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Updated for iPhone 12  
models and iOS 14

# iPhone®

## FOR SENIORS

for  
**dummies**®  
A Wiley Brand



Covers iPhone models  
back to iPhone 6s

Stay in-the-know with  
social networking apps

Listen to music and  
share photos

**Dwight Spivey**

Author of *iPad For Seniors  
For Dummies*





# iPhone® For Seniors — Updated for iPhone 12 and iOS 14

by Dwight Spivey

for  
**dummies**®  
A Wiley Brand

## iPhone® For Seniors For Dummies® — Updated for iPhone 12 and iOS 14

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# Contents at a Glance

<b>Introduction</b> .....	1
<b>Part 1: Getting to Know Your iPhone</b> .....	5
CHAPTER 1: Buying Your iPhone .....	7
CHAPTER 2: Exploring the Home Screen .....	21
CHAPTER 3: Getting Going .....	43
CHAPTER 4: Beyond the Basics .....	61
CHAPTER 5: Managing and Monitoring iPhone Usage .....	77
<b>Part 2: Beginning to Use Your iPhone</b> .....	93
CHAPTER 6: Making and Receiving Calls .....	95
CHAPTER 7: Organizing Contacts .....	113
CHAPTER 8: Communicating with FaceTime and Messages .....	131
CHAPTER 9: Using Handy Utilities .....	155
CHAPTER 10: Making Your iPhone More Accessible .....	171
CHAPTER 11: Conversing with Siri .....	199
<b>Part 3: Exploring the Internet</b> .....	215
CHAPTER 12: Browsing with Safari .....	217
CHAPTER 13: Emailing with the Mail App .....	233
CHAPTER 14: Expanding Your iPhone Horizons with Apps .....	259
CHAPTER 15: Socializing with Facebook, Twitter, and Instagram .....	279
<b>Part 4: Enjoying Media</b> .....	289
CHAPTER 16: Shopping the iTunes Store .....	291
CHAPTER 17: Reading Books .....	301
CHAPTER 18: Enjoying Music and Podcasts .....	311
CHAPTER 19: Taking and Sharing Photos .....	329
CHAPTER 20: Creating and Watching Videos .....	347
CHAPTER 21: Navigating with Maps .....	359

<b>Part 5: Living with Your iPhone</b> .....	375
CHAPTER 22: Keeping on Schedule with Calendar and Clock.....	377
CHAPTER 23: Working with Reminders and Notifications.....	393
CHAPTER 24: Keeping Tabs on Your Health.....	411
CHAPTER 25: Troubleshooting and Maintaining Your iPhone .....	423
<b>Index</b> .....	435

# Table of Contents

<b>INTRODUCTION</b> .....	1
About This Book.....	1
Foolish Assumptions.....	1
Icons Used in This Book.....	2
Beyond the Book.....	2
Where to Go from Here.....	3
<b>Part 1: Getting to Know Your iPhone</b> .....	5
<b>CHAPTER 1: Buying Your iPhone</b> .....	7
Discover the Newest iPhones and iOS 14.....	8
Choose the Right iPhone for You.....	11
Decide How Much Storage Is Enough.....	14
Understand What You Need to Use Your iPhone.....	16
Where to Buy Your iPhone.....	17
What's in the Box.....	18
Take a First Look at the Gadget.....	18
<b>CHAPTER 2: Exploring the Home Screen</b> .....	21
What You Need to Use iPhone.....	22
Turn On iPhone for the First Time.....	23
Meet the Multi-Touch Screen.....	24
Say Hello to Tap and Swipe.....	28
Introducing the App Library.....	31
Display and Use the Onscreen Keyboard.....	35
Keyboard shortcuts.....	36
The Shift key.....	38
Emojis.....	39
QuickPath.....	40
Flick to Search.....	40
<b>CHAPTER 3: Getting Going</b> .....	43
Update the Operating System to iOS 14.....	43
Learn App Switcher Basics.....	45
Examine the iPhone Cameras.....	46

Take a Look at Face ID . . . . .	48
Discover Control Center . . . . .	49
Lock Screen Rotation . . . . .	53
Explore the Status Bar . . . . .	53
Take Inventory of Preinstalled Apps . . . . .	55
Lock iPhone, Turn It Off, or Unlock It . . . . .	59
<b>CHAPTER 4: Beyond the Basics . . . . .</b>	<b>61</b>
Charge the Battery by Plugging In . . . . .	62
Charge the Battery Wirelessly . . . . .	63
Sign into an Apple ID for Music, Movies, and More . . . . .	63
Sync Wirelessly . . . . .	64
Understand iCloud . . . . .	68
Turn on iCloud Drive . . . . .	70
Set Up iCloud Sync Settings . . . . .	71
Browse Your iPhones Files . . . . .	73
<b>CHAPTER 5: Managing and Monitoring iPhone Usage . . . . .</b>	<b>77</b>
Meet Screen Time . . . . .	78
Create Some Downtime . . . . .	81
Allow Certain Apps During Downtime . . . . .	83
Set App Limits . . . . .	84
Set Content and Privacy Restrictions . . . . .	87
Manage Children's Accounts . . . . .	91
<b>Part 2: Beginning to Use Your iPhone . . . . .</b>	<b>93</b>
<b>CHAPTER 6: Making and Receiving Calls . . . . .</b>	<b>95</b>
Use the Keypad to Place a Call . . . . .	96
End a Call . . . . .	97
Place a Call Using Contacts . . . . .	98
Return a Recent Call . . . . .	100
Use Favorites . . . . .	101
Receive a Call . . . . .	103
Use Tools During a Call . . . . .	106
Turn On Do Not Disturb . . . . .	109
Set Up Exceptions for Do Not Disturb . . . . .	110
Reply to a Call via Text or Set a Reminder to Call Back . . . . .	111
Change Your Ringtone . . . . .	111



<b>CHAPTER 7: Organizing Contacts</b> . . . . .	113
Add a Contact . . . . .	114
Sync Contacts with iCloud . . . . .	117
Assign a Photo to a Contact . . . . .	118
Add Social Media Information . . . . .	121
Designate Related People . . . . .	123
Set Individual Ringtones and Text Tones . . . . .	124
Search for a Contact . . . . .	126
Share a Contact . . . . .	128
Delete a Contact . . . . .	129
<b>CHAPTER 8: Communicating with FaceTime and Messages</b> . . . . .	131
What You Need to Use FaceTime . . . . .	132
An Overview of FaceTime . . . . .	132
Make a FaceTime Call with Wi-Fi or Cellular . . . . .	133
Accept and End a FaceTime Call . . . . .	136
Switch Views . . . . .	139
Set Up an iMessage Account . . . . .	140
Use Messages to Address, Create, and Send Messages . . . . .	142
Read Messages . . . . .	143
Clear a Conversation . . . . .	144
Send Emojis in Place of Text . . . . .	145
Use the App Drawer . . . . .	146
Send and Receive Audio . . . . .	149
Send a Photo or Video . . . . .	150
Send a Map of Your Location . . . . .	152
Understand Group Messaging . . . . .	153
Activate the Hide Alerts Feature . . . . .	154
<b>CHAPTER 9: Using Handy Utilities</b> . . . . .	155
Use the Calculator . . . . .	155
Find Your Way with Compass . . . . .	157
Record Voice Memos . . . . .	159
Measure Distances and Level Objects . . . . .	162
Discover the Home App . . . . .	165
Translate Words and Phrases . . . . .	166

<b>CHAPTER 10: Making Your iPhone More Accessible</b> . . . . .	171
Set Brightness . . . . .	172
Change the Wallpaper . . . . .	173
Set Up VoiceOver . . . . .	175
Use VoiceOver . . . . .	178
Use iPhone with Hearing Aids . . . . .	182
Adjust the Volume . . . . .	183
Set Up Subtitles and Captioning . . . . .	185
Manage Other Hearing Settings . . . . .	186
Turn On and Work with AssistiveTouch . . . . .	187
Turn On Additional Physical and Motor Settings . . . . .	189
Focus Learning with Guided Access . . . . .	190
One-Handed Keyboard . . . . .	192
Control your iPhone with a Tap on the Back . . . . .	194
Control Your iPhone with Voice Control . . . . .	195
<b>CHAPTER 11: Conversing with Siri</b> . . . . .	199
Activate Siri . . . . .	200
Discover All That Siri Can Do . . . . .	202
Get Suggestions . . . . .	205
Call Contacts . . . . .	206
Create Reminders and Alerts . . . . .	207
Add Tasks to Your Calendar . . . . .	208
Play Music . . . . .	209
Get Directions . . . . .	211
Ask for Facts . . . . .	212
Search the Web . . . . .	213
Send Email, Messages, or Tweets . . . . .	213
Use Dictation . . . . .	213
<b>Part 3: Exploring the Internet</b> . . . . .	215
<b>CHAPTER 12: Browsing with Safari</b> . . . . .	217
Connect to the Internet . . . . .	218
Explore Safari . . . . .	219
Navigate Web Pages . . . . .	221
Use Tabbed Browsing . . . . .	223
View Browsing History . . . . .	225

Search the Web . . . . .	226
Add and Use Bookmarks. . . . .	227
Download Files . . . . .	230
Translate Web Pages . . . . .	231
<b>CHAPTER 13: Emailing with the Mail App . . . . .</b>	<b>233</b>
Add an Email Account . . . . .	234
Manually Set Up an Email Account . . . . .	236
Open Mail and Read Messages . . . . .	238
Reply To or Forward Email . . . . .	241
Create and Send a New Message . . . . .	243
Format Email. . . . .	245
Search Email . . . . .	249
Mark Email as Unread or Flag for Follow-Up . . . . .	251
Create an Event from Email Contents. . . . .	252
Delete Email . . . . .	253
Organize Email . . . . .	255
Create a VIP List . . . . .	256
<b>CHAPTER 14: Expanding Your iPhone Horizons with Apps . . . . .</b>	<b>259</b>
Explore Senior-Recommended Apps . . . . .	260
Search the App Store. . . . .	263
Get Applications from the App Store . . . . .	264
Organize Your Applications on Home Screens . . . . .	266
Organize Apps in Folders . . . . .	268
Delete Apps You No Longer Need. . . . .	270
Offload Apps to Keep Data . . . . .	271
Update Apps . . . . .	273
Purchase and Download Games . . . . .	275
Challenge Friends in Game Center . . . . .	278
<b>CHAPTER 15: Socializing with Facebook, Twitter, and Instagram . . . . .</b>	<b>279</b>
A Few Social Media Dos and Don'ts. . . . .	280
Find and Install Social Media Apps . . . . .	281
Create a Facebook Account . . . . .	282
Customize Facebook Settings for Your iPhone . . . . .	283
Create a Twitter Account. . . . .	284
Create an Instagram Account. . . . .	286

<b>Part 4: Enjoying Media</b> . . . . .	289
<b>CHAPTER 16: Shopping the iTunes Store</b> . . . . .	291
Explore the iTunes Store . . . . .	291
Buy a Selection . . . . .	294
Rent Movies . . . . .	295
Use Apple Pay and Wallet . . . . .	298
Set Up Family Sharing . . . . .	298
<b>CHAPTER 17: Reading Books</b> . . . . .	301
Find Books with Apple Books . . . . .	301
Buy Books . . . . .	304
Navigate a Book . . . . .	306
Adjust Brightness in Apple Books . . . . .	307
Change the Font Size and Type . . . . .	309
<b>CHAPTER 18: Enjoying Music and Podcasts</b> . . . . .	311
View the Library Contents . . . . .	312
Create Playlists . . . . .	314
Search for Music . . . . .	315
Play Music . . . . .	317
Shuffle Music . . . . .	320
Listen with Your Earbuds . . . . .	321
Use AirPlay . . . . .	322
Play Music with Radio . . . . .	323
Find and Subscribe to Podcasts . . . . .	324
Play Podcasts . . . . .	327
<b>CHAPTER 19: Taking and Sharing Photos</b> . . . . .	329
Take Pictures with the iPhone Cameras . . . . .	330
Save Photos from the Web . . . . .	334
View an Album . . . . .	336
View Individual Photos . . . . .	337
Edit Photos . . . . .	338
Organize Photos . . . . .	340
Share Photos with Mail, Twitter, or Facebook . . . . .	341
Share a Photo Using AirDrop . . . . .	343
Share Photos Using iCloud Photo Sharing . . . . .	344
Delete Photos . . . . .	345

<b>CHAPTER 20: Creating and Watching Videos</b> . . . . .	347
Capture Your Own Videos with the Built-In Cameras . . . . .	348
Using QuickTake for Videos . . . . .	349
Edit Videos . . . . .	351
Play Movies or TV Shows with the TV App . . . . .	352
Content from third-party providers . . . . .	353
Content from iTunes . . . . .	355
Turn On Closed-Captioning . . . . .	357
Delete a Video from the iPhone . . . . .	358
<b>CHAPTER 21: Navigating with Maps</b> . . . . .	359
Go to Your Current Location . . . . .	360
Change Views . . . . .	361
Zoom In and Out . . . . .	363
Go to Another Location or a Favorite . . . . .	365
Drop a Marker (or Pin) . . . . .	366
Find Directions . . . . .	368
Get Turn-by-Turn Navigation Help . . . . .	370
<b>Part 5: Living with Your iPhone</b> . . . . .	375
<b>CHAPTER 22: Keeping on Schedule with Calendar and Clock</b> . . . . .	377
View Your Calendar . . . . .	378
Add Calendar Events . . . . .	381
Add Events with Siri . . . . .	382
Create Repeating Events . . . . .	382
View an Event . . . . .	384
Add Alerts . . . . .	384
Search for an Event . . . . .	386
Delete an Event . . . . .	386
Display Clock . . . . .	387
Set an Alarm . . . . .	388
Use Stopwatch and Timer . . . . .	390
<b>CHAPTER 23: Working with Reminders and Notifications</b> . . . . .	393
Create a Reminder . . . . .	394
Edit Reminder Details . . . . .	395
Schedule a Reminder by Time, Location, or When Messaging . . . . .	397

Create a List . . . . .	399
Sync with Other Devices and Calendars . . . . .	401
Mark as Complete or Delete a Reminder . . . . .	402
Set Notification Types . . . . .	404
View Notification Center . . . . .	407
Get Some Rest with Do Not Disturb . . . . .	408
<b>CHAPTER 24: Keeping Tabs on Your Health . . . . .</b>	<b>411</b>
Health App Overview . . . . .	412
Apps that Health can collaborate with . . . . .	415
What equipment connects with Health . . . . .	415
Create Your Medical ID . . . . .	416
Become an Organ Donor . . . . .	417
View Health App Data . . . . .	418
Import and Export Health Data . . . . .	421
View Health Records . . . . .	421
<b>CHAPTER 25: Troubleshooting and Maintaining Your iPhone . . . . .</b>	<b>423</b>
Keep the iPhone Screen Clean . . . . .	424
Protect Your Gadget with a Case . . . . .	425
Extend Your iPhone’s Battery Life . . . . .	426
Deal with a Nonresponsive iPhone . . . . .	427
Update the iOS Software . . . . .	428
Find a Missing Apple Device . . . . .	430
Back Up to iCloud . . . . .	432
<b>INDEX . . . . .</b>	<b>435</b>

# Introduction

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If you bought this book (or are even thinking about buying it), you've probably already made the decision to buy an iPhone. Apple's iPhone is designed to be easy to use, but you can still spend hours exploring the preinstalled apps, discovering how to change settings, and figuring out how to sync the device to your computer or through iCloud. (If you don't know what that is, we dive into it in Chapter 4.) I've invested those hours so that you don't have to — and I've added advice and tips so that you can become an expert with your iPhone.

This book will get you going with your iPhone quickly and painlessly so that you can move directly to the fun part.

## About This Book

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This book is specifically written for mature people like you. Folks who may be relatively new to using a smartphone and want to discover the basics of buying an iPhone, making and receiving phone and video calls, working with apps, getting on the Internet, enjoying music and photos, and discovering all of the other tricks your iPhone can do. In writing this book, I've tried to consider the types of activities that might interest someone who is 50 years old or older and picking up an iPhone for the first time.

## Foolish Assumptions

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This book is organized by sets of tasks. These tasks start from the beginning, assuming that you've never laid your hands on an iPhone, and guide you through basic steps using nontechnical language.

This book covers going online using either a Wi-Fi or cellular connection, browsing the web (Chapter 12), and checking email (Chapter 13).

I'm also assuming that you'll want to use the Apple Books e-reader app, so I cover its features in Chapter 17. I tackle all kinds of neat things you can do with your iPhone, such as monitoring use of your iPhone and its apps (Chapter 5), discovering new apps (Chapter 14), taking and sharing your photos and videos (Chapters 19 and 20, respectively), tracking your health (Chapter 24), and much more!

## Icons Used in This Book

Icons are tiny pictures in the margin of pages that call your attention to special advice or information, such as:



TIP

These brief pieces of advice help you to take a skill further or provide alternate ways of getting things done.



WARNING

Heads up! This may be difficult or expensive to undo.



REMEMBER

This is information that's so useful, it's worth keeping in your head, not just on your bookshelf.



TECHNICAL  
STUFF

Maybe this isn't essential information, but it's neat to know.

## Beyond the Book

There's even more iPhone information on [www.dummies.com](http://www.dummies.com). This book's Cheat Sheet offers tips on using Siri and suggests all kinds of apps that you can use to make the most of your iPhone. To get to the cheat sheet, go to [www.dummies.com](http://www.dummies.com), then type *iPhone For Seniors For Dummies Cheat Sheet* in the Search box.



# Where to Go from Here

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You can work through this book from beginning to end or simply open a chapter to solve a problem or acquire a specific new skill whenever you need it. The steps in every task quickly get you to where you want to go, without a lot of technical explanation.

At the time I wrote this book, all the information it contained was accurate for the iPhone SE (1st and 2nd generations), 6s and 6s Plus, 7 and 7 Plus, 8 and 8 Plus, X (the Roman numeral for ten), XR, XS, XS Max, 11, 11 Pro, 11 Pro Max, 12, 12 mini, 12 Pro, and 12 Pro Max along with version 14 of iOS (the operating system used by the iPhone). Apple is likely to introduce new iPhone models and versions of iOS between book editions. If you've bought a new iPhone and found that its hardware, user interface, or other software on your computer mentioned in this book looks a little different, be sure to check out what Apple has to say at [www.apple.com/iphone](http://www.apple.com/iphone). You'll no doubt find updates there on the company's latest releases.



**1**

**Getting to Know  
Your iPhone**

## **IN THIS PART . . .**

Meeting your new iPhone

Navigating iPhone's interface

Customizing your settings

Discovering installed apps

Activating special features

Monitoring how your iPhone is being used

- » Discover what's new in iPhones and iOS 14
- » Choose the right iPhone for you and find where to buy it
- » Understand what you need to use your iPhone
- » Explore what's in the box
- » Take a look at the gadget

## Chapter **1**

# Buying Your iPhone

**Y**ou've read about it. You've seen the lines at Apple Stores on the day a new version of the iPhone is released. You're so intrigued that you've decided to get your own iPhone to have a smartphone that offers much more than the ability to make and receive calls. Perhaps you're not new to smartphones but are ready to make the switch to the ultimate in such devices. iPhone also offers lots of fun apps, such as games and exercise trackers; allows you to explore the online world; lets you read e-books, magazines, and other periodicals; allows you to take and organize photos and videos; plays music and movies, and a lot more.

Trust me: You've made a good decision, because the iPhone redefines the mobile phone experience in an exciting way. It's also an absolutely perfect fit for seniors.

In this chapter, you learn about the advantages of the iPhone, as well as where to buy this little gem and associated data plans from providers. After you have one in your hands, I help you explore what's in the box and get an overview of the little buttons and slots you'll encounter — luckily, the iPhone has very few of them.

# Discover the Newest iPhones and iOS 14

Apple's iPhone gets its features from a combination of hardware and its software operating system (called iOS, which is short for iPhone operating system). The most current version of the operating system is iOS 14. It's helpful to understand which new features the latest models and iOS 14 bring to the table (all of which are covered in more detail in this book).

Apple's latest additions to the iPhone family are the iPhone 12, 12 mini, 12 Pro, and 12 Pro Max. Like their predecessors, they are highly advanced smartphones that leave competitors in the dust. Here are some of the key features of the latest iPhone models:

- » **An A14 Bionic chip:** Each of the four new iPhone models includes the new A14 chip. The truly innovative tech in these models demands a processor that can handle some heavy lifting while still being able to answer calls and retrieve email.
- » **5G:** The latest iPhones are the first to support 5G. 5G is the latest — and by far, the fastest — cellular wireless technology. 5G promises to expand the connectivity of not just our smartphones, but just about any device that supports the technology, including computers, cars, smart home devices, and so much more. 5G has the potential to change global communication, providing ridiculously fast and reliable connectivity.
- » **Splash, water, and dust resistance:** Your new iPhone 12, 12 mini, 12 Pro, or 12 Pro Max is resistant to damage caused by water splashing onto it or from dust collecting within it.



TIP

You might consider acquiring AppleCare+, which is Apple's extended warranty, currently priced at \$149 for iPhone 12 and 12 mini, or \$199 for iPhone 12 Pro and 12 Pro Max. AppleCare+ does cover up to two incidents of accidental damage, which could more than cover the cost of repairing your iPhone without it. You can also get AppleCare+ with Theft and Loss coverage for \$50 more for iPhone 12 and 12 mini, and \$70 more for 12 Pro and 12 Pro Max.

Now, you don't want to take your iPhone 12 model deep-sea diving, but it's likely to survive submersion in about six meters of water for up to 30 minutes. Mind you, these numbers have been tested in labs and aren't based on real-world conditions. In other words, if your iPhone 12 model gets wet, it's much more likely to survive the ordeal than older iPhone iterations, but it still isn't something you'd like to see happen to your expensive investment.

- » **MagSafe charging:** iPhone 12 models include MagSafe charging, which uses Apple's MagSafe technology to charge your iPhone with a magnetic connector that snaps onto the back of the device. Apple also has a series of accessories, such as cases and wallets, that are MagSafe compatible, meaning you can charge your iPhone even if has those accessories attached.
- » **Ceramic Shield:** The toughness and durability of Apple's screens just keeps getting better. Ceramic Shield was developed by Apple and Corning, and according to them, it's the toughest screen ever for a smartphone, making it four times more likely than other smartphones to survive a drop unscathed.



WARNING

Don't think your iPhone is unbreakable. Cases are still a good — no, make that a great — idea. As a matter of fact, Apple has a line of cases that not only protect your iPhone but also allow for wireless Qi or MagSafe charging.

Any iPhone model from the iPhone SE (1st generation) forward can use most features of iOS 14 if you update the operating system (discussed in detail in Chapter 3); this book is based on version 14 of iOS. This update to the operating system adds many features, including (but definitely not limited to) the following:

- » **Home screen enhancements:** Your Home screens are where all your apps are organized. iOS 14 introduces features such as App Library, the ability to hide entire Home screen pages, and enhanced widgets.
- » **Siri improvements:** Siri just keeps getting better. Siri can now speak in more languages and voices, send audio messages, and

includes 20 times more facts than in previous iterations. Siri also has a more compact presence on your screen, so the entire screen isn't taken up when using the feature.

- » **Widgets:** With iOS 14, you can now place widgets on your Home screen. Widgets are snippets of information, such as weather and calendar appointments, that are provided at a glance so that you don't have to open individual apps. Widgets were once only available on the Today screen, but now you can place them anywhere you like, and you can also customize their size and appearance.
- » **App Library:** The App Library affords you a new way to organize and access your apps, alongside the traditional way of doing so with your Home screen(s). Apps are automatically organized in the App Library according to category.
- » **Compact Calls and Picture-In-Picture (PIP):** In the "old-timey" days before iOS 14, phone calls and FaceTime calls would take up your entire screen. Now those calls only take up a small portion of your screen (if you like), allowing you to multitask while talking.
- » **Translate:** iOS 14 introduces the new Translate app. Translate allows you to carry on a conversation in 11 different languages. It also offers a mode that allows you and another person to speak to one another in your native languages while Translate instantly displays the translation for each of you. It's almost like something out of *Star Trek*.



TIP

Don't need or use all the built-in apps? You can remove them from your Home screen. When you remove a built-in app from your Home screen, you aren't deleting it — you're hiding it. This is due to security reasons that are beyond the scope of this book. However, the built-in apps take up very little of your iPhone's storage space, and they can easily be added back to your Home screen by searching for them in the App Store and tapping the Get button.

These are but a very few of the improvements made to the latest version of iOS. I suggest visiting [www.apple.com/ios/ios-14](http://www.apple.com/ios/ios-14) to find out more.



# Choose the Right iPhone for You

The sizes of the latest iPhone 12 models vary:

- » iPhone 12 measures 2.82" by 5.78" (6.1" diagonally) with a depth of .29 inches (see **Figure 1-1**).
- » iPhone 12 mini measures 2.53" by 5.18" (5.4" diagonally) with a depth of .29 inches (also shown in **Figure 1-1**).
- » iPhone 12 Pro measures 2.82" by 5.78" (6.1" diagonally) with a depth of .29 inches (see **Figure 1-2**).
- » iPhone 12 Pro Max measures 3.07" by 6.33" (6.7" diagonally) with a depth of .29 inches (also shown in **Figure 1-2**).

You can get iPhone 12 in white, black, blue, green, and a beautiful PRODUCT RED version. iPhone 12 Pro and 12 Pro Max both come in gold, silver, graphite, and a great-looking Pacific Blue.

Other differences between iPhone models come primarily from the current operating system, iOS 14.

Not sure whether to get an iPhone 12 model? Here are a few more key differences:

- » The battery life of the iPhone 12 Pro Max is longer than the other models. For example, audio playback time on the 12 Pro Max is rated at 80 hours versus 65 hours on the 12 and 12 Pro, with the 12 mini maxing out at 50 hours.
- » iPhone 12 Pro and 12 Pro Max have triple rear-facing cameras, providing amazing optical zoom, Portrait mode, and other features. The 12 and 12 mini has dual rear-facing cameras.
- » Screen resolution: The higher the resolution, the crisper the phone display. The iPhone 12 and 12 Pro provide 2532 x 1170 resolution; 12 mini boasts 2340 x 1080; and 12 Pro Max provides a stunning 2778 x 1284.

iPhone 12 Overview Tech Specs [Shop](#)


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### iPhone 12 mini

### iPhone 12


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**Finish**



Black, White, **(PRODUCT)RED**, Green, Blue

Ceramic Shield front  
Glass back and aluminum design



Black, White, **(PRODUCT)RED**, Green, Blue

Ceramic Shield front  
Glass back and aluminum design

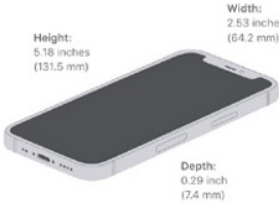
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**Capacity<sup>1</sup>**

	64GB	64GB
	128GB	128GB
	256GB	256GB

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**Size and Weight<sup>2</sup>**

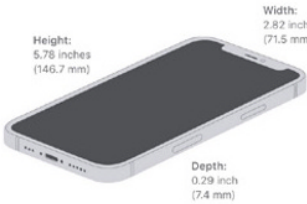


Height: 5.18 inches (131.5 mm)

Width: 2.83 inches (64.2 mm)

Depth: 0.29 inch (7.4 mm)

Weight: 4.76 ounces (135 grams)



Height: 5.78 inches (146.7 mm)

Width: 2.82 inches (71.5 mm)

Depth: 0.29 inch (7.4 mm)

Weight: 5.78 ounces (164 grams)

**FIGURE 1-1**

Apple Mac iPad iPhone Watch TV Music Support Overview Tech Specs Shop

## iPhone 12 Pro

## iPhone 12 Pro Max

**Finish**



Silver, Graphite, Gold, Pacific Blue

Ceramic Shield front  
Textured matte glass back and stainless steel design

Silver, Graphite, Gold, Pacific Blue

Ceramic Shield front  
Textured matte glass back and stainless steel design

**Capacity<sup>1</sup>**

Capacity	iPhone 12 Pro	iPhone 12 Pro Max
128GB	128GB	128GB
256GB	256GB	256GB
512GB	512GB	512GB

**Size and Weight<sup>2</sup>**



Height: 6.78 inches (146.7 mm)  
Width: 2.82 inches (71.5 mm)  
Depth: 0.29 inch (7.4 mm)  
Weight: 6.66 ounces (189 grams)

Height: 8.33 inches (160.8 mm)  
Width: 3.07 inches (78.1 mm)  
Depth: 0.29 inch (7.4 mm)  
Weight: 8.03 ounces (228 grams)

**FIGURE 1-2**

Table 1-1 gives you a quick comparison of iPhone XR, 11, SE (2nd generation), 12, 12 mini, 12 Pro, and 12 Pro Max (models currently sold by Apple). All costs are as of the time this book was written. (Some carriers may introduce non-contract terms.)

**TABLE 1-1 iPhone Model Comparison**

Model	Storage	Cost (may vary by carrier)	Carriers
XR	64 and 128GB	from \$499	AT&T, Verizon, Sprint, T-Mobile
11	64, 128, and 256GB	from \$599	AT&T, Verizon, Sprint, T-Mobile
SE (2nd generation)	64, 128, and 256GB	from \$399	AT&T, Verizon, Sprint, T-Mobile
12	64, 128, and 256GB	from \$799	AT&T, Verizon, Sprint, T-Mobile
12 mini	64, 128, and 256GB	from \$699	AT&T, Verizon, Sprint, T-Mobile
12 Pro	128, 256, and 512GB	from \$999	AT&T, Verizon, Sprint, T-Mobile
12 Pro Max	128, 256, and 512GB	from \$1099	AT&T, Verizon, Sprint, T-Mobile



TIP

One exciting pricing option is the iPhone Upgrade Program. You choose your carrier, get an unlocked phone so you can change carriers, and receive Apple Care + to cover you in case your phone has problems, all starting at a cost of \$35.33 a month (depending on the iPhone model you select). Data usage from your carrier will come on top of that. Check out [www.apple.com/shop/iphone/iphone-upgrade-program](http://www.apple.com/shop/iphone/iphone-upgrade-program) for more information.

## Decide How Much Storage Is Enough

Storage is a measure of how much information — for example, movies, photos, and software applications (apps) — you can store on a computing device. Storage can also affect your iPhone’s performance when handling such tasks as streaming favorite TV shows from the World Wide Web or downloading music.



TIP

Streaming refers to playing video or music content from the web (or from other devices) rather than playing a file stored on your iPhone. You can enjoy a lot of material online without ever downloading its full content to your phone — and given that the most storage endowed iPhone model has a relatively small amount of storage, that isn't a bad idea. See Chapters 18 and 20 for more about getting your music and movies online.

Your storage options with an iPhone 12 or 12 mini are 64, 128, and 256 gigabytes (GB), while 12 Pro and 12 Pro Max are 128, 256, and 512 gigabytes. You must choose the right amount of storage because you can't open the unit and add more as you usually can with a desktop computer. However, Apple has thoughtfully provided iCloud, a service you can use to back up content to the Internet (you can read more about that in Chapter 4).

How much storage is enough for your iPhone? Here's a guideline:

- » If you like lots of media, such as movies or TV shows, you might need 512GB.
- » For most people who manage a reasonable number of photos, download some music, and watch heavy-duty media such as movies online, 128GB may be sufficient. But if there's any possibility you may take things up a notch in the future regarding media consumption and creation (such as the newest grandchild being on the way soon), you should probably seriously consider 256GB.
- » If you simply want to check email, browse the web, keep your calendar up to date, and write short notes to yourself, 64GB likely is plenty.



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Do you know how big a *gigabyte* (GB) is? Consider this: Just about any computer you buy today comes with a minimum of 256GB of storage. Computers have to tackle larger tasks than iPhones, so that number makes sense. The iPhone, which uses a technology called *flash storage* for storing data, is meant (to a great extent) to help you experience online media and email; it doesn't have to store much since it pulls lots of content from the Internet. In the

world of storage, 32GB for any kind of storage is puny if you keep lots of content (such as audio, video, and photos) on the device.

What's the price for larger storage? For the iPhone 12, a 64GB unit costs \$799; 128GB is \$849; and 256GB will set you back \$949. iPhone 12 mini with 64GB goes for \$699, 128GB at \$749, and 256GB for \$849. iPhone 12 Pro with 128GB is \$999; 256GB is \$1099; and the model tops out at \$1299 for 512GB. Not to be outdone, iPhone 12 Pro Max is the priciest: \$1099 for 128GB; \$1199 for 256GB; and \$1,399 for 512GB. Note that prices may vary by carrier and where you buy your phone.

## Understand What You Need to Use Your iPhone

Before you head off to buy your iPhone, you should know what other connections and accounts you'll need to work with it optimally.

At a bare minimum, to make standard cellular phone calls, you need to have a service plan with a cellular carrier (such as AT&T or Verizon), as well as a data plan that supports iPhone. The data plan allows you to exchange information over the Internet (such as emails and text messages) and download content (such as movies and music). Try to verify the strength of coverage in your area, as well as how much data your plan provides each month, before you sign up.

You also need to be able to update the iPhone operating system (iOS) and share media (such as music) among Apple devices. Though these functions can be utilized without a phone carrier service plan, you have to plug your phone into your computer to update the operating system or you may also update wirelessly over a network. You need to use a local Wi-Fi network to go online and make calls using an Internet service, such as FaceTime or Skype.



TIP

Given the cost and high-tech nature of the iPhone, having to jury-rig these basic functions doesn't make much sense. Trust me: Get an account and data plan with your phone service provider.