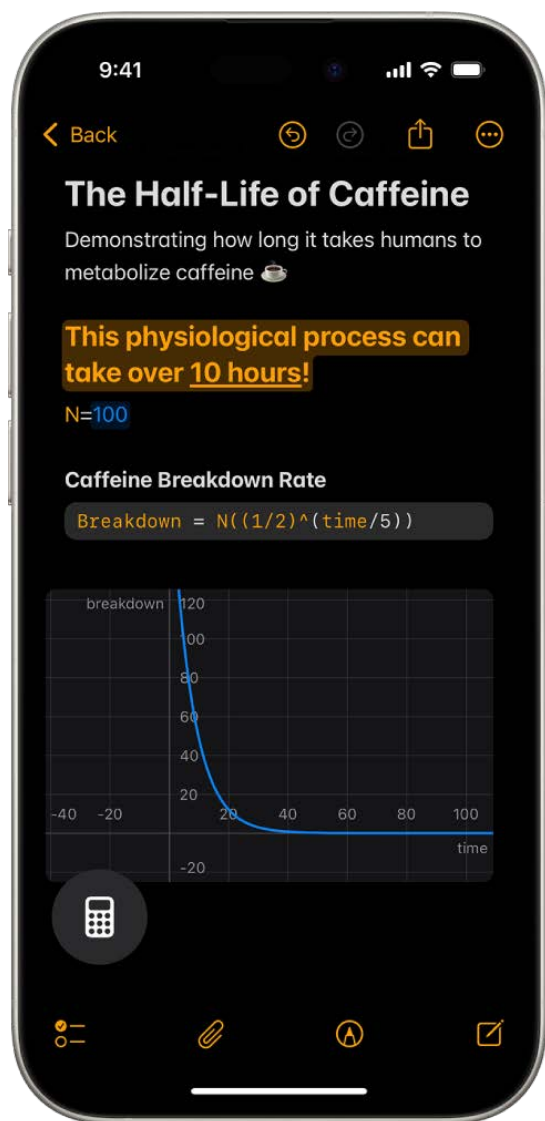
Work with graphs in Math Notes in Calculator on iPhone

Metadata

Summary: On your Mac, use the scientific calculator for exponential, logarithmic, and trigonometric functions.

In Math Notes, you can insert a graph or overlay the graphs of multiple equations on the same grid to see how they relate.

Note: Math Notes uses common mathematical symbols, the same operations as the [scientific calculator](#), and digits from select numeric systems. Learn more on the [iOS and iPadOS Feature Availability website](#).



[Alt text: A Math Note open in Calculator, with a declared variable, an equation, and a graph.]

Create a graph

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button] , then tap Math Notes.
3. Type or write an equation with exactly two undefined variables, with one on each side of the equal sign.

You can include defined variables as well. For example, if you know $a = 3$, you can graph $velocity = 0.5at^2$. The graph's y-axis shows *velocity*, and the x-axis shows t .

4. When you finish the equation, a menu appears. Tap Insert Graph, then, if asked, tap to assign a variable to the x-axis.

You can also tap an equal sign of any equation you already wrote to create a new graph.

All graphs interpret the equations you enter as $y = f(x)$. The variable to the left of the equal sign graphs on the y-axis, and the other variable graphs on the x-axis.

Modify a graph

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button], tap Math Notes, then open a Math Note with a graph.
3. Do any of the following:
 - *See coordinates:* Touch and hold the graphed function, then move your finger along the line to see each point's x- and y-values.
 - *Change the shape of the function:* Edit your equation. The graph updates automatically.
 - *Reframe the graph:* Tap the graph, then swipe with two fingers to pan.
 - *Zoom in or out:* Tap the graph, then pinch open and closed.
 - *Resize the graph:* Tap the graph, then drag an edge or corner handle.
 - *Duplicate the graph:* Tap the graph, then tap  [Alt text: the Duplicate button] .
 - *Recolor the graph line:* Tap the graph, tap  [Alt text: the Graph button], then tap the color dot to the left of the equation.

Work with multiple graphs

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button], then tap Math Notes.
3. [Create a graph](#), as above.
4. Type or write another equation, then tap Insert Graph or Add to Existing Graph.

You can also tap an equal sign of any equation you already wrote to add it to an existing graph.

5. Do any of the following:
 - *Combine graphs on one grid:* Tap a graph, tap  [Alt text: the Graph button], then tap the equation in the list that you want to add to the graph. The  [Alt text: checkmark] appears.
 - *Hide a graph line:* Tap the graph, tap  [Alt text: the Graph button], then tap  [Alt text: the checkmark] to uncheck it.

Related

[Use the scientific calculator on iPhone](#)

[Solve handwritten math problems on a Freeform board on iPhone](#)

[Enter formulas and equations in Notes on iPhone](#)

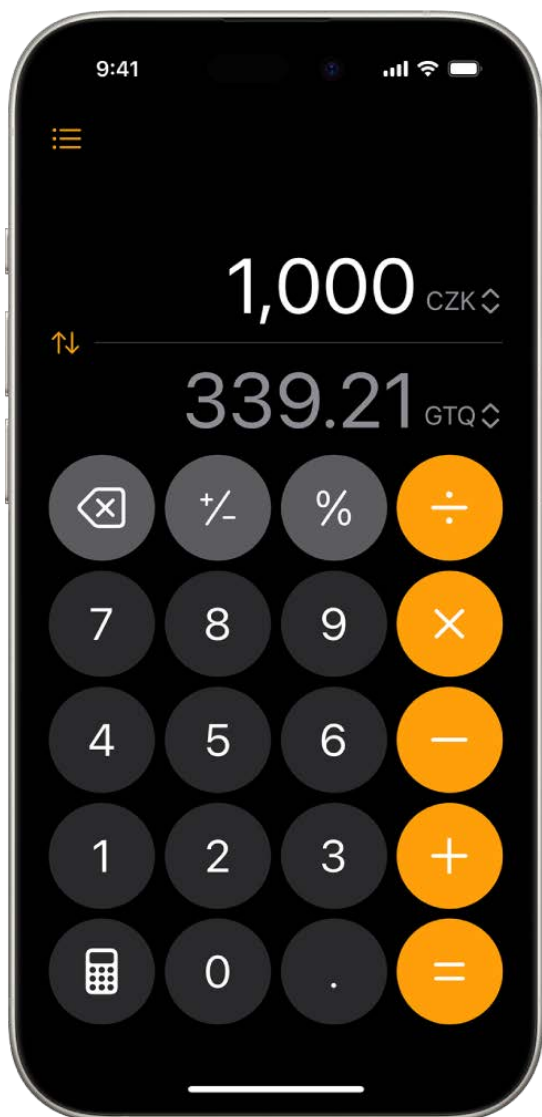
NAV TITLE: [Convert units or currency](#)

Convert units or currency in Calculator on iPhone

Metadata

Summary: On your iPhone, use the basic or scientific calculator to convert units and currency.

Turn on unit conversions to convert length, weight, currencies, and more while using the basic or scientific calculator.



[Alt text: The basic calculator with a currency conversion.]

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. While using the [basic](#) or [scientific](#) calculator, tap  [Alt text: the Calculator Mode button] , then turn on Convert.
3. Tap  [Alt text: the Conversion menu] and choose the units or currencies you want to convert from and to.

Swipe the categories at the top of the list to see others, such as Speed, Time, and Weight.

4. Enter a value in either field to see conversions as you type.

You can also convert units and currencies in [Math Notes](#). For example, write or type “50 m in feet =” in a note.

Related

[Measure dimensions with iPhone](#)

[Choose iPhone settings for travel](#)

[Translate text in apps on iPhone](#)

NAV TITLE: [See previous calculations](#)

See previous calculations in Calculator on iPhone

Metadata

Summary: On your iPhone, see a history of your previous calculations.

Keep track of previous calculations in the basic or scientific calculators, and copy results from them to use in Calculator or other apps.

1. Go to the Calculator app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Calculator Mode button] , then select Basic or Scientific.
3. Tap  [Alt text: the History button] , then do any of the following:
 - *Reload the calculation:* Tap the listing. The calculation appears where you left off earlier.
 - *Copy the answer:* Touch and hold the listing, then tap Copy Expression or Copy Result.
 - *Delete the calculation:* Touch and hold the listing, then tap Delete.

Related

[Control access to information in apps on iPhone](#)

[Select, cut, copy, and paste text on iPhone](#)

Calendar

NAV TITLE: [Create and edit events in Calendar](#)

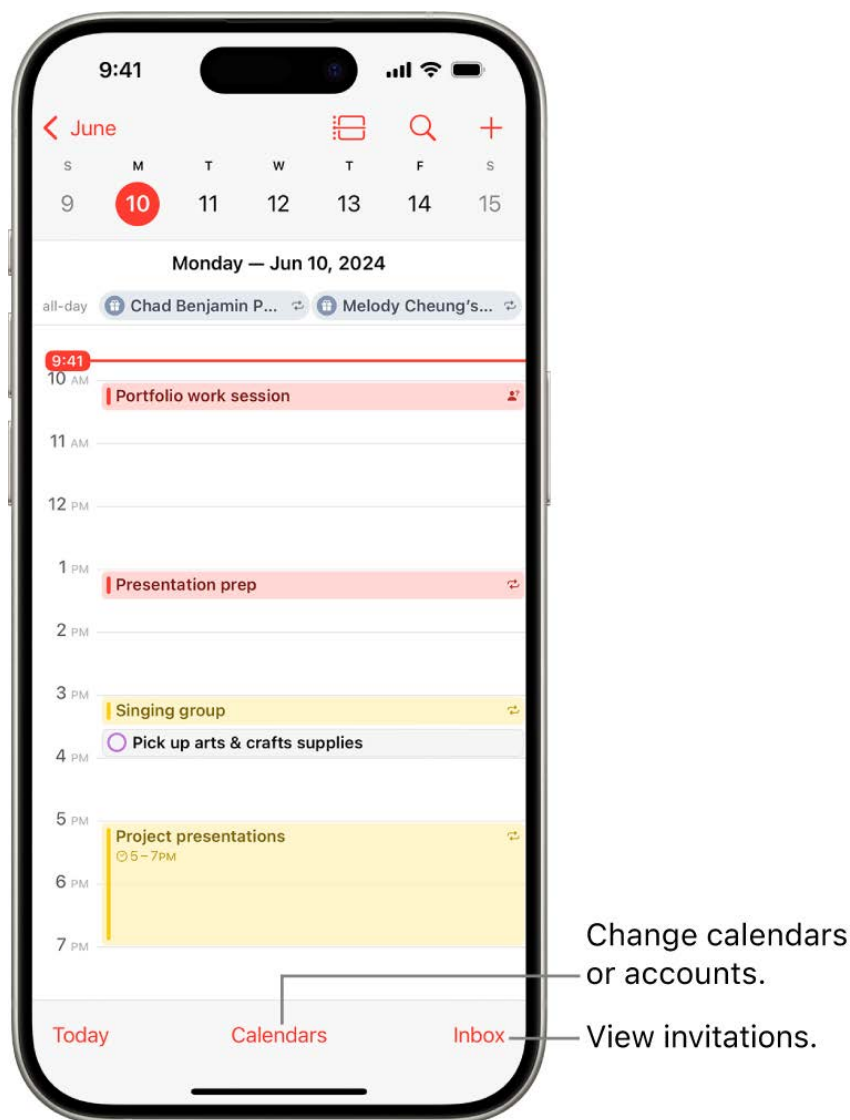
Create and edit events in Calendar on iPhone

Metadata

Summary: In Calendar on iPhone, create and edit events, appointments, and meetings.

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

- COMMENT - [#ba](#) [#locations](#)



[Alt text: A calendar in Day view showing the day's events. The Calendars button is at the bottom center of the screen, and the Inbox button is at the bottom right.]

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. Go to the Calendar app  [ALT N/A] on your iPhone.
2. In Day view, tap  [Alt text: the Add button] at the top of the screen.
3. Enter the title of the event.

4. 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](#).

5. 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.)
6. Tap Add.

Add an alert

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

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap the event, then tap Edit near the top right.
3. In the event details, tap Alert.
4. 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. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap the event, then tap Edit near the top right.
3. In the event details, tap Add attachment.
4. 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, folders, and find downloads in Files](#).

5. 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  [ALT N/A] > Apps > Calendar.

2. Tap Siri, then 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. Go to the Calendar app  [ALT N/A] on your iPhone.

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

3. 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  [Alt text: the Add button] at the top of the screen after copying an event.

4. Tap the copied event below Title.

5. Tap Add.

Edit an event

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

1. Go to the Calendar app  [ALT N/A] on your iPhone.

2. Do any of the following:

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

Delete an event

1. Go to the Calendar app  [ALT N/A] on your iPhone.

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

Related

[Send invitations in Calendar on iPhone](#)

Send invitations in Calendar on iPhone

Metadata

Summary: In Calendar on iPhone, send meeting and event invitations.

In the Calendar app, 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.

1. Go to Settings  [ALT N/A] > Apps > Calendar.
2. Tap Calendar Accounts, select an account, then check to see if Calendar is turned on.

For more information about how to add calendars, see [Set up multiple calendars](#).

Invite others to an event

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

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap the event, then tap Edit near the top of the screen.
3. Tap Invitees.
4. 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  [Alt text: the Add button] to select contacts.

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

- P10

Add a phone number: Enter a phone number, tap Return, then tap Done.

- COMMENT - #zhcn - Phone number is supported for sending invitations in China.

P9

Note: In order to send a calendar invitation to a contact, the contact must have an email address. See [Add and use contact information](#).

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.

Note: In order to send a calendar invitation to a contact, the contact must have an email address or phone number. See [Add and use contact information](#).

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

5. When you're finished, tap Done.

If you don't want to be notified when someone declines a meeting, go to Settings  [ALT N/A] > Apps > 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. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap the event, then tap Edit.
3. Tap Show As, then tap Free.

Quickly email attendees

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

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap an event that has attendees.
3. Tap Invitees, then tap  [Alt text: the Send Mail to Invitees button] .

Related

[Reply to invitations in Calendar on iPhone](#)

NAV TITLE: [Reply to invitations](#)

Reply to invitations in Calendar on iPhone

Metadata

Summary: In Calendar on iPhone, reply to meeting and event invitations.

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. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap the meeting, then tap Propose New Time.
3. 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.

Related

[Send invitations in Calendar on iPhone](#)

[Change how you view events in Calendar on iPhone](#)

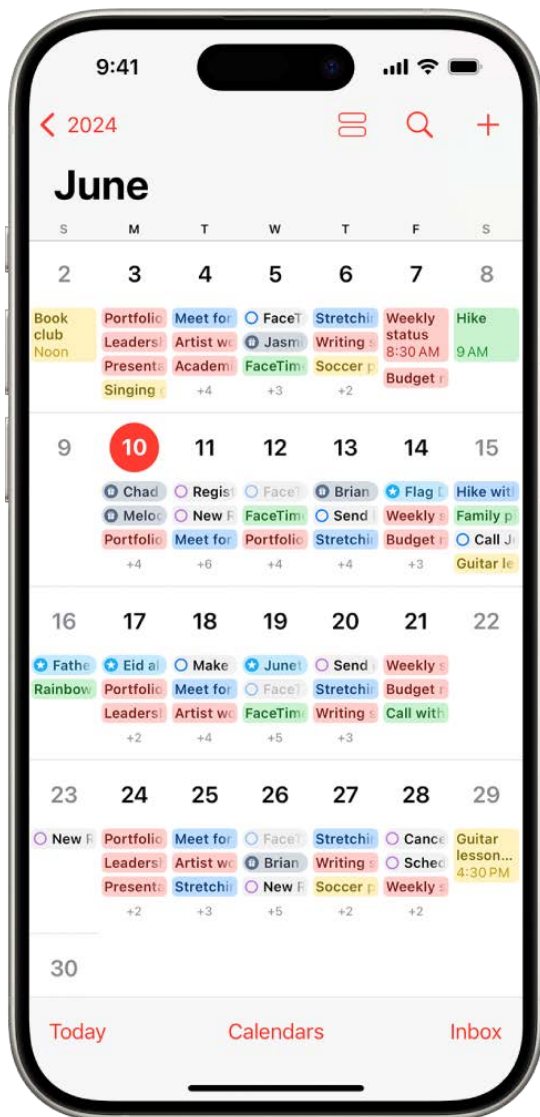
NAV TITLE: [Change how you view events](#)

Change how you view events in Calendar on iPhone

Metadata

Summary: In Calendar on iPhone, view events across the span of a month, week, or multiple days, or view a list of upcoming events.

You can view events across the span of a month, week, or multiple days, or view a list of upcoming events.



[Alt text: A calendar in Month view showing events and reminders.]

See events in Month view

You can change your Month view to show event indicators or details.

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. In Month view, tap the Month view icon, then do one of the following:
 - *Show a single bar indicator for the events on each day:* Tap Compact  [Alt text: the Compact button] .
 - *Show a bar indicator for each event:* Tap Stacked  [Alt text: the Stacked button] .
 - *Show event titles:* Tap Details  [Alt text: the Details button] .

View events across multiple days

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Do any of the following:

- *View multiple days:* In Day view, tap the Day view icon and choose Multi Day  [Alt text: the Multi Day button] .
- *View a weekly calendar:* In Month or Day view, rotate iPhone sideways.

View events in a list

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Do any of the following:
 - *View a list of events for each day:* In Month view, tap the Month view icon and choose List  [Alt text: the List button] . Tap each day to see a list of events.
 - *View a complete list of upcoming events:* In Day view, tap the Day view icon and choose List  [Alt text: the List button] .

Related

[Search for events in Calendar on iPhone](#)

[Change your Calendar settings on iPhone](#)

NAV TITLE: [Search for events](#)

Search for events in Calendar on iPhone

Metadata

Summary: In Calendar on iPhone, you can search for events by title, invitees, location, and notes.

You can search for events by title, invitees, location, and notes.

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Search button] , then enter the text you want to find in the search field.

Siri: Say something like: “What’s on my calendar for Friday?” [Learn how to use Siri.](#)

Related

[Change your Calendar settings on iPhone](#)

NAV TITLE: [Change Calendar settings](#)

Change your Calendar settings on iPhone

Metadata

Summary: In the Calendar on iPhone, add multiple accounts such as iCloud, Google, Microsoft Exchange, and Yahoo. Change default settings and display your calendar in a way that works best for you.

In the Calendar app  [ALT N/A], you can add multiple accounts such as iCloud, Google, Microsoft Exchange, and Yahoo. You can change default settings 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.

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

1. Go to Settings  [ALT N/A] > Apps > Calendar.
2. Tap Calendar Accounts > Add Account.
3. 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  [ALT N/A] > Apps > Calendar.
2. Tap Calendar Accounts > Add Account.
3. Tap Other, then tap Add CalDAV account.
4. Enter your server and account information.

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  [ALT N/A] > Apps > Calendar.
2. Tap Default Calendar, then 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](#).

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  [ALT N/A] > Apps > 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  [ALT N/A] > Apps > Calendar.
2. Do any of the following:
 - *Display the Chinese, Hebrew, or Islamic calendar:* Tap Alternate Calendars, then choose a calendar.
 - *Display the week number next to every week of the year:* Turn on Week Numbers.
 - *Show the current day as the first day in Week view:* Tap Week View Starts On Today.
 - *Choose a different day to start the week:* Tap Start Week On, then tap a day.

You can allow Siri to make suggestions across apps based on the way you use Calendar. Go to Settings > Apps > Calendar, tap Siri, then turn on Learn from this App. You can also allow suggestions and content from Calendar to appear in [Search](#), [widgets](#), and as [notifications](#).

Related

[Schedule or display events in a different time zone in Calendar on iPhone](#)

[Keep track of events in Calendar on iPhone](#)

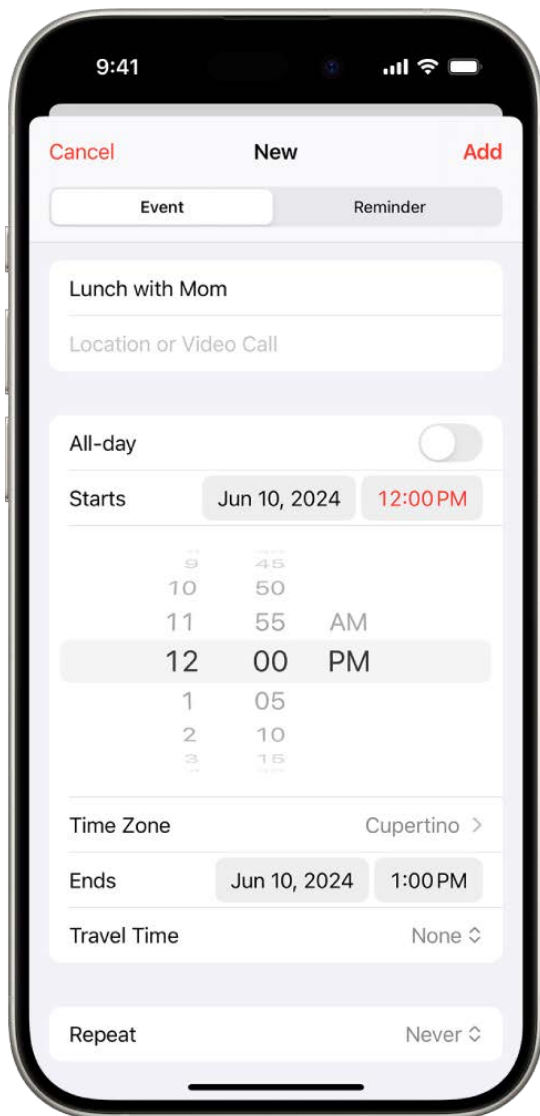
[Change how you view events in Calendar on iPhone](#)

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

Metadata

Summary: In Calendar on iPhone, schedule events or display your calendar in a specific time zone, even if you travel to a different location.

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.



[Alt text: A calendar event showing settings for the time and time zone of the event.]

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. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Add button] 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  [ALT N/A] > Apps > 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.

Related

[Keep track of events in Calendar on iPhone](#)

[Create and edit events in Calendar on iPhone](#)

[Set up multiple calendars on iPhone](#)

NAV TITLE: [Keep track of events](#)

Keep track of events in Calendar on iPhone

Metadata

Summary: In Calendar on iPhone, keep track of upcoming events, invitations, and more.

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  [ALT N/A] > 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  [ALT N/A] > 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 to the same Apple Account](#).

Go to Settings  [ALT N/A] > [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](#).

Related

[Set up multiple calendars on iPhone](#)

[Sign in and manage your Apple Account on iPhone](#)

NAV TITLE: [Use multiple calendars](#)

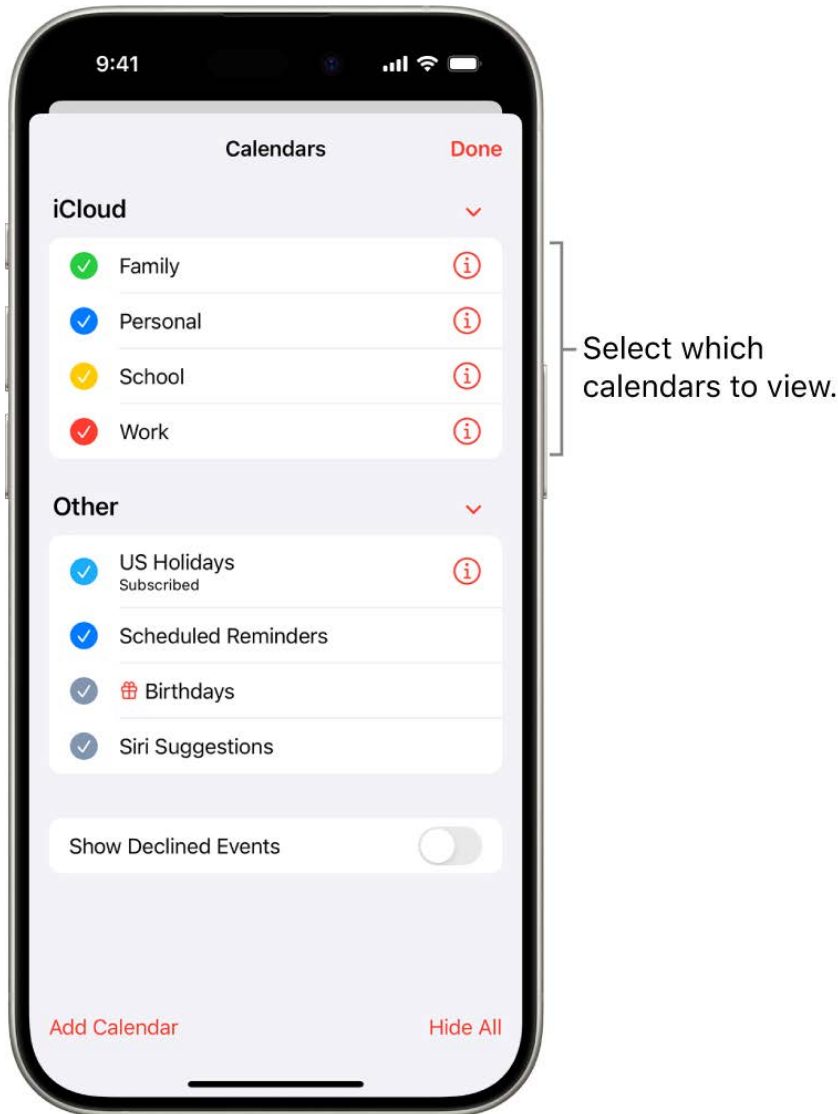
Set up multiple calendars on iPhone

Metadata

Summary: In Calendar on iPhone, set up multiple calendars to keep track of different kinds of

events.

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.



[Alt text: The Calendars list, with checkmarks indicating which calendars are active. The Done button for closing the list is in the top-right corner.]

Set up a calendar

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap Calendars at the bottom of the screen, then tap Add Calendar.
3. 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](#).

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. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap Calendars at the bottom of the screen.
3. Tap  [Alt text: the Info button] next to the calendar you want to unsubscribe from.
4. 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

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. 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. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap Calendars at the bottom of the screen.
3. Tap  [Alt text: the Info button] next to a calendar.
4. Turn Event Alerts on or off.
5. Tap Done.

Change a calendar's color

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap Calendars at the bottom of the screen.
3. Tap  [Alt text: the Info button] next to the calendar, then choose a color.
4. Tap Done.

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

Move an event to another calendar

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap the event, tap Calendar, then select a calendar to move the event to.

Related

[Use the Holidays calendar on iPhone](#)

[Use iCloud calendar subscriptions](#)

NAV TITLE: [Use reminders](#)

Use reminders in Calendar on iPhone

Metadata

Summary: In Calendar on iPhone, view, create, complete, and edit reminders from the Reminders app.

You can view, create, complete, and edit reminders from the Reminders app right in Calendar.

Show reminders

You can show scheduled reminders you added to the Reminders app  [ALT N/A] in Calendar.

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap Calendars at the bottom of the screen.
3. Select Scheduled Reminders.

Reminders scheduled as all day are shown in the all-day section at the top of the calendar. Reminders scheduled at a specific time appear at that time in the full-day schedule.

Create reminders

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Add button] at the top of the screen.
3. Tap Reminder, then enter a title.
4. To choose a date for the reminder, tap Date.
5. Optionally, turn on Time and choose a specific time for the reminder.

You can also add other information—like images, notes, or a priority level to a reminder. See [Add details](#).

Note: You can select a specific reminders list to add new scheduled reminders to. If you don't select a list, new reminders are added to the default list you chose for Reminders. See [Change your Reminders settings](#).

Complete reminders

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap the circle next to a reminder's name.

Complete reminders are dimmed. Deselect the circle next to a reminder to mark it as incomplete.

Note: If you set a scheduled reminder to repeat, future instances are dimmed and can only be marked complete after the most current instance is marked complete.

Hide reminders

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap Calendars at the bottom of the screen.
3. Deselect Scheduled Reminders.

Removing reminders from Calendar doesn't delete the reminders from the Reminders app.

Edit or delete reminders

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap a reminder, then tap Edit to edit details or to delete it.

Deleted reminders go to the Recently Deleted list in Reminders for 30 days before being permanently deleted.

Related

[Add or remove accounts in Reminders on iPhone](#)

[Edit and organize a list in Reminders on iPhone](#)

Use the Holidays calendar on iPhone

Metadata

Summary: In Calendar on iPhone, use the Holidays calendar.

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. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap Calendars at the bottom of the screen.
3. Select or deselect US Holidays (or the holiday calendar for your country or region).

Add a holiday calendar from a different region

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap Calendars at the bottom of the screen.
3. Tap Add Calendar, then tap Add Holiday Calendar.
4. 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](#).

Related

[Share iCloud calendars on iPhone](#)

Share iCloud calendars on iPhone

Metadata

Summary: In Calendar on iPhone, share an iCloud calendar with other iCloud users.

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. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap Calendars at the bottom of the screen.
3. Tap Add Calendar.
4. Tap Add Calendar, enter a name for the new calendar, then tap Done.

If iCloud isn't your default calendar, tap Accounts, then tap iCloud. See [Change your Calendar settings](#).

Share an iCloud calendar

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

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap Calendars at the bottom of the screen.
3. Tap  [Alt text: the Info button] next to the iCloud calendar you want to share.
4. Tap Add Person, then enter a name or email address, or tap  [Alt text: the Add button] to browse your contacts.

Note: Your contacts must have an email address to share an iCloud calendar. See [Add and use contact information](#).

5. 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.

- COMMENT - **Personal Safety content**

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap Calendars, tap  [Alt text: the Info button] next to the shared calendar, then tap the person's name.
3. 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  [ALT N/A] > Notifications > Calendar > Customize Notifications.
2. Turn off Shared Calendar Changes.

Share a read-only calendar with anyone

1. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap Calendars, then tap  [Alt text: the Info button] next to the iCloud calendar you want to share.
3. Turn on Public Calendar, then tap Share Link to copy or send the URL for your calendar.
4. 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. Go to the Calendar app  [ALT N/A] on your iPhone.
2. Tap Calendars at the bottom of the screen.
3. Tap  [Alt text: the Info button] next to the iCloud calendar you want to delete.
4. Tap Delete Calendar at the bottom of the list.

Related

[Create and edit events in Calendar on iPhone](#)

Clock

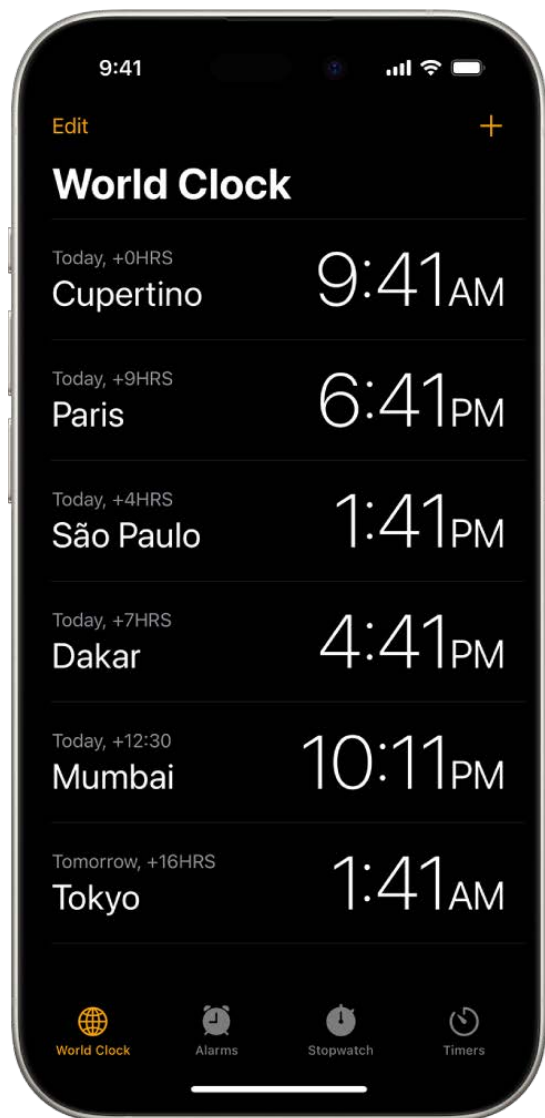
See the time worldwide in Clock on iPhone

Metadata

Summary: In Clock on your iPhone, see the local time in time zones around the world.

You can see the local time in 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.](#)



[Alt text: The World Clock tab, showing the time in various cities. The Edit button near the upper-left corner lets you reorder or delete clocks. The Add button near the upper-right corner lets you add more clocks. World Clock, Alarm, Stopwatch, and Timers buttons are along the bottom.]

1. Go to the Clock app  [ALT N/A] on your iPhone.
2. Tap World Clock.

3. To manage your list of cities, do any of the following:

- *Add a city:* Tap  [Alt text: the Add button] , then choose a city.
- *Delete a city:* Tap Edit, then tap  [Alt text: the Delete button] .
- *Reorder the cities:* Tap Edit, then drag  [Alt text: the Reorder button] up or down.

4. When you're finished, tap Done.

Related

[Set an alarm in Clock on iPhone](#)

NAV TITLE: [Set an alarm](#)

Set an alarm in Clock on iPhone

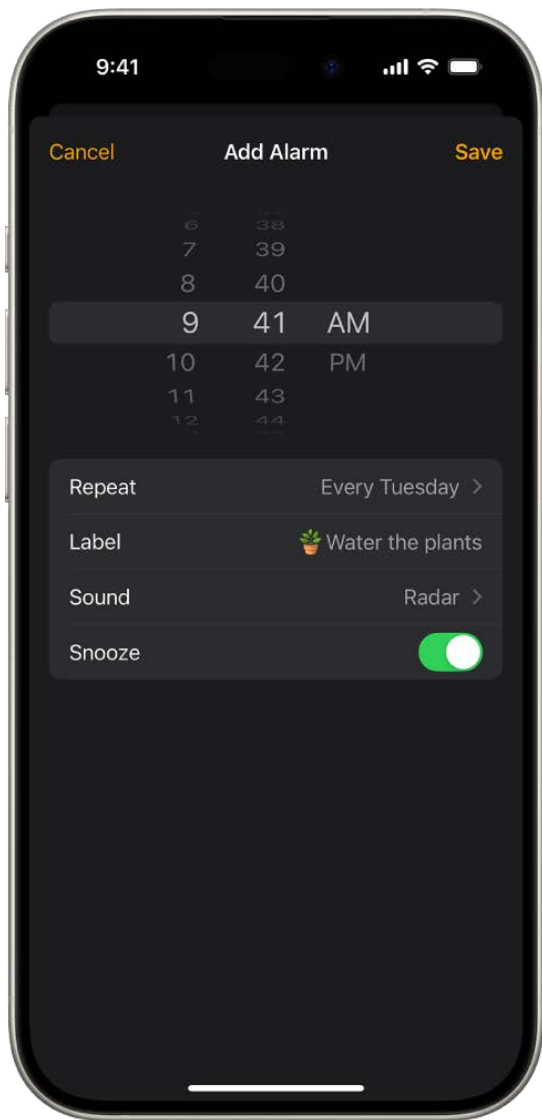
Metadata

Summary: In Clock on your iPhone, set alarms for specific times.

You can turn your iPhone into an alarm clock. You can also ask Siri to set an alarm for you. 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.



[Alt text: A screen for changing an alarm, with settings to change the time of the alarm, choose whether the alarm repeats, add an alarm label, select an alarm sound, and turn on snooze.]

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. Go to the Clock app  [ALT N/A] on your iPhone.
2. Tap Alarms, then tap  [Alt text: the Add button] .
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*: Turn on to see a Snooze button with your alarm. (It pauses the alarm for 9 minutes.)

4. Tap Save.

To change the alarm, tap the alarm time. Or tap Edit at the top left, then tap the alarm time.

Change the alarm's volume

1. Go to Settings  [ALT N/A] > Sounds & Haptics.

2. Under Ringtone and Alert Volume, drag the slider.

Tip: To use the volume buttons on your device to change the alarm volume, turn on Change with Buttons.

Your alarm sounds even when you:

- Turn on [Silent mode](#).
- Turn on Do Not Disturb (or another [Focus](#)).
- Connect headphones to your iPhone. The alarm plays at a set volume through both the built-in speakers on your iPhone as well as your headphones.

Turn off an alarm

1. Go to the Clock app  [ALT N/A] on your iPhone.

2. Tap Alarms.

3. Tap the button next to the alarm time.

Remove an alarm

1. Go to the Clock app  [ALT N/A] on your iPhone.

2. Tap Alarms.

3. Swipe left on the alarm, then tap Delete.

Related

[Change your wake up alarm in Clock on iPhone](#)

[Set up your first recurring sleep schedule](#)

[Turn off alarms and delete sleep schedules in Health on iPhone](#)

NAV TITLE: [Change your wake up alarm](#)

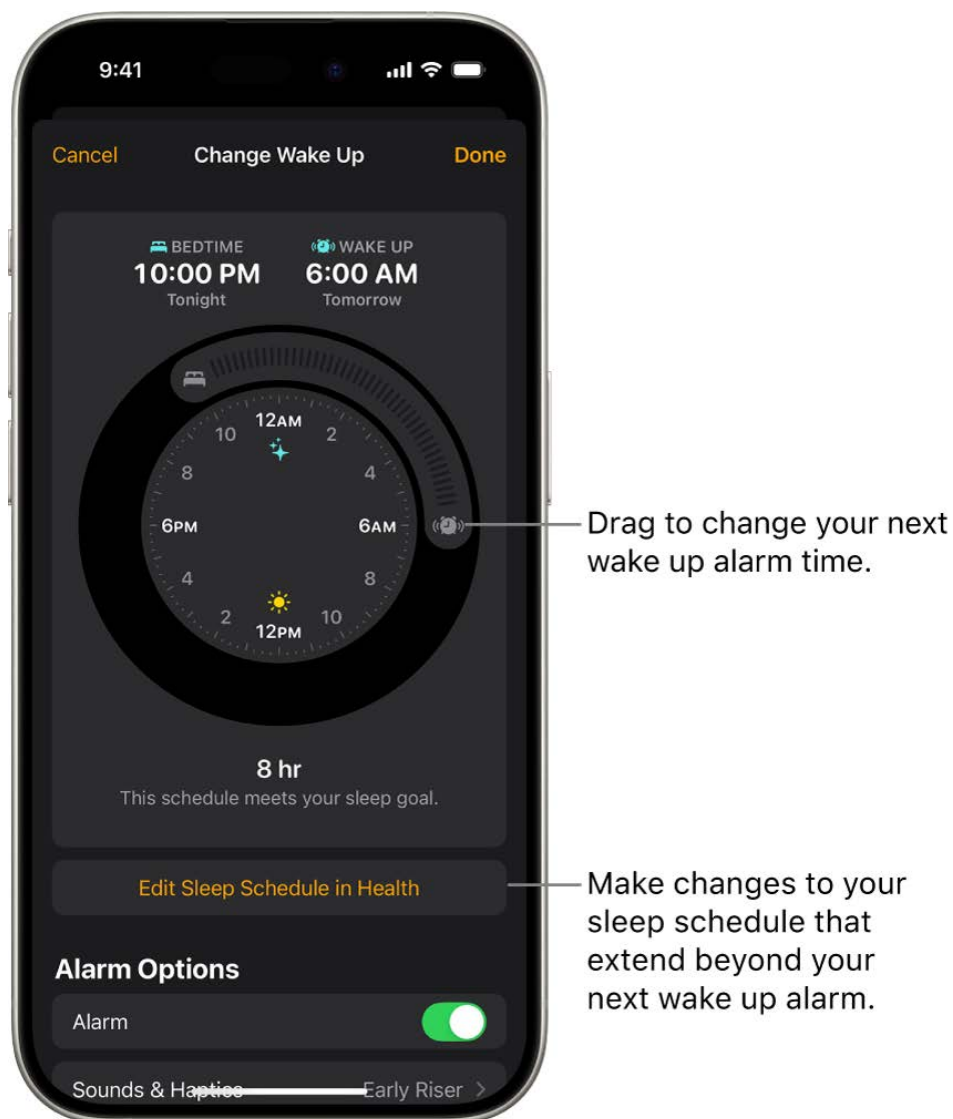
Change your wake up alarm in Clock on iPhone

Summary: In Clock on your iPhone, change the wake up alarm in your sleep schedule.

You can make changes to your wake up alarm if you've set up a [sleep schedule](#) in the Health app.

Change your wake up alarm

1. Go to the Clock app  [ALT N/A] on your iPhone.
2. Tap Alarms, then tap Change.
3. Do any of the following:
 - *Change only your wake up time:* Drag  [Alt text: the Ringing Alarm button] .
 - *Shift your sleep schedule:* Drag to rotate the arc between  [Alt text: the Bedtime button] and  [Alt text: the Ringing Alarm button] . (Your bedtime and wake up time change simultaneously, and the sleep duration remains unchanged.)



4. Scroll down to Alarm Options, turn the alarm on, then change any of the following options:

- *Sounds & Haptics*: Tap to choose a vibration or ringtone.
- *Alarm volume*: Drag the slider.
- *Snooze*: Turn on to see a Snooze button with your alarm. (It pauses the alarm for 9 minutes.)

5. Tap Done, then tap Change Next Alarm Only.

Note: If you tap Change This Schedule, you also update your recurring wake up alarm in your 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](#).)

Turn off your next wake up alarm

1. Go to the Clock app  [ALT N/A] on your iPhone.
2. Tap Alarms, then tap Change.
3. Scroll down to Alarm Options, then turn off Alarm.
4. Tap Done, then tap Change Next Alarm Only.

Note: If you tap Change This Schedule, you also update your recurring wake up alarm in your sleep schedule.

Remove the wake up alarm

1. Go to the Clock app  [ALT N/A] on your iPhone.
2. Tap Change, then tap Edit Sleep Schedule in Health.
3. Turn off Sleep Schedule.

In the Health app, you can [delete a sleep schedule](#) or [turn off all sleep schedules](#).

Related

[Track time with the stopwatch in Clock on iPhone](#)

[Set up your first recurring sleep schedule](#)

[Turn off alarms and delete sleep schedules in Health on iPhone](#)

Track time with the stopwatch in Clock on iPhone

Metadata

Summary: In Clock on your iPhone, measure the duration of an event with the stopwatch.

You can use the stopwatch to measure the duration of an event.

1. Go to the Clock app  [ALT N/A] on your iPhone.

2. Tap Stopwatch.

To switch between the digital and analog faces, swipe the stopwatch.

3. Tap Start.

The timing continues even if you open another app or if iPhone goes to sleep.

4. To record a lap or split, tap Lap.

5. Tap Stop to record the final time.

6. Tap Reset to clear the stopwatch.

Related

[Set timers in Clock on iPhone](#)

NAV TITLE: [Set timers](#)

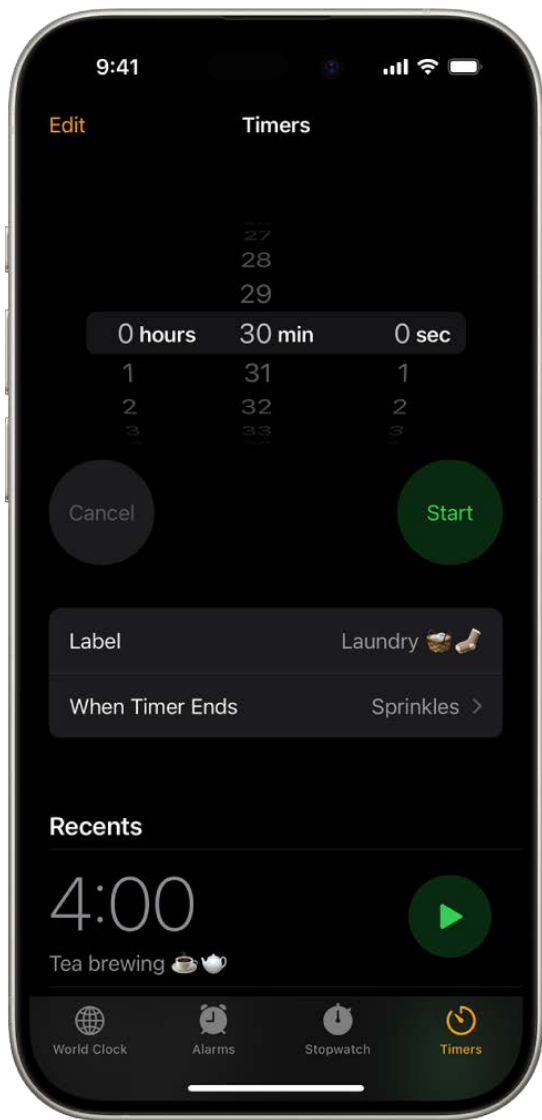
Set timers in Clock on iPhone

Metadata

Summary: In Clock on your iPhone, count down from a specified time with the timer.

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.](#)



[Alt text: A screen for adding a timer, with settings to set a timer, and a button to start a recently created timer.]

Set a custom timer

1. Go to the Clock app  [ALT N/A] 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.
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.

Set a timer to stop playing audio or video

If you want to stop playing audio or video after a specific amount of time, you can set the timer to stop the playback—for example, when you fall asleep while listening to the radio.

1. Go to the Clock app  [ALT N/A] on your iPhone.
2. [Set a custom timer](#), as above.
3. Tap When Timer Ends, then tap Stop Playing at the bottom of the list of sounds.
4. Tap Start.

Set multiple timers

After you start a custom timer, you can add more timers to keep track of different tasks at the same time.

1. Go to the Clock app  [ALT N/A] on your iPhone.
2. Tap Timers, then start a timer.
3. Tap  [Alt text: the Add button] 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 recent timer:* Tap  [Alt text: the Start button] next to a timer you've recently set.

Tap the timer to edit the label and sound.

Stop, pause, or remove a timer

When a timer ends, you get a notification at the top of your screen, no matter which app you're using. Tap  [Alt text: the Cancel button] to clear the notification, or tap  [Alt text: the Reset button] if you want the timer to run again.

You can also turn off a timer before it ends.

1. Go to the Clock app  [ALT N/A] on your iPhone.
2. Tap Timers, then do any of the following:
 - *Pause a timer:* Tap  [Alt text: the Pause button] next to the timer to stop it momentarily. Tap  [Alt text: the Start button] to continue counting down.
 - *Remove a timer:* Swipe left, then tap Delete.
 - *Remove several timers:* Tap Edit, tap  [Alt text: the Remove button] .

From your Lock Screen, you can swipe left on a timer, then tap Clear.

Related

[Set an alarm in Clock on iPhone](#)

Compass

NAV TITLE: [Compass](#)

Use the compass on iPhone

Metadata

Summary: Use the Compass on iPhone to see your latitude, longitude, direction, and elevation.

The Compass app shows you the direction iPhone is pointing in, your current location, and the elevation.

P10 - COMMENT - #zhcn - Remove the coordinates from the Compass screenshot



[Alt text: The Compass screen showing the direction iPhone is pointing in, the current location, and the 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. Go to the Compass app  [ALT N/A] on your iPhone.
2. For accurate bearings, hold iPhone flat to align the crosshairs at the center of the compass.
3. 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  [ALT N/A] > 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

NAV TITLE: [Add and use contact information](#)

Add and use contact information on iPhone

Metadata

Summary: On iPhone, use the Contacts app to create, find, share, and delete contacts.

You can use the Contacts app to create, find, share, and delete contacts.

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

1. Go to the Contacts app  [ALT N/A] on your iPhone.

2. Tap [+](#) [Alt text: the Add button] .

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  [ALT N/A] > Apps > Contacts > Siri, then turn off Show Contact Suggestions.)

Based on the way you use Contacts, Siri also provides contact information suggestions in other apps. (To turn this feature off, go to Settings  [ALT N/A] > Apps > Contacts > Siri, then turn off “Learn from this App.”) See [Siri Suggestions](#).

Find a contact

1. Go to the Contacts app  [ALT N/A] on your iPhone.
2. 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](#)).

Share a contact

1. Go to the Contacts app  [ALT N/A] on your iPhone.
2. Tap a contact, tap Share Contact, then choose a sharing method.

Sharing the contact sends all of the information from the contact’s card.

Quickly reach a contact

1. Go to the Contacts app  [ALT N/A] on your iPhone.
2. 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 Contacts app  [ALT N/A] on your iPhone.
2. Go to the contact’s card, then tap Edit.
3. Scroll down, then tap Delete Contact.

Related

[Edit contacts on iPhone](#)

Edit contacts on iPhone

Metadata

Summary: In Contacts on iPhone, you can add details to a contact including a photo, name pronunciation, birthday, and more.

Assign a photo to a contact, add a pronunciation and pronouns, change a label, add a birthday, and more.

- COMMENT - **Personal Safety content**

1. Go to the Contacts app  [ALT N/A] on your iPhone.
2. Tap a contact, then tap Edit.
3. Enter or update the contact's information.
4. 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  [ALT N/A] > Apps > Contacts.

Related

[Add or edit your contact info and photo on iPhone](#)

NAV TITLE: [Add your contact info](#)

Add or edit your contact info and photo on iPhone

Metadata

Summary: In Contacts on iPhone, add your information to your contact card.

iPhone uses your [Apple Account](#) to create your contact card, called *My Card*, in the Contacts app. You can also add or edit details—including your name, address, phone number, and birthday, as well as the Contact Poster, which you can share with people when you call or send a message to them.

Complete or edit My Card

1. Go to the Contacts app  [ALT N/A] on your iPhone.
2. Tap My Card at the top, then tap Edit.

If you don't see My Card, tap  [Alt text: the Add button] and enter your information, then return to the contact list, touch and hold your contact, and tap Make this My Card.

3. Enter your contact information.

Contacts suggests addresses and phone numbers to help you.

Tip: You can also teach Siri how to pronounce your name. See [Tell Siri how to say your name](#).

Add or edit your home address

1. Go to the Contacts app  [ALT N/A] on your iPhone.
2. Tap My Card at the top, then tap Edit.
3. Tap Add Address and add your address.
4. Tap the label that appears to the left of the address and select Home.

You can use AutoFill in Safari to automatically fill in your address for things like online shopping or online forms. When you edit your My Card, your AutoFill information automatically updates. See [Automatically fill in your information](#).

Add or edit your photo and poster

You can set a photo and poster to automatically appear when you call or send a message to others.

1. Go to the Contacts app  [ALT N/A] on your iPhone.
2. Tap My Card at the top, then tap Contact Photo & Poster.
3. Optionally, tap Name, 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.

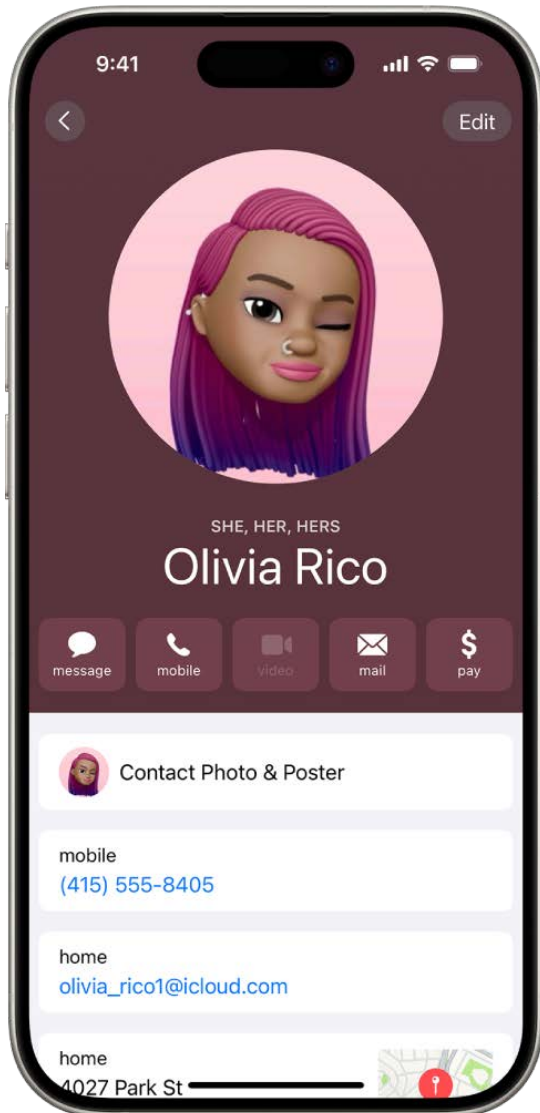
Share your name and contact image

You can choose to automatically share your updated name, photo, and poster with people in your contacts.

1. Go to the Contacts app  [ALT N/A] on your iPhone.
2. Tap My Card at the top, then tap Contact Photo & Poster.
3. Turn on Name & Photo Sharing to start sharing your contact photo and poster with others.

You can 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



[Alt text: A contact named Olivia Rico with She, Her, and Hers pronouns below the contact photo. Below her name are buttons to send a message, call, mail, and use Apple Pay. At the bottom of the screen are the contact's mobile number and email address.]

You can add or edit your pronouns or another contact's pronouns in the Contacts app.

1. Go to the Contacts app  [ALT N/A] on your iPhone.
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 aren't shared. When you're sharing another contact's information, their pronouns are never shared.

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.

Related

[Use NameDrop on iPhone to share your contact info](#)

NAV TITLE: [Add or remove accounts](#)

Add or remove accounts in Contacts on iPhone

Metadata

Summary: In the Contacts app, you can add multiple accounts—such as iCloud, Microsoft Exchange, Google, and Yahoo—and keep all your contacts in one place.

In the Contacts app, you can add multiple accounts—such as iCloud, Microsoft Exchange, Google, and Yahoo. You can choose a default account, set up LDAP or CardDAV accounts, show or hide accounts, and delete accounts.

Add your iCloud contacts

1. Go to Settings  [ALT N/A] > [your name] > iCloud.
2. Tap See All next to Saved to iCloud, then turn on Contacts.

Add your contacts from other accounts

You can use the Contacts app to manage your contacts in other accounts, such as Microsoft Exchange, Google, and Yahoo.

1. Go to Settings  [ALT N/A] > Apps > Contacts.
2. Tap Contacts Accounts, then tap Add Account.
3. Choose an account, sign in to it, then turn on Contacts.

Add contacts from contacts provider apps

You can allow third-party apps to add contacts to the Contacts app. The contacts are managed by the third-party app and can't be edited in Contacts.

1. Go to Settings  [ALT N/A] > Apps > Contacts.
2. Tap Providers, then turn on the option for an app.

Choose your default account

You can select a default account where new contacts are automatically added.

1. Go to Settings  [ALT N/A] > Apps > Contacts.
2. Tap Default Account, then tap the account you want to make your default.

Set up an LDAP or CardDAV account to access business or school directories

1. Go to Settings  [ALT N/A] > Apps > Contacts.
2. Tap Contacts Accounts, then tap Add Account.
3. Tap Other, then tap Add LDAP Account or CardDAV Account.
4. Enter the account information.

Show or hide a contact list

1. Go to the Contacts app  [ALT N/A] on your iPhone.
2. 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.

Remove a contact account

When you remove an account, the contacts in that account no longer appear on your iPhone. The contacts remain in your internet account (for example, iCloud.com or Google) and any other devices you had already set up.

- *Temporarily stop using an account:* Go to Settings  [ALT N/A] > Apps > Contacts > Contacts Accounts, tap the account, then turn off Contacts.

To view the contacts in that account on your iPhone again, turn on Contacts.

- *Delete an account:* Go to Settings  [ALT N/A] > Apps > Contacts > Contacts Accounts, tap the account, then tap Sign Out (for an iCloud account) or Delete Account (for other accounts).

If you don't see Sign Out or Delete Account, your account may be managed by your organization. See an administrator for removal instructions.

Related

[Control access to your contacts on iPhone](#)

[Import contacts on iPhone](#)

Use NameDrop on iPhone to share your contact info

Metadata

Summary: Use NameDrop on iPhone to share your contact info.

You can use NameDrop to quickly share new contact information with a nearby iPhone or Apple Watch (Apple Watch Ultra, Apple Watch Series 7 and later, and Apple Watch SE 2nd generation).



[Alt text: A NameDrop screen showing the user's name and number. Below it are buttons to Receive Only or Share.]

- COMMENT - **Personal Safety content**

Note: NameDrop only works for sending new contact information, not updating an existing contact.

Use NameDrop on iPhone

1. Hold the display of your iPhone a few centimeters from the top of the other person's iPhone or Apple Watch.
2. Continue holding your devices near each other until NameDrop appears on both screens.
3. Choose to share your contact card and receive the other person's, or to only receive the other person's.

If you're sharing your contact card, tap  [Alt text: the Show Disclosure Triangle] , select the fields you want to include, then tap Save. The same fields will be selected by default next the time you use NameDrop.

To cancel, move the two devices away from each other or lock your iPhone before the NameDrop transfer completes.

Turn off NameDrop on iPhone

NameDrop is on by default. To turn off NameDrop (and other Bring Devices Together features), go to Settings  [ALT N/A] > General > AirDrop, then turn off Bring Devices Together.

Related

[Add and use contact information on iPhone](#)

NAV TITLE: [Use contacts from the Phone app](#)

Use contacts from the Phone app on iPhone

Metadata

Summary: In the Phone app on iPhone, call contacts and add recent callers to the Contacts app.

In the Phone app on iPhone, you can call contacts and add recent callers to the Contacts app.

Add a contact to Favorites

You can add VIP contacts to your Favorites list for quick dialing.

1. Go to the Contacts app  [ALT N/A] on your iPhone.
2. 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](#)).

Save the number you just dialed

1. Go to the Phone app  [ALT N/A] on your iPhone.
2. Tap Keypad, enter a number, then tap Add Number.
3. Tap Create New Contact or Add to Existing Contact, then select a contact.

Add a recent caller to Contacts

1. Go to the Phone app  [ALT N/A] on your iPhone.
2. Tap Recents, then tap ⓘ [Alt text: the More Info button] next to the number.
3. 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  [Alt text: the Symbols button] , 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).

Related

[Add and use contact information on iPhone](#)

NAV TITLE: [Merge or hide duplicate contacts](#)

Get rid of duplicate contacts on iPhone

Metadata

Summary: In Contacts on iPhone, 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 the Contacts app, link contact cards for the same person in different accounts so they appear only once in your All Contacts list. Linked contact cards are 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. Go to the Contacts app  [ALT N/A] on your iPhone.
2. Below My Card, tap View Duplicates.
3. 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. Go to the Contacts app  [ALT N/A] on your iPhone.
2. Tap one of the contacts, tap Edit, then tap Link Contacts.
3. 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.

Related

[Add and use contact information on iPhone](#)

NAV TITLE: [Sync contacts across devices](#)

Sync contacts across devices on iPhone

Metadata

Summary: To keep your contact information up to date across all your devices where you're signed in to your Apple Account, you can use iCloud.

To keep your contact information up to date across all your devices where you're [signed in to your Apple Account](#), you can use iCloud.

1. Go to Settings > [your name] > iCloud.

2. Tap See All next to Saved to iCloud, then turn on Contacts.

Alternatively, you can sync the information between iPhone and your Mac or Windows device 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.

Related

[Add or remove accounts in Contacts on iPhone](#)

NAV TITLE: [Import contacts](#)

Import contacts on iPhone

Metadata

Summary: In Contacts on iPhone, you can import contacts from a SIM card, vCard, or from a directory.

You can import contacts from a SIM card, vCard, or from a directory.

Import contacts from a SIM card (GSM)

1. Go to Settings  [ALT N/A] > Apps > Contacts.
2. Tap Import SIM Contacts.

Import contacts from a vCard

Tap a .vcf attachment in an email or message.

Add a contact from a directory

1. Go to the Contacts app  [ALT N/A] on your iPhone.
2. Tap Lists, then tap the GAL, CardDAV, or LDAP directory you want to search.
3. Enter your search.
4. Tap the person's name to save their information to your contacts.

Related

[Export contacts on iPhone](#)

Export contacts on iPhone

Metadata

Summary: In Contacts on iPhone, you can export some or all of your contacts to another device or app.

You can export some or all of your contacts to another device or app.

1. Go to the Contacts app  [ALT N/A] on your iPhone.
2. Tap Lists at the top left.
3. Touch and hold an existing list (or create a new list by tapping Add List).
4. Tap Export, select the fields you want to include, then tap Done.
5. Choose a method to send or save the exported contact cards, such as Messages or Mail.

Related

[Add and use contact information on iPhone](#)

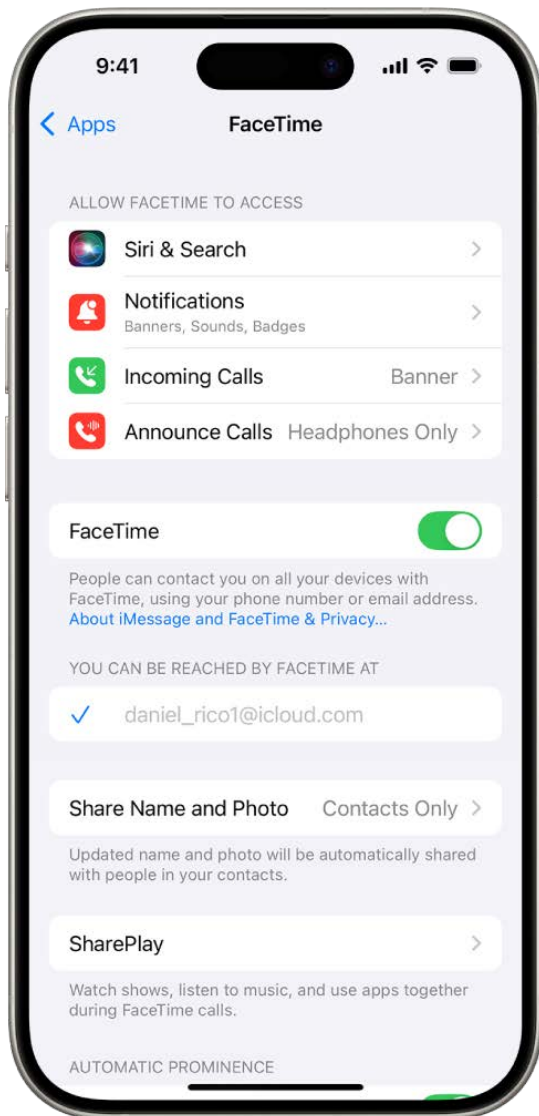
FaceTime

Get started with FaceTime on iPhone

Metadata

Summary: Set up FaceTime on iPhone and learn about the features you can use in a FaceTime call.

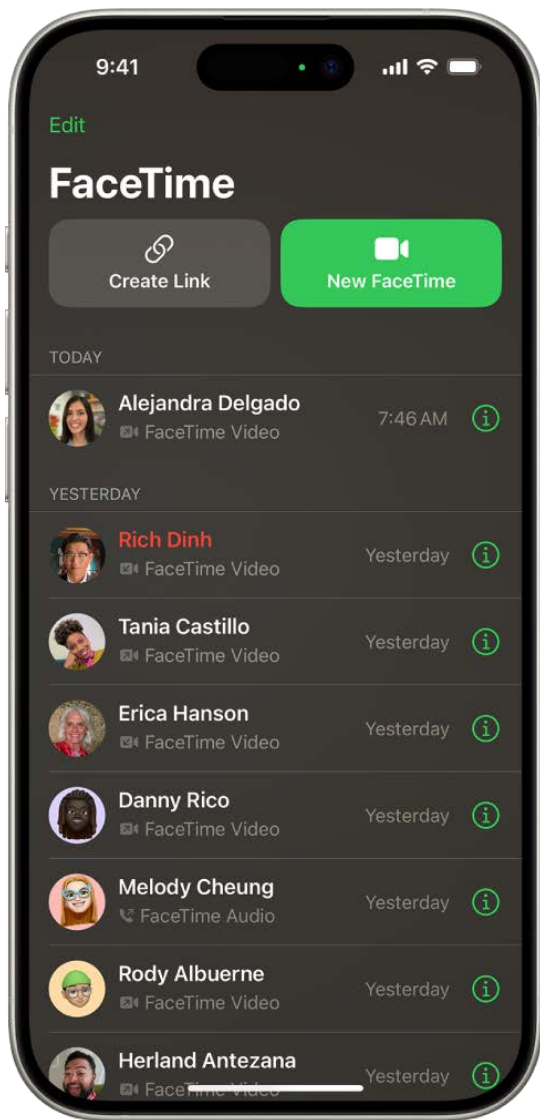
Learn how to use the FaceTime app  [ALT N/A] to visit face-to-face with friends and family — over Wi-Fi or cellular. In a FaceTime call, you can also watch TV shows and movies, listen to music, and even work out together.



[Alt text: The FaceTime Settings screen, showing the switch to turn FaceTime on or off and the field with your Apple Account for FaceTime.]

Set up FaceTime

To get started with FaceTime, go to Settings  [ALT N/A] > Apps > FaceTime, then sign in to your Apple Account or turn on FaceTime. If more than one contact method appears below “You can be reached by FaceTime at,” you can tap to select or deselect it.



[Alt text: The screen for initiating a FaceTime call, showing the Create Link button and the New FaceTime button for starting a FaceTime call.]

Make a FaceTime call

P9 Open the FaceTime app, tap New FaceTime, then enter the name or phone number of the person (or people) you want to call. Tap  [Alt text: the FaceTime button] to make a video call or  [Alt text: the Call button] to make an audio call (not available in all countries or regions). You can talk with up to 32 people on a call.

P10 Open the FaceTime app, tap New FaceTime, then enter the name or phone number of the person (or people) you want to call. Tap  [Alt text: the FaceTime button] to make a video 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.

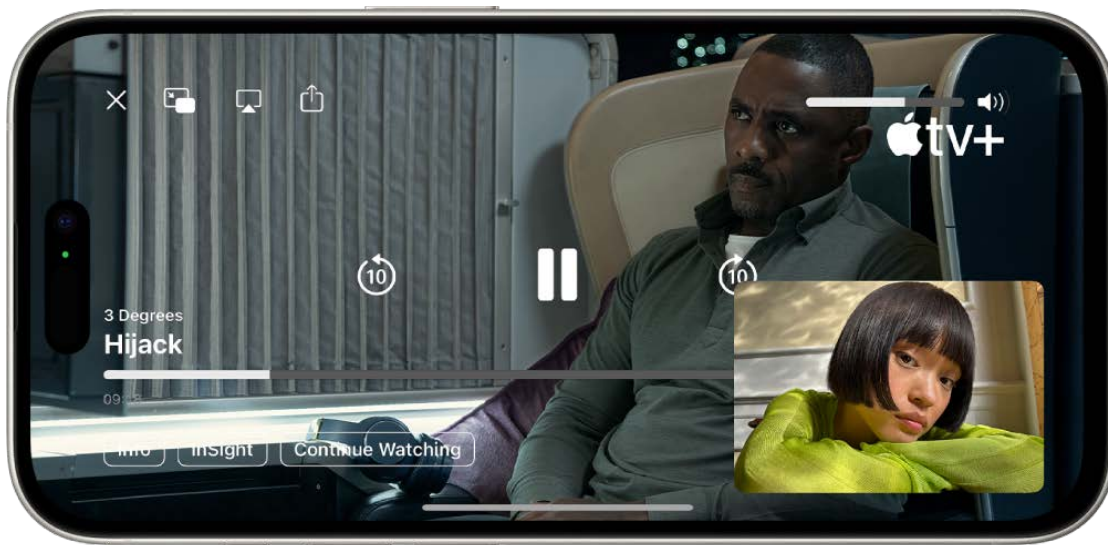


[Alt text: The FaceTime screen showing a call in progress. The caller's image appears in a small rectangle in the lower right, and the image of the other person fills the rest of the screen. Across the bottom of the screen are the Live Photo, Effects, and Flip to Back Camera buttons. The FaceTime controls are at the top of the screen, including the Speaker, Camera, Mute, Share Content, and End buttons. At the top of the controls are the name or Apple Account of the person you're talking to.]

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.

- COMMENT - [#ba](#) [#tv-movies](#)



[Alt text: A FaceTime call with a SharePlay session, showing Apple TV+ video content being shared in the call. The person sharing the content is shown in the small window, the video fills the rest of the screen, and the playback controls are on top of the video.]

Watch, listen, and play together

To get started sharing music or video together, or working out together during a FaceTime call, tap  [Alt text: the Share Content button] in the FaceTime controls (if you don't see  [Alt text: the Share Content button] , tap the screen).

Scroll through the apps below Listen and Play Together, then select one (for example, Apple TV app, Music, or Fitness).

Want to learn more?

- [P9](#)
[Add people to a FaceTime call](#)
- [Share your screen during a FaceTime call](#)
- [P9](#)
[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

Metadata

Summary: In FaceTime on iPhone, make video or audio calls.

With an internet connection and an Apple Account, 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  [ALT N/A] 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  [Alt text: the Video Call button] to make a video call or  [Alt text: the Audio Call button] to make an audio call (not available in all countries or regions).

Alternatively, you can tap  [Alt text: the Add Contact button] to open Contacts and add people from there; or tap a suggested contact to quickly make a call.

P9 [To call multiple people, see Make a Group FaceTime call.](#)

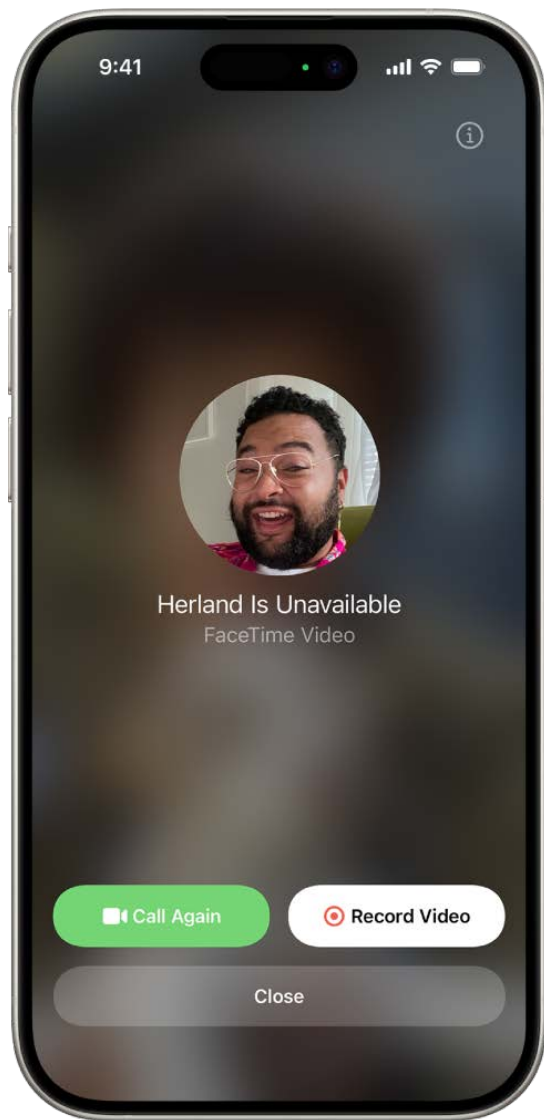
You can also use Siri. Say something like: “Make a FaceTime call” or “Call Eliza’s mobile.” [Learn how to use Siri on iPhone.](#)

Tip: To see more during a FaceTime video call, rotate iPhone to use landscape orientation. See [Rotate your iPhone screen.](#)

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.

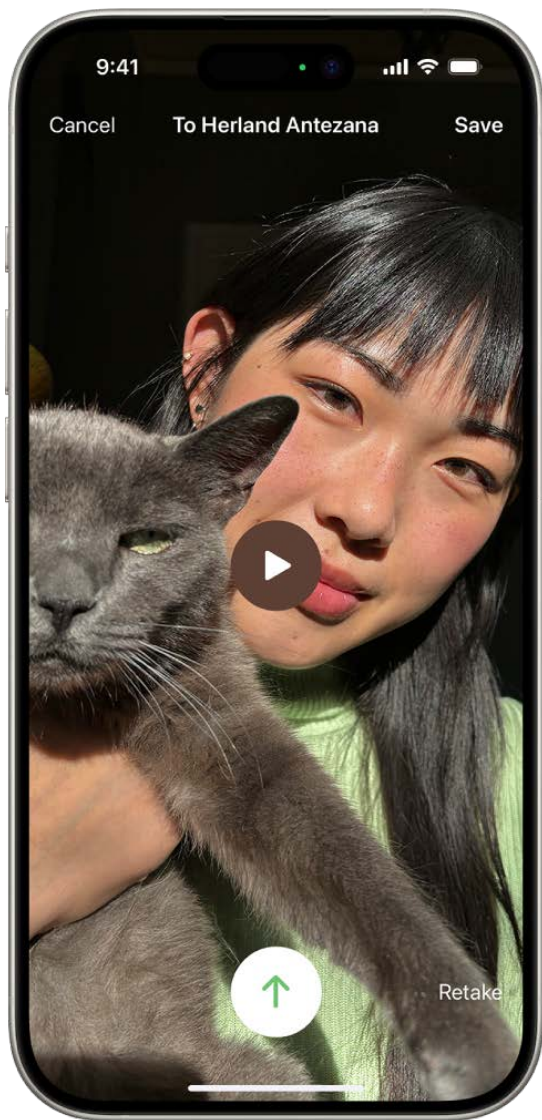
1. Tap Record Video, wait for the countdown (from 5 to 1), then record your message.



[Alt text: The screen for recording a video message when the person you're calling is unavailable. It includes a Call Again button and a Record Video button you can tap to record a video message.]

2. Tap  [Alt text: the Up button] 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.



[Alt text: The screen for sending your recorded video message to the person who missed your call.]

Note: You can receive video messages only from saved contacts, people you've called, and people suggested by Siri.

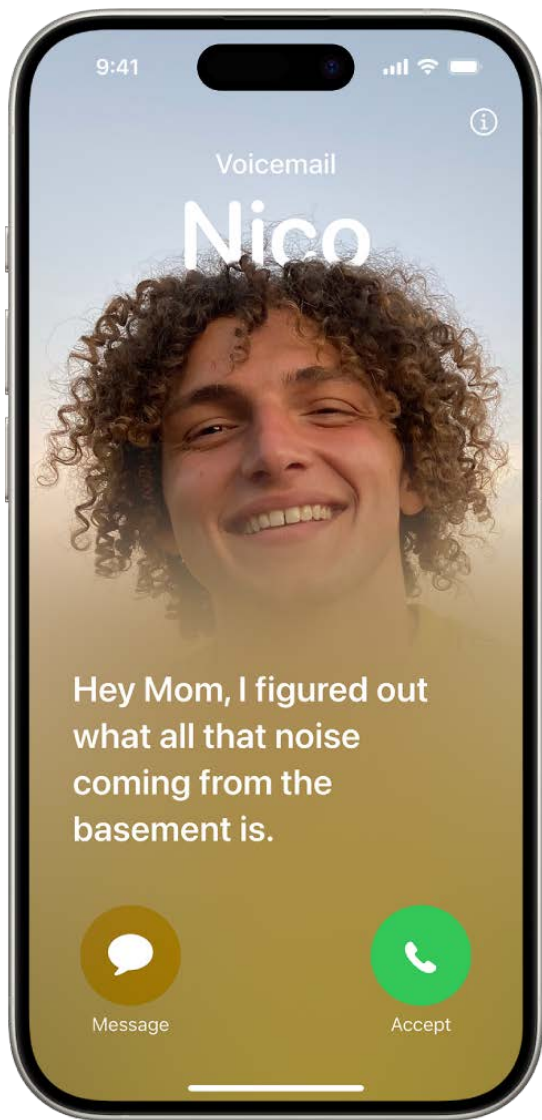
See [Listen to a video message or Live Voicemail](#).

Leave a voicemail

If someone doesn't answer your FaceTime audio call, and the person you're calling has Live Voicemail turned on in Settings  [ALT N/A] > Apps > Phone, you're prompted to leave a voicemail.

If you leave a voicemail, your message is 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.

Note: Live Voicemail is available only in English in the U.S. (excluding Puerto Rico) and Canada.



[Alt text: A Live Voicemail transcript is on the iPhone call screen. At the bottom of the screen are buttons to send a message or accept the 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  [Alt text: the FaceTime button] at the top right of the iMessage conversation.
2. Do any of the following:
 - Tap FaceTime Audio.
 - Tap FaceTime Video.

Important: If you remove the FaceTime app from your iPhone, or if you removed FaceTime in an earlier version of iOS, you won't be able to make or receive FaceTime calls or use SharePlay on your iPhone unless you [redownload the app](#). Cellular calls won't be relayed from your iPhone to your iPad, Mac, or Apple Watch until FaceTime is reinstalled. Settings and contact cards won't show FaceTime options. However, if your Apple Watch has its own SIM, it can still make calls through your service provider.

Related

[Turn on Live Captions in a FaceTime call on iPhone](#)

[Create a link to a FaceTime call on iPhone](#)

[Create and edit events in Calendar on iPhone](#)

NAV TITLE: [Receive FaceTime calls](#)

Receive FaceTime calls on iPhone

Metadata

Summary: In FaceTime on iPhone, receive video or audio calls.

Answer a FaceTime call

When a FaceTime call comes in, do any of the following:

- *Accept the call:* To answer a video call, tap  [Alt text: the Video Call button] , then tap Join. To answer an audio call, tap  [Alt text: the Audio Call button] .

If a slider appears, you can drag it right to answer.

- *Decline the call:* Tap Decline or  [Alt text: the Leave Call button] .

Tap Remind Me to set a reminder to call back, or tap Message to send a text message. (You may need to tap the incoming call banner to see these options.)

- *Put the current call on hold:* Tap Hold and Accept.

Note: This option is only available if you're on a FaceTime audio call and you receive another incoming FaceTime audio call. Otherwise, you can tap End & Accept to end the current call and answer the incoming call.

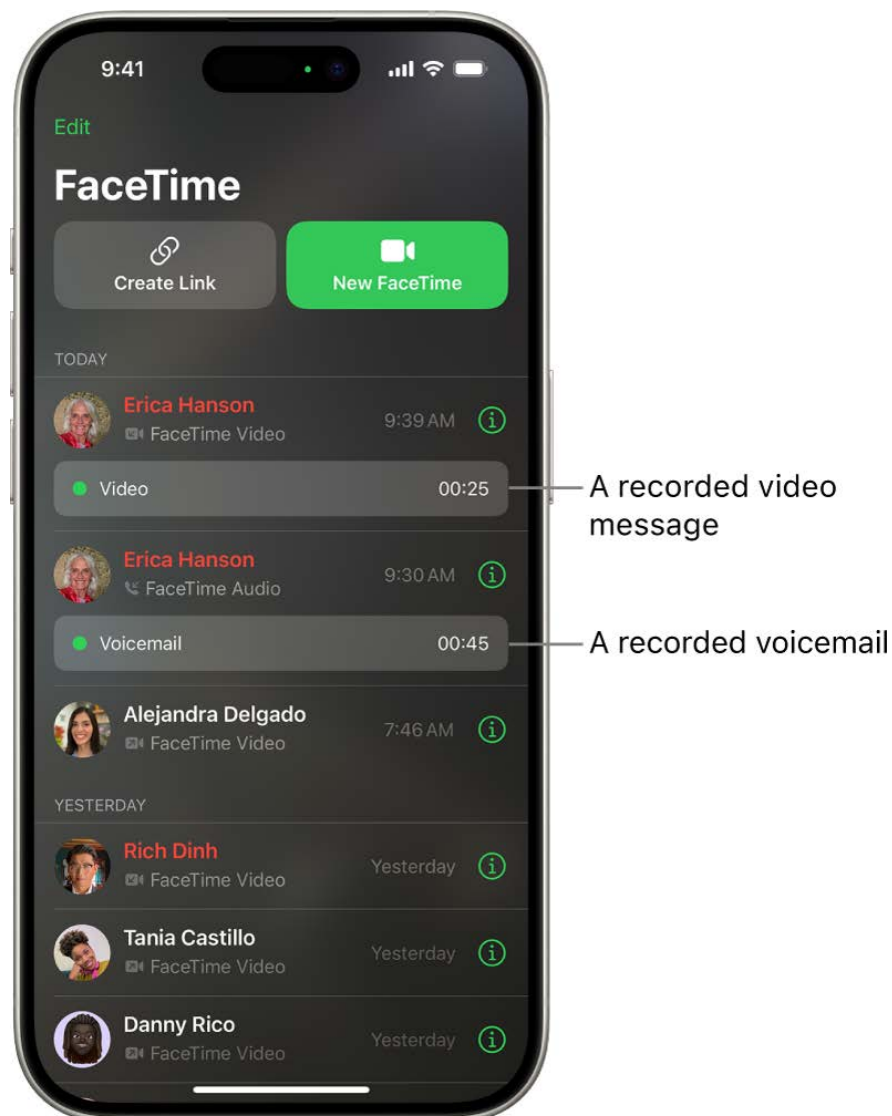
Tip: You can have Siri [announce incoming calls](#), which you can accept or decline using your voice.

Listen to 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 message, which you can tap to view. You can receive video messages only from saved contacts, people you've called, and people suggested by Siri.

If you miss an incoming *audio call* and you have Live Voicemail turned on in Settings  [ALT N/A] > Apps > Phone, the caller is prompted to leave a voicemail. You can see a real-time transcription of the voicemail and pick up the call as they're leaving the message. To stop the incoming voicemail without answering or blocking the call, tap Stop. See [Turn on Live Voicemail](#).

After the caller leaves a video message or voicemail, a link to it appears in your FaceTime call history, just below their call.



[Alt text: The FaceTime call history, with links to a recorded video message and a voicemail.]

Note: Live Voicemail is available only in English in the U.S. (excluding Puerto Rico) and Canada.

Delete a call from your call history

Open the FaceTime app  [ALT N/A] , swipe left over the call in your call history, then tap  [Alt text: the Delete button] .

Related

[Block and silence FaceTime calls from unknown callers on iPhone](#)

[Report a FaceTime call as spam on iPhone](#)

NAV TITLE: [Create a FaceTime link](#)

Create a link to a FaceTime call on iPhone

Metadata

Summary: Create a link to a FaceTime call on iPhone and send the link to a friend or a group, or enter it as the location for a remote meeting.

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  [ALT N/A] , 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-to-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.)

Related

[Create and edit events in Calendar on iPhone](#)

[Take a Live Photo in FaceTime on iPhone](#)

NAV TITLE: [Take a Live Photo](#)

Take a Live Photo in FaceTime on iPhone

Metadata

Summary: During a FaceTime call on iPhone, take a FaceTime Live Photo to capture a moment of your conversation.

When you're on a video call in the FaceTime app  [ALT N/A] , 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  [ALT N/A] > Apps > FaceTime, then do one of the following:

- *During a call with one other person:* Tap  [Alt text: the Take Live Photo button] .
- *During a Group FaceTime call:* Tap the tile of the person you want to take a picture of, then tap  [Alt text: the Take Live Photo button] .

You both receive a notification that the photo was taken, and the Live Photo is saved in your Photos app.

Related

[View photos and videos on iPhone](#)

[Turn on Live Captions in a FaceTime call on iPhone](#)

NAV TITLE: [Record and transcribe an audio call](#)

Record and transcribe an audio call in FaceTime on iPhone

Metadata

Summary: On iPhone, you can record a FaceTime audio call and view a transcript of the spoken words.

In some countries and regions, you can record a FaceTime audio call when you're talking to one other person. In select regions and languages, you can view the transcript of the call in the Notes app. Check the [iOS and iPadOS Feature Availability website](#).

Note: Call recording is not currently available in the European Union, Azerbaijan, Bahrain, Egypt, Iran, Iraq, Jordan, Kuwait, Morocco, Nigeria, Oman, Pakistan, Qatar, Russia, Saudi Arabia, South Africa, Turkey, United Arab Emirates, and Yemen.

Record a call

Before you begin, check the [iOS and iPadOS Feature Availability website](#) to see if call recording is available in your language and region, and make sure the other call participant is willing to be recorded.

1. During a one-to-one audio call in the FaceTime app  [ALT N/A] , tap  [Alt text: the Start Call Recording button] .

Both call participants hear an audio notice that the call is being recorded.

2. To stop recording, tap  [Alt text: the Stop button] or just end the call.

Call recordings are automatically saved to a Call Recordings folder in the Notes app.

Play a call recording

1. Go to the Notes app  [ALT N/A] on your iPhone.
2. Select a note in the Call Recordings folder, then tap  [Alt text: the Play button] .

P9

If you have any iPhone 16 model, iPhone 15 Pro, or iPhone 15 Pro Max, you can [view a summary of an audio recording in Notes](#).

View a call transcript

In [select regions and languages](#), you can view the transcript of a recorded call in the Notes app. The transcript may not be available immediately—you may see a message that the transcription is in progress.

Note: Verify the accuracy of a transcription before relying on it. It might not be a perfect representation of the conversation.

1. Go to the Notes app  [ALT N/A] on your iPhone.
2. Select a note in the Call Recordings folder, then tap Transcript.

Note: Spoken words in supported languages are automatically transcribed. If you don't see Transcript, your iPhone doesn't meet the minimum requirements or detect a supported language.

In the transcript, the speaker of each statement is identified.

3. While viewing the transcript, you can do any of the following:
 - *Play the audio from a specific point:* Select the text you want to hear.
 - *Search the transcript:* Tap  [Alt text: the More button] , then tap Find in Transcript.
 - *Copy the transcript:* Tap  [Alt text: the More button] , then choose Add Transcript to Note or Copy Transcript.

- *Save or delete the audio recording:* Tap  [Alt text: the More button] , then choose an option.

Note: Deleting the audio recording also deletes the transcript.

- *View the waveform of the recording:* Tap  [Alt text: the Hide Transcript button] .

P9

If you have any iPhone 16 model, iPhone 15 Pro, or iPhone 15 Pro Max, you can [view a summary of an audio recording in Notes](#).

Turn off Call Recording

Call Recording is turned on by default, but you can turn it off.

1. Go to Settings  [ALT N/A] > Apps > Phone.
2. Tap Call Recording, then turn off Call Recording.

Related

[Turn on Live Captions in a FaceTime call on iPhone](#)

[Take a Live Photo in FaceTime on iPhone](#)

NAV TITLE: [Turn on Live Captions in a FaceTime call](#)

Turn on Live Captions in a FaceTime call on iPhone

Metadata

Summary: During a FaceTime call on iPhone, turn on Live Captions so you can more easily follow the conversation.

During a video call in the FaceTime app  [ALT N/A] , 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  [Alt text: the Info button] 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  [Alt text: the Info button] at the top of the FaceTime controls, then turn off Live Captions.

Related

[Get started with FaceTime on iPhone](#)

[Display subtitles and captions on iPhone](#)

[Use other apps during a FaceTime call on iPhone](#)

NAV TITLE: [Use other apps during a call](#)

Use other apps during a FaceTime call on iPhone

Metadata

Summary: Use other apps during a FaceTime call on iPhone.

While you're on a call using the FaceTime app  [ALT N/A], 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](#).

P9

[Make a Group FaceTime call on iPhone](#)

P9 NAV TITLE: [Make a Group FaceTime call](#)

Make a Group FaceTime call on iPhone

Metadata

Summary: [In FaceTime on iPhone, make calls that include up to 32 participants, in addition to yourself. Add another person any time during a call.](#)

In the FaceTime app  [ALT N/A] , 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  [Alt text: the Add Contact button] to open Contacts and add people from there. Or tap suggested contacts.

3. Tap  [Alt text: the FaceTime button] to make a video call or tap  [Alt text: the Call button] 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  [ALT N/A] > Apps > 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  [Alt text: the FaceTime button] 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  [Alt text: the More Info button] at the top of the controls, then tap Add People.

2. Type the name, Apple Account, or phone number of the person you want to add in the entry field at the top.

Or tap  [Alt text: the Add Contact button] to add someone from Contacts.

3. Tap Add People.

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 [Answer a FaceTime call](#).

Leave a Group FaceTime call

To leave a group call at any time, tap Leave.

The call remains active if one or more participants remain.

Related

[View participants in a grid layout in FaceTime on iPhone](#)

[Use SharePlay to watch, listen, and play together in FaceTime on iPhone](#)

P9 NAV TITLE: [View participants in a grid](#)

View participants in a grid layout in FaceTime on iPhone

Metadata

Summary: During a Group FaceTime call on iPhone, switch to Grid Layout to see the participants in same-size tiles arranged in a grid.

During a call with four or more people in the FaceTime app  [ALT N/A], 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.)



[Alt text: A Group FaceTime call, showing the participants in Grid Layout, with the speaker's image highlighted.]

In a call in the FaceTime app  [ALT N/A] , 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.

P9

P9 Make a Group FaceTime call on iPhone

[Use SharePlay to watch, listen, and play together in FaceTime on iPhone](#)

NAV TITLE: [Use SharePlay to watch, listen, and play together](#)

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

Metadata

Summary: During a FaceTime call on iPhone, use SharePlay to watch video and listen to music together.

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, and in iOS 18.2 or later, watch supported live sports events together.

Tip: You can start SharePlay instantly by holding two iPhones together. (See [Start a SharePlay session by holding two iPhones close together.](#))

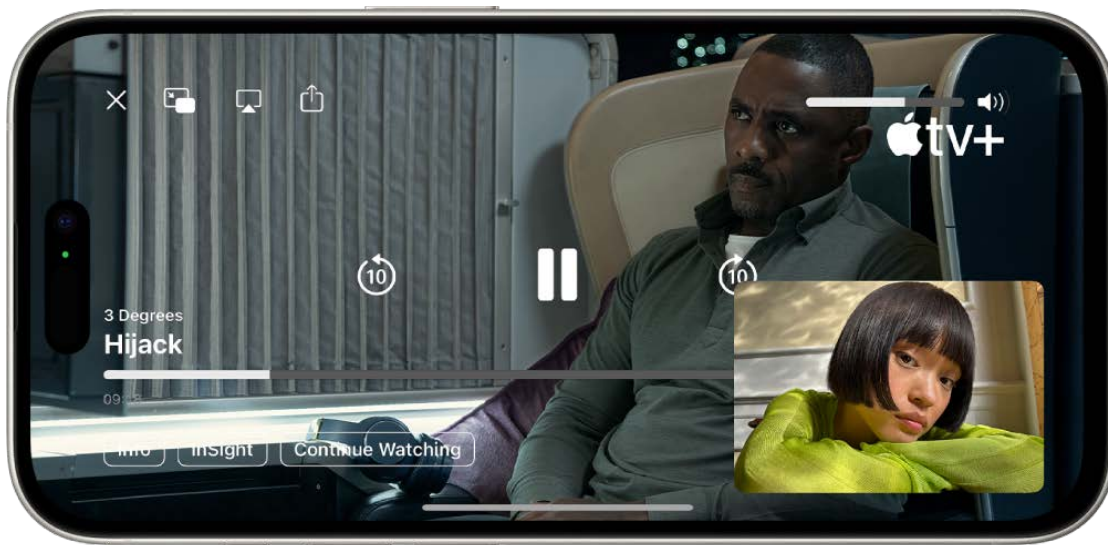
SharePlay can also be used in other apps during a FaceTime call. To see which apps can be used for SharePlay during a call, tap  [Alt text: the Share Content button] , then scroll through the apps.

P9 Note: Apple TV+ (includes Friday Night Baseball in some countries and regions), MLS Season Pass, Apple TV channels, and some apps that support SharePlay require a subscription. To watch a movie, TV show, or live sports event 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, TV shows, or live sports events across different countries or regions. FaceTime, some FaceTime features, and other Apple services may not be available in all countries or regions. **P10 Note:** SharePlay is available in FaceTime video calls with two participants. Some apps that support SharePlay require a subscription. To watch a purchased movie or TV show, both SharePlay participants must also have purchased the item in order to watch it together. 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.

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. In iOS 18.2 or later, you can also watch supported live sports events.

- COMMENT - [#ba](#) [#tv-movies](#)



[Alt text: A FaceTime call showing a SharePlay session with Apple TV+ video content being shared in the call. The person sharing the content is shown in the small window, the video fills the rest of the screen, and the playback controls are on top of the video.]

1. Start a call in the FaceTime app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the Share Content button] , then tap an app below Listen and Play Together (for example, the Apple TV app  [ALT N/A]).

Alternatively, you can [go to the Home Screen](#), then open a video streaming app that supports SharePlay.

3. Select a show, movie, or live sports event that you want to watch.
4. Tap the Play button, then select SharePlay (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, movie, or live sports event that you want to share.

Note: Your iPhone needs to have iOS 18.2 or later to share live sports events.

2. Tap the item to see its details, tap  [Alt text: the Share button] , 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  [Alt text: the AirPlay button] , then choose Apple TV as the playback destination.
- [Open Control Center](#), tap  [Alt text: the Playback Destination button] , then choose Apple TV as the playback destination.

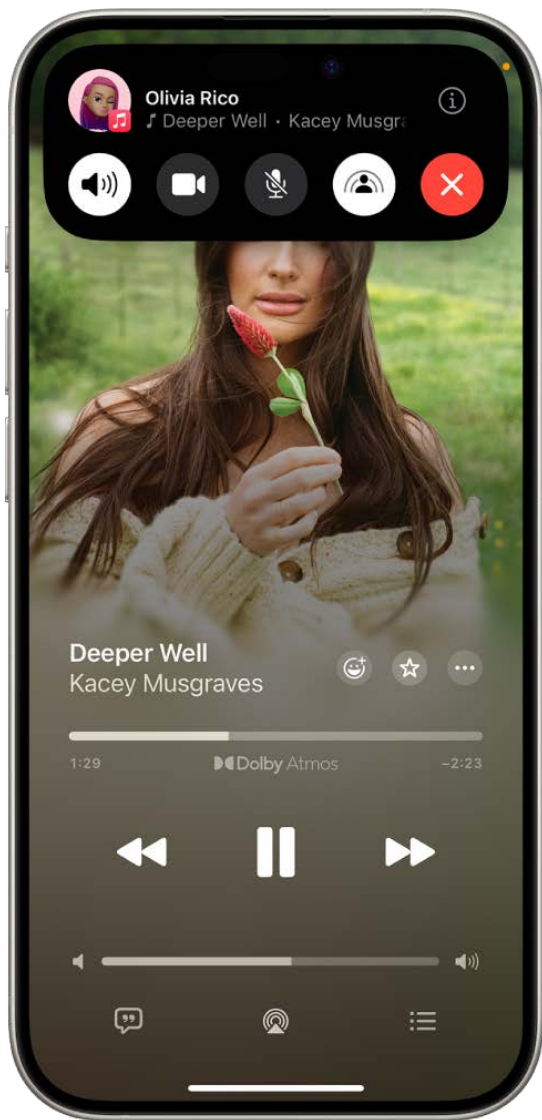
The video plays in sync on Apple TV, and you can keep the conversation going on your iPhone.

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.

- COMMENT - [#ba](#) [#music](#)



[Alt text: A FaceTime call showing a SharePlay session, with Apple Music content being shared in sync in the call. An image of the person sharing the content is shown at the top of the screen, an image of the album being shared is below the FaceTime controls, and the playback controls are on top of the album image.]

1. [P9 Start a FaceTime call or a Group FaceTime call.](#)

[P10 Start a FaceTime call.](#)

2. Tap  [Alt text: the Share Content button] , then tap a music streaming app below Listen and Play Together (for example, the Apple TV app  [ALT N/A])

Alternatively, you can [go to the Home Screen](#), then open a music streaming app that supports SharePlay (for example, the Music app  [ALT N/A]).

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  [ALT N/A] (or other supported music app), then tap the music you want to share.
2. Do one of the following:
 - Tap ... [Alt text: the More button] next to the music, then tap SharePlay.
 - Tap ... [Alt text: the More button] at the top right, tap  [Alt text: the Share button], 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  [ALT N/A], 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 [Use Game Center to play with friends on iPhone](#).

P9 [SharePlay lets you work out with others using Apple Fitness+. See the Apple Support article Use SharePlay with Apple Fitness+ on your iPhone, iPad, or Apple TV.](#)

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

Metadata

Summary: During a FaceTime call on iPhone, share your screen with others on the call.

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.

P10 Note: SharePlay is available in FaceTime video calls with two participants. FaceTime, some FaceTime features, and other Apple services may not be available in all countries or regions. - COMMENT - #zhcn - China only

Share your screen

1. During a call in the FaceTime app  [ALT N/A] on your iPhone, tap the screen to show the FaceTime controls (if they aren't visible), then tap  [Alt text: the Share Content button] .
2. Tap Share My Screen.

A countdown from 3 to 1 appears, then other participants can view your screen. (If a Join Screen Sharing notification appears on a participant's screen, they may need to tap Open to start viewing your screen.)

Tip: During a one-to-one FaceTime call, a participant who is using an iPhone or iPad can tap, draw, or write on your screen to call your attention to a specific area. The circle, drawing, or writing disappears after a few seconds. If you need more help, you can also allow the other participant to [control your screen](#).

To stop sharing your screen, tap  [Alt text: the Share Content button] . Ending a FaceTime call also ends screen sharing.

Ask someone to share their screen

1. During a call in the FaceTime app  [ALT N/A] on your iPhone, tap the screen to show the FaceTime controls (if they aren't visible), then tap  [Alt text: the Share Content button] .
2. Tap Ask to Share.

Related

[Request or give remote control in a FaceTime call on iPhone](#)

[Collaborate on projects with Messages on iPhone](#)

[Use video conferencing features on iPhone](#)

NAV TITLE: [Request or give remote control in a FaceTime call](#)

Request or give remote control in a FaceTime call on iPhone

Metadata

Summary: During a FaceTime call on iPhone, remotely control another person's screen, or allow them to remotely control yours.

During a one-to-one FaceTime video or audio call, you can remotely control someone else's screen or allow a trusted person to remotely control yours. The person controlling the screen can help with an issue or demonstrate how to use an app.

Note: Before someone can remotely control your screen, they need to be saved in your contacts. To help protect your data and privacy, additional restrictions may apply to remote control requests.

Request remote control

You can request control of an iPhone screen that's being shared with you.

Note: Both you and the other participant need iOS 18 or later.

1. In the FaceTime app  [ALT N/A] on your iPhone, tap the window showing the shared screen.
2. Tap  [Alt text: the Request Control icon] .

If the other participant accepts your request, you can tap or swipe on the shared screen. You can also use the onscreen keyboard within apps.

Accept a remote control request

A participant can request to remotely control your screen if they're using an iPhone or iPad with iOS 18, iPadOS 18, or later.

When you receive a remote control request notification in the FaceTime app  [ALT N/A] on your iPhone, tap Allow.

WARNING: The person remotely controlling the screen can perform tasks on your iPhone such as opening and closing apps, changing settings, deleting items, or sending messages. Only approve remote control requests from people you trust.

The person remotely controlling the screen may be restricted from tasks such as changing your Apple Account or Face ID settings, making payments, or erasing your device. Your Face ID and Touch ID will be disabled during a remote control session.

You can still tap, swipe, or type while your screen is remotely controlled—your actions take priority over remote actions.

Decline a remote control request

When you receive a remote control request notification in the FaceTime app  [ALT N/A] on your iPhone, tap Don't Allow. Screen sharing continues, and the other participant can still tap, draw, or write on your screen to highlight important areas.

Stop remote control

You can end remote control at any time. Do one of the following:

- *If you're allowing someone to control your screen:* Tap Stop at the bottom of the screen sharing window.
- *If you're controlling someone's screen:* Tap  [Alt text: the Request Remote Control icon] at the bottom of the screen sharing window.

Ending a FaceTime call also ends remote control and screen sharing.

Remote control isn't available in all countries or regions. See [iOS and iPadOS Feature Availability](#)

Related

[Share your screen in a FaceTime call on iPhone](#)

[Collaborate on projects with Messages on iPhone](#)

[Use video conferencing features on iPhone](#)

NAV TITLE: [Collaborate on a document in FaceTime](#)

Collaborate on a document in FaceTime on iPhone

Metadata

Summary: During a FaceTime call on iPhone, collaborate on a document with others on the call.

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.

1. Start a conversation in the FaceTime app  [ALT N/A] with the people you want to collaborate with. (See [Make a FaceTime call](#).)
2. Tap  [Alt text: the Share Content button] , then choose the app you want to use below Collaborate.

If you don't see  [Alt text: the Share Content button] , tap the screen to open the FaceTime controls.
3. Open the document, then do one of the following:
 - Tap Collaborate in the notification that appears.
 - Tap  [Alt text: the Share button] , choose how to share the document (FaceTime, AirDrop, Mail, or Messages), then tap Collaborate.
4. Tap Start in the collaboration notification that appears at the top of your screen.

Participants get a notification that you've shared a document you want to collaborate on. When they tap Open in 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 everyone who's collaborating on the document.

Related

[Use video conferencing features on iPhone](#)

[Share your screen in a FaceTime call on iPhone](#)

NAV TITLE: [Use video conferencing features](#)

Use video conferencing features on iPhone

Metadata

Summary: In FaceTime and third-party video conferencing apps on iPhone, use full-screen video effects and express reactions with hand gestures during a call.

During a video call in the FaceTime app or a third-party video conferencing app, you can use full-screen video effects and add reactions with hand gestures that fill the camera frame with 3D effects.

Use video effects in a video call

1. During a video call on your iPhone, in the FaceTime app  [ALT N/A] or a third-party video conferencing app, [open Control Center](#).
2. Tap FaceTime Controls, then choose any of the following:
 - *Portrait*: Automatically blurs the background and puts the visual focus on you. Tap  [Alt text: the More Controls button] to adjust the amount of the background blur. See [Blur the background with Portrait mode](#).
 - *Studio Light*: Dims the background and illuminates your face. Tap  [Alt text: the More Controls button] to adjust the intensity of the [studio light](#).
 - *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 in a video call](#).



[Alt text: The Video Effects settings in Control Center during a FaceTime call. Portrait mode is turned on and the caller's image appears in an enlarged tile with the Portrait effect of a blurred background and prominent subject.]

Add reactions in a video call

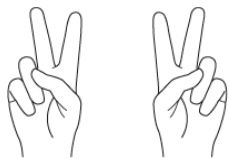
With simple hand gestures in the FaceTime app (and third-party video conferencing apps), you can add reactions that fill the camera frame with fun, 3D augmented reality effects—including hearts, balloons, fireworks, and more.

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](#) on an iPhone 12 or later, tap FaceTime Controls, then make sure Reactions is turned on. When using gestures, hold your hands away from your face, and pause for a moment or two to activate the effect. (Only the front camera supports reactions and gestures.)

(table aria-label=FaceTime Reaction Gestures)

Reaction	Gesture	Icon
Hearts	 [Alt text: the Hearts gesture]	 [Alt text: the Love button]
Thumbs-up	 [Alt text: the Thumbs-up gesture]	 [Alt text: the Like button]
Thumbs-down	 [Alt text: the Thumbs-down gesture]	 [Alt text: the Dislike button]
Balloons	 [Alt text: the Balloons gesture]	 [Alt text: the Balloon Two Fill button]
Rain	 [Alt text: the Rain gesture]	 [Alt text: the Rain button]
Confetti		

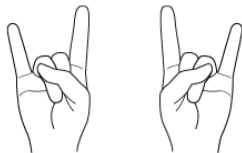


[Alt text: the Confetti gesture]



[Alt text: the Party-Popper Fill button]

Laser burst



[Alt text: the Laser Burst gesture]



[Alt text: the Laser Burst button]

Fireworks



[Alt text: the Fireworks gesture]



[Alt text: the Fireworks button]

Related

[Hand off a FaceTime call from your iPhone to your other Apple devices](#)

NAV TITLE: [Hand off a FaceTime call to another Apple device](#)

Hand off a FaceTime call from your iPhone to your other Apple devices

Metadata

Summary: During a FaceTime call on iPhone, move the call to another device where you're signed in to the same Apple Account.

You can start a FaceTime call on your iPhone and move the call to another device where you're [signed in to the same Apple Account](#).

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  [ALT N/A] > Apps > FaceTime, must match the selected contact information in FaceTime settings 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 (iOS 16, iPadOS 16, macOS 13, or later, required). You must also be signed in to the same Apple Account on both devices.

1. During a call in the FaceTime app  [ALT N/A] on iPhone, do one of the following on the other device:
 - Tap the notification with the suggestion “Move call to this [device].”
 - Tap  [Alt text: the Video Handoff button] 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 (or receive) a FaceTime call on your iPhone, and then hand off the call to the larger screen on Apple TV 4K (2nd generation or later) when you’re signed in to the same Apple Account on both devices. After you hand off the call, it continues on Apple TV, with your iPhone serving as a webcam and microphone for Apple TV for the duration of the call. Continuity Camera with Apple TV is available on iPhone XR, iPhone XS, or later, and on Apple TV 4K (2nd generation or later).

For instructions on handing off and continuing the call on Apple TV 4K (2nd generation), see [Use FaceTime on Apple TV 4K \(2nd generation or later\)](#).

Related

[Hand off tasks between your iPhone and your other devices](#)

[Change FaceTime video settings on iPhone](#)

[Use FaceTime on Apple TV 4K](#)

NAV TITLE: [Change the FaceTime video settings](#)

Change FaceTime video settings on iPhone

Metadata

Summary: During a FaceTime call on iPhone, turn Portrait mode on or off, switch to the rear camera, or turn your camera on or off.

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

During a FaceTime call, Portrait mode 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  [Alt text: the Blur Background button] 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 FaceTime Controls.

Switch to the rear camera

When you're on a FaceTime call, tap your tile, then tap  [Alt text: the Flip to Back Camera button] .

To switch back to the front camera, tap  [Alt text: the Flip to Back Camera button] 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  [Alt text: the Camera On button] . (Tap it again to turn the camera back on.)

Related

[Change your appearance in a FaceTime call on iPhone](#)

[Change FaceTime audio settings on iPhone](#)

NAV TITLE: [Change the FaceTime audio settings](#)

Change FaceTime audio settings on iPhone

Metadata

Summary: In FaceTime on iPhone, change the audio settings.

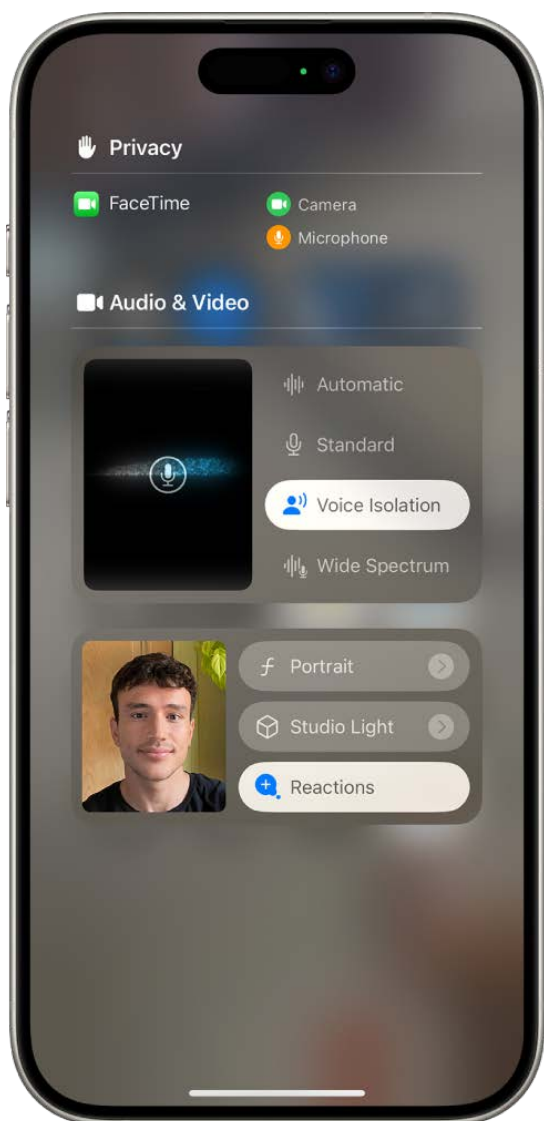
Spatial Audio in the FaceTime app  [ALT N/A] makes it sound like your friends are in the room with you. Their voices are spread out and sound like they're coming from the direction in which each person is positioned on the screen.

Note: Spatial Audio is available on [supported models](#) and works with the following AirPods models: 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 FaceTime Controls, then select Voice Isolation.



[Alt text: The Control Center settings for FaceTime calls, showing the audio settings Automatic, Standard, Voice Isolation, and Wide Spectrum.]

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  [Alt text: the Mute Off button] 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  [Alt text: the Mute On button] to unmute it.

Related

[Change FaceTime video settings on iPhone](#)

[Change your appearance in a FaceTime call on iPhone](#)

NAV TITLE: [Change your appearance](#)

Change your appearance in a FaceTime call on iPhone

Metadata

Summary: In FaceTime video on iPhone, use Memoji, or built-in filters to change your appearance; add stickers, labels, shapes; and more.

On video calls in the FaceTime app  [ALT N/A] , 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.

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 [Send stickers in Messages on iPhone](#).

1. During a FaceTime call, tap  [Alt text: the Effects button] . (If you don't see  [Alt text: the Effects button] , tap the screen.)
2. Tap  [Alt text: the Memoji button] , 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  [Alt text: the Effects button] ([supported models](#)).
2. Tap  [Alt text: the Filters button] 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  [Alt text: the Effects button] .
2. Tap  [Alt text: the Text button] , 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  [Alt text: the Done Editing button] .

Add stickers

1. During a call, tap your tile, tap  [Alt text: the Effects button] , then do any of the following:
 - Tap  [Alt text: the Memoji Stickers button] to add a Memoji sticker or  [Alt text: the Emoji Stickers button] to add an Emoji sticker.
 - Tap  [Alt text: the Text button] , swipe up, then tap  [Alt text: the Emoji button] .
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  [Alt text: the Done Editing button] .

Add shapes

1. During a call, tap your tile, then tap  [Alt text: the Effects button] .
2. Tap  [Alt text: the Shapes button] , 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  [Alt text: the Done Editing button] .

Related

[Change FaceTime video settings on iPhone](#)

[Leave a FaceTime call or switch to Messages on iPhone](#)

NAV TITLE: [Leave a call or switch to Messages](#)

Leave a FaceTime call or switch to Messages on iPhone

Metadata

Summary: In FaceTime on iPhone, leave a call at any time, or switch your conversation to Messages.

You can leave a call in the FaceTime app  [ALT N/A] 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  [Alt text: the Leave Call button] .

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  [Alt text: the Info button] at the top of the controls, then tap Message or  [Alt text: the Open Messages button] .

P9

[P9 Make a Group FaceTime call on iPhone](#)

NAV TITLE: [Block and silence FaceTime calls from unknown callers](#)

Block and silence FaceTime calls from unknown callers on iPhone

Metadata

Summary: Block FaceTime calls from unknown callers on iPhone and silence FaceTime calls from unknown callers.

In the FaceTime app  [ALT N/A] , you can block FaceTime calls from unknown callers and report the calls as spam or junk. You can also silence calls from unknown callers.

Block a FaceTime call

If you receive an unwanted FaceTime call, you can block the caller. Do one of the following:

- During a call, tap  [Alt text: the Info button] , tap Block Caller, then tap Block. (You may need to tap the FaceTime window for  [Alt text: the Info button] to appear.)
- In your FaceTime call history or in the Recents list in the Phone app, swipe left on the call, tap  [Alt text: the Block button] , then tap Block.

P10 After you end a call from an unknown caller, if you see a screen with Call Ended at the top, you can tap Block Caller to prevent further contact from that caller, or tap Create Contact to add the caller to your contacts. If you choose Block Caller, you can also report the call as spam.

Block a Group FaceTime call

If you receive an unwanted Group FaceTime call from unknown callers, you can block all participants by doing one of the following:

- *While the call is ringing:* Tap the left side of the notification to expand the window, tap  [Alt text: the Info button] at the top of the screen, then tap Block All Participants.
- *During a Group FaceTime call:* Tap  [Alt text: the Info button] at the top of the screen, then tap Block All Participants.
- *After a Group FaceTime call has ended:* Tap the call in the call history, tap  [Alt text: the Info button] next to a caller's information, tap Block Caller, then tap Block Contact.

You can also go to your FaceTime call history or the Recents list in the Phone app, swipe left on the call, tap  [Alt text: the Block button] , then tap Block All Participants.

Note: If a Group FaceTime call is listed in the Active section, it hasn't ended; the Block option won't be available in your call history.

Silence FaceTime calls from unknown callers

Go to Settings  [ALT N/A] > Apps > FaceTime > Silence Unknown Callers, then turn on Silence Unknown Callers.

This setting ensures that you'll receive FaceTime calls only from your saved contacts, people you've called before, and people suggested by Siri. Calls from unknown numbers go to voicemail and are displayed on the Recents list.

Related

[Block phone numbers and contacts on your iPhone or iPad](#)

Report a FaceTime call as spam on iPhone

Metadata

Summary: Report junk FaceTime calls or Group FaceTime calls from unknown callers as spam on iPhone.

If you receive an unwanted FaceTime call or Group FaceTime call In the FaceTime app  [ALT N/A] , you can report it as spam.

Report a FaceTime call as spam

If you receive an unwanted FaceTime call from an unknown caller, you can report the call to Apple as spam by doing any of the following:

- *During a FaceTime call:* Tap ⓘ [Alt text: the Info button] at the top of the screen, tap Block Caller, then tap Block and Report Junk.
- *In your FaceTime call history or in the Recents list in the Phone app:* Swipe left on the call, tap  [Alt text: the Block button] , then tap Block and Report Junk.

Report a Group FaceTime call from unknown callers as spam

If you receive an unwanted Group FaceTime call from unknown callers, you can block them and report the call to Apple as spam. During the call, tap ⓘ [Alt text: the Info button] at the bottom of the screen, then tap Report as Junk. (You may need to scroll down.)

Related

[Block phone numbers and contacts on your iPhone or iPad](#)

[Block and silence FaceTime calls from unknown callers on iPhone](#)

Files

Files basics

Metadata

Summary: In the Files app on iPhone, view and organize your files, share files, access files downloaded from Mail or the internet, and more.

In the Files app, you can locate and view your files, organize and rearrange them in folders, compress, rename, and share them with friends, transfer them to and from iCloud Drive and other devices, and more. These basic tasks are summarized below.

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Do any of the following:
 - *View files downloaded from email or the internet:* Tap Browse at the bottom of the screen, then tap Downloads in the sidebar. See [Find downloaded files](#).
 - *Browse your files:* : Tap Browse at the bottom of the screen, then tap iCloud Drive. See [Browse files and folders](#).
 - *View files you opened recently:* Tap Recents at the bottom of the screen.
 - *View shared files:* Tap Shared at the bottom of the screen.
 - *Copy, move, share, or delete a file or folder:* Locate the file or folder, touch and hold it, then tap Copy, Move, Share, or Delete. See [Modify files and folders in Files](#).

NAV TITLE: [Modify files and folders](#)

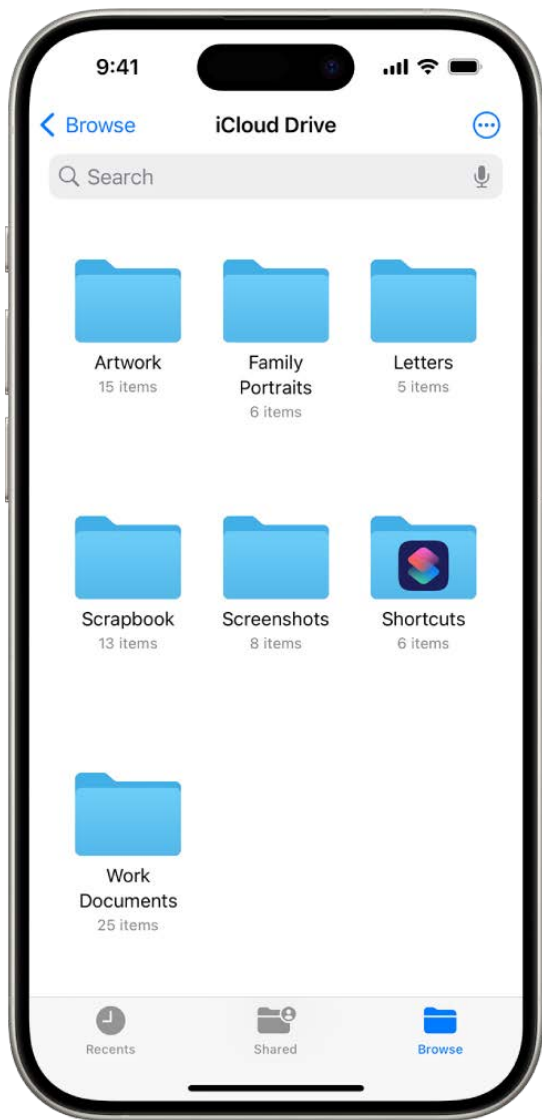
Modify files and folders in Files on iPhone

Metadata

Summary: In Files on iPhone, modify files stored in iCloud Drive and on iPhone, USB drives, SD cards, file servers, and other cloud storage providers.

You can copy, move, share, and delete your documents, images, and other files on your iPhone

.



[Alt text: The Files app displaying multiple iCloud Drive folders named Artwork, Family Portraits, Letters, Scrapbook, Screenshots, Shortcuts, and Work Documents. At the bottom of the screen are buttons for Recent files, Shared files, and the Browse tab.]

Modify and rearrange documents

When viewing a file in a supported document format, you can modify and rearrange the document's contents.

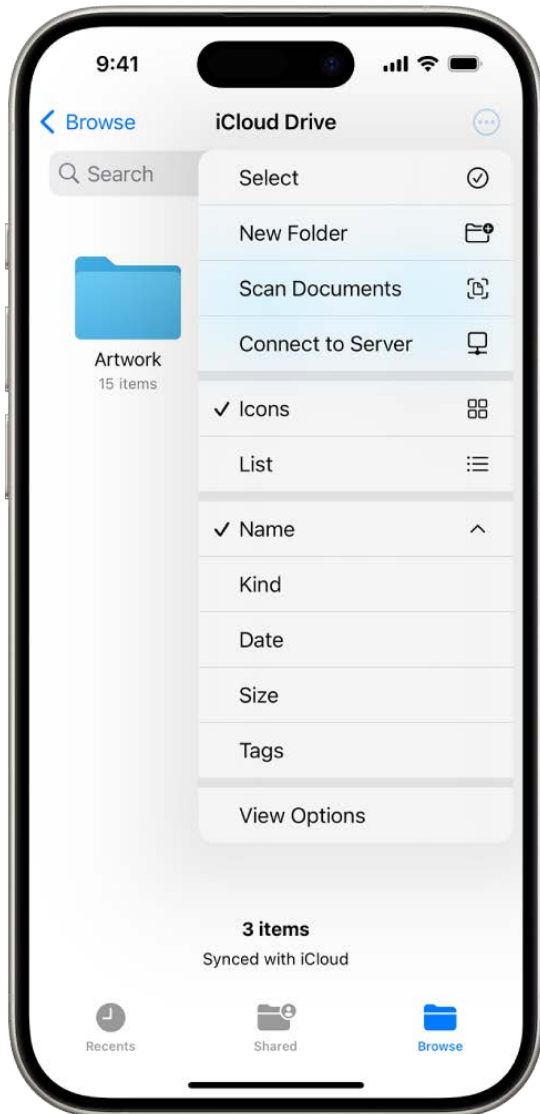
1. Go to the Files app  [ALT N/A] on your iPhone.
2. Open the document you want, tap its title, then choose any of the following:
 - *Save to Photos*: Save the document in the Photos Library.
 - *Duplicate*: Make a copy of the document.
 - *Move*: Move the document to another location.
 - *Export*: Save a copy of the file in a different file format.
 - *Print*: Print the document

To rearrange a document, touch and hold a highlighted page and drag it to a new location.

To mark up a document, tap  [Alt text: the Markup Toolbar button] at the bottom of the screen.

Note: Not all document formats are supported by the Files app.

Change to list view or icon view



[Alt text: The Files app with the More button selected. In the visible menu are options for Select, New Folder, Scan Documents, and Connect to Server. Below that are options to view items on the screen as Icons or a List. At the bottom are sort options for Name, Kind, Date, Size, and Tags followed by View Options.]

1. Go to the Files app  [ALT N/A] on your iPhone.
2. From an open location or folder, tap  [Alt text: the More button] , then tap Icons or List to change your view of the files.

Rearrange the Browse screen

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom of the screen.

3. At the top of the Browse screen, tap  [Alt text: the More button] , 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  [Alt text: the Remove button] next to the tag. (See [Tag a file or folder.](#))
 - *Remove an item from the Favorites list:* Tap  [Alt text: the Remove button] next to the item. (See [Mark a folder as a favorite.](#))
 - *Change the order of an item:* Touch and hold  [Alt text: the Reorder button] , then drag it to a new position.

Delete a file

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom of the screen, then locate the file you want to delete.
3. Touch and hold the file, then tap Delete.

Related

[Find files and folders in Files on iPhone](#)

NAV TITLE: [Find files and folders](#)

Find files and folders in Files on iPhone

Metadata

Summary: In Files on iPhone, view files stored in iCloud as well as on iPhone, USB drives, SD cards, file servers, and other cloud storage providers.

In the Files app, you can search for and view your documents, images, and other files.

Find downloaded files

If you downloaded files to your iPhone from the internet, you can find them in the Downloads folder.

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom of the screen.
3. Tap the Downloads folder to see your downloaded files.

Find a specific file or folder

1. Go to the Files app  [ALT N/A] on your iPhone.
2. 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  [Alt text: the Clear Text button] in the search field.
- *Open a result:* Tap it.

Browse files and folders

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom of the screen, then tap a document 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 [Tag a file or folder](#).

Change how files and folders are sorted

1. Go to the Files app  [ALT N/A] on your iPhone.
2. From an open location or folder, tap  [Alt text: the More button] .
3. Choose an option: Name, Kind, Date, Size, or Tags.

Related

[Organize files and folders on iPad](#)

NAV TITLE: [Organize files and folders](#)

Organize files and folders in Files on iPhone

In the Files app, you can organize documents, images, and other files in folders.

Create a folder

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Open a location or an existing folder.
3. Tap  [Alt text: the More button], 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 folder

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Open a location or an existing folder.
3. Touch and hold the file or folder, then choose an option: Copy, Move, Rename, Compress, Duplicate, or Delete.

To modify multiple files or folders at the same time, tap  [Alt text: the More button], tap Select, tap to select the files or folders you want to modify, then tap an option at the bottom of the screen (for example, Share, Move, or Delete).

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).

Zip or unzip a file or folder

You can zip a file or folder to compress it so that it takes up less storage space on your iPhone. You can also unzip a compressed file or folder.

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Touch and hold the file or folder you want to zip, then tap Compress.

To unzip a compressed file or folder, touch and hold it, then tap Uncompress.

Tag a file or folder

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Open a location or an existing folder.
3. Touch and hold the file or folder, tap Tags, then tap one or more tags.

4. 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

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Open a location, touch and hold the folder, then tap Favorite.

To find Favorites, tap Browse.

Related

[Send files from the Files app on iPhone](#)

NAV TITLE: [Send files from the Files app](#)

Send files from the Files app on iPhone

Metadata

Summary: From the Files app on iPhone, you can send a copy of any file to others.

You can send a copy of any file to others. If you have a document you want to send that isn't digitized, you can scan it with the Files app first.

Send a file

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Touch and hold the file you want to send, then tap Share.
Tip: To send a smaller version of the file, tap Compress before you tap Share, touch and hold the compressed version of the file (identified as a zip file), then tap Share.
3. Choose an option for sending (for example, AirDrop, Messages, or Mail), then tap Send.

Reply to a received document

If you save an attachment from the Mail app, you can quickly reply to the email and optionally return the attachment.

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Touch and hold the file you want to reply to, then tap "Reply to."

Scan a document

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Open the location or folder where the document you want to scan is located.
3. Tap  [Alt text: the More button] at the top of the 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.

Related

[Set up iCloud Drive on iPhone](#)

NAV TITLE: [Set up iCloud Drive](#)

Set up iCloud Drive on iPhone

Metadata

Summary: Use the Files app to store files and folders in iCloud Drive.

You can 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 to the same [Apple Account](#)—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), Windows devices (iCloud for Windows 7 or later), or online at [iCloud.com](#). Storage limits depend on your iCloud storage plan.

Turn on iCloud Drive

1. Go to Settings  [ALT N/A] > [your name] > iCloud.
2. Tap Drive, then turn on Sync this iPhone.

Browse iCloud Drive

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom of the screen.
3. Tap iCloud Drive below Locations.

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, folders, and find downloads](#).

Choose which apps use iCloud Drive

You can choose which apps have access to store and edit content on iCloud Drive.

1. Go to Settings  [ALT N/A] > [your name] > iCloud.
2. Tap See All next to Saved to iCloud.
3. Turn on each app you want saved to iCloud, and turn off each one you don't want saved.

Related

[Share files and folders in iCloud Drive on iPhone](#)

NAV TITLE: [Share files and folders in iCloud Drive](#)

Share files and folders in iCloud Drive on iPhone

Metadata

Summary: On iPhone, invite others to view and edit the files and folders you share on iCloud Drive.

After you [set up iCloud Drive](#), you can 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 or 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.

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Go to a location, then touch and hold the folder or file you want to share.
3. Tap  [Alt text: the Share button] , then choose whether you want to collaborate or send a copy of the folder or file.
4. Do one of the following:
 - *Allow only invitees to view and edit the contents:* Tap  [Alt text: the Forward button] , tap “Only invited people,” tap “Can make changes,” tap Done, 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  [Alt text: the Forward button] , tap “Only invited people,” tap “View only,” tap Done, then choose a method for sending the link.
 - *Allow anyone with the link to view and edit the contents:* Tap  [Alt text: the Forward button] , tap “Anyone with the link,” tap “Can make changes,” tap Done, then choose a method for sending the link.
 - *Allow anyone with the link to view the contents:* Tap  [Alt text: the Forward button] , tap “Anyone with the link,” tap “View only,” tap Done, then choose a method for sending the link.
 - *Allow anyone to invite more people:* Tap  [Alt text: the Forward button] , turn on “Allow others to invite,” then tap Done.
5. 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 invited people,” you can share it with more people.

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Tap Shared at the bottom of the screen.
3. Touch and hold the folder or file you want to share.
4. Tap  [Alt text: the Share button] , then tap Manage Shared Folder or Manage Shared File.

5. Tap Share With More People, and choose a method for sending the link.
6. 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. Go to the Files app  [ALT N/A] on your iPhone.
2. Tap Shared at the bottom of the screen.
3. Touch and hold the folder or file you want to share.
4. Tap  [Alt text: the Share button] , tap Manage Shared Folder or Manage Shared File, then tap Send Link.
5. 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. Go to the Files app  [ALT N/A] on your iPhone.
2. Tap Shared at the bottom of the screen.
3. Touch and hold the folder or file whose permissions you want to change.
4. Tap  [Alt text: the Share button] , then tap Manage Shared Folder or Manage Shared File, then tap Share Options.
5. Change either or both of the options.
 - *Access option:* When you change the access option from “Anyone with the link” to “Only invited people,” 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 invited people,” you can change the permission for one person without affecting the permission of others. You can also remove the person's access.

1. Go to the Files app  [ALT N/A] on your iPhone.

2. Touch and hold the folder or file whose permission you want to change.
3. Tap  [Alt text: the Share button] , then tap Manage Shared Folder or Manage Shared File.
4. 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. Go to the Files app  [ALT N/A] on your iPhone.
2. Open the location of the folder or file you want to stop sharing.
3. Touch and hold the folder or file, tap  [Alt text: the Share button] , then tap Manage Shared Folder or Manage Shared File.
4. Tap Stop Sharing.

Anyone who has the 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 invited people," the original link works again only for people you reinvite to share the item.

Related

[Collaborate on a project in Messages](#)

NAV TITLE: [Transfer files from iPhone to a storage device, a server, or the cloud](#)

Transfer files from iPhone to a storage device, a server, or the cloud

Metadata

Summary: With iPhone and a computer, transfer files using an external storage device, a file server, or a cloud storage service like iCloud, Box, or Dropbox.

With iPhone and a computer, you can transfer files using an external storage device, a file server, or a cloud storage service like iCloud, Box, or Dropbox.

Transfer files with an external storage device

1. Connect your iPhone or computer to an external storage device, such as a USB drive or SD card.

To connect to iPhone, you might need a cable adapter. See [Connect external storage devices](#).

Note: If an alert appears on iPhone asking whether to trust this computer, select Trust. See the Apple Support article [About the ‘Trust This Computer’ alert](#).

2. Use a supported app (like Files or Pages) to copy files to the storage device. See [Organize files and folders](#).
3. Disconnect the storage device, then connect it to the device where you want the copied files to appear.
4. Copy the files to the connected device. See [Connect and use other storage devices with Mac](#) in the Mac User Guide.

Access an external storage device

You can rename, erase, and get information about a connected external storage device.

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom of the screen.
3. Touch and hold the name of the storage device below Locations, then do any of the following:
 - *Rename the storage device:* Tap Rename [device].
 - *Erase the storage device:* Tap Erase.
 - *Get information about the storage device:* Tap Get Info.

In the Files app  [ALT N/A], you can quickly change an external drive to APFS, ExFAT, or MSDOS (Fat32) file formats on iPhone models with USB-C.

Connect to a computer or file server

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom of the screen.
3. Tap  [Alt text: the More button] at the top of the Browse sidebar.

If you don't see the Browse sidebar, tap Browse at the bottom of the screen.

4. Tap Connect to Server.
5. 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.

6. 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.

7. Tap Next, then select the server volume or shared folder in the Browse sidebar (below Shared).

To disconnect from the file server, tap  [Alt text: the Eject button] next to the server in the Browse sidebar.

For information on how to set up your Mac to share files, see [Set up file sharing on Mac](#) in the Mac User Guide.

Transfer files with a cloud storage service like Box or Dropbox

Note: Subscription fees might apply.

1. On your iPhone or computer, follow the instructions from your cloud storage service to upload the files you want to share.
2. To access your shared files on iPhone, go to the Files app  [ALT N/A], tap Browse at the bottom of the screen, then tap the name of the storage service below Locations.

To access the shared files on a computer, follow the service's instructions.

Keep selected files downloaded

You can keep files downloaded that you always want to be able to access on your iPhone. If you make changes to these files while offline, your changes will sync with iCloud when you are back online.

1. Go to the Files app  [ALT N/A] on your iPhone.
2. Locate a file you want to keep downloaded.
3. Touch and hold the file you want to keep downloaded, then tap Keep Downloaded in the menu that opens.

If Keep Downloaded doesn't appear in the menu, the file is already on your iPhone.

Related

[Modify files and folders in Files on iPhone](#)

Find My

Find people

NAV TITLE: [Share your location](#)

Share your location in Find My on iPhone

Metadata

Summary: In Find My on iPhone, share your location with friends and stop sharing at any time.

Before you can use the Find My app to share your location with friends, you need to set up location sharing.

Note: Location sharing and finding people aren't available in all countries or regions. If you set up location sharing and others still can't see your location, make sure Location Services is on in Settings  [ALT N/A] > Privacy & Security > Location Services > Find My. See [Control the location information you share](#).

- COMMENT - **Personal Safety content**

Set up location sharing

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Me at the bottom of the screen, then turn on Share My Location.

The device sharing your location appears next to From.

3. 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  [ALT N/A] > [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. Go to the Find My app  [ALT N/A] on your iPhone.

2. Tap Me at the bottom of the screen, then tap Location.
3. 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap People at the bottom of the screen, tap  [Alt text: the Add button], then choose Share My Location.



Tap a person to see contact information, get directions, and more.

[Alt text: The Find My screen open to the People list. There are four people in the list: Olivia Rico, Dawn Ramirez, Ashley Rico, and Will Rico. Tap the Add button at the top of the People list to share your location.]

3. In the To field, type the name of a friend you want to share your location with (or tap  [Alt text: the Add Contact button] and select a contact).
4. 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap People at the bottom of the screen.
3. 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

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Me at the bottom of the screen, then turn off Allow Friend Requests.

Related

[Use Precision Finding on iPhone 15 and iPhone 16 to meet up with a friend](#)

NAV TITLE: [Meet up with a friend](#)

Use Precision Finding on iPhone 15 and iPhone 16 to meet up with a friend

Metadata

Summary: In Messages on iPhone, use Find My to meet up with a friend.

Use the Find My app on iPhone 15 and iPhone 16 to meet up with a friend.

Precision Finding for People isn't available in all countries or regions, and both you and the friend you're looking for must have an iPhone 15 or iPhone 16.

To use another iPhone model to find someone, see [Locate a friend](#).

- COMMENT - **Personal Safety content**

1. Go to the Find My app  [ALT N/A] 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 points in their direction with an estimate of how far away they are.



[Alt text: The name of a person being located with Precision Finding is in the top-left corner, and an arrow points in their direction with an estimate of how far away they are. At the bottom of the screen are buttons to close Precision Finding and send a message to the person.]

When you're walking in the right direction, the screen turns green.

4. When you locate the person you're looking for, tap  [Alt text: the Close button] .



[Alt text: The iPhone screen is green with a big checkmark in the middle of it. The name of the person being located is in the top-left corner, and the word “here” is in the bottom-left corner, indicating that the meetup was successful.]

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 time.

Related

[Share your location in Messages](#)

[Use Check In on iPhone to let your friends know you’ve arrived](#)

NAV TITLE: [Send your location via satellite](#)

Send your location via satellite in Find My on iPhone

Metadata

Summary: If you’re outside cellular or Wi-Fi coverage, you can send your location via satellite

On iPhone 14 or later 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. See the Apple Support article [Emergency SOS via satellite availability](#).

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 bringing with you as the iPhone that shares your location. On your iPhone 14 or later open the 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](#).

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](#).

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. 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.
3. Tap Me at the bottom of the screen.
4. 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 (you don't need iPhone 14 or later).

When a contact sends you their location via satellite, a satellite icon  [ALT N/A] 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.

Related

[Use Emergency SOS via satellite on your iPhone](#)

NAV TITLE: [Add or remove a friend](#)

Add or remove a friend in Find My on iPhone

Metadata

Summary: In Find My on iPhone, add friends so you can see their locations on a map.

In the Find My app, after you share your location with a friend, you can ask to see their location on a map.

Note: Location sharing and finding people aren't available in all countries or regions.

Ask to see a friend's location

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. 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.

3. 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  [ALT N/A] > Privacy & Security > Location Services > Find My.

Remove a friend

When you remove a friend, that person is removed from your People list and you're removed from theirs.

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap People at the bottom of the screen, then tap the name of the person you want to remove.
3. Tap Remove [name], then tap Remove.

NAV TITLE: [Locate a friend](#)

Locate a friend in Find My on iPhone

Metadata

Summary: In Find My on iPhone, see the location of a friend and get directions to their location.

When a friend [shares their location](#) with you, you can use the Find My app to locate them on a map.

Note: Location sharing and finding people aren't available in all countries or regions. 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](#).



Tap a person to see contact information, get directions, and more.

[Alt text: The Find My screen open to the People list. There are four people in the list: Olivia Rico, Dawn Ramirez, Ashley Rico, and Will Rico. Tap the Add button at the top of the People list to share your location.]

See the location of a friend

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap People at the bottom of the screen, then tap the name of the person you want to contact.
3. Tap Contact and choose how you want to contact your friend. See [Add and use contact information](#).

Get directions to a friend

You can get directions to a friend's current location in the Maps app.

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap People at the bottom of the screen, then tap the name of the person you want to get directions to.
3. 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap People at the bottom of the screen, then tap the name of the person you want to set a location label for.
3. Tap Edit Location Name, then select a label.

To add a new label, tap Add Custom Label, enter a name, then tap Done.

Mark a friend as a favorite

Favorite friends appear at the top of the People list and are marked by a star.

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap People at the bottom of the screen, then find the person you want to mark as a favorite.
3. 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.

Related

[Add or remove a friend in Find My on iPhone](#)

[Adjust map settings in Find My on iPhone](#)

[Get notified when a friend's location changes in Find My on iPhone](#)

NAV TITLE: [Get notified when friends change their location](#)

Get notified when a friend's location changes in Find My on iPhone

Metadata

Summary: In Find My on iPhone, you can get an alert when your friends' locations change.

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 isn't 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](#).

You can also let friends know when your location changes. See [Notify a friend when your location changes in Find My](#).

Note: Location sharing and finding people aren't available in all countries or regions.

Get notified when your friend arrives at or leaves a location

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap People at the bottom of the screen, then tap the name of the person you want to be notified about.
3. Below Notifications, tap Add, then tap Notify Me.
4. Choose whether you want to be notified when a friend arrives at or leaves a location.
5. 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.
6. Choose whether you want to be notified only once or every time.
7. 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap People at the bottom of the screen, then tap the name of the person you want to be notified about.
3. Below Notifications, tap Add, then tap Notify Me.
4. Below When, tap *[your friend's name]* Is Not At.
5. 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.

6. Select when you want to be notified.
 - *Time*: Select a start and end time.
 - *Days*: Select the days of the week.
7. 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. 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.

3. Below Notifications, tap the notification.
4. 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.

Related

[Notify a friend when your location changes in Find My on iPhone](#)

NAV TITLE: [Notify a friend when your location changes](#)

Notify a friend when your location changes in Find My on iPhone

Metadata

Summary: In Find My on iPhone, use notifications to let your friends know when your location changes.

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](#).

- COMMENT - **Personal Safety content**

Note: Location sharing and finding people aren't available in all countries or regions.

Notify a friend when your location changes

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap People at the bottom of the screen, then tap the name of the person you want to notify.
3. Below Notifications, tap Add, then tap Notify [*your friend's name*].
4. Choose whether you want to notify your friend when you arrive at or leave a location.
5. 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.

6. Choose whether you want your friend to be notified only once or every time.
7. 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. 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.

3. 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. 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.

3. Select a name, then tap a notification.
4. Tap Delete Notification, then tap Delete Notification again.

Related

[Add your iPhone to Find My](#)

Find devices

NAV TITLE: [Add your iPhone](#)

Add your iPhone to Find My

Metadata

Summary: Add your iPhone to Find My so you can locate it if it's lost.

Before you can use the Find My app to locate a lost iPhone, you need to connect the device to your [Apple Account](#).

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](#).

Note: Location sharing and finding devices aren't available in all countries or regions.

Add your iPhone

1. On your iPhone, go to Settings  [ALT N/A] > [your name] > Find My.

If you're asked to sign in, enter your [Apple Account](#) information. If you don't have an Apple Account, tap "Don't have an Apple Account 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 to their Apple Account.

Related

[Locate a device in Find My on iPhone](#)

[Mark a device as lost in Find My on iPhone](#)

[Remove a device from Find My on iPhone](#)

NAV TITLE: [Add your iPhone Wallet with MagSafe](#)

Add your iPhone Wallet with MagSafe to Find My on iPhone

Metadata

Summary: Add your iPhone Wallet with MagSafe and Find My support to the Find My app so you can get notified if it detaches from your iPhone.

If your iPhone Wallet with MagSafe has Find My support, you can connect it to your [Apple Account](#) so you can see its last known location in the Find My app  [ALT N/A] . 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: Location sharing and finding devices aren't available in all countries or regions. 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Attach your iPhone Wallet with MagSafe and Find My support to your iPhone.
3. Tap  [Alt text: the Add button] , 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 Account, they need to remove it before you can add it. See [Remove a device from Find My on iPhone](#).

Related

[Add your iPhone to Find My](#)

[Mark a device as lost in Find My on iPhone](#)

NAV TITLE: [Get notified if you leave a device behind](#)

Set separation alerts in case you leave a device behind in Find My on iPhone

Metadata

Summary: In Find My on iPhone, you can get an alert when you leave a device behind.

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](#). Location sharing and finding devices aren't available in all countries or regions.

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, iPadOS 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Devices at the bottom of the screen, then tap the name of the device you want to set up an alert for.
3. Below Notifications, tap Notify When Left Behind.
4. Turn on Notify When Left Behind, then follow the onscreen instructions.
5. 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.
6. 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Devices at the bottom of the screen, then tap the name of your iPhone Wallet with MagSafe.
3. Below Notifications, tap Notify When Detached.
4. Turn off or on Notify When Detached, then tap Done.

Related

[Mark a device as lost in Find My on iPhone](#)

[Set separation alerts in case you leave an AirTag or item behind in Find My on iPhone](#)

NAV TITLE: [Locate a device](#)

Locate a device in Find My on iPhone

Metadata

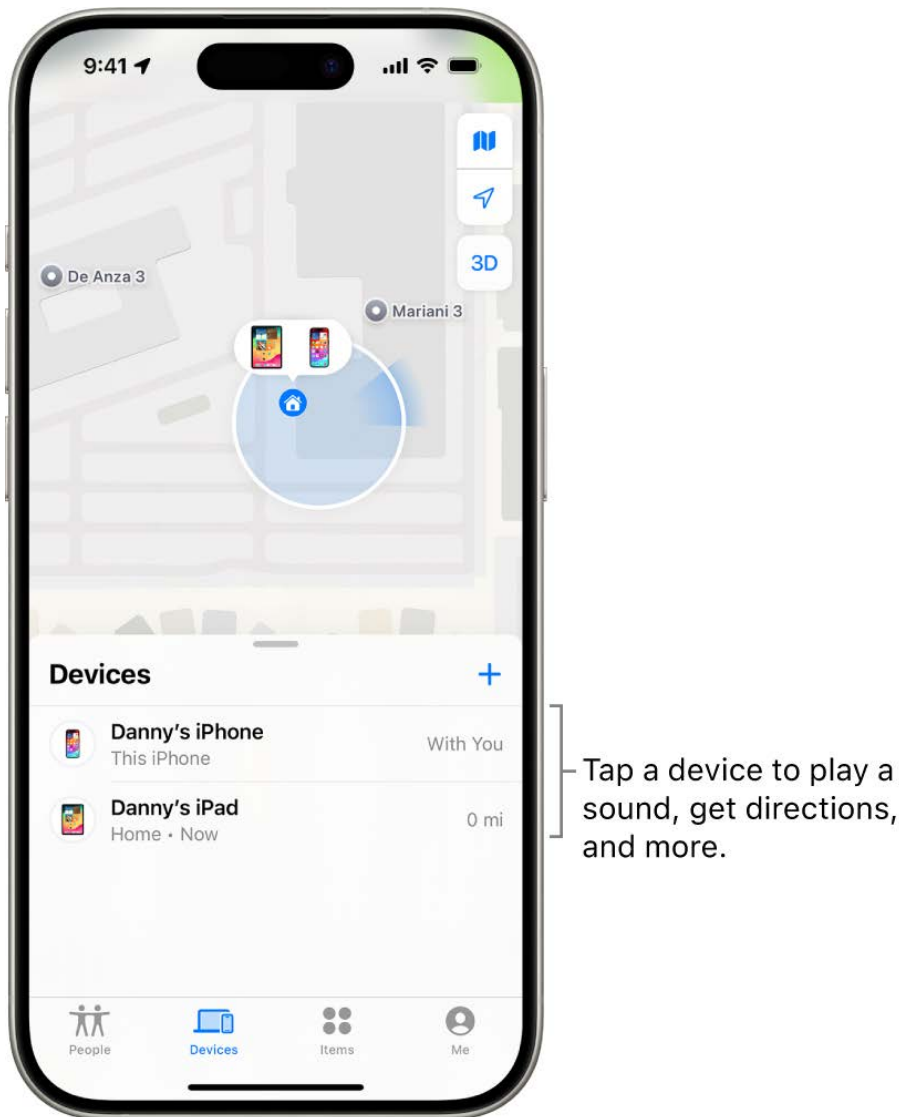
Summary: In Find My on iPhone, see the location of a lost device and play a sound on it to help you find it.

Use the Find My app  [ALT N/A] 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](#).

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](#).

Note: Location sharing and finding devices aren't available in all countries or regions.



[Alt text: The Find My screen open to the Devices list. There are two devices in the Devices list: Danny's iPhone and Danny's iPad. Their locations are shown on a map.]

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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Devices at the bottom of the screen, then tap the name of the device you want to play a sound on.
3. 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 Account 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Devices at the bottom of the screen, then tap the name of the device you want to get directions to.
3. Tap Directions to open the Maps app. See [Get directions](#).

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 to their Apple Account. 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](#).

Related

[Adjust map settings in Find My on iPhone](#)

[Locate an AirTag or other item in Find My on iPhone](#)

[Apple Support article: If your iPhone, iPad, or iPod touch is lost or stolen](#)

NAV TITLE: [Mark a device as lost](#)

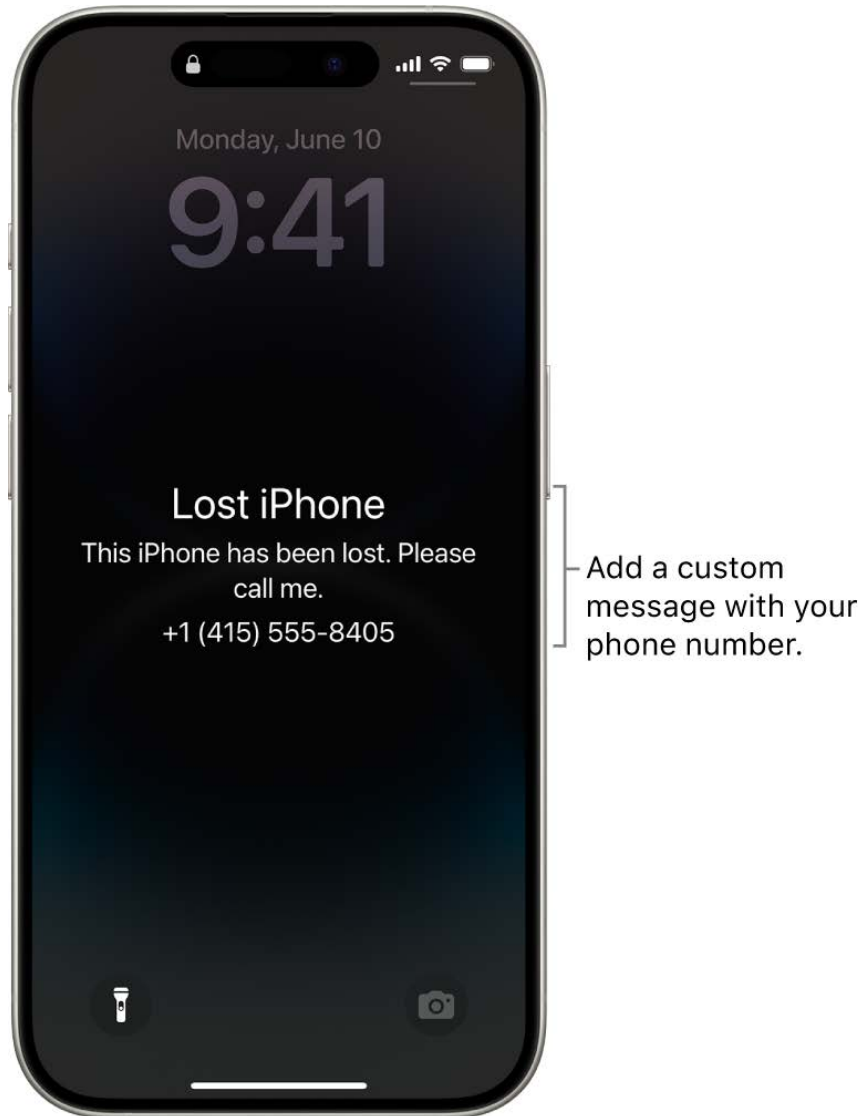
Mark a device as lost in Find My on iPhone

Metadata

Summary: In Find My on iPhone, mark a device as lost so that others can't access your personal information.

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.

Note: Location sharing and finding devices aren't available in all countries or regions.



[Alt text: An iPhone Lock Screen with a lost iPhone message. You can add a custom message with your phone number.]

What happens when you mark a device as lost?

- A confirmation email is sent to your Apple Account 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Devices at the bottom of the screen, then tap the name of the lost device.
3. Below Mark As Lost, tap Activate.
4. 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.
5. 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Devices at the bottom of the screen, then tap the name of the lost device.
3. Below Mark As Lost, tap Pending or Activated.
4. 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. In Find My, tap Devices at the bottom of the screen, then tap the name of the device.
3. 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 Account password.

See the Apple Support articles [If you forgot your Apple Account primary email address or phone number](#) and [If you forgot your Apple Account 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](#).

Related

[Mark an AirTag or other item as lost in Find My on iPhone](#)

[Apple Support article: If your iPhone, iPad, or iPod touch is lost or stolen](#)

NAV TITLE: [Erase a device](#)

Erase a device in Find My on iPhone

Metadata

Summary: In Find My on iPhone, remotely erase a device.

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.

Note: Finding devices isn't available in all countries or regions.

What happens when you erase a device in Find My?

- A confirmation email is sent to your Apple Account email address.
- When you erase a device remotely using Find My, Activation Lock remains on to protect it. Your [Apple Account](#) password is 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Devices at the bottom of the screen, then tap the name of the device you want to erase.
3. 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).

4. 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.
5. Tap Erase.
6. Enter your [Apple Account](#) 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Devices at the bottom of the screen, then tap the name of the device whose erase you want to cancel.
3. Tap Cancel Erase, then enter your [Apple Account](#) password.

If you lose your iPhone, you can erase it using [Find Devices on iCloud.com](#).

Related

[Remove a device from Find My on iPhone](#)

Remove a device from Find My on iPhone

Metadata

Summary: Remove a device from Find My on iPhone so it doesn't show up in your Devices list or to turn off Activation Lock.

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 Account.

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.

Note: Finding devices isn't available in all countries or regions.

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 may need to 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. Go to the Find My app  [ALT N/A] on your iPhone.
3. Tap Devices at the bottom of the screen, then tap the name of the offline device.
4. 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 Account.

1. Go to the Find My app  [ALT N/A] on your iPhone.

2. Tap Devices at the bottom of the screen, then tap the name of your iPhone Wallet with MagSafe.
3. 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 Account](#).

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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Devices at the bottom of the screen, then tap the name of the device you want to remove.
3. [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.

4. 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.

Related

[Remove an AirTag or other item from Find My on iPhone](#)

Find items

Add an AirTag in Find My on iPhone

Metadata

Summary: Add an AirTag to Find My using your iPhone so you can locate it if it's lost.

You can register an AirTag to your [Apple Account](#) 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.

- COMMENT - **Personal Safety content**

You can also get notified if you leave your AirTag behind. See [Set separation alerts in case you leave an AirTag or item behind](#).

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](#).

Note: Location sharing and finding items aren't available in all countries or regions.

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 Account, then tap Finish.

You can also register an AirTag in the Find My app. Tap  [Alt text: the Add button], then choose Add AirTag.

If the item is registered to someone else's Apple Account, they need to remove it before you can add it. See [Remove an AirTag or other item from Find My](#).

Change the name or emoji of an AirTag

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items at the bottom of the screen, then tap the AirTag whose name or emoji you want to change.

3. Tap Rename Item.
4. Choose a name from the list or choose Custom Name to type a name and select an emoji.
5. Tap Done.

View more details about an AirTag

When you register an AirTag to your Apple Account, you can view more details about it in the Find My app.

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items at the bottom of the screen, then tap the AirTag you want to see more details about.
3. 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.

Related

[Add your iPhone to Find My](#)

[Apple Support article: What to do if you get an alert that an AirTag, Find My network accessory, or set of AirPods is with you](#)

Share an AirTag or other item in Find My on iPhone

Metadata

Summary: Share an AirTag in Find My so you won't receive unwanted separation alerts.

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.

- COMMENT - **Personal Safety content**

You can share an AirTag or other item with up to five borrowers in addition to yourself, for a total of six users per item, as long as the following requirements are met:

- Two-factor authentication must be turned on for your Apple Account.
- The person you share with must have an Apple Account and be signed in to it. They must also use iCloud. You can't share with a [child account](#).

- The owner and borrowers must have iCloud Keychain turned on.
- The owner and borrowers must be using iOS 17, iPadOS 17, macOS 14, or later.

Note: You share a third-party item the same way you share an AirTag. Location sharing and finding devices aren't available in all countries or regions.

Share an AirTag

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items, 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 Account information of the person you want to add.

To add more people, tap  [Alt text: the Add button] .

4. Tap the name of the person you want to share with, then tap their Apple Account.

Repeat steps 3 and 4 for each person you want to add.

5. When you're finished adding borrowers, 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 an invitation, the shared AirTag appears in Find My below 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.

Ask the owner of an AirTag to share it in Find My

If the owner of an AirTag shares it with you but doesn't do so in Find My, you'll receive an unknown AirTag notification and tracking notifications. To stop receiving tracking notifications for the AirTag, ask the owner to share it with you in Find My.

Note: You can only ask an owner to share an AirTag if you're in the same Family Sharing group. See [Add a member to a Family Sharing group](#).

1. In the tracking notification you receive, tap Ask Owner to Share AirTag.
2. Tap Ask Owner.

If the owner wants to add you as a borrower, you receive an invitation to share the AirTag.

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, then 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

If you're the owner of an AirTag and no longer want to share it, you can stop sharing in Find My.

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items, 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 no longer sees the AirTag's location, but may still get tracking notifications when the AirTag is moving with them.

Related

[Add or update a third-party item in Find My on iPhone](#)

Share location of a lost item in Find My on iPhone

Metadata

Summary: Share an AirTag in Find My to help a third-party locate it.

In the Find My app on your iPhone, you can create a temporary webpage to share the location of a lost AirTag or other item. For example, you can share the webpage with an airline to help them track your mishandled bag.

If you want to share an item with a contact, see [Share an AirTag](#).

Note: You can't share the location of an item if it's within proximity of the device sharing your location. Finding items and sharing item location aren't available in all countries or regions.

Create and share a webpage for location updates

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items, tap the item that you want to share location updates for, then tap Share Item Location.
3. Follow the onscreen instructions to create and share a temporary webpage.

Note: To provide updated locations, at least one of your Apple devices where you're signed in to your [Apple Account](#) needs to be online.

4. Tap Done.

View and manage the shared item location

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items, tap the item with the shared webpage, then tap Share Item Location.
3. Do any of the following:
 - *Copy the URL:* Tap the field at the top.
 - *View the details:* View the Visited By and Expiration rows.
 - *Share the webpage with additional people:* Tap Share Location Link, then choose a sharing option (such as AirDrop or Mail).

Stop sharing location updates

Sharing stops when you reunite with the item, after 7 days, or when you end it manually.

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items, tap the item with the shared webpage, then tap Share Item Location.
3. Tap Stop Sharing Item Location.

Related

[Add a third-party item](#)

NAV TITLE: [Add a third-party item](#)

Add or update a third-party item in Find My on iPhone

Metadata

Summary: Add a supported third-party product to Find My using your iPhone so you can locate it if it's lost.

You can use certain third-party products with the Find My app  [ALT N/A]. You can pair these products with your [Apple Account](#) 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](#).

Note: Finding items isn't available in all countries or regions.

Add a third-party item

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Follow the manufacturer's instructions to make the item discoverable.
3. Tap  [Alt text: the Add button] , then choose Add Other Item.
4. Tap Connect, type a name and select an emoji, then tap Continue.
5. Tap Continue to register the item to your Apple Account, 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 Account, they need to remove it before you can add it. See [Remove an AirTag or other item from Find My](#).

Change an item's name or emoji

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items at the bottom of the screen, then tap the item whose name or emoji you want to change.
3. Tap Rename Item.
4. Choose a name from the list or choose Custom Name to type a name and select an emoji.
5. 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items at the bottom of the screen, then tap the item you want to update.
3. 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 Account, 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items at the bottom of the screen, then tap the item you want more details about.
3. 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  [Alt text: the Download button] to download the app. If you've already downloaded it, tap Open to open it on your iPhone.

Related

[Add your iPhone to Find My](#)

[Apple Support article: What to do if you get an alert that an AirTag, Find My network accessory, or set of AirPods is with you](#)

NAV TITLE: [Get notified if you leave an item behind](#)

Set separation alerts in case you leave an AirTag or item behind in Find My on iPhone

Metadata

Summary: In Find My on iPhone, you can get an alert when you leave an item behind.

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.

- COMMENT - **Personal Safety content**

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](#). Location sharing and finding items aren't available in all countries or regions.

1. Go to the Find My app  [ALT N/A] on your iPhone.

2. Tap Items at the bottom of the screen, then tap the name of the item you want to set an alert for.
3. Below Notifications, tap Notify When Left Behind.
4. Turn on Notify When Left Behind.
5. 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.
6. Tap Done.

Related

[Mark an AirTag or other item as lost in Find My on iPhone](#)

[Set separation alerts in case you leave a device behind in Find My on iPhone](#)

NAV TITLE: [Locate an item](#)

Locate an AirTag or other item in Find My on iPhone

Metadata

Summary: In Find My on iPhone, see the location of a lost item and play a sound on it to help you find it.

You can use the Find My app to locate a missing AirTag or third-party item that you've registered to your Apple Account. If you have an iPhone 15 or later model, you can also find their exact location.

- COMMENT - **Personal Safety content**

Learn how to register an [AirTag](#) or [third-party item](#).

Note: Location sharing and finding items aren't available in all countries or regions.

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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items at the bottom of the screen, then tap the item you want to play a sound on.
3. 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. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items at the bottom of the screen, then tap the item you want to get directions to.
3. Tap Directions to open Maps.

See [Get directions](#).

Find the precise location of an AirTag

If you have a [supported iPhone](#) and are near your AirTag, you can find the precise location of the AirTag.

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items at the bottom of the screen, then tap the nearby AirTag.
3. Tap Find.



Tap to find a nearby AirTag.

[Alt text: The Find My app open, showing Danny's keys in Golden Gate Park. Tap the Find button to locate a nearby AirTag.]

4. 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  [Alt text: the Play Sound button] to play a sound on the AirTag.

5. When you locate the AirTag, tap [Alt text: the Close button] .

Related

[Mark an AirTag or other item as lost in Find My on iPhone](#)

[Locate a device in Find My on iPhone](#)

[Apple Support article: What to do if you get an alert that an AirTag, Find My network accessory, or set of AirPods is with you](#)

Mark an AirTag or other item as lost in Find My on iPhone

Metadata

Summary: In Find My on iPhone, mark an item as lost so that others can return it to you.

If you lose an AirTag or third-party item registered to your Apple Account, you can use the Find My app to mark it as lost.

- COMMENT - **Personal Safety content**

Learn how to register an [AirTag](#) or [third-party item](#).

Note: Finding items isn't available in all countries or regions.

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 Show Contact Info for a lost item

To Turn on Show Contact Info for a lost item, do the following:

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items at the bottom-left side of the screen, then tap the name of the lost item.
3. Below Lost AirTag, tap Show Contact Info.
4. 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](#).

5. Tap Done.

Change the contact information in the Lost Mode message

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items at the bottom-left side of the screen, then tap the name of the lost item.
3. Below Lost AirTag, tap Show Contact Info.

4. Edit the phone number or message, then tap Done.

Turn off Show Contact Info for a lost item

When you find your lost item, turn off Show Contact Info.

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items at the bottom-left side of the screen, then tap the name of the item.
3. Below Lost AirTag, tap Show Contact Info.
4. Tap Stop Showing Information.

Related

[Mark a device as lost in Find My on iPhone](#)

[Apple Support article: What to do if you get an alert that an AirTag, Find My network accessory, or set of AirPods is with you](#)

NAV TITLE: [Remove an item](#)

Remove an AirTag or other item from Find My on iPhone

Metadata

Summary: You can remove an item from Find My using your iPhone so that someone else can register it to their Apple Account.

You can use the Find My app to remove an AirTag or third-party item from your Apple Account so someone else can register it.

- COMMENT - **Personal Safety content**

Learn how to register an [AirTag](#) or [third-party item](#).

Note: Finding items isn't available in all countries or regions.

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. Tap Items at the bottom of the screen, then tap the item you want to remove.
3. Bring the item near your iPhone.

If the item isn't 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 Account.

4. 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](#).

Related

[Mark an AirTag or other item as lost in Find My on iPhone](#)

NAV TITLE: [Adjust map settings](#)

Adjust map settings in Find My on iPhone

Metadata

Summary: In Find My on iPhone, change map settings to adjust the map’s appearance or switch between miles and kilometers.

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 the map indicates if the current map is for exploring  [Alt text: the Map button] or viewing from a satellite  [Alt text: the Satellite button] .

1. Go to the Find My app  [ALT N/A] on your iPhone.
2. To choose a different map, tap the button at the top right, then choose another map type.

You can also tap  [Alt text: the More button] to further customize the map.

3. Tap  [Alt text: the Close button] .

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  [ALT N/A] . See [Change the language and region on iPhone](#).

Related

[Get information about places in Maps on iPhone](#)

[Locate a friend in Find My on iPhone](#)

Turn off Find My on iPhone

Metadata

Summary: Turn off Find My on iPhone.

You can turn off Find My on your iPhone if you no longer want to share your location or view the location of your friends, devices, and items.

1. Go to Settings  [ALT N/A] > [your name] > Find My.
2. Tap Find My iPhone, then tap to turn it off.
3. Enter your Apple Account password, then tap Turn Off.

Fitness

Get started with Fitness on iPhone

Metadata

Summary: Learn about some of the benefits of using the Fitness app on iPhone.

Use the Fitness app on iPhone to help you meet your fitness goals. You can track your progress, view completed workouts, change your goals, and share your activity with others.

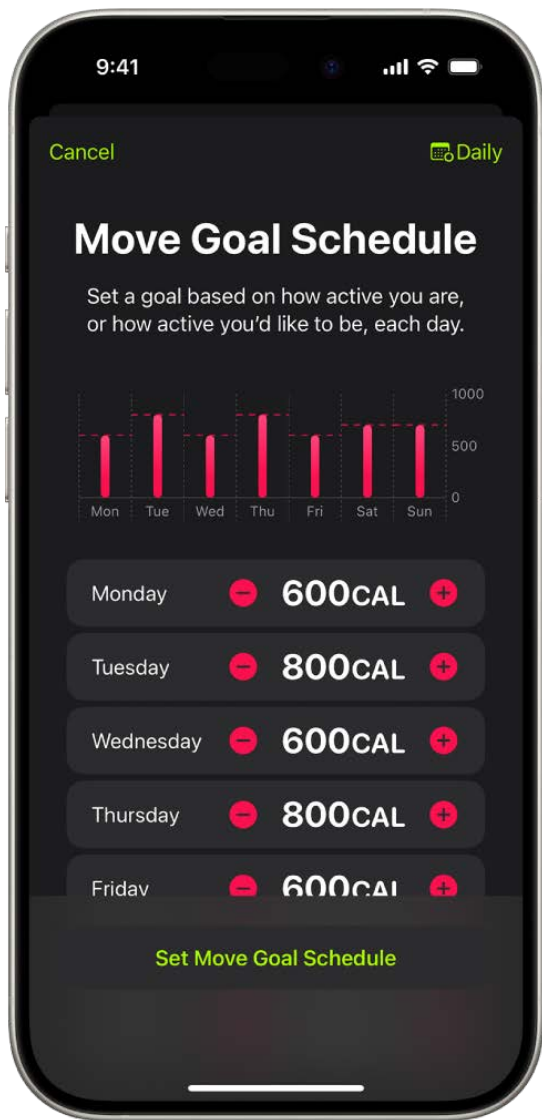
See your summary



[Alt text: The Summary screen in Fitness, showing the Activity Rings, Step Count, Step Distance, and Trends areas.]

Open the Fitness app to see a summary of your Activity rings, the number of steps you've taken, distance traveled, trends, and more. You can also customize the Summary tab to include the metrics that you want to see. Tap the Summary tab, scroll down to the bottom of the screen, then tap Edit Summary.

Change your goals

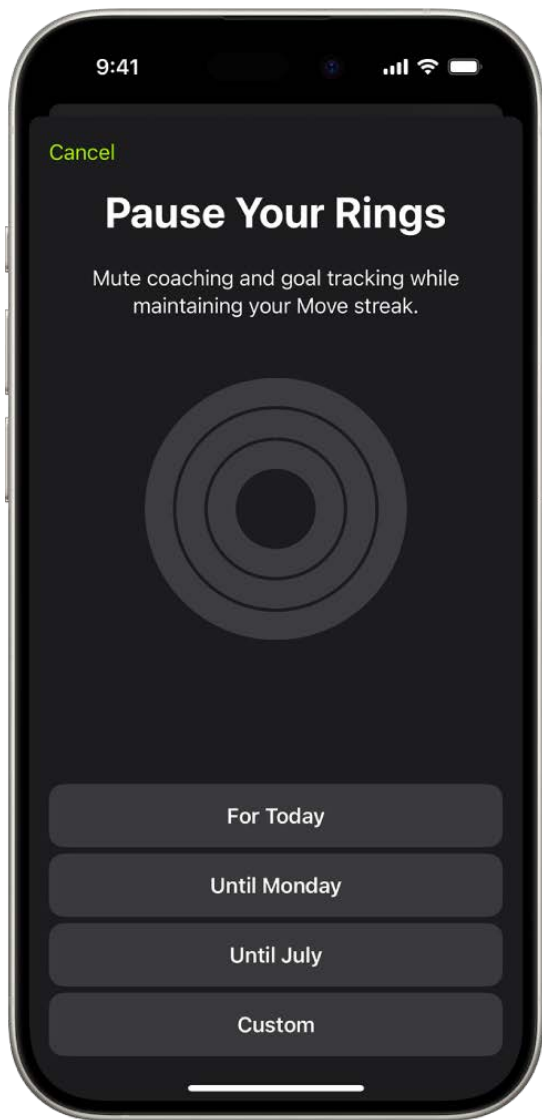


[Alt text: The Fitness Move Goal Schedule screen showing buttons to increase or decrease the Move goal by the day of the week.]

You can change your daily goals for each of your Activity rings. You can also customize your Activity ring goals by the day of the week. In the Summary tab, tap the Activity rings, scroll down, then tap Change Goals.

Pause your rings

- COMMENT - [#ba](#) [#fitness](#)



[Alt text: The Pause Your Rings screen in Fitness, showing options to pause Activity rings.]

If you need to take a break, you can pause your Activity rings for a day, week, month, or more —without breaking your award streak. You can pause your rings for up to 90 days and resume at any time. Tap the Summary tab, tap the Activity rings, scroll down, then tap Pause Rings.

Share your activity with friends

- COMMENT - [#ba](#) [#fitness](#)



[Alt text: The Fitness Sharing screen, with activity rings and activity highlights shared between a person and their 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.

Want to learn more?

- [See your activity summary in Fitness on iPhone](#)
- [Adjust your Activity ring goals in Fitness on iPhone](#)
- [Share your activity in Fitness on iPhone](#)

NAV TITLE: [See your activity summary](#)

See your activity summary in Fitness on iPhone

Metadata

Summary: In Fitness on iPhone, see a summary of your daily activity, trends, workouts, awards, and more. You can also customize the metrics that appear in your activity summary.

You can see a summary of your daily activity, trends, awards, and more, to keep track of your progress. You can also add, edit, move, and delete the metrics that appear in your summary.

Siri: On [supported models](#), say something like: “How far have I walked today?” or “How are my Activity Rings?” Not available in all languages or regions. [Learn how to use Siri](#).

- COMMENT - [#ba](#) [#fitness](#)



[Alt text: The Summary screen in Fitness, showing the Activity Rings, Step Count, Step Distance, and Trends areas.]

Check your progress

Go to the Fitness app  [ALT N/A] at any time to see how you're doing. You can see your Activity rings, trends, completed workouts and meditations, awards, 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.

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).

An overlapping ring means you exceeded your goal. Tap the Activity rings 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](#) and [Create a custom iPhone Lock Screen](#).

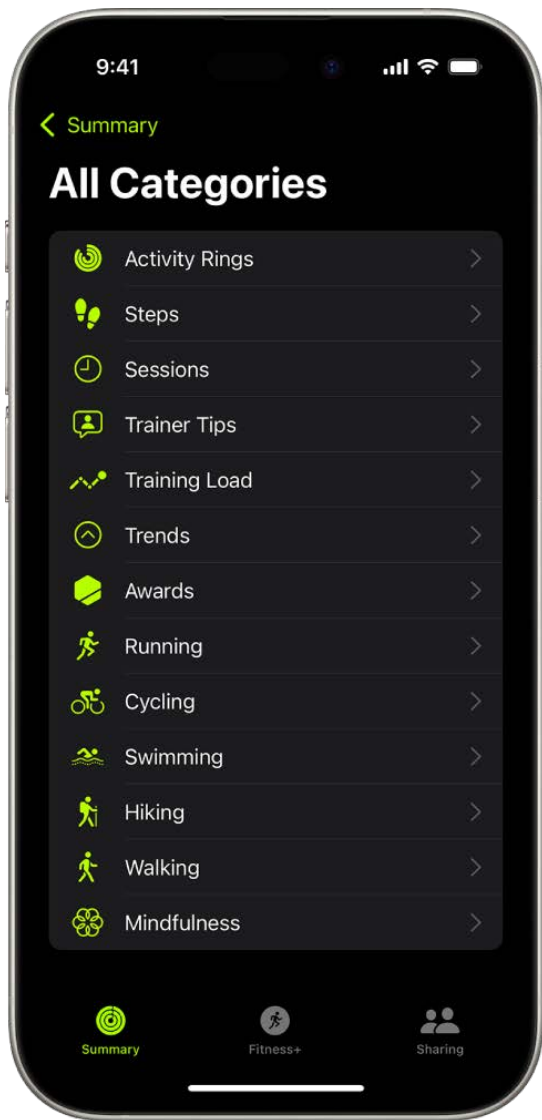
See your summary

1. Go to the Fitness app  [ALT N/A] on your iPhone.
2. Tap the Summary tab, then do any of the following:
 - *See your activity summary for a specific day:* Tap the Activity rings, tap  [Alt text: the Calendar button] , then tap a date.
 - *See your steps metrics:* Tap the Step Count or Step Distance area.
 - *See your trends:* Tap the Trends area. To see the history of a specific trend, tap it.

Your last 90 days of activity are compared to the last 365. 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."

Note: It takes 180 days of activity to start your trends.

- *See your awards:* Tap the Awards area, then tap an award to learn more about its details.
- *See your workout and meditation history:* Tap the Sessions area, then tap an activity to learn more about its details.



[Alt text: The Fitness screen showing a list of fitness categories.]

To view all categories of your summary, scroll down to the bottom of the screen, then tap See All Categories.

Customize your summary

You can add, edit, move, and remove fitness metrics in the Summary tab, so you can see what's important to you.

1. Go to the Fitness app  [ALT N/A] on your iPhone.
2. Scroll down, then tap Edit Summary.
3. Do any of the following:
 - *Add a metric:* Tap  [Alt text: the Add button] , scroll to find the metric you want, tap it, swipe through the different options, then tap Add Card.
 - *Edit a metric:* Tap a metric, swipe through the different options, then tap Swap Current Card.

- *Move a metric:* Touch and hold a metric, then reposition it.
- *Delete a metric:* Tap  [Alt text: the Delete button] next to a metric.

4. When you're finished, tap Done.

Related

[Adjust your Activity ring goals in Fitness on iPhone](#)

[Apple Watch User Guide: Track daily activity with Apple Watch](#)

[Apple Watch User Guide: Track your training load on Apple Watch](#)

NAV TITLE: [Adjust your Activity ring goals](#)

Adjust your Activity ring goals in Fitness on iPhone

Metadata

Summary: You can change your personal health details, change your Activity goals, and customize your Activity ring goals by the day of the week. You can also pause your Activity rings and resume at any time.

You can change your personal health details, change your Activity goals, and customize your Activity ring goals by the day of the week. You can also pause your Activity rings and resume at any time.

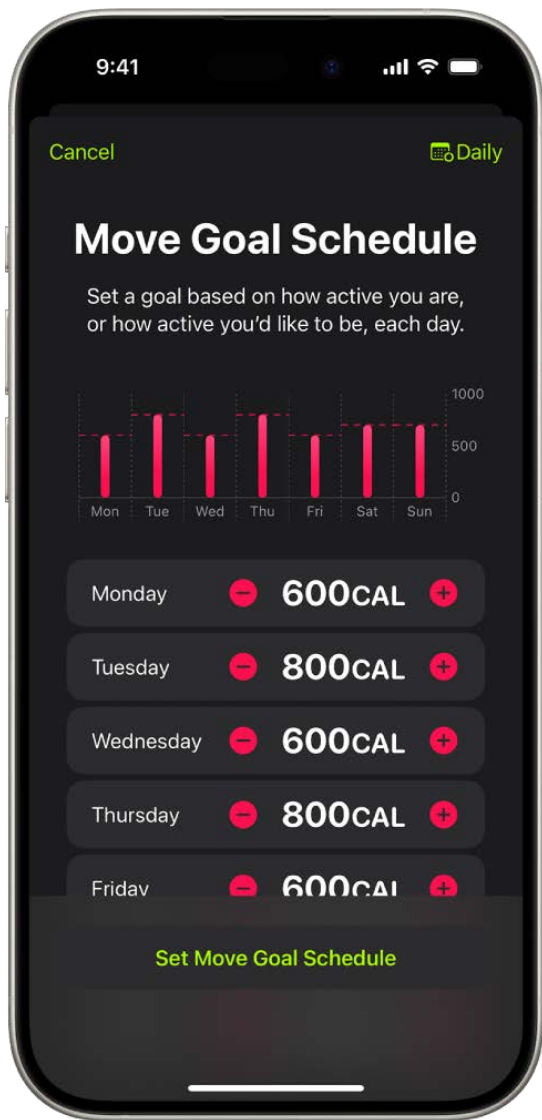
Update your health details

1. Go to the Fitness app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right.
3. Tap Health Details, tap a field to make a change, then tap Done.

Change your Activity ring goals

- COMMENT - [#ba](#) [#fitness](#)

You can change your daily goals for each of your Activity rings. You can also customize your Activity ring goals by the day of the week.



[Alt text: The Fitness Move Goal Schedule screen showing buttons to increase or decrease the Move goal by the day of the week.]

1. Go to the Fitness app  [ALT N/A] on your iPhone.
2. Tap the Activity rings, then tap  [Alt text: the Change Goals button] next to an Activity ring.
3. Tap one of the following:
 - *Adjust Goal for Today*: Set a temporary goal for your Activity ring for today.
 - *Adjust Goal Schedule*: Customize your Activity ring goal by the day of the week.

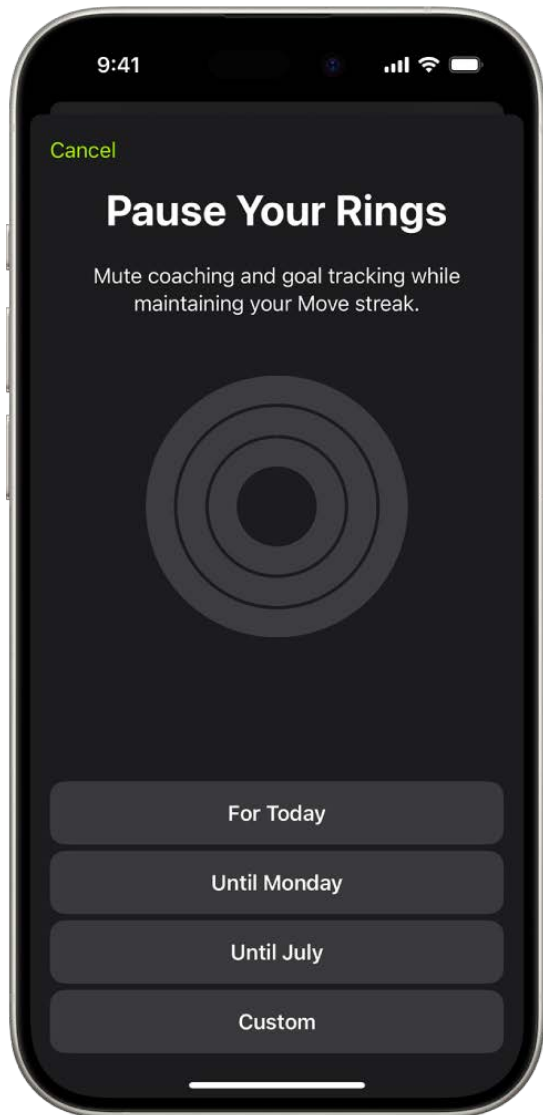
If you're customizing your goal, tap Schedule in the top-right corner.
4. Tap  [Alt text: the Delete button] or  [Alt text: the Add button] to adjust the goal.
5. When you're finished, tap Change [activity] Goal for Today, or Set [activity] Goal Schedule.

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.

Pause your rings

- COMMENT - [#ba](#) [#fitness](#)

If you need to take a break, you can pause your Activity rings for up to 90 days without breaking your award streak, and resume at any time.



[Alt text: The Pause Your Rings screen in Fitness, showing options to pause Activity rings.]

1. Go to the Fitness app  [ALT N/A] on your iPhone.
2. Tap the Activity rings, scroll down, then tap Pause Rings.
3. Tap a duration, or tap Custom to set a custom duration.
4. When you're finished, tap Done.

To resume your rings, tap the Activity rings, then tap Resume Rings. To edit the duration of your pause, tap Edit Pause, set a custom duration, then tap Set.

Related

[Fill out your Health Details in Health on iPhone](#)
[See your activity summary in Fitness on iPhone](#)
[Share your activity in Fitness on iPhone](#)

NAV TITLE: [Sync a third-party workout app](#)

Sync a third-party workout app to Fitness on iPhone

Metadata

Summary: In Fitness on iPhone, sync compatible third-party workout apps to help you meet your fitness goals.

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. Go to the Fitness app  [ALT N/A] on your iPhone.
2. Tap the Activity rings, then scroll down to Add To Your Rings.
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.

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](#).

Related

[Get apps in the App Store on iPhone](#)
[Share health and fitness data with apps and devices](#)
[Change fitness notifications on iPhone](#)

NAV TITLE: [Change fitness notifications](#)

Change fitness notifications on iPhone

Metadata

Summary: Change fitness notifications on iPhone to set how often you want to be notified to

keep track of your daily activity goals.

You can get notifications to help you reach your daily activity goals. You can turn off notifications you don't want to see.

1. Go to the Fitness app  [ALT N/A] on your iPhone.
2. Tap your picture or initials at the top right.
3. Tap Notifications, then turn off the notifications you no longer want to see.

Related

[Share your activity in Fitness on iPhone](#)

NAV TITLE: [Share your activity](#)

Share your activity in Fitness on iPhone

Metadata

Summary: In Fitness on iPhone, share your activity with your family and friends.

You can 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.

- COMMENT - **Personal Safety content**

Add or remove a friend

1. Go to the Fitness app  [ALT N/A] on your iPhone.
2. Tap Sharing, tap  [Alt text: the Add Friend button], 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  [Alt text: the Add button] 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.

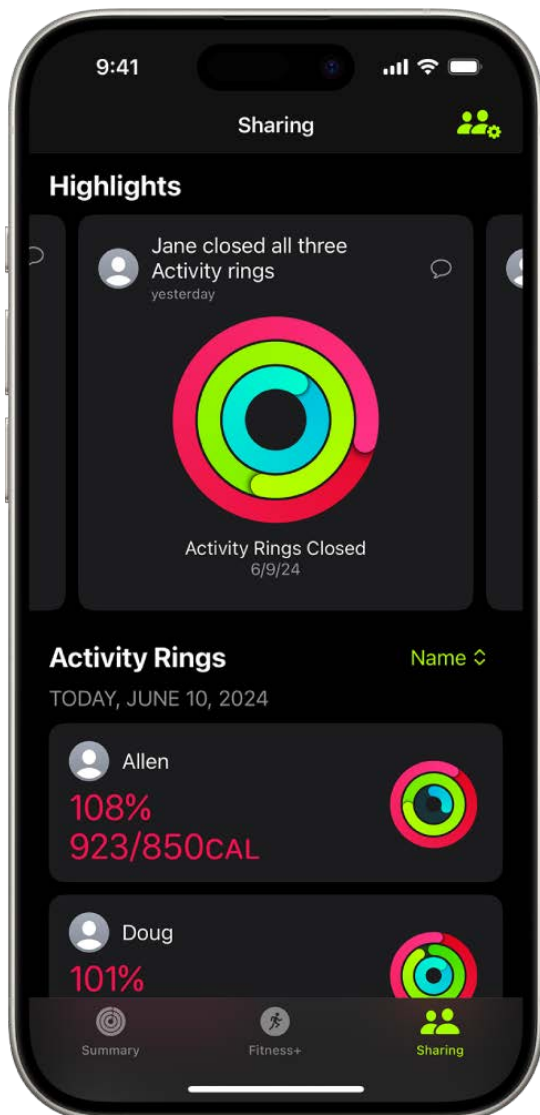
If a friend hasn't accepted an invitation, tap their name in the Invited area of the Sharing screen, then tap Invite Again.

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  [Alt text: the More button] , then tap Remove Friend.

View your friends' activity

- COMMENT - [#ba](#) [#fitness](#)



[Alt text: The Fitness Sharing screen, with activity rings and activity highlights shared between a person and their friends.]

You can 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.

1. Go to the Fitness app  [ALT N/A] on your iPhone.
2. Tap Sharing, then do any of the following:
 - *View highlights:* Swipe left or right below Highlights to see 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. Go to the Fitness app  [ALT N/A] on your iPhone.
2. Tap Sharing, then tap a friend.
3. Tap  [Alt text: the More button] , 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.

Related

[Adjust your Activity ring goals in Fitness on iPhone](#)

[Apple Watch User Guide: Share your activity from Apple Watch](#)

Freeform

NAV TITLE: [Get started with Freeform](#)

Get started with Freeform on iPhone

Metadata

Summary: Use Freeform on your iPhone to brainstorm, sketch ideas, take notes, and collect your thoughts, either by yourself or with others.

The Freeform app  [ALT N/A] 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



[Alt text: An iPhone with the Freeform app open. The board includes handwriting, text, drawings, shapes, photos, videos, sticky notes, links, and other files.]

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  [Alt text: the New Board button] .

- COMMENT - [#marcom](#)

Collaborate with others

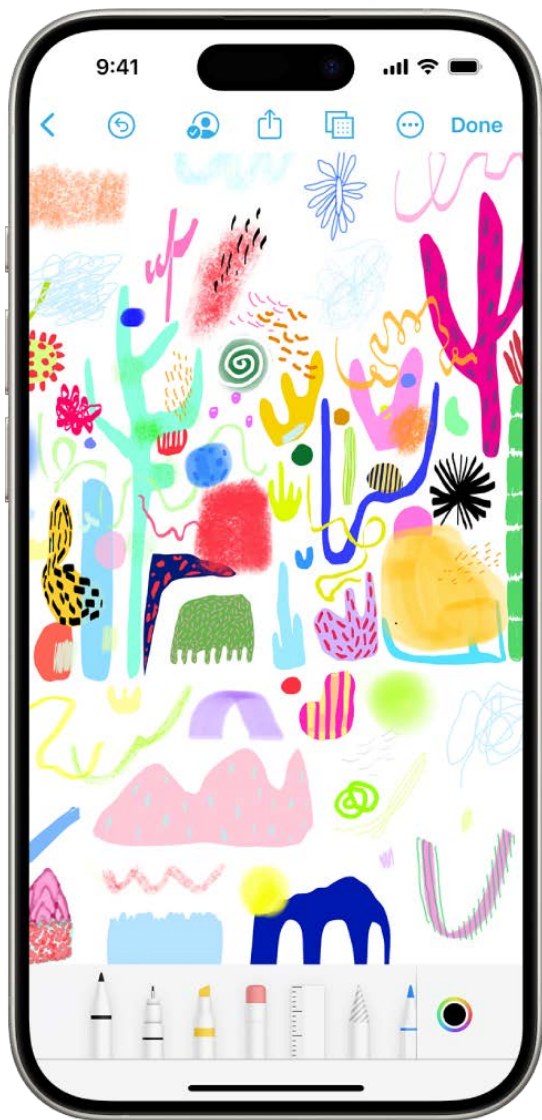


[Alt text: The Freeform app showing someone being followed, with their view, avatar, and selected item marked in purple.]

Tap  [Alt text: the Share Board button] to invite people to start working together in real time on a board. You can add sticky notes  [Alt text: the Add Sticky Note button] to conduct a brainstorming session or provide feedback.

- COMMENT - **#marcom**

Get creative with the drawing tools



[Alt text: An iPhone with the Freeform app and its drawing tools menu open. The board includes handwriting and drawings.]

- COMMENT - [#marcom](#)

Tap  [Alt text: the Drawing and Handwriting Tools button] 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 iPad or Mac



[Alt text: A Mac, iPad, and iPhone with the same Freeform board open.]

- COMMENT - [#marcom](#)

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 to the same Apple Account. To use iCloud with Freeform, go to Settings  [ALT N/A] > [your name] > iCloud > See All (in the Saved to iCloud section), then turn on Freeform.

Want to learn more?

- [Create a Freeform board](#)
- [Draw or handwrite on a Freeform board](#)
- [Add shapes, lines, arrows, and diagrams to a Freeform board](#)
- [Share Freeform boards and collaborate](#)
- [iCloud User Guide: Set up iCloud for Freeform on all your devices](#)

NAV TITLE: [Create a Freeform board](#)

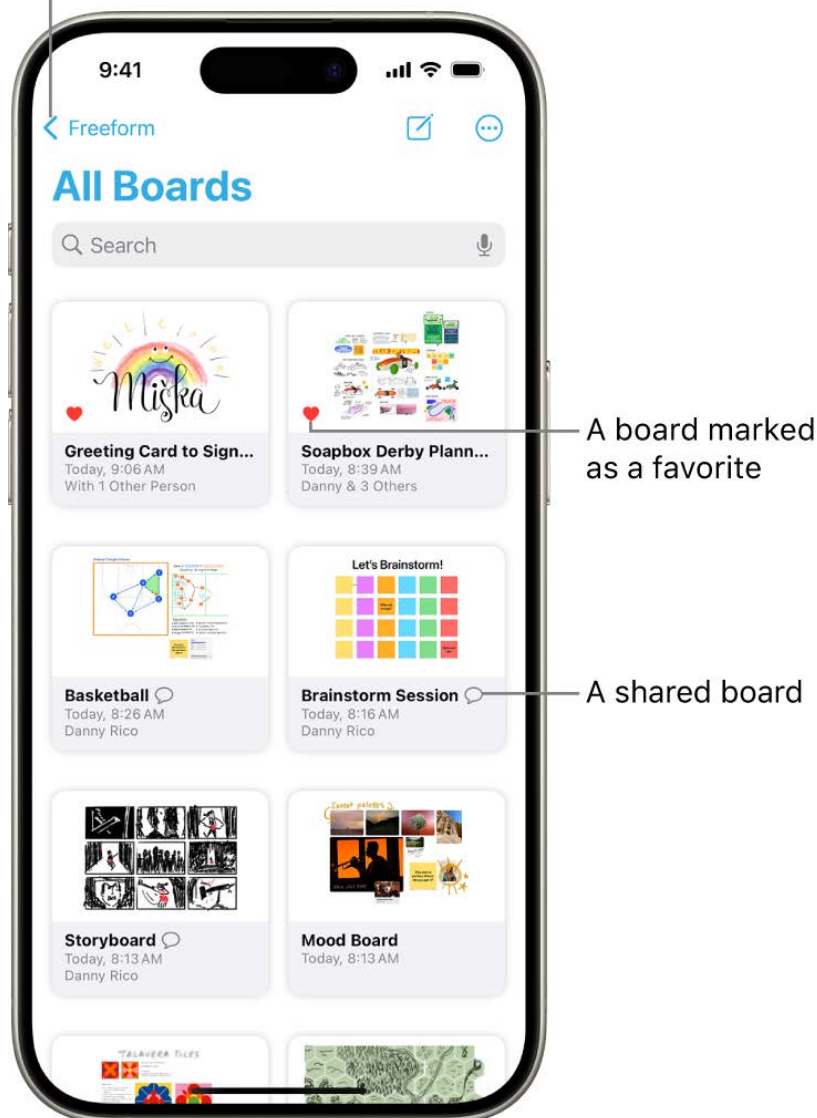
Create a Freeform board on iPhone

Metadata

Summary: In Freeform on iPhone, create a board, or open or duplicate one that was shared with you.

You can use the Freeform app to create boards for brainstorming and collaborating. For example, propose a trip with friends and let everyone take part in the planning. You can add text, sticky notes, photos, videos, and other types of files. The canvas expands as you add content, so you're never constrained by space limits or page formatting.

See categories of boards (Recents, Shared, Favorites, or Recently Deleted).



[Alt text: The Freeform All Boards screen is open and shows eight board thumbnails.]

- COMMENT - [#websites](#)

Create a new board

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the New Board button] .

3. Tap one of the options at the bottom of the screen, such as a sticky note  [ALT N/A] or text box  [ALT N/A], to start building your board.



[Alt text: A Freeform board with a drawing, sticky note, shape, text box, and image, corresponding to the buttons at the bottom of the screen.]

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  [Alt text: the View Options button], then tap Zoom to.

5. Your board is saved automatically as you work. To name it, tap  [Alt text: the More button], then tap Rename.

To learn how to align items or move something to the background, see [Position items on a Freeform board](#).

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. On your iPhone, go to the app whose content you want to use on a new Freeform board.
2. Open the item you want to place on the Freeform board (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 is shared.

3. Tap Share or  [Alt text: the Share button] , then tap the Freeform app icon  [ALT N/A] .
4. Tap New Board or the name of an existing board.

Either a link or the item appears in the board.

Open a board

1. Go to the Freeform app  [ALT N/A] 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  [Alt text: the Back button] in the upper-left corner, tap a category, then tap a board.
 - *If you're in a board:* Tap  [Alt text: the Back button] in the upper-left corner, tap a category, then tap a board.

Note: Any collaborations you get invited to in the Messages app appear in an Invitations section on the Shared Boards screen until you accept them.

Duplicate a board

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Do one of the following:
 - *While browsing All Boards:* Tap  [Alt text: the More button] , then tap Select. Tap the boards you want to duplicate (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  [ALT N/A] .
 - *If you're in a board:* Tap  [Alt text: the More button] , then tap Duplicate.

Note: If you duplicate a shared board, the copy isn't shared. See [Send a copy of a board](#) to send someone a snapshot of the board, or [Invite others to collaborate on a board](#) to reshare the board.

Add a board to Favorites

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Do one of the following:
 - *While browsing All Boards:* Touch and hold the thumbnail or name of the board, then tap Favorite  [ALT N/A] .
 - *If you're in a board:* Tap  [Alt text: the More button] , then tap Favorite  [ALT N/A] .

Related

[Share Freeform boards and collaborate on iPhone](#)

[Draw or handwrite on a Freeform board on iPhone](#)

[Customize sharing options in an iPhone app](#)

[iCloud User Guide: Set up iCloud for Freeform on all your devices](#)

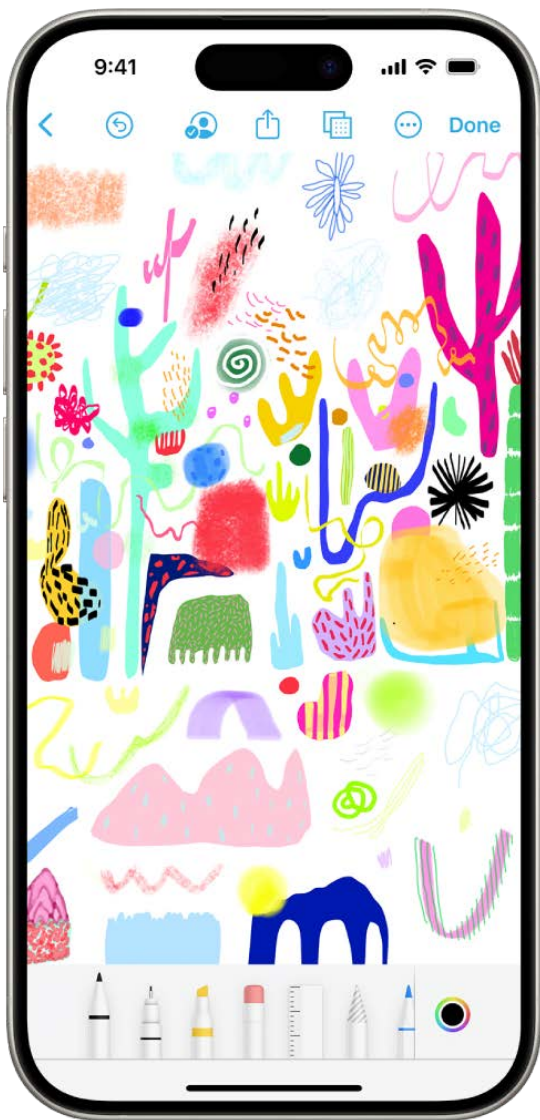
NAV TITLE: [Draw or handwrite](#)

Draw or handwrite on a Freeform board on iPhone

Metadata

Summary: In Freeform on iPhone, use your finger to draw a sketch or write.

You can sketch or jot a handwritten note with your finger. You can edit and work with handwritten text just as you do with typed text.



[Alt text: A drawing on a Freeform board with handwritten text and drawing tools visible.]

Draw or handwrite

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. Tap  [Alt text: the Drawing and Handwriting Tools button] , then draw with your finger.

Tip: Hold your finger still for a moment when you finish the drawing to smooth or 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.)



[Alt text: Some Freeform drawing tools and their strokes: Marker, Pen, Highlighter, Pencil, Crayon, Fountain Pen, and 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.)

P9 If you have any iPhone 16 model, iPhone 15 Pro, or iPhone 15 Pro Max and Apple Intelligence is turned on, you can use Image Playground to create one-of-a-kind images in Freeform. See [Create original images with Image Playground](#).

Select and edit parts of a drawing

When you draw in the Freeform app  [ALT N/A], your strokes are grouped. If you want to break a drawing apart, you can separate your strokes and merge them. 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  [Alt text: the Lasso tool] (between the Eraser and Ruler) in the drawing tools.
2. Tap or circle the part of the drawing you want to select, then choose an option. (Tap  [Alt text: the More Options button] to see other options.)

Tip: Choose Snap to Shape to smooth or 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  [Alt text: the More button] in the formatting tools, then tap Cut, Copy, or Duplicate.

Work with handwritten text

When you write by hand in the Freeform app  [ALT N/A], your handwriting is recognized as words. You can search text you handwrite in the same way you search typed text. You can also select it, copy and paste it as text, straighten it, or translate it. When you write something like a phone number or an address, you can tap it to open related apps like Phone or Maps.

1. After you draw or write on your Freeform board with the drawing tools, tap  [Alt text: the Lasso tool] (between the Eraser and Ruler) in the drawing tools.

2. Tap or circle the words you want to select, then choose an option from the menu that appears. (Tap  [Alt text: the More Options button] to see other options.)

Tip: Choose Straighten to align the baseline of your letters with the grid.

3. Do any of the following:

- *Open a menu or another related app:* Tap a handwritten link, address, phone number, or date.
- *Drag and drop:* Touch and hold the text.
- *Smart select:* Double-tap the text.

Related

[Add shapes, lines, and arrows to a Freeform board on iPhone](#)

[Position items on a Freeform board on iPhone](#)

[Add accessibility descriptions](#)

[Write and draw in documents with Markup on iPhone](#)

NAV TITLE: [Solve handwritten math problems](#)

Solve handwritten math problems on a Freeform board on iPhone

Metadata

Summary: In Freeform on iPhone, solve handwritten math problems on a board.

You can solve handwritten math problems on a Freeform board.

Note: To see results for handwritten math problems, you must be using iOS 18, iPadOS 18, or later.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. Tap  [Alt text: the Actions Menu button], tap Math Results, then choose how you want your iPhone to respond to the math problems you enter:
 - *If you want it to solve them:* Choose Insert Results. (The answer appears in writing that matches your own.)

- *If you want suggestions to appear:* Choose Suggest Results. (A Solve button appears that, when tapped, adds the answer in writing that matches your own.)

4. Tap  [Alt text: the Drawing and Handwriting Tools button] , then start writing a math equation.
5. Write an equal sign or draw a horizontal line below a stack of numbers, then do one of the following:
 - *In Insert Results mode:* Tap the answer to open the equation. You can tap  [Alt text: the Close button] to delete the answer.
 - *In Suggest Results mode:* Tap Solve to add the answer in writing that matches your own.

You can decide which mode you want, or turn off math hints. See [Get math hints](#).

You can also type equations to be solved in any [text in sticky notes, shapes, and text boxes](#) and in the [Notes](#) app.

You can also use variables, edit equations, and update results as you can in the Calculator app. See [Solve math with Math Notes](#).

Related

[Draw or handwrite on a Freeform board on iPhone](#)

[Work with graphs in Math Notes in Calculator on iPhone](#)

[Solve math with Math Notes in Calculator on iPhone](#)

[Use predictive text on iPhone](#)

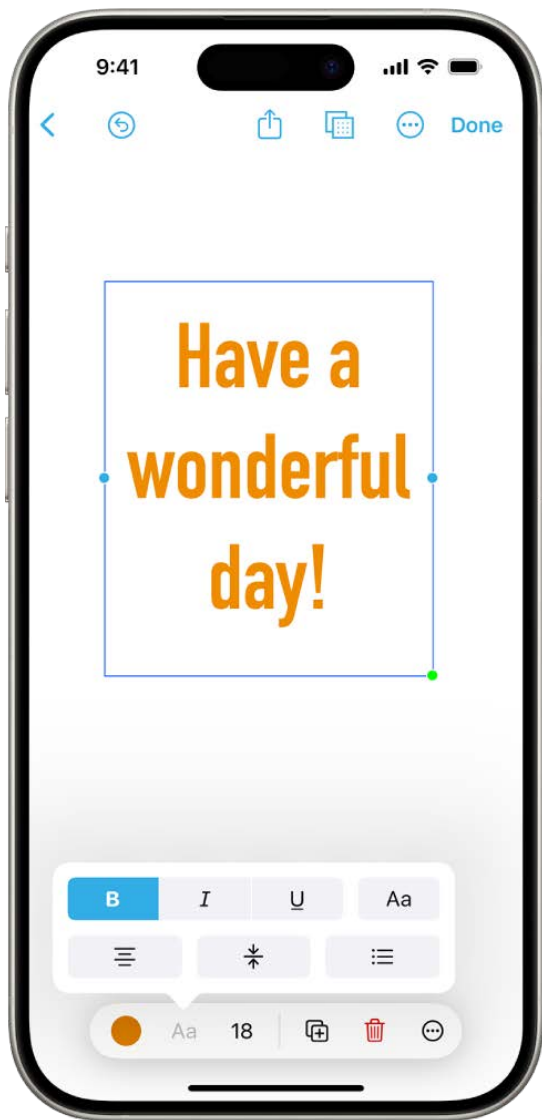
NAV TITLE: [Add text in sticky notes, shapes, and text boxes](#)

Add text in sticky notes, shapes, and text boxes on a Freeform board on iPhone

Metadata

Summary: In Freeform on iPhone, add text in sticky notes, shapes, and text boxes on a board.

You can add text to a Freeform board using a sticky note or text box, or you can add text within a shape.



[Alt text: A Freeform board showing a text box selected and the text formatting tools below it.]

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. Tap  [Alt text: the Add Sticky Note button] ,  [Alt text: the Add Shape button] , OR  [Alt text: the Add Text Box button] .
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  [Alt text: the Modify Text button] .

Related

[Draw or handwrite on a Freeform board on iPhone](#)

[Position items on a Freeform board on iPhone](#)

[Add accessibility descriptions](#)

[Apply consistent styles and formatting in Freeform on iPhone](#)

Add shapes, lines, and arrows to a Freeform board on iPhone

Metadata

Summary: In Freeform on iPhone, add shapes, lines, and arrows to a board.

You can add shapes, lines, and arrows to a Freeform board.

Add and format shapes, lines, and arrows

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. Tap  [Alt text: the Add Shape button] , 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  [Alt text: the Set Fill button] .
 - *Change the line style:* Tap  [Alt text: the Set Stroke button] , then choose the stroke color and weight you want for a shape or line.

Tap  [Alt text: the Set Line Ends button] to turn lines into arrows or to add other styles of endings.

If you've selected a connection line, tap  [Alt text: the Set Connection Line button] to change its style to straight, corner, or curved.

- *Change the type of shape:* Tap  [Alt text: the More button] , tap Change Shape, then choose another shape.

You can also add shapes and lines to your board by drawing them and then smoothing or straightening the strokes. See [Draw or handwrite on a Freeform board](#).

Note: The color of a button may change to reflect its current state.

Split or combine shapes

When you add multipart shapes to a Freeform board, 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 subtract shapes from other shapes, remove the overlapping area between two shapes, or create a new shape by combining one shape with another.

After you've added shapes to your Freeform board, do one of the following:

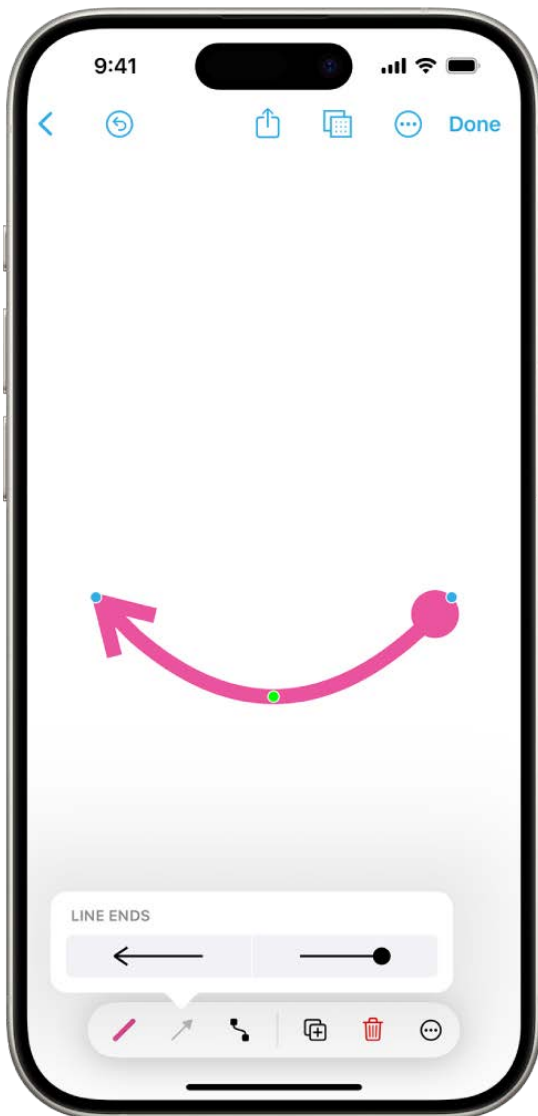
- *Split a multipart shape apart:* Tap  [Alt text: the More button] , then tap Break Apart.
- *Combine shapes:* [Select multiple items](#), tap  [Alt text: the Arrange button] , then below Combine Shapes tap an option to unite, intersect, subtract, or exclude.

Change size, width, or length

After you add a shape or line to a Freeform board, you can change its dimensions or change how lines connect.

Tap to select a shape or line, 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 change an endpoint. Drag the green dot to adjust the curve. If it's part of a diagram, see [Change connection points](#).



[Alt text: A connection line on a Freeform board, with blue and green dots for changing the shape and arc.]

Related

[Add diagrams to a Freeform board on iPhone](#)

[Draw or handwrite on a Freeform board on iPhone](#)

[Position items on a Freeform board on iPhone](#)

[Apply consistent styles and formatting in Freeform on iPhone](#)

NAV TITLE: [Add diagrams](#)

Add diagrams to a Freeform board on iPhone

Metadata

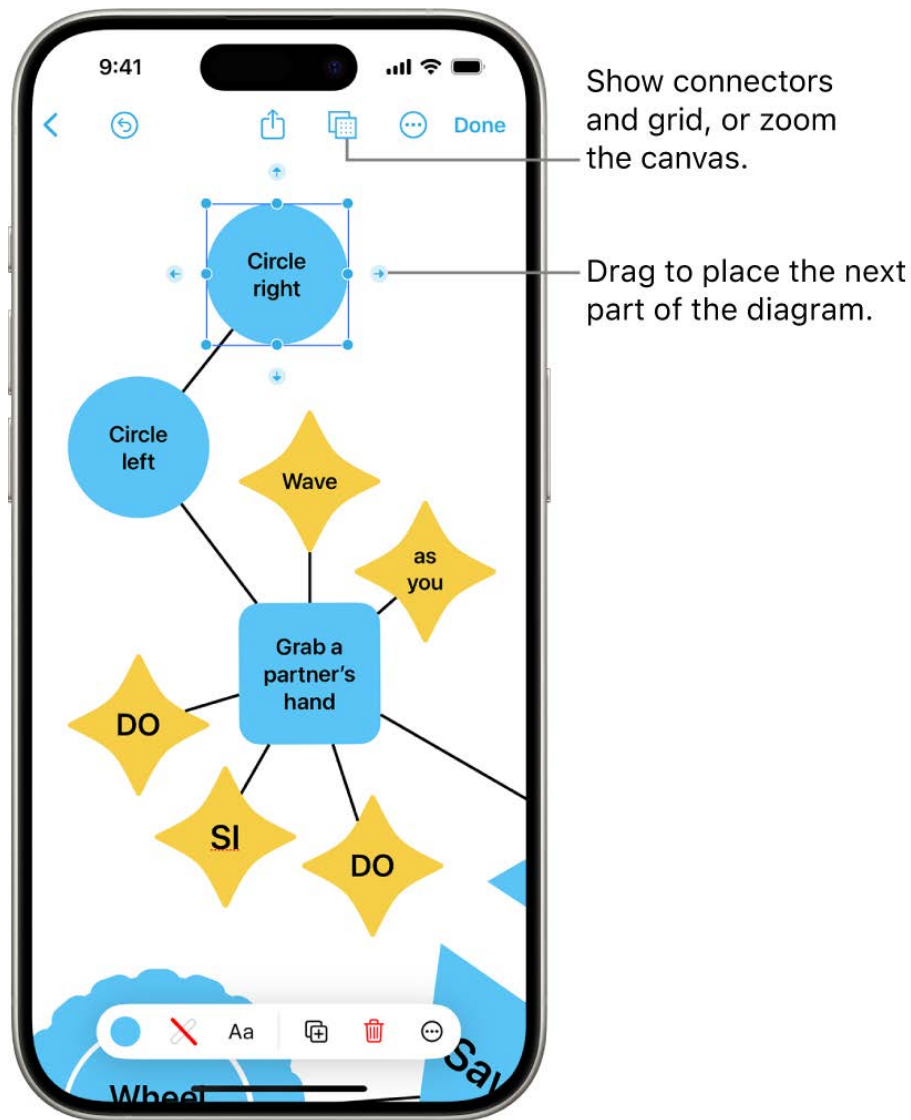
Summary: In Freeform on iPhone, add diagrams to a board.

You can add diagrams to a Freeform board.

Create a diagram

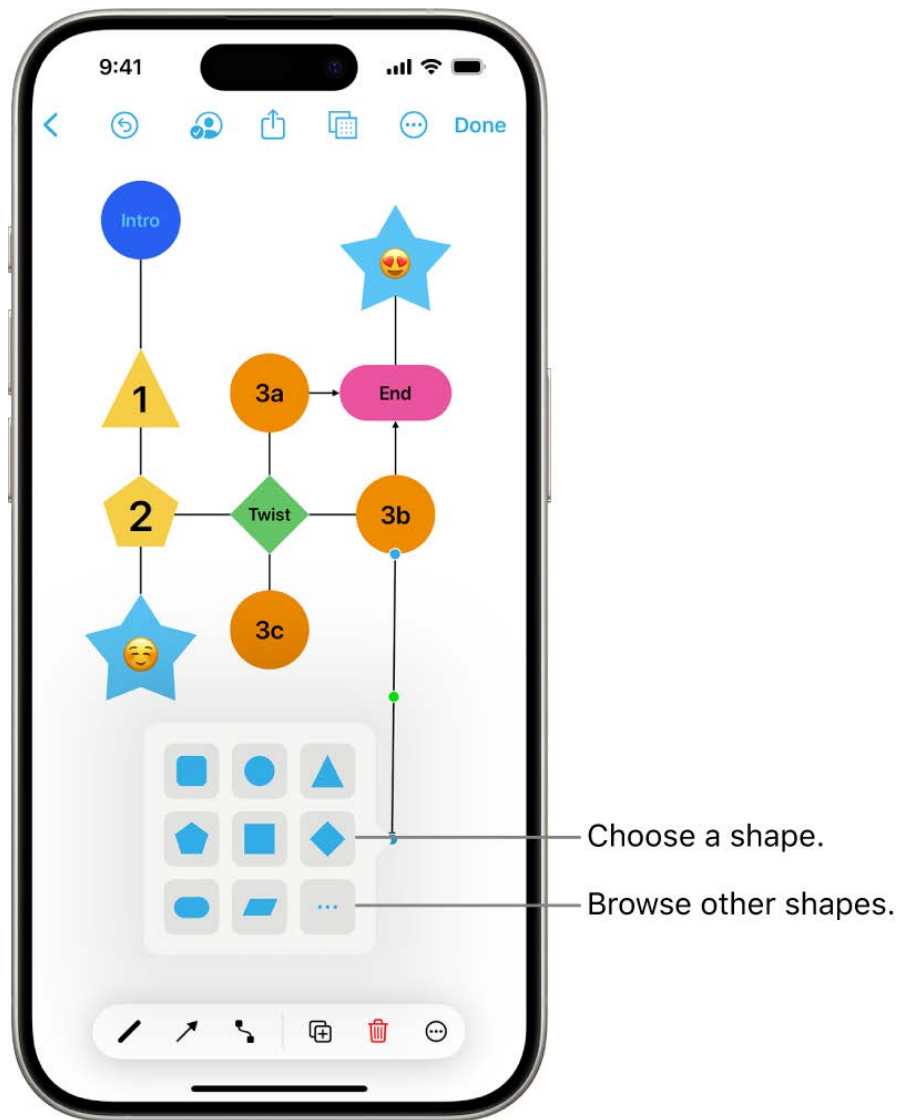
You can easily create a connected diagram, such as a flowchart, by using connectors and the shape picker in Freeform.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. Tap  [Alt text: the View Options button] , then tap Show Connectors. (If you don't see  [Alt text: the View Options button] , tap  [Alt text: the More button] , tap View Options, then then tap Show Connectors.)



[Alt text: A diagram on a Freeform board, with connectors showing on a selected shape, and the shape formatting tools visible at the bottom of the screen.]

4. Begin your diagram by tapping  [Alt text: the Add Shape button] ,  [Alt text: the Add Sticky Note button] ,  [Alt text: the Add Text Box button] , or  [Alt text: the Media button] 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  [Alt text: the More button] to browse other shapes.)



[Alt text: A diagram with a new shape being added.]

You don't see connector arrows when you select a line or multiple items.

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.

Connect two items with a line

After you add two items to a Freeform board, you can add a line between them.

1. Select two items on your board.
2. Do one of the following:
 - Tap  [Alt text: the More button] , then tap Add Connection Line.
 - Tap  [Alt text: the Add Shape button] , then tap  [Alt text: the Set Connection Line button] .

Change connection points

After you add a connection line to diagram on a Freeform board, you can change how it connects.

1. Tap to select a connection line, then drag one of its endpoints (the blue dots).
2. Attach the endpoint to another item on the board at a new connection point.

You can attach a line to an item or (for some object types) near it. A filled circle appears when a connection is possible.

Related

[Add shapes, lines, and arrows to a Freeform board on iPhone](#)

[Position items on a Freeform board on iPhone](#)

[Add accessibility descriptions](#)

[Apply consistent styles and formatting in Freeform on iPhone](#)

NAV TITLE: [Add photos, videos, and other files](#)

Add photos, videos, stickers, scans, links, and other files to a Freeform board on iPhone

Metadata

Summary: In Freeform on iPhone, add photos, videos, stickers, scans, links, files, and documents from other apps to your board.

You can add any photo or video to a Freeform board, or take a new one with your iPhone camera. You can also add any kind of file to your board by scanning, linking, or inserting it.

P9 If you have any iPhone 16 model, iPhone 15 Pro, or iPhone 15 Pro Max and Apple Intelligence is turned on, you can use Image Playground to create one-of-a-kind images in Freeform. See [Create original images with Image Playground](#).



[Alt text: A Freeform board with several inserted files: a 3D image file, a link, a video, stickers, and a photo. The 3D image file is selected, and its rotation button and formatting tools are visible.]

- COMMENT - [#websites](#)

Add a photo, video, sticker, link, or other file

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. Do one of the following:
 - Copy the item to your Clipboard, tap an empty space, then, when a menu appears, tap Paste.
 - Tap  [Alt text: the Media button], then choose, for example, Stickers.

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. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. Tap  [Alt text: the Media button] , then tap Scan.
4. Position the document so that it appears on the screen, then tap  [Alt text: the Take Picture button] 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  [Alt text: the Preview button] , tap  [Alt text: the Share button] , then tap Save to Files.

Format a photo or video

After you add photos or videos to a Freeform board, you can crop them, mask them, or change their formatting.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Choose the photo you want to edit, then do any of the following:
 - *Crop or mask the photo:* Tap  [Alt text: the Crop Mask button] .
 - *Remove the photo's background:* Tap  [Alt text: the Modify Image button] , then tap Remove Background. If the background of the photo can't be made transparent, Remove Background isn't available.

Tip: You can also paste an image without a background. See [Lift a subject from the photo or video background](#).
 - *Add a shadow, round the corners, add a description, and more:* Tap  [Alt text: the More button] , then choose an option.
 - *Replace the photo or video:* Select the photo or video, tap  [Alt text: the Modify Image button] OR  [Alt text: the Modify Movie button] , tap Replace, then select a replacement.

- *Preview the photo or video:* Tap  [Alt text: the Preview button] , 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. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. [Add a photo](#) or other image to the board.
4. Tap  [Alt text: the Add Shape button] , then choose a shape.
5. Position the shape over the image, then select both it and the image. (See [Select, align, and group multiple items on a board.](#))
6. Tap  [Alt text: the More button] , 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  [Alt text: the More button] , 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  [Alt text: the Share button] in the other app, tap the Freeform app icon, then tap New Board or the name of an existing board.

Related

[Draw or handwrite on a Freeform board on iPhone](#)

[Position items on a Freeform board on iPhone](#)

[Add accessibility descriptions](#)

[Apply consistent styles and formatting in Freeform on iPhone](#)

NAV TITLE: [Apply consistent styles](#)

Apply consistent styles and formatting in Freeform on iPhone

Metadata

Summary: In Freeform on iPhone, use a consistent style and format (font, text size, and color) in the items on your Freeform board.

When you want the text in your sticky notes, shapes, or text boxes to have a consistent look in Freeform—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. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Tap an item on a board and make any adjustments to the formatting—so it has the style you want to copy.
3. When you have an item that's formatted in a style you like, tap it to show its formatting tools.
4. Tap  [Alt text: the More button] , tap Style, then tap Copy Style.
5. Tap to select and show the formatting tools for an item whose style you want to change.
6. Tap  [Alt text: the More button] , 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.

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  [Alt text: the More button] , tap Style, then choose Save as Insert Style.

Related

[Position items on a Freeform board on iPhone](#)

NAV TITLE: [Position items on a board](#)

Position items on a Freeform board on iPhone

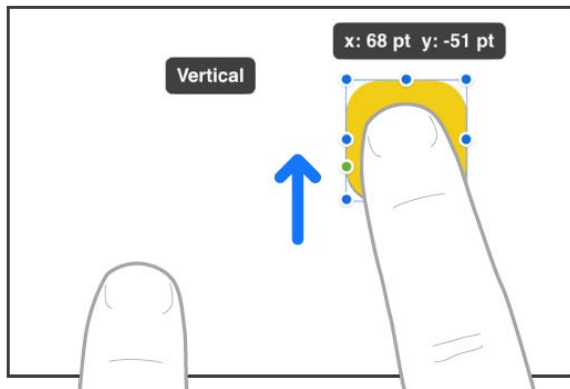
Metadata

Summary: In Freeform on iPhone, move items on your board to the background, align or group them, or lock them.

You can move, rotate, or resize items on your Freeform 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.

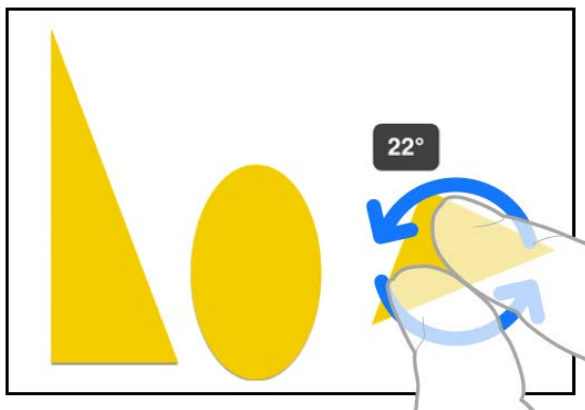
Move, rotate, or resize an item

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#), select an item you want to position by tapping it, 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.



[Alt text: Two fingers of a hand moving an item in a straight line in Freeform.]

- *Rotate it:* Place two fingers on the item, then turn your hand in the direction you want to rotate it.

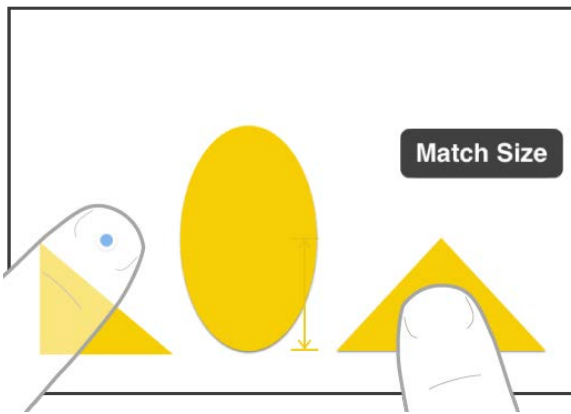


[Alt text: Two fingers of a hand selecting and rotating an item in Freeform.]

- *Put it in the background or foreground:* Tap  [Alt text: the More button], 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.

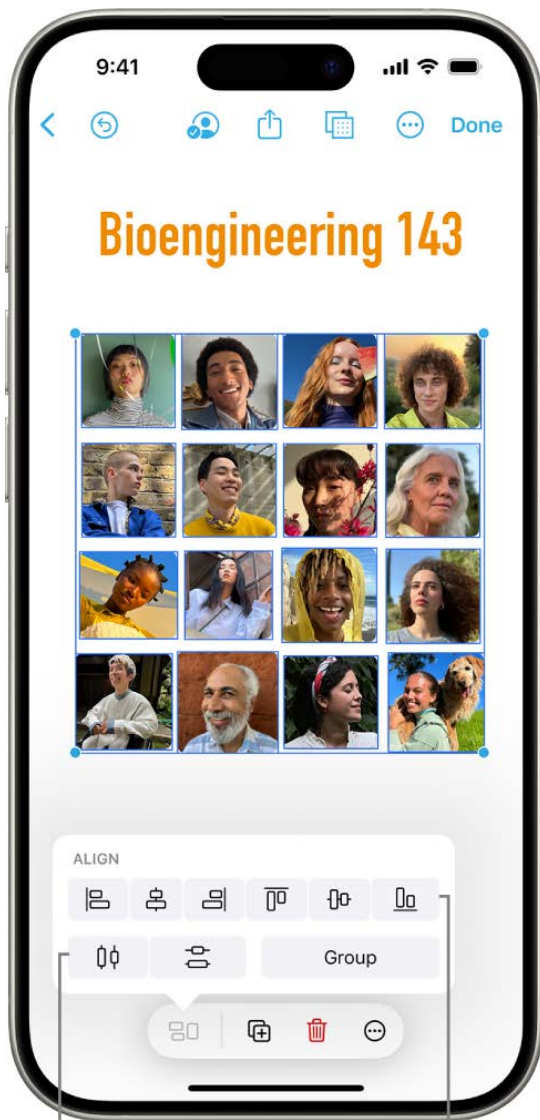
- *Match its size to another item:* Start resizing, then use a second finger to touch and hold the item whose size you want to match. When the words Match Size appear, lift both your fingers at the same time.



[Alt text: Two fingers on two hands selecting and matching the sizes of two items in Freeform.]

Select, align, and group multiple items on a board

After you add items to a Freeform board, 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.

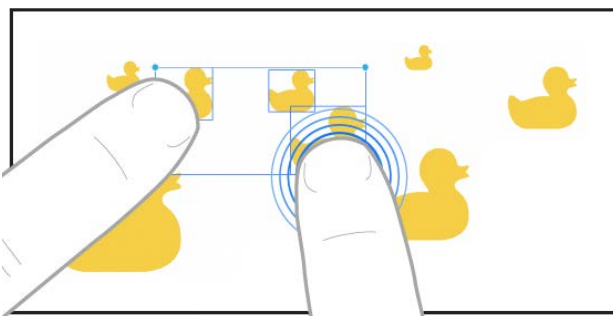


Evenly distribute
selected objects.

Align selected objects.

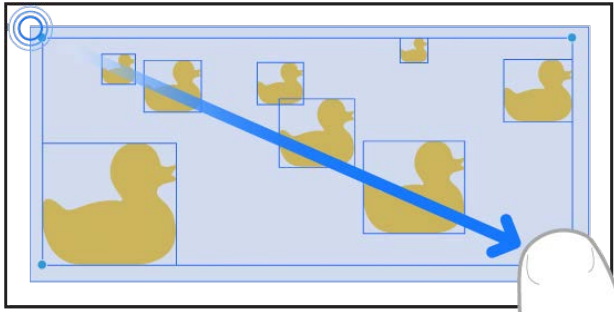
[Alt text: A Freeform board filled with a grid of photos. Several photos are selected, and the alignment and grouping tools appear above them.]

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#), then select multiple items by doing one of the following:
 - Touch and hold an item on your board, then, with another finger, tap other items.



[Alt text: Two fingers selecting items in Freeform.]

- Touch and hold the canvas, then drag the box that appears around the items you want to select.



[Alt text: A finger dragging to select items in Freeform.]

- 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.
3. Move, rotate, or resize the selected items, or tap  [Alt text: the Arrange button] , then tap an alignment option or Group.

Some items—such as 3D objects—can't be grouped.

Lock an item on a board

After you add an item to a Freeform board, 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. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#), then tap a drawing, shape, text box, or other item on your board to select it.
3. Tap  [Alt text: the More button] , 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  [Alt text: the More button] , tap Back, then lock it.

Related

[Create a Freeform board on iPhone](#)

[Apply consistent styles and formatting in Freeform on iPhone](#)

NAV TITLE: [Navigate and present scenes](#)

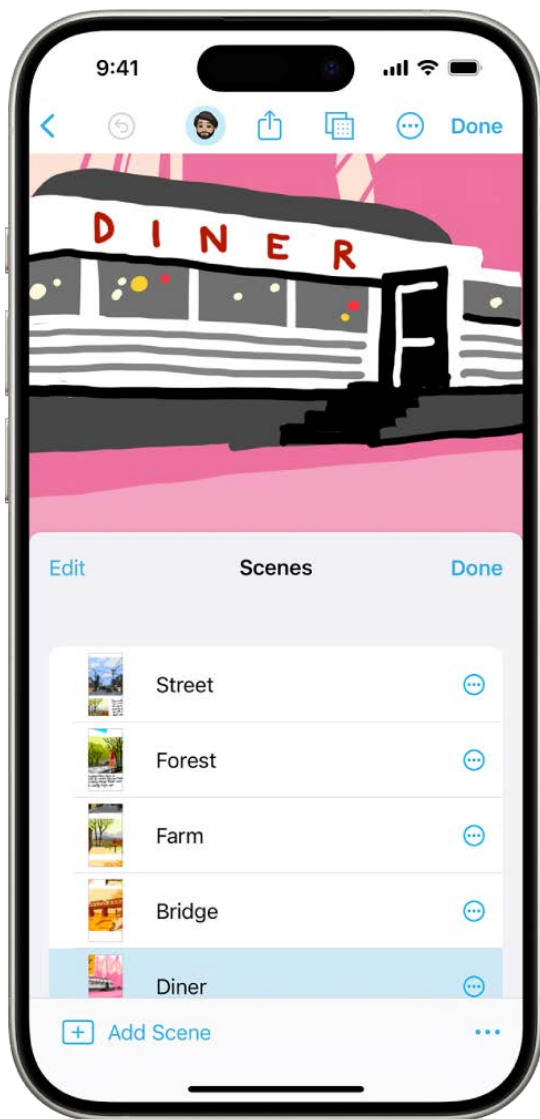
Navigate and present scenes in your Freeform boards on

iPhone

Metadata

Summary: In Freeform on iPhone, save scenes or framed views of your board to navigate and present different parts of it to others.

You can save scenes—saved views of your board—to organize your boards into sections, then quickly navigate and present those parts of your board to others. Scenes let you identify and label content so you can present your board, section by section, and rearrange the order in which you present your board. You can also use scenes to identify the parts of your board you want to print or export as a PDF.



[Alt text: A scene in Freeform, with the Scene Navigator in the lower right corner.]

Save scenes

1. Go to the Freeform app  [ALT N/A] on your iPhone.

2. [Open a board](#) with content.
3. Zoom and scroll until you frame the part of your board you want on the screen for your first scene.
4. Tap  [Alt text: the More button] , then tap Add Scene.

The Scene Navigator opens at the bottom of your board.

5. Repeat these steps until you capture all the scenes you want: Frame your next scene, tap  [Alt text: the Scene Navigator button] in the Scene Navigator or tap  [Alt text: the More button] , then tap Add Scene.

Tip: Don't worry about saving scenes in order. You can edit their sequence after you capture them.

Navigate scenes

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#) with saved scenes.
3. Tap  [Alt text: the More button] , tap Scene Navigator, then do any of the following:
 - Tap  [Alt text: the Scene Navigator button] , then tap the scene you want to go to.
 - Tap  [Alt text: the Back button] and  [Alt text: the Forward button] to move between scenes.

Note: What you (and others) see may depend on what device is being used to view the board and how it is positioned. For example, for iPhone and iPad, portrait or landscape mode may affect how the scene is framed.

Edit scenes

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#) with saved scenes.
3. Tap  [Alt text: the More button] , tap Scene Navigator, then tap  [Alt text: Saved View Navigator button] .
4. Tap Edit, then do any of the following:
 - *Change the name of a scene:* Enter a new name, then tap Done.
 - *Reframe a scene:* Tap  [Alt text: the More button] , then tap Replace Scene.
 - *Rearrange the view order:* Touch and hold  [Alt text: the Grabber button] , then drag the scene up or down.
 - *Delete a scene:* Tap  [Alt text: the Delete button] .

Print or export all scenes

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#) with saved scenes.
3. Tap  [Alt text: the More button] , then do one of the following:
 - Tap Print, tap Scenes, then tap Print.
 - Tap Export as PDF, tap Scenes, then choose how you want to share it or tap Save to Files.

Tip: Printed and exported scenes default to the size of the device you're on. To print as the scenes were originally framed, tap Freeform Options, then select Capturing Device.

Print or export one scene

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. [Open a board](#) with saved scenes.
3. Tap  [Alt text: the More button] , then tap Scene Navigator.
4. Tap  [Alt text: the Scene Navigator button] , touch and hold a scene name, then do one of the following:
 - Tap Print Scene, then tap Print.
 - Tap Export Scene as PDF, tap Export, then choose how you want to share it, or tap Save to Files.

Tip: If you're already in the Scene Navigator, you can tap  [Alt text: the More button] next to any scene you want to print or export.

All collaborators can access any scenes saved in a board.

Related

[Send a copy or PDF of a Freeform board on iPhone](#)

[Share Freeform boards and collaborate on iPhone](#)

[Position items on a Freeform board on iPhone](#)

NAV TITLE: [Send a copy or PDF](#)

Send a copy or PDF of a Freeform board on iPhone

Metadata

Summary: In Freeform on iPhone, send a copy or a PDF of a board to someone.

You can send a link to a copy of a Freeform board, so others can download the copy and add it to their boards—if you are [signed in to your Apple Account](#). You can also export your Freeform board as a PDF to send a copy of it to others.

Send a copy of a board

Send a copy of your board to anyone with just a link. They can take the copy of the board and make it their own. You must be online and signed in to iCloud to send a copy of the board.

1. Go to the Freeform app  [ALT N/A] 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:* Tap  [Alt text: the Share Board button] .
3. Tap the pop-up menu under the board name, choose Send Copy, then tap one of the following:
 - *Copy iCloud Link:* The link is copied to your clipboard. You can then paste it anywhere you like.
 - *Any contact or app icon:* Follow the onscreen instructions.

You can send this link to as many recipients as you like. Anyone with the link can download the copy within 30 days. When browsing for the board, recipients can find it in All Boards, not the Shared section. (Shared is only for boards you're collaborating on.)

If you'd like to share your board collaboratively—so you can all see one another's updates—see [Share Freeform boards and collaborate](#).

Each new link sends a copy of the board at the time you created the link. When you send someone a copy, the link opens a new board. Changes on your board don't appear on their board, and anything others change doesn't affect yours.

Note: Sending a copy doesn't change who has access to the original board. See [Manage sharing settings](#) to change access to a board.

Send a PDF of a board

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. In the board you want to send, tap  [Alt text: the More button] , tap Export as PDF.

If you saved scenes in your board, choose to export one of the following:

- *The entire board as a single page:* Tap Board.
- *One scene per page:* Tap Scenes.

4. Choose how you want to send the board, such as in 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, tap Share, 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.

Related

[iCloud User Guide: Set up iCloud for Freeform on all your devices](#)

[Print from iPhone](#)

[Delete and recover your Freeform boards on iPhone](#)

[Collaborate on projects with Messages on iPhone](#)

NAV TITLE: [Print a board](#)

Print a Freeform board on iPhone

Metadata

Summary: In Freeform on iPhone, send a copy or a PDF of a board to someone.

You can print a Freeform board.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open the board you want to print, tap  [Alt text: the More button] , then tap Print.

If you saved scenes in your board, choose to print one of the following:

- *The entire board as a single page:* Tap Board.
- *One scene per page:* Tap Scenes.

Related

[iCloud User Guide: Set up iCloud for Freeform on all your devices](#)

[Print from iPhone](#)

[Delete and recover your Freeform boards on iPhone](#)

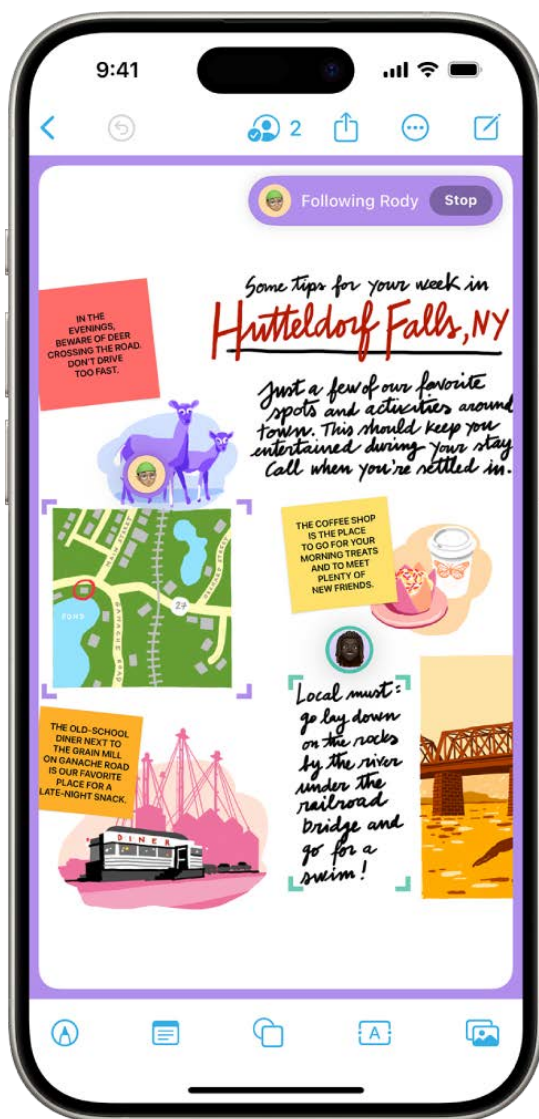
[Collaborate on projects with Messages on iPhone](#)

Share Freeform boards and collaborate on iPhone

Metadata

Summary: In Freeform on iPhone, invite people to collaborate on a board saved in iCloud, and everyone will see the latest changes. Or send a PDF of a board to someone.

You can invite people to collaborate on a Freeform board in iCloud, and everyone will see the latest changes when they're online and [signed in to their Apple Account](#). To make sure the board is accessible to all, you can add descriptions for visual items.



[Alt text: Someone is following another person's Freeform board.]

- COMMENT - [#marcom](#)

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.

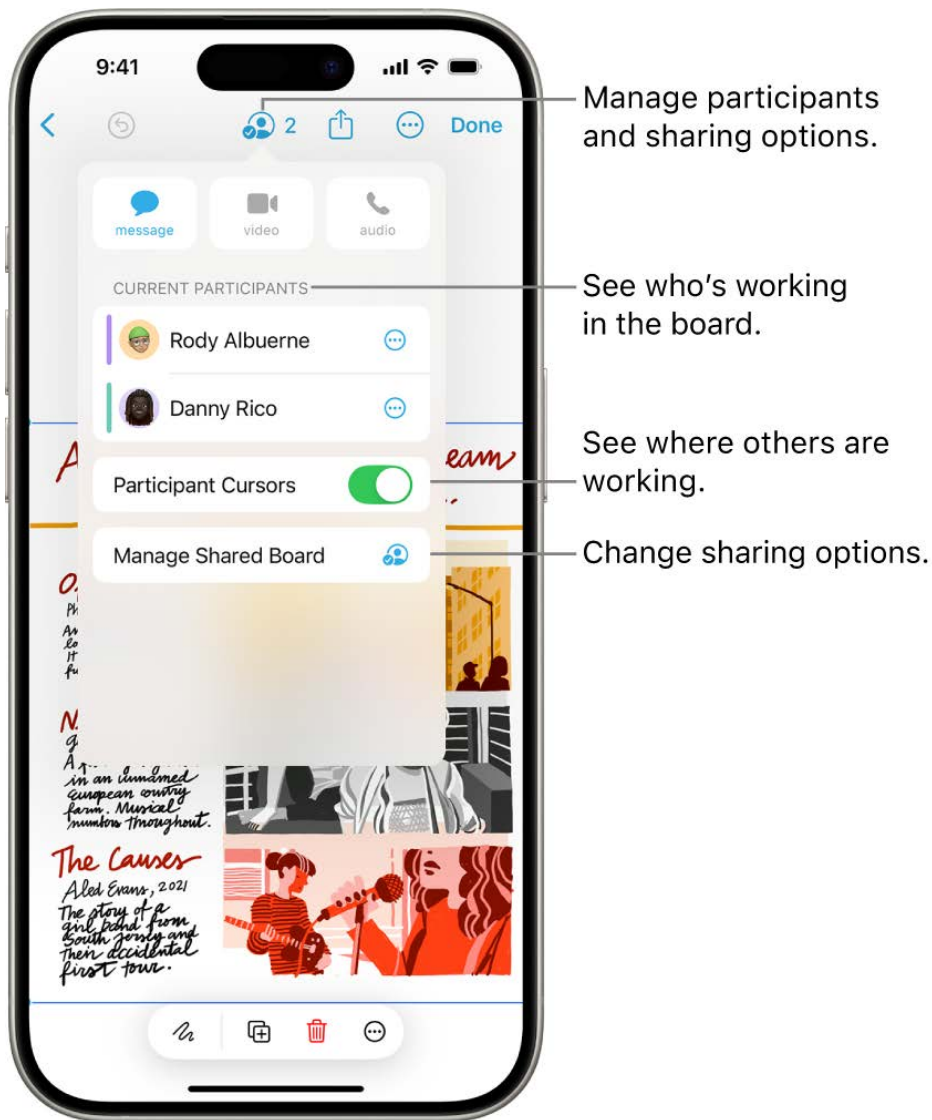
1. Go to the Freeform app  [ALT N/A] on your iPhone.
 2. Do one of the following:
 - *While browsing All Boards:* Touch and hold the board you want to share, then tap Share.
 - *From inside a board:* Open the board you want to share (or tap  [Alt text: the New Board button] to start a new one), then tap  [Alt text: the Share Board button] .
 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. See [Manage sharing settings](#).
- 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 in 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  [Alt text: the Collaborate button] , tap Manage Shared Board, then tap Share With More People. Depending on the settings of others in Messages,  [Alt text: the Collaborate button] may change appearance.

Note: To edit or view the board, everyone you share with must be [signed in to their Apple Account](#) 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 on 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 on a Freeform board, you can see where they are on the board and what they see.



[Alt text: A shared Freeform board on iPhone with the collaboration menu open.]

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open the shared board where you want to see others at work, then tap  [Alt text: the Collaborate button] .
3. Turn on Participant Cursors if the setting is off.
4. 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  [Alt text: the More button] 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 board, and the zoom level is based on the other person's view.

To stop following along, tap Stop in the top-right corner—or just scroll, zoom, or edit.

Note: Others working with you on the board can only undo and redo their own changes while the board is open. Use  [Alt text: the Undo button] to move through the changes you made on your own iPhone. To redo a change after you undo it, touch and hold  [Alt text: the Undo button], then tap Redo.

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. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open the board where you want to add accessibility descriptions.
3. Select the item you want to describe, tap  [Alt text: the More button], then tap Description.
4. Enter a description of the visual content, then tap  [Alt text: the Close button].
5. To hear the description, [turn on VoiceOver](#), then tap the item.

Stop sharing or collaborating

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open the board you want to stop sharing or collaborating on.
3. Tap  [Alt text: the Collaborate button], then tap Manage Shared Board.
4. 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.

You can change access and permissions for individuals or for everyone after you've started sharing a board. See [Manage sharing settings](#).

To use the collaboration features fully, all participants must be online, [signed in to their Apple Account](#), have Freeform turned on in iCloud (see [Set up iCloud for Freeform on all your devices](#) in the iCloud User Guide), and have [set up two-factor authentication](#).

Related

[iCloud User Guide: Set up iCloud for Freeform on all your devices](#)

[Print from iPhone](#)

[Delete and recover your Freeform boards on iPhone](#)

[Collaborate on projects with Messages on iPhone](#)

NAV TITLE: [Search Freeform boards](#)

Search your Freeform boards on iPhone

Metadata

Summary: In Freeform on iPhone, find text in a board that you made or that was shared with you.

You can search all your Freeform boards for text in handwritten text, sticky notes, text boxes, shapes, and filenames.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Do any of the following:
 - *Search within a board:* Tap the board's name or  [Alt text: the More button] (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  [Alt text: the Back button] to access Search in All Boards.)

Related

[Create a Freeform board on iPhone](#)

[Delete and recover your Freeform boards on iPhone](#)

[iCloud User Guide: Set up iCloud for Freeform on all your devices](#)

Delete and recover your Freeform boards on iPhone

Metadata

Summary: Remove Freeform boards you no longer need or recover them if you change your mind.

You can remove Freeform boards you no longer need. You can also recover deleted boards you want to keep.

Delete a board

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. While browsing All Boards, tap  [Alt text: the More button] 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  [Alt text: the Back button] 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. Go to the Freeform app  [ALT N/A] on your iPhone.
2. While browsing All Boards, tap  [Alt text: the Back button], 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  [Alt text: the More button] 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. Go to the Freeform app  [ALT N/A] on your iPhone.
2. While browsing Recently Deleted, touch and hold the board, tap Delete, then tap Delete.

Related

[Share Freeform boards and collaborate on iPhone](#)

[Search your Freeform boards on iPhone](#)

[iCloud User Guide: Set up iCloud for Freeform on all your devices](#)

NAV TITLE: [Change Freeform settings](#)

Change your Freeform settings on iPhone

Metadata

Summary: In Settings on iPhone, you can customize your preferences for the Freeform app.

You can customize the settings for the Freeform app.

Turn the background dot grid on or off

You can show a grid of gray dots on your board, which allows you to see more easily whether items line up.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open a board, or tap  [Alt text: the New Board button] to start a new one.
3. Tap  [Alt text: the View Options button], then tap Hide Grid or Show Grid.

Align items to the background grid

You can make edges and points align to the nearest dot on the grid as you resize or move an item.

1. Go to Settings  [ALT N/A] > Apps > Freeform.
2. Turn on Snap to Grid.

You can also access these settings when you're working in a board. Tap  [Alt text: the More button] , tap Alignment Settings, then tap Snap to Grid.

Turn alignment guides on or off

You can use alignment guides to help you place items more precisely. When guides are on, they appear as you drag an item on a board and it aligns with another item.

1. Go to Settings  [ALT N/A] > Apps > Freeform.
2. Tap on or off any of the following:
 - *Center Guides*: These appear when the midpoints of items align.
 - *Edge Guides*: These appear when the edges of items align.
 - *Spacing Guides*: These appear when three or more items are equally spaced in a line.

You can also access these settings when you're working in a board. Tap  [Alt text: the More button] , tap Alignment Settings, then turn on the guides you want to use. Or turn them off if you don't want them appearing as you move items near one another on the board.

Get math hints

You can choose how you want your iPhone to respond to the math problems you enter.

1. Go to Settings  [ALT N/A] > Apps > Freeform.
2. Tap Math Results, then select one of the following:
 - *If you want problems to be solved automatically*: Choose Insert Results. (The answer appears in writing that matches your own.)
 - *If you want suggestions to appear*: Choose Suggest Results. (A Solve button appears that, when tapped, adds the answer in writing that matches your own.)
 - *If you don't want to see math results*: Choose Off.

You can also access these settings when you're working in a board. Tap  [Alt text: the More button] , then tap Math Results.

Manage sharing settings

You can change access and permissions for individuals or for everyone after you've started sharing a board.

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Open the board whose sharing settings you want to change.
3. Tap  [Alt text: the Collaborate button] .

A list of participants appears, showing who is working in the board.

4. Tap Manage Shared Board, then do any of the following:

- *Lock the board for edits:* Tap Share Options, then tap “View only.”

Note: If you don’t want participants to be able to invite others, select “Only people you invite” and “Only you can add people.”

- *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  [Alt text: the Back button] , 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.

Store your Freeform boards in iCloud

1. Go to Settings  [ALT N/A] > [your name] > iCloud.
2. Tap See All, then turn on Freeform.

To back up without using iCloud, see the Apple Support article [About encrypted backups on your iPhone, iPad, or iPod touch](#).

Sort your boards

1. Go to the Freeform app  [ALT N/A] on your iPhone.
2. Tap  [Alt text: the More button] , then do any of the following:
 - *View more boards at the same time (with smaller thumbnails):* Tap List.
 - *List boards alphabetically (instead of by most recently updated):* Tap Sort by Name.
 - *Categorize boards by how long ago they were last opened:* When viewing All Boards, tap Sort by Date, then tap Use Groups.
 - *Categorize boards by board owner:* When viewing Shared boards, tap Use Groups.

Related

[Apply consistent styles and formatting in Freeform on iPhone](#)

[Create a Freeform board on iPhone](#)

Learn more topics in Freeform

Update your iOS to get the latest version of Freeform

Metadata

NoIndex

Each iOS, iPadOS, and macOS release introduces features in the Freeform app. When you open a board before updating to the latest software, newer features may not look or work as expected. For example:

- Unsupported objects appear as gray placeholders.
- Connection lines connect only to the centers of objects.
- Strokes created with variable-width drawing tools appear fixed-width.
- Strokes drawn with the pencil and crayon tools may change.

For the best experience, view and edit Freeform boards on devices with with iOS 18, iPadOS 18, macOS 15, or later that are [signed in to your Apple Account](#). See [Update iOS on iPhone](#).

Health

NAV TITLE: [Get started with Health](#)

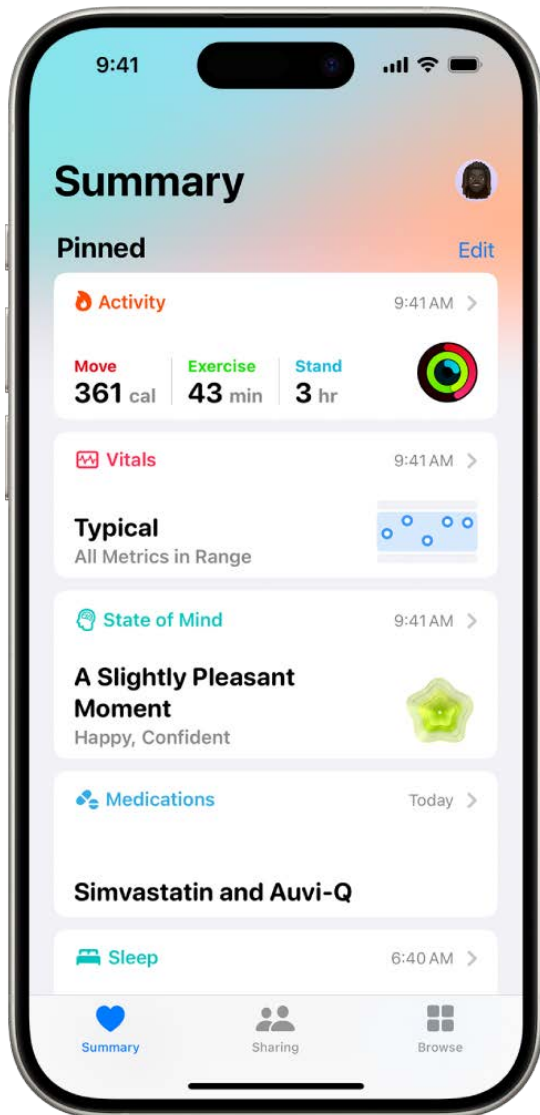
Get started with Health on iPhone

Metadata

Summary: Learn about some of the benefits of using the Health app 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



[Alt text: The Summary screen in Health. Information about activity, vitals, state of mind, and medications appears below Pinned.]

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.

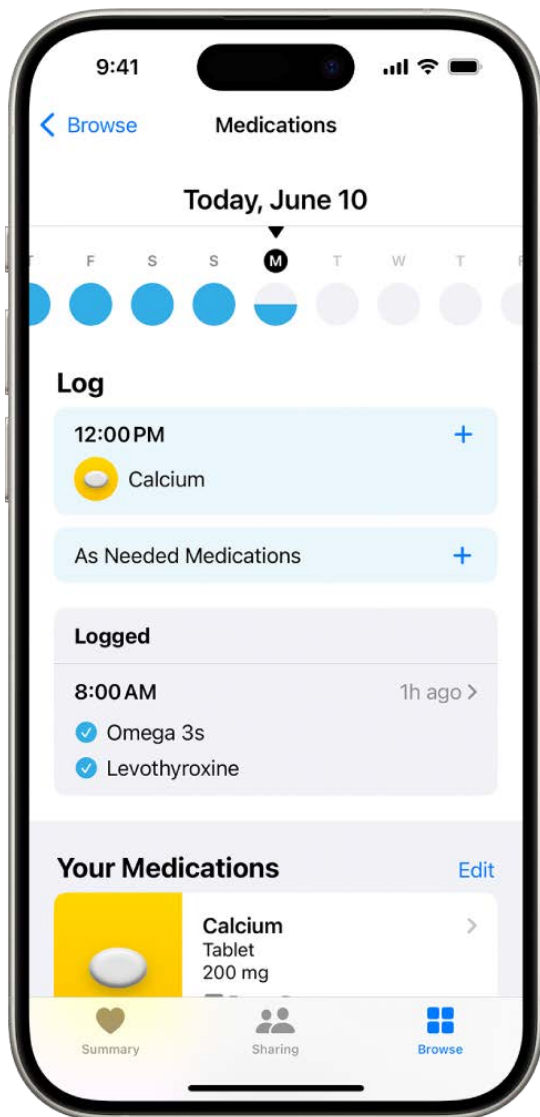
Fill out your health details



[Alt text: The Health Details screen, which includes fields for name, birth date, blood type, and other information.]

To personalize your experience, add your name, date of birth, sex, and other basic information to Health Details. To edit your health details, tap Summary, tap your picture or initials at the top right, tap Health Details, then tap Edit.

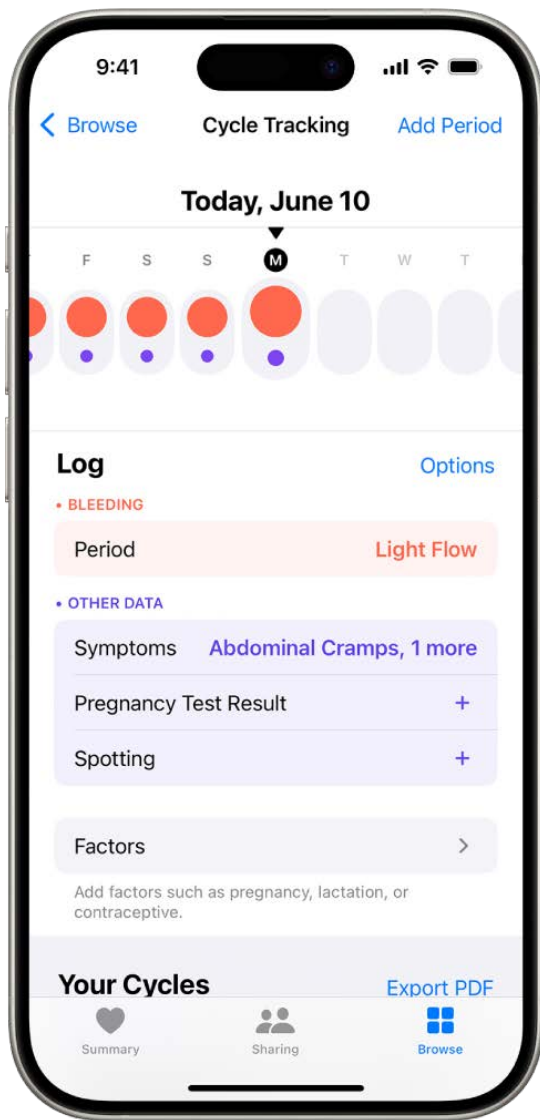
Schedule your medications



[Alt text: The Medications screen in Health showing the date and a log for 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



[Alt text: The Cycle Tracking screen showing the timeline for a week at the top of the screen. Solid red circles and purple dots mark the first 5 days on the timeline. Below the timeline are options to add information about periods, symptoms, and more.]

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.

Want to learn more?

- [P9](#)
[View health records in Health on iPhone](#)
- [Add or change sleep schedules in Health on iPhone](#)
- [Log your state of mind in Health on iPhone](#)
- [Share your data in Health on iPhone](#)
- [Back up your Health data in iCloud on iPhone](#)

Fill out your Health Details in Health on iPhone

Metadata

Summary: In Health on iPhone, add basic health information about yourself as well as information about medical conditions, medications, and more.

To personalize your experience, add your name, date of birth, sex, and other basic information to 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, blood type, 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

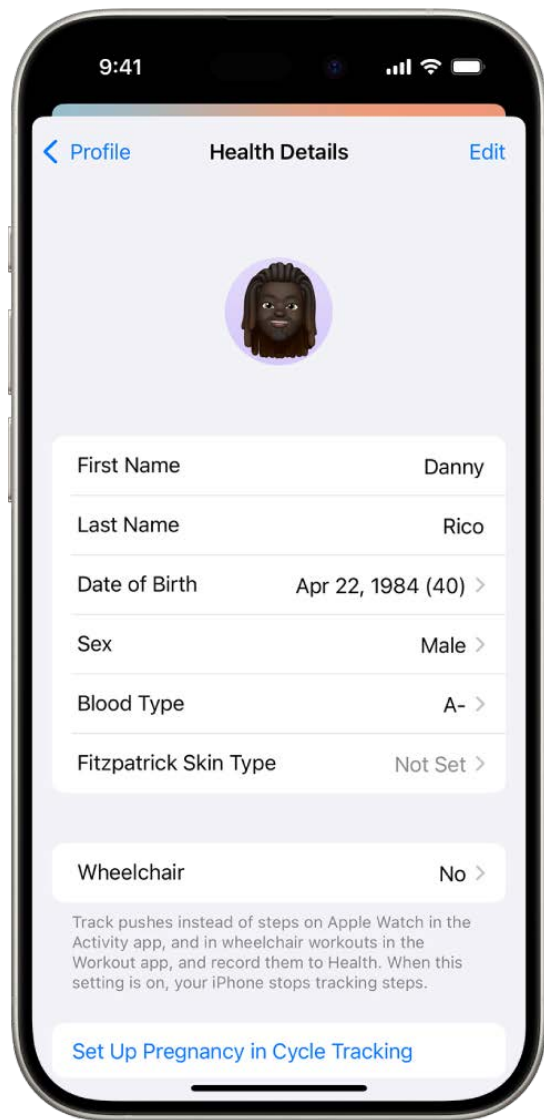
When you first open Health, you're asked to provide basic health information about yourself. If you don't supply all of the requested information, you can add it later on the Health Details screen.

1. Go to the Health app  [ALT N/A] on your iPhone.

2. 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.

3. Tap Health Details, then tap Edit.

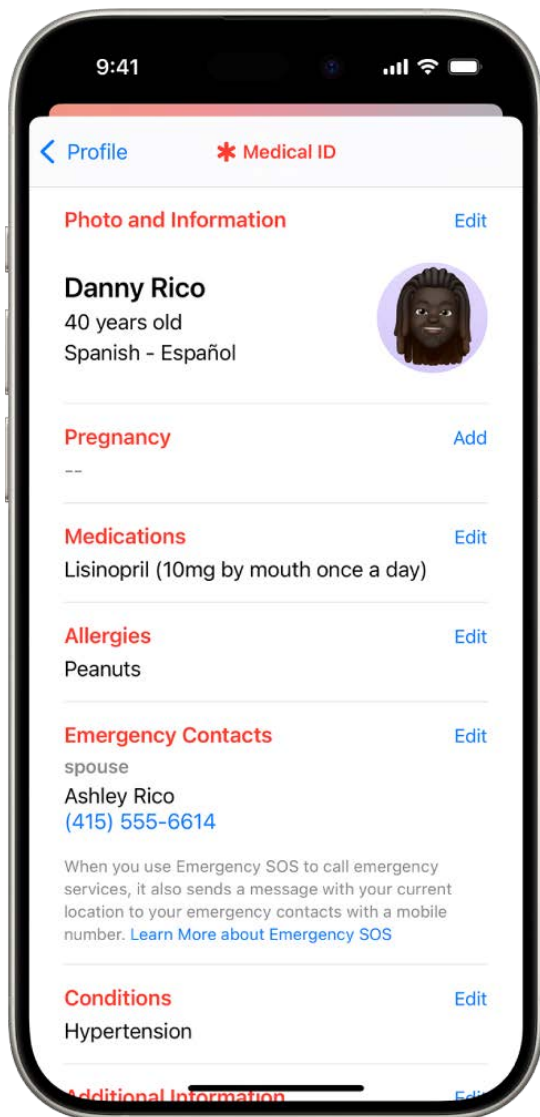


[Alt text: The Health Details screen, which includes fields for name, birth date, blood type, and other information.]

4. To make a change, tap a field.
5. 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](#).



[Alt text: A Medical ID screen containing information including birth date, medications, allergies, emergency contacts, and medical conditions.]

Review your Health Checklist

1. Go to the Health app  [ALT N/A] on your iPhone.

2. 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.

3. Tap Health Checklist.

4. To turn on or learn more about an item in the list, tap it.

5. When you're finished, tap Done.

Related

[Get started with Health on iPhone](#)

[Intro to Health data on iPhone](#)

View and share health data

NAV TITLE: [Intro to Health data](#)

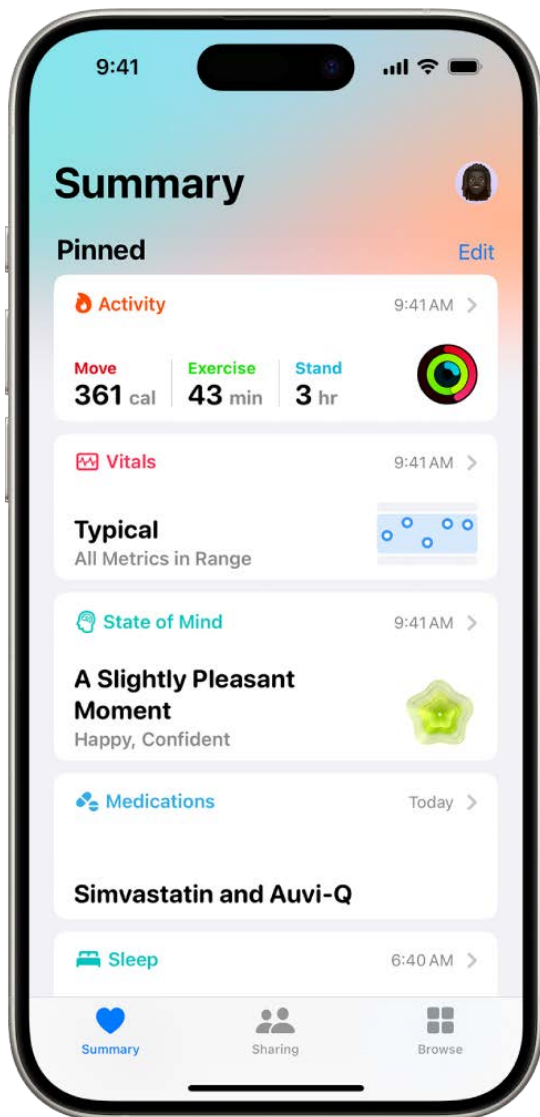
Intro to Health data on iPhone

Metadata

Summary: Health on iPhone stores health and fitness data, such as walking distances, headphone levels, sleep history, and more.

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.

Siri: On [supported models](#), say something like: “What’s my heart rate?” or “How far have I walked today?” Not available in all languages or regions. [Learn how to use Siri](#).



[Alt text: The Summary screen in Health. Information about activity, vitals, state of mind, and medications appears below Pinned.]

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.

- **P9**

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 or later, and all Apple Watch Ultra models):* The ambient light sensor in Apple Watch estimates 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.
- *Overnight health metrics in the Vitals app:* You can view overnight health metrics—heart rate, respiratory rate, wrist temperature, blood oxygen, and sleep duration—to get a better understanding of your daily health status. If you wear your Apple Watch to sleep for multiple nights, the Vitals app establishes a typical range for each of your health metrics. If multiple metrics are outside your typical range, you'll receive a notification along with context for factors that may be involved—like medications or illness, for example. You can [view the details](#) about your overnight vitals in the Vitals 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 [Get started with health features](#), [Time spent in daylight](#), [Measure noise levels](#), [Track your vitals](#), 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](#).
- *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](#).
- *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 Sleep Focus schedule in Health](#).
- *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 > [Alt text: the Details button] 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](#).

Related

[View your data in Health on iPhone](#)

[Share your data in Health on iPhone](#)

NAV TITLE: [View your health data](#)

View your data in Health on iPhone

Metadata

Summary: In Health on iPhone, view your health and fitness information in one place.

You can view your health and fitness information in one place. For example, you can check whether your metrics change over time, and see how well you're meeting goals for activity, sleep, mindfulness, and more.

Customize your pinned health categories on the Summary screen

You can pin and arrange the health categories that are most important to you, like Medications, Heart Rate, Steps, and more.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Summary at the bottom left.
3. Tap Edit next to Pinned, then do any of the following:
 - *Pin a health category:* Tap  [Alt text: the Pin button] next to a category.
 - *Unpin a health category:* Tap  [Alt text: the Unpin button] next to a category.
 - *Reorder the health categories in your Pinned list:* Drag  [Alt text: the Reorder button] next to an category up or down.
4. When you're finished, tap Done.

View your highlights

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Summary at the bottom left, then scroll down to Highlights to see highlights of your recent health and fitness data.
3. Do the following:
 - *View more data about a highlight:* Tap its graph.
 - *View more highlights:* Tap Show All Highlights.

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. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Summary at the bottom left, then scroll down to Trends to view any recent trends.
3. If Health has detected trends, you can do the following:
 - *View more data about a trend:* Tap its graph.
 - *View more trends:* Tap Show All 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 trends, highlights, and details for a specific health category

1. Go to the Health app  [ALT N/A] on your iPhone.
2. 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  [Alt text: the Details button] .
- *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

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Scroll down to Get More From Health or Articles, then tap an item to learn more.

When you view the details in many health categories, recommended apps are shown in addition to your data.

Related

[Intro to Health data on iPhone](#)

[Share your data in Health on iPhone](#)

Share your data in Health on iPhone

Metadata

Summary: On iPhone, share health data stored in the Health app with friends, family, and others caring for you.

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. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Sharing at the bottom of the screen.
3. 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.
4. Use the search field to find someone in your contacts list, then tap their contact information to select them.
5. Tap See Suggested Topics or Set Up Manually, then choose topics to share.
6. Scroll down to see all topics on a screen, then tap Next to see the next screen.
7. 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. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Sharing at the bottom of the screen.
3. 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.”
4. Tap Next, then select one of the suggested providers, or use Search to find your provider.
 5. 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.

P9 In addition to sharing your health data, connecting to your account also causes your health records for that account to [download to Health](#).

6. Choose topics to share with your doctor.
7. Scroll down to see all topics on a screen, then tap Next to see the next screen.
8. Tap Share, then tap Done.

Review or change the data you’re sharing with others

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Sharing at the bottom of the screen.
3. Tap the name of a person or a healthcare provider.
4. Scroll down, then tap View Shared Data.
5. Make any changes, then tap Done.

Stop sharing data with a contact or a provider

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Sharing at the bottom of the screen.
3. Tap the name of a person or a healthcare provider.
4. 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.

P9 To share your records from healthcare providers with apps, see [Share your health records with other apps](#).

1. Go to the Health app  [ALT N/A] on your iPhone.

2. 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.

3. Below Privacy, tap Apps and Services or Devices.

The screen lists the items that requested access to Health data.

4. 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. Go to the Health app  [ALT N/A] on your iPhone.

2. 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.

3. Tap Export All Health Data, then choose a method for sharing your data.

Related

[Share your medication list](#)

[Intro to Health data on iPhone](#)

[Sync a third-party workout app to Fitness on iPhone](#)

[View data shared by others in Health on iPhone](#)

NAV TITLE: [View health data shared by others](#)

View data shared by others in Health on iPhone

Metadata

Summary: In Health on iPhone, view data and receive important notifications about a loved one's health.

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. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Sharing at the bottom of the screen.
3. Tap the contact card listed below Sharing With You.
4. 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 or an iPad with iPadOS 17 or later. They control what data they share and when to stop sharing.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Sharing at the bottom of the screen.
3. Tap Ask Someone to Share, then choose an option.
4. 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](#).

Related

[Intro to Health data on iPhone](#)

 [View health records in Health on iPhone](#)

Get health records from your providers

Download health records on iPhone

Metadata

Summary: The Health app on iPhone provides secure access to information about your vaccinations, allergies, conditions, medications, labs, and more.

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 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.

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. Go to the Health app  [ALT N/A] on your iPhone.
2. 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.

3. 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.

4. Tap the name of your organization.
5. Tap Connect Account (below Available to Connect) to go to the sign-in screen for your patient portal.
6. 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.

P9

P9 View health records in Health on iPhone

P9 NAV TITLE: [View health records](#)

View health records in Health on iPhone

Metadata

Summary: In Health on iPhone, view the records from your healthcare providers.

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

1. Go to the Health app  [ALT N/A] on your iPhone.
2. 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  [Alt text: the Details button] .

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. Go to the Health app  [ALT N/A] on your iPhone.

2. Tap Browse at the bottom right, scroll down, then tap Lab Results.

3. Do any of the following:

- Swipe right on a result, then tap  [Alt text: the Pin button] .
- 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. Go to the Health app  [ALT N/A] on your iPhone.
2. 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.

3. Tap the name of an organization, then tap Remove Account.

Related

[Share health data with your doctor](#)

[Monitor your walking steadiness in Health on iPhone](#)

NAV TITLE: [Monitor your walking steadiness](#)

Monitor your walking steadiness in Health on iPhone

Metadata

Summary: In Health on iPhone, learn when you are at increased risk of falling.

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 or later.)

Receive notifications when your steadiness is low or very low

1. Go to the Health app  [ALT N/A] on your iPhone.
2. 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.

3. Tap Health Checklist.
4. Tap Set Up for Walking Steadiness Notifications, then follow 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](#).

View your walking steadiness data

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Mobility.
3. Tap Walking Steadiness (you may need to scroll down).
4. To learn about the three steadiness levels (OK, Low, and Very Low), tap  [Alt text: the Show Information button] .

Learn how to improve your walking steadiness

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Mobility.
3. Scroll down, then tap Exercises That May Improve Walking Steadiness.

Related

[Intro to Health data on iPhone](#)

[Log menstrual cycle information in Health on iPhone](#)

Track your menstrual cycle

NAV TITLE: [Log menstrual cycle information](#)

Log menstrual cycle information in Health on iPhone

Metadata

Summary: In the Health app on iPhone, log menstrual cycle information to get period and fertile window predictions.

You can log menstrual cycle information to get period and fertile window predictions.

Siri: On [supported models](#), say something like: “Log that my period started today.” Not available in all languages or regions. [Learn how to use Siri.](#)

Set up cycle tracking

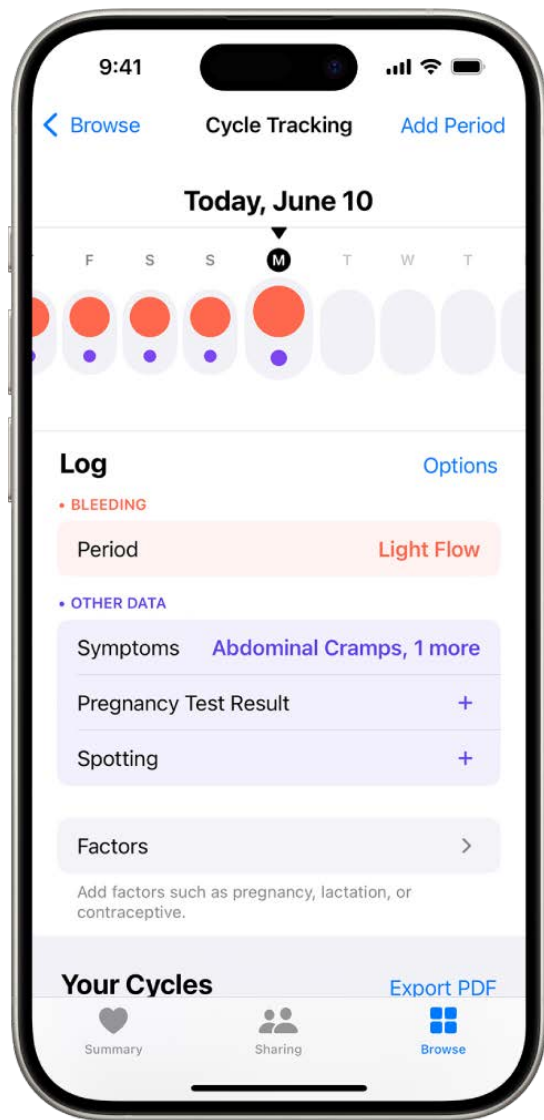
1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Tap Get Started, then follow the onscreen instructions.

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. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Do any of the following:



[Alt text: The Cycle Tracking screen showing the timeline for a week at the top of the screen. Solid red circles and purple dots mark the first 5 days on the timeline. Below the timeline are options to add information about periods, symptoms, and more.]

- *Log a period day:* 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 Bleeding), 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 Log, then choose from the categories below Log.

Note: You can use Apple Watch 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  [ALT N/A] represents a day you logged a period and a purple dot  [ALT N/A] 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. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Swipe the timeline to select a day.
4. 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. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. 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.

About your health data and privacy

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.

Related

[View menstrual cycle predictions and history in Health on iPhone](#)
[Apple Support article: Track your period with Cycle Tracking](#)

NAV TITLE: [View menstrual cycle predictions and history](#)

View menstrual cycle predictions and history in Health on iPhone

Metadata

Summary: In Health on iPhone, check the date for your next period or fertile window, view details about your cycle history, and more

When you [log your menstrual cycle](#), you can check the predicted date for your next period or fertile window, receive notifications about when your next period or fertile window is expected to be 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.

(table aria-label=Cycle Tracking timeline icons)

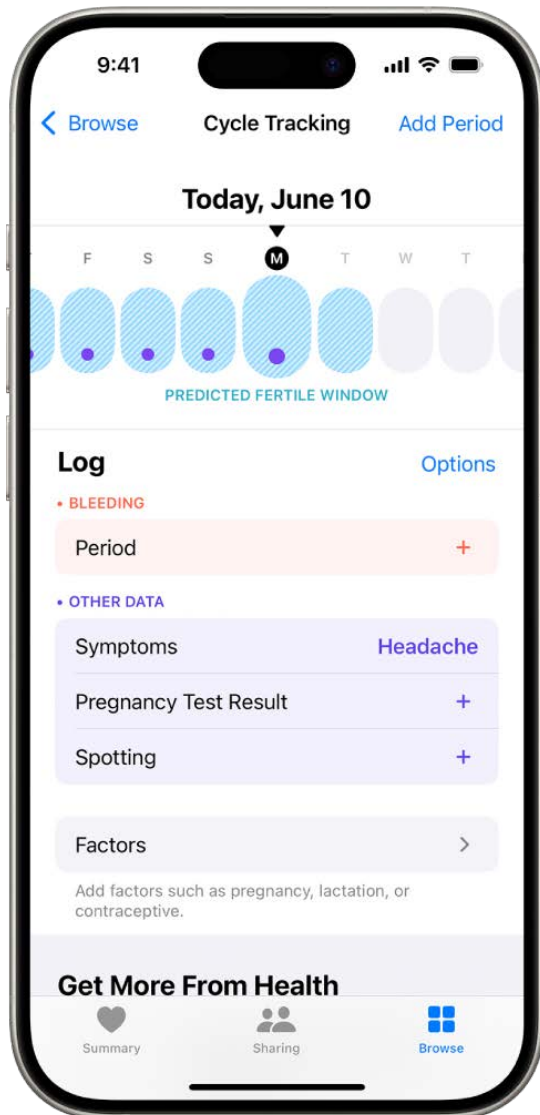
Icon	Description
 [Alt text: A light red circle]	A predicted period day.
 [Alt text: A light blue oval]	A predicted day of your fertile window.
 [Alt text: A light purple oval]	A day you likely ovulated (requires Apple Watch Series 8 or later or any Apple Watch Ultra model to be paired with your iPhone; not available in all regions).
 [Alt text: A solid red circle]	A day you logged a period.



[Alt text: A purple dot]

A day you added information (for example, noting a headache or cramping).

To select different days, swipe the timeline.



[Alt text: The Cycle Tracking screen with a timeline near the top showing an estimated fertile window. Below the timeline are options to add information about periods, symptoms, and more.]

Check the dates for your predicted next period and for your reported last period

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Scroll to Highlights to see when your next period is likely to start.

If you don't see the estimate, tap Show All next to Highlights.

4. Scroll to Summary to see the date of your last period and your typical cycle length.

Change cycle tracking notifications, cycle prediction displays, and other options

You can turn off period, fertility, and cycle deviation notifications, hide period and fertility predictions, and more. You can turn these on again at any time.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Scroll down, tap Options, then turn options on or off.

View your cycle history

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. To see a summary of your last three cycles, scroll down to Your Cycles.
4. To see summaries of all previous cycles, tap Cycle History.

To send or save a PDF of your cycle history, tap Export PDF, tap  [Alt text: the Share button], then choose an option.

5. To see details about a cycle, tap it.

To change any details for the cycle, tap Edit.

To send or save a PDF of the cycle details, tap Export PDF, tap  [Alt text: the Share button], then choose an option.

If you receive a Cycle Deviation notification

You can [receive a notification](#) if your logged cycle history shows a possible cycle deviation. Irregular periods, infrequent periods, prolonged periods, and persistent spotting are common cycle deviations that may indicate an underlying condition, or may be due to other factors.

When you receive a notification, do the following to review your logged cycle history:

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Review Cycle History in the Possible Cycle Deviation notification.
3. Follow the onscreen instructions to confirm, add, or edit the data in your cycle history.

If a cycle deviation is detected, a screen suggests what to do next.

About your health data and privacy

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.

*For information about the availability of the retrospective ovulation estimates feature, see [watchOS Feature Availability](#).

Related

[Log a pregnancy in Health on iPhone](#)

[Track your medications in Health on iPhone](#)

[Apple Support article: Track your period with Cycle Tracking](#)

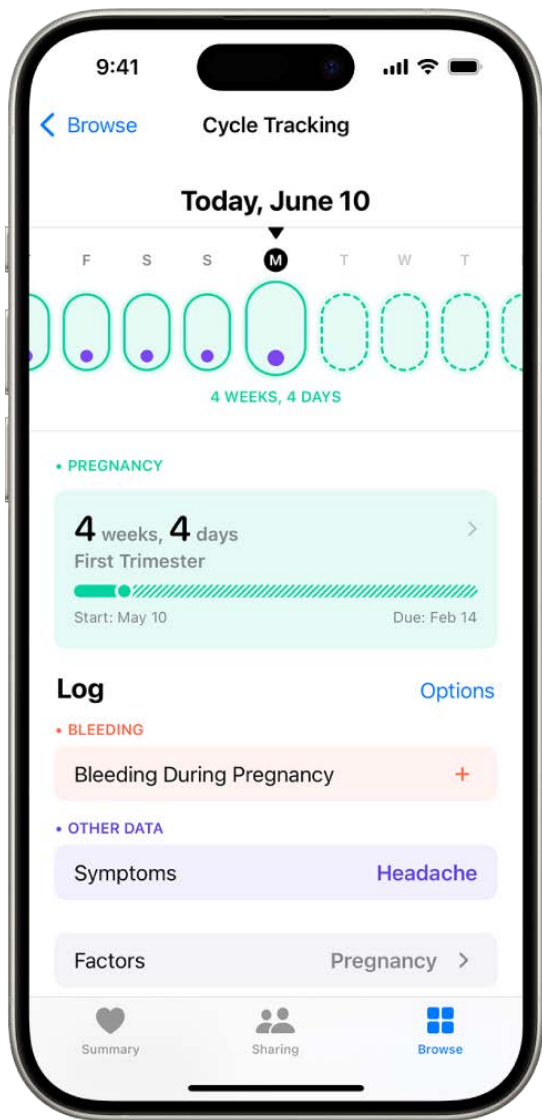
NAV TITLE: [Log a pregnancy](#)

Log a pregnancy in Health on iPhone

Metadata

Summary: You can log a pregnancy, view your gestational age, and log symptoms frequently experienced during pregnancy.

When you log a pregnancy in the Health app, you can view your gestational age and log the symptoms frequently experienced during pregnancy. The Health app on iPhone and the Cycle Tracking app on Apple Watch can help you to better understand your data during pregnancy. Both apps make adjustments and recommendations to reflect changes in your physical and mental health.



[Alt text: The Cycle Tracking screen with a pregnancy timeline for a week at the top of the screen. Light green ovals and purple dots mark the first 5 days on the timeline. Dashed light green ovals mark the other days on the timeline. Below the timeline is the pregnancy summary showing the gestational age, start date, and estimated due date. Below the pregnancy summary are options to add information about bleeding during pregnancy, symptoms, and more.]

Log a pregnancy

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Scroll down, tap Factors, then tap Add Factor.
4. Tap Pregnancy, then tap Options next to Estimation Method.

To log a previous pregnancy, tap Pregnancy, then tap Log a Past Pregnancy.

5. Do one of the following:
 - *Log the first day of your last period:* Tap Last Menstrual Period, tap Done, then choose a date.

- *Log an estimated due date:* Tap Estimated Due Date, tap Done, then choose a date.
- *Log how far along the pregnancy is in weeks:* Tap Estimated Gestational Age, tap Done, then enter how far along the pregnancy is in weeks, and enter a date.
- *Log when the embryo was transferred during IVF:* Tap Embryo Transfer Date, tap Done, then enter the embryonic age and the date of transfer.

Depending on the estimation method, an estimated due date appears.

6. Follow the onscreen instructions to choose whether you want to turn on notifications for mental health questionnaires, add your pregnancy to your Medical ID, and review your medications.

Note: Not available for all medications.

7. Tap Next to review the Cycle Timeline, then tap Done.

Note: You can also log a pregnancy in your Health Details. Tap Summary, tap your picture or initials at the top right, tap Health Details, then tap Set Up Pregnancy in Cycle Tracking.

While logging a pregnancy, you get a variety of recommendations of notifications that should be turned on or off during and after pregnancy:

- *Walking Steadiness:* Recommended to be turned on. Walking Steadiness can alert you more quickly during your third trimester, when the risk of falling can increase.
- *High Heart Rate (Apple Watch only):* If your high heart rate notification threshold is set below 120 beats per minute (bpm), you're asked to review and adjust it.
- *Cardio Fitness (Apple Watch only):* Cardio Fitness notifications are recommended to be turned off during and until 12 weeks after the end of your pregnancy.

To review your health notification settings, see [Review your Health Checklist](#).

Log bleeding and other symptoms

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Swipe to select a day, then do any of the following:
 - *Log bleeding:* Swipe the timeline to select a day, tap Bleeding During Pregnancy, tap Had Bleeding, then tap Done.

Note: When you log bleeding during your pregnancy, you receive a notification recommending that you contact your doctor or care team.

To add a bleeding level, tap Bleeding During Pregnancy, select a bleeding level, then tap Done.

- *Log symptoms 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 Log, then choose from the categories below Log.

View your pregnancy cycle timeline

Tap Browse at the bottom right, then tap Cycle Tracking.

At the top of the screen, a timeline shows the following icons.

(table aria-label=Cycle Tracking timeline icons)

Icon	Description
 [Alt text: A light green oval]	A day you logged a pregnancy.
 [Alt text: A dashed light green oval]	A future day where you may still be pregnant.
 [Alt text: A dark green oval]	The day of your estimated due date.

To select different days, swipe the timeline.

Edit your pregnancy details

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Cycle Tracking.
3. Tap the Pregnancy area, then do any of the following:
 - *Change the estimation method:* Tap Change, then tap an estimation method.
 - *Edit your estimation method:* Tap a field to make a change.
 - *Delete your pregnancy information:* Tap Delete Factor from Health.
4. When you're finished, tap Done.

About your health data and privacy

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.

If you choose to add a pregnancy to Medical ID, your pregnancy status will be accessible on the Lock Screen if Show When Locked is turned on. Your pregnancy status will also be shared with first responders during an emergency call if Share During Emergency Call is turned on. You can change your Medical ID settings at any time by going to your [Health app Profile](#). You can remove or update your pregnancy status in Medical ID if your status changes.

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.

Related

[Fill out your Health Details in Health on iPhone](#)

[Set up and view your Medical ID](#)

[Take a mental health assessment in Health on iPhone](#)

Manage your medications

NAV TITLE: [Track your medications](#)

Track your medications in Health on iPhone

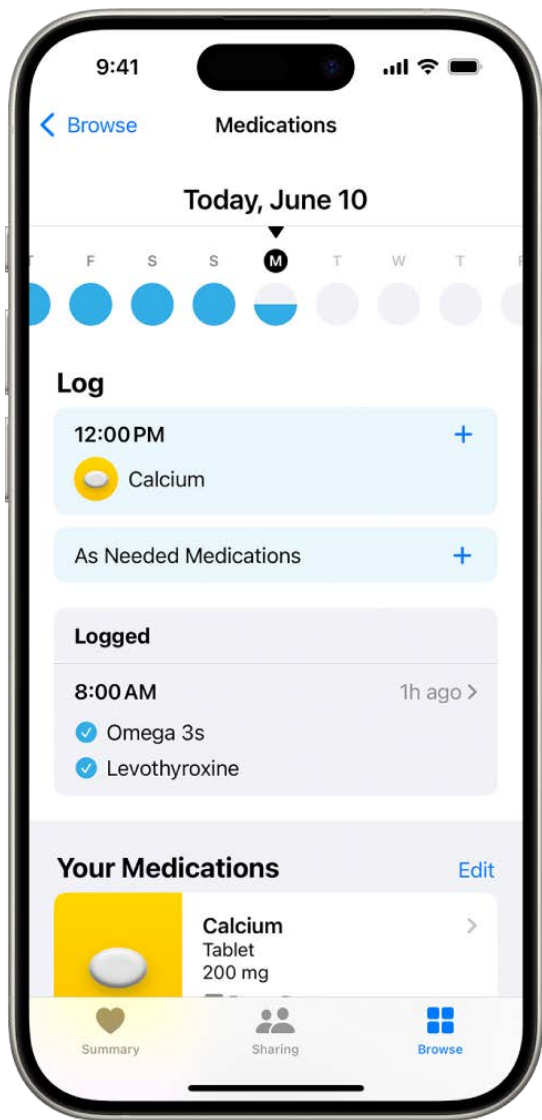
Metadata

Summary: In Health on iPhone, manage the medications, vitamins, and supplements you take.

You can track and manage the medications, vitamins, and supplements you take.

Siri: On [supported models](#), say something like: "Log my 6AM medications as taken." Not available in all languages or regions. [Learn how to use Siri](#).

- COMMENT - [#ba #businessdata](#)



[Alt text: The Medications screen in Health showing the date and a log for medications.]

Note: Some features are not available in all countries or regions. The Medications feature is not a substitute for professional medical judgment. Additional information is available on the labels of your medications. Consult your healthcare provider prior to making any decisions related to your health.

Add and schedule a new medication

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Medications.
3. Tap Add a Medication (to start your list) or Add Medication (to add to your list).
4. To identify the medication, do one of the following:
 - *Type the name:* Tap the text field, enter the name, then tap Add.

In the U.S. only, suggestions appear as you begin typing. You can select a suggestion, or finish typing the name, then tap Add.

- *Use the camera:* (U.S. only; on [supported models](#)) Tap  [Alt text: the Camera button] next to the text field, then follow the onscreen instructions.

If a match isn't found, tap Search by Name, then type the name (as described above).

5. Do the following:

- *Choose the medication type:* Tap an option, then tap Next.
- *Choose the medication strength:* Tap an option, then tap Next.
- *Set a schedule:* Follow the onscreen instructions to set the frequency and duration of your scheduled medication, then tap Next.

Tap Change under “When will you take this?” to choose a different schedule type, like On a Cyclical Schedule, or Every Few Days.

- *Choose the shape (optional):* Tap an option, then tap Next.
- *Choose the colors (optional):* Tap an option, then tap Next.

6. When you're finished, tap Done.

Turn on Follow Up Reminders and Critical Alerts

If you set a medication schedule, you [receive notifications](#) from the Health app reminding you to log the medication. You can receive follow-up reminders if a medication hasn't been logged 30 minutes after the scheduled time.

1. Go to the Health app  [ALT N/A] on your iPhone.
2. Tap Browse at the bottom right, then tap Medications.
3. Tap Options at the bottom of the screen, then turn on Follow Up Reminders.

When you turn on Follow Up Reminders, you can also turn on Critical Alerts for each of your medications. Critical Alerts appear on the Lock Screen and play a sound (even if a Focus is on or iPhone is muted).

4. Tap Critical Alerts, tap the button next to a medication, then tap Allow.

To turn off Critical Alerts, go to Settings  [ALT N/A] > Apps > Health > Notifications, then tap the button next to Critical Alerts.

Change the schedule for a medication or update other information