

LEARNING MADE EASY



2023 Edition

# iPhone®

FOR SENIORS

for  
**dummies**®  
A Wiley Brand



Update your iPhone  
and navigate iOS 16

Take memorable photos  
and videos you'll treasure

Find exciting new apps  
in the App Store

**Dwight Spivey**

Father of four, husband of one,  
and Apple expert





# iPhone<sup>®</sup> For Seniors

2023 Edition

**by Dwight Spivey**

for  
**dummies**<sup>®</sup>  
A Wiley Brand

## iPhone® For Seniors For Dummies®, 2023 Edition

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# Table of Contents

<b>INTRODUCTION</b> .....	1
About This Book .....	1
Foolish Assumptions .....	1
Icons Used in This Book .....	2
Beyond the Book .....	3
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 16 .....	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 .....	19
<b>CHAPTER 2: Exploring the Home Screen</b> .....	21
What You Need to Use the iPhone .....	22
Turn On iPhone for the First Time .....	23
Meet the Multi-Touch Screen .....	24
Say Hello to Tap and Swipe .....	28
Browsing the App Library .....	31
Display and Use the Onscreen Keyboard .....	34
Keyboard shortcuts .....	36
The shift key .....	37
Emojis .....	37
QuickPath .....	38
Swipe to Search .....	39
Wonderful Widgets .....	40
Change and Customize Your Lock Screen .....	41
<b>CHAPTER 3: Getting Going</b> .....	45
Update the Operating System to iOS 16 .....	46
Learn App Switcher Basics .....	47

	Examine the iPhone Cameras . . . . .	48
	Take a Look at Face ID . . . . .	50
	Discover Control Center . . . . .	51
	Lock Screen Rotation . . . . .	54
	Explore the Status Bar . . . . .	55
	Take Inventory of Preinstalled Apps . . . . .	56
	Put Your iPhone to Sleep or Turn It Off . . . . .	59
<b>CHAPTER 4:</b>	<b>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 iPhone's Files . . . . .	72
<b>CHAPTER 5:</b>	<b>Managing and Monitoring iPhone Usage . . . . .</b>	<b>75</b>
	Meet Screen Time . . . . .	76
	Create Some Downtime . . . . .	79
	Allow Certain Apps During Downtime . . . . .	81
	Set App Limits . . . . .	82
	Set Content and Privacy Restrictions . . . . .	86
	Manage Children's Accounts . . . . .	89
<b>PART 2:</b>	<b>USING YOUR IPHONE . . . . .</b>	<b>91</b>
<b>CHAPTER 6:</b>	<b>Making and Receiving Calls . . . . .</b>	<b>93</b>
	Place a Call by Using the Keypad . . . . .	94
	End a Call . . . . .	96
	Place a Call by Using Contacts . . . . .	96
	Return a Recent Call . . . . .	97
	Use Favorites . . . . .	98
	Receive a Call . . . . .	100
	Use Tools During a call . . . . .	103
	Turn On Do Not Disturb . . . . .	104
	Set Up a Driving Focus . . . . .	105
	Set Up Exceptions for Do Not Disturb . . . . .	107

	Reply to a Call via Text or Set a Reminder to Call Back. . . . .	109
	Change Your Ringtone. . . . .	109
<b>CHAPTER 7:</b>	<b>Organizing Contacts</b> . . . . .	111
	Add a Contact . . . . .	112
	Sync Contacts with iCloud. . . . .	114
	Assign a Photo to a Contact . . . . .	116
	Add Social Media Information . . . . .	118
	Designate Related People. . . . .	119
	Set Individual Ringtones and Text Tones . . . . .	121
	Search for a Contact . . . . .	122
	Share a Contact . . . . .	124
	Delete a Contact. . . . .	125
<b>CHAPTER 8:</b>	<b>Communicating with FaceTime and Messages</b> . . . . .	127
	What You Need to Use FaceTime. . . . .	128
	An Overview of FaceTime . . . . .	129
	Make a FaceTime Call with Wi-Fi or Cellular. . . . .	130
	Accept, Enjoy, and End a FaceTime Call . . . . .	133
	Switch Views . . . . .	135
	Set Up an iMessage Account . . . . .	135
	Use Messages to Address, Create, and Send Messages. . . . .	137
	Read Messages. . . . .	139
	Clear a Conversation . . . . .	140
	Send Emojis with Your Text . . . . .	141
	Use App Drawer . . . . .	142
	Send and Receive Audio . . . . .	145
	Send a Photo or Video. . . . .	146
	Understand Group Messaging. . . . .	147
	Activate the Hide Alerts Feature . . . . .	148
<b>CHAPTER 9:</b>	<b>Using Handy Utilities</b> . . . . .	149
	Use the Calculator App . . . . .	150
	Find Your Way with Compass. . . . .	151
	Record Voice Memos. . . . .	153
	Measure Distances and Level Objects . . . . .	156
	Discover the Home App . . . . .	159
	Translate Words and Phrases . . . . .	160

<b>CHAPTER 10: Making Your iPhone More Accessible</b> . . . . .	165
Set Brightness . . . . .	166
Change the Wallpaper . . . . .	167
Set Up VoiceOver . . . . .	169
Use VoiceOver . . . . .	172
Customize Vision Settings . . . . .	173
Use iPhone with Hearing Aids . . . . .	174
Adjust the Volume . . . . .	175
Set Up Subtitles and Captioning . . . . .	176
Manage Other Hearing Settings . . . . .	178
Turn On and Work with AssistiveTouch . . . . .	179
Turn On Additional Physical and Motor Settings . . . . .	181
Focus Learning with Guided Access . . . . .	181
One-Handed Keyboard . . . . .	184
Control Your iPhone with a Tap on the Back . . . . .	186
Control Your iPhone with Voice Control . . . . .	187
Adjust Accessibility Settings on a Per-App Basis . . . . .	189
<b>CHAPTER 11: Conversing with Siri</b> . . . . .	191
Activate Siri . . . . .	192
Discover All That Siri Can Do . . . . .	194
Get Suggestions . . . . .	197
Call Contacts . . . . .	198
Create Reminders and Alerts . . . . .	199
Add Events to Your Calendar . . . . .	200
Play Music . . . . .	200
Get Directions . . . . .	201
Ask for Facts . . . . .	202
Search the Web . . . . .	203
Send Email, Messages, or Tweets . . . . .	203
Use Dictation . . . . .	204
<b>PART 3: EXPLORING THE INTERNET AND APPS</b> . . . . .	205
<b>CHAPTER 12: Browsing with Safari</b> . . . . .	207
Connect to the Internet . . . . .	208
Explore Safari . . . . .	209
Navigate Web Pages . . . . .	211
Use Tabbed Browsing . . . . .	213



	Organize with Tab Groups . . . . .	214
	View Browsing History . . . . .	217
	Search the Web . . . . .	218
	Add and Use Bookmarks . . . . .	219
	Download Files . . . . .	221
	Translate Web Pages . . . . .	223
<b>CHAPTER 13:</b>	<b>Working with Email in the Mail App . . . . .</b>	<b>225</b>
	Add an Email Account . . . . .	226
	Manually Set Up an Email Account . . . . .	228
	Open Mail and Read Messages . . . . .	230
	Reply To or Forward Email . . . . .	232
	Create and Send a New Message . . . . .	234
	Format Email . . . . .	236
	Search Email . . . . .	239
	Mark Email as Unread or Flag for Follow-Up . . . . .	241
	Create an Event from Email Contents . . . . .	242
	Delete Email . . . . .	243
	Organize Email . . . . .	244
	Create a VIP List . . . . .	245
<b>CHAPTER 14:</b>	<b>Expanding Your iPhone Horizons with Apps . . . . .</b>	<b>249</b>
	Explore Senior-Recommended Apps . . . . .	250
	Search the App Store . . . . .	253
	Get Applications from the App Store . . . . .	254
	Organize Your Applications on Home Screens . . . . .	256
	Organize Apps in Folders . . . . .	258
	Delete Apps You No Longer Need . . . . .	260
	Offload Apps to Keep Data . . . . .	261
	Update Apps . . . . .	263
	Purchase and Download Games . . . . .	267
	Challenge Friends in Game Center . . . . .	269
<b>CHAPTER 15:</b>	<b>Socializing with Facebook, Twitter, and Instagram . . . . .</b>	<b>271</b>
	A Few Social Media Dos and Don'ts . . . . .	272
	Find and Install Social Media Apps . . . . .	273
	Create a Facebook Account . . . . .	274
	Customize Facebook Settings for Your iPhone . . . . .	275
	Create a Twitter Account . . . . .	277
	Create an Instagram Account . . . . .	278

<b>PART 4: ENJOYING MEDIA</b> .....	279
<b>CHAPTER 16: Shopping the iTunes Store</b> .....	281
Explore the iTunes Store .....	281
Buy a Selection .....	283
Rent Movies .....	285
Use Apple Pay and Wallet .....	287
Set Up Family Sharing .....	287
<b>CHAPTER 17: Reading Books</b> .....	289
Find Books with Apple Books .....	289
Buy Books .....	292
Navigate a Book .....	293
Select and Customize Themes .....	295
Modify Your Book's Font .....	297
Adjust Accessibility & Layout Options .....	298
<b>CHAPTER 18: Enjoying Music and Podcasts</b> .....	301
View the Music Library .....	302
Create Playlists .....	304
Search for Music .....	306
Play Music .....	307
Shuffle Music .....	311
Listen with Your Earbuds .....	312
Listen with Spatial Audio .....	312
Use AirPlay .....	314
Play Music with Radio .....	315
Find and Subscribe to Podcasts .....	316
Play Podcasts .....	319
<b>CHAPTER 19: Taking and Sharing Photos</b> .....	321
Take Pictures with the iPhone Cameras .....	322
Save Photos from the Web .....	326
View an Album and Its Photos .....	327
Edit Photos .....	329
Organize Photos .....	331
Share Photos with Mail, Twitter, or Facebook .....	333
Share a Photo Using AirDrop .....	334
Share Photos Using iCloud Photo Sharing .....	336
Delete Photos .....	336

<b>CHAPTER 20: Creating and Watching Videos</b> . . . . .	337
Capture Your Own Videos with the Built-In Cameras . . . . .	338
Using QuickTake for Videos . . . . .	339
Edit Videos . . . . .	341
Play Movies or TV Shows with the TV App . . . . .	342
Content from third-party providers . . . . .	343
Content from the iTunes Store . . . . .	345
Turn On Closed-Captioning . . . . .	347
Delete a Video from the iPhone . . . . .	349
<b>CHAPTER 21: Navigating with Maps</b> . . . . .	351
Display Your Current Location . . . . .	352
Change Views . . . . .	353
Zoom In and Out . . . . .	355
Go to Another Location or a Favorite . . . . .	357
Drop a Marker (or Pin) . . . . .	359
Find Directions . . . . .	360
Get Turn-by-Turn Navigation Help . . . . .	362
Go Globetrotting! . . . . .	366
<b>PART 5: LIVING WITH YOUR IPHONE</b> . . . . .	367
<b>CHAPTER 22: Keeping on Schedule with Calendar and Clock</b> . . . . .	369
View Your Calendar . . . . .	370
Add Calendar Events . . . . .	373
Add Events with Siri . . . . .	375
Create Repeating Events . . . . .	376
View an Event . . . . .	377
Add an Alert to an Event . . . . .	377
Select a default Calendar Alert . . . . .	378
Set up an alert for an event . . . . .	378
Search for an Event . . . . .	380
Delete an Event . . . . .	380
Display the Clock App . . . . .	381
Set an Alarm . . . . .	382
Use Stopwatch and Timer . . . . .	384
<b>CHAPTER 23: Working with Reminders and Notifications</b> . . . . .	387
Create a Reminder . . . . .	388
Edit Reminder Details . . . . .	389

Schedule a Reminder by Time, Location, or When Messaging . . . . .	391
Create a List . . . . .	393
Sync with Other Devices and Calendars . . . . .	394
Mark as Complete or Delete a Reminder . . . . .	396
Get Notified! . . . . .	398
Notification summaries . . . . .	398
Set notification types . . . . .	400
View Notification Center . . . . .	402
Stay Focused and Undisturbed . . . . .	404
Set up a focus . . . . .	404
Turn on a focus . . . . .	405
<b>CHAPTER 24: Keeping Tabs on Your Health . . . . .</b>	<b>407</b>
Understand the Health App . . . . .	408
Apps that Health can collaborate with . . . . .	412
Equipment that connects with Health . . . . .	412
Create Your Medical ID . . . . .	412
Become an Organ Donor . . . . .	413
View Health App Data . . . . .	414
Import and Export Health Data . . . . .	416
Sharing Is Caring . . . . .	416
View Health Records . . . . .	418
Stay on Top of Your Medications . . . . .	419
<b>CHAPTER 25: Troubleshooting and Maintaining Your iPhone . . . . .</b>	<b>421</b>
Keep the iPhone Screen Clean . . . . .	422
Protect Your Gadget with a Case . . . . .	423
Extend Your iPhone's Battery Life . . . . .	424
Deal with a Nonresponsive iPhone . . . . .	427
Update the iOS Software . . . . .	428
Find a Missing Apple Device . . . . .	429
Back Up to iCloud . . . . .	431
<b>INDEX . . . . .</b>	<b>433</b>

# Introduction

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 iCloud is, no worries; we dive into it in Chapter 4.) I've invested those hours so that you don't have to — and I've added battle-tested advice and tips so that you can become an expert with your iPhone, regardless of which model you own.

This book will get you up and running with your iPhone quickly and painlessly so that you can confidently move on to the fun part. Apple does a legendary job of making its devices and software intuitive, but owning this book is akin to having a good friend by your side who's tech-savvy and ready to lend a helping hand when you need it.

## About This Book

This book is written for mature people like you — folks who may be relatively new to using a smartphone and who 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 the other tricks the 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. As a quinquagenarian myself, I want to make certain that you get the most bang for your buck with this tome.

## Foolish Assumptions

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

*iPhone For Seniors For Dummies* covers going online using either a Wi-Fi or cellular connection, browsing the web (Chapter 12), and checking email (Chapter 13). I also assume 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 customizing your experience with iOS 16's new approach to lock screens (Chapter 2), monitoring the use of your iPhone and its apps (Chapter 5), discovering new apps (Chapter 14), taking and sharing photos and videos (Chapters 19 and 20, respectively), and tracking your health (Chapter 24)!

## Icons Used in This Book

Icons are tiny pictures in the margin that call your attention to special advice or information.



TIP

This brief piece of advice helps you take a skill further or provides an alternate way to do something.



WARNING

Heads up! This is something that might wreak havoc on your iPhone or that could be difficult or expensive to undo.



REMEMBER

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



TECHNICAL  
STUFF

This information isn't essential, 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), and then type **iPhone For Seniors For Dummies Cheat Sheet** in the search box.

## Where to Go from Here

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. The steps in each task quickly get you where you want to go, without a lot of technical explanation.

When I wrote this book, all the information was accurate for the iPhone SE (second generation or later), 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, 12 Pro Max, 13, 13 mini, 13 Pro, 13 Pro Max, 14, 14 Plus, 14 Pro, and 14 Pro Max, along with version 16 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 iPhone-related software on your computer (such as iTunes or Music) looks a little different than what is presented here, check out what Apple has to say at [www.apple.com/iphone](http://www.apple.com/iphone) and [www.apple.com/ios](http://www.apple.com/ios). You'll find updates on those sites regarding the company's latest releases.





**1**

**Getting to Know  
Your iPhone**

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

Meeting your new iPhone

Navigating your iPhone

Discovering installed apps

Activating special features

Monitoring how your iPhone is being used

- » Discover what's new in iPhones and iOS 16
- » 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 so you can have a smartphone that can do much more than make and receive calls. Perhaps you're not new to smartphones but are ready to make the switch to the ultimate in such devices. With your iPhone, you can have fun with apps such as games and exercise trackers; explore the online world; read e-books, magazines, and other periodicals; take and organize photos and videos; listen to music and watch 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 a 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. 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 16

Apple's iPhone gets its features from a combination of hardware and its software operating system, which is called *iOS* (short for *iPhone operating system*). The most current version of the operating system is iOS 16. It's helpful to understand which new features the latest models and iOS 16 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 14, 14 Plus, 14 Pro, and 14 Pro Max. Like their predecessors, they're highly advanced smartphones that leave competitors in the dust. Here are some of the key features of the latest iPhone models:

- » **A15 and A16 Bionic chips:** The iPhone 14 and 14 Plus models include the A15 chip, while the 14 Pro and 14 Pro Max receive the latest and greatest, the A16. The truly innovative tech in these models demands processors that can handle some heavy lifting while still being able to answer calls and retrieve email, and the A15 and A16 are both more than capable.
- » **Dynamic Island (14 Pro and Pro Max models only):** No, this isn't the latest reality show craze, but rather a long-awaited innovation. iPhone models of late have sported a notch at the top of their screens where sensors, cameras, and other hardware reside. Dynamic Island is a seamless pairing of hardware and software that effectively makes that area come alive with information for you, making it an upgraded notch with a twist, if you will. The notch appears to expand or contract, depending on the notifications, alerts, and other activities its currently tasked with. I hope this great update will find its way into other iPhone models moving forward.
- » **Emergency SOS via Satellite and Crash Detection:** Apple has incorporated these two critically important new safety features into the iPhone 14 lineup. Emergency SOS via Satellite helps you reach emergency responders when you're outside traditional cell or Wi-Fi service. Crash Detection utilizes new gyroscope and accelerometer tech in the latest models to detect when you've

been in an automobile crash and will cause your iPhone to alert emergency services automatically. Both features are something you never want to need but are thankful to have.

- » **Splash, water, and dust resistance:** Your new iPhone 14, 14 Plus, 14 Pro, or 14 Pro Max is resistant to damage caused by water splashing onto it or from dust collecting in it. Now, you don't want to take your iPhone 14 model deep-sea diving, but it's likely to survive submersion in about six meters of water for up to 30 minutes. In other words, if your iPhone 14 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.



TIP

You might consider acquiring AppleCare+, which is Apple's extended warranty, currently priced at \$149 (iPhone 14), \$179 (14 Plus), or \$199 (iPhone 14 Pro and 14 Pro Max) per year. Monthly plans are also available. AppleCare+ covers unlimited incidents of accidental damage (but you will be charged minimal fees, based on the nature of the repair), which could more than cover the cost of repairing your iPhone without it. You can also get AppleCare+ with theft and loss coverage for an additional \$70 (all four models).

- » **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 mentioned, Apple has a line of cases that not only protect your iPhone but also allow for wireless MagSafe and Qi charging. (Qi is an industry-standard wireless charging technology used by Apple and most smartphone manufacturers.)

Any iPhone model from the iPhone 8 and newer (including the SE second generation, and all 11, 12, 13, and 14 models) can use most features of iOS 16 if you update the operating system (discussed in detail in Chapter 3). This book is based on iOS 16. This update to the

operating system adds many features, including (but definitely not limited to) the following:

- » **All-new lock screen:** Apple's taken a fresh approach to the lock screen, allowing you to customize it to your heart's content. You can create lock screens for every occasion, switch between them in a snap, and include items like widgets, live activities, weather, and more.
- » **Focus:** Think of Focus as an extension of the Do Not Disturb feature. You can customize a focus to filter notifications based on what you're doing at the moment. iOS 16 introduces new features like focus schedules, focus filters (imagine one for work and one for personal), and allow and silence lists for apps and contacts.
- » **Photos:** Photos in iOS 16 includes the new iCloud Shared Photo Library feature, which allows you to create a library of photos that you can share with others via iCloud. Other participants may also collaborate by adding their own photos to the library, providing a more complete memory experience for all. Everyone can also edit, delete, caption, and mark as a favorite any photo in the library.
- » **Messages:** The latest iteration of Messages finally allows you to select multiple messages at once (for example, if you want to delete several at one time), mark read messages as unread, edit messages you've already sent (up to 15 minutes after), and more. This is a nice upgrade, IMO.
- » **Safari:** Tab groups, a welcome new feature in iOS 15, allow you to group your open web pages any way you like. iOS 16 takes the feature a step further by allowing you to share tab groups and create pinned tabs in tab groups. It also introduces Passkeys, a new and more secure way to authenticate yourself on websites that require a password.
- » **Maps:** Maps now allows you to add multiple stops along your route. The new Transit Fares feature helps you calculate fares and other fees so you can better prepare for trip costs.

» **Health app:** You can now use Health to track your medications, discover potential interaction issues, add medications by scanning the label on bottles, get reminders when it's time to take medications, and more.

These are but a few of the improvements made to the latest version of iOS. I suggest visiting [www.apple.com/ios/ios-16](http://www.apple.com/ios/ios-16) to find out more.



TIP

Don't need 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. (Note that built-in apps take up very little of your iPhone's storage space.) And if you change your mind, you can easily add them back to your Home screen by searching for them in the App Store and tapping the Get button, or by retrieving them from the App Library. How you recover them depends on the app; some allow you to hide them while others only let you relegate them to the App Library.

## Choose the Right iPhone for You

A variety of iPhone models are on the market; it can be daunting when trying to decide which one you want to purchase. In this section, I focus on Apple's newest models, the iPhone 14 series. If you'd like to explore others, Apple has a great tool for making comparisons at [www.apple.com/iphone/compare](http://www.apple.com/iphone/compare).

The sizes of the latest iPhone 14 models vary:

- » iPhone 14 measures 2.82" by 5.78" (6.1" diagonally) with a depth of .31 inch (see **Figure 1-1**).
- » iPhone 14 Plus measures 3.07" by 6.33" (6.7" diagonally) with a depth of .31 inch (also shown in Figure 1-1).
- » iPhone 14 Pro measures 2.81" by 5.81" (6.1" diagonally) with a depth of .31 inch (see **Figure 1-2**).
- » iPhone 14 Pro Max measures 3.05" by 6.33" (6.7" diagonally) with a depth of .31 inch (also shown in Figure 1-2).



*Image courtesy of Apple, Inc.*

**FIGURE 1-1**



*Image courtesy of Apple, Inc.*

**FIGURE 1-2**

You can get iPhone 14 and 14 Plus in starlight, midnight, blue, purple, and a beautiful product red version. iPhone 14 Pro and 14 Pro Max come in gold, silver, space black, and a great-looking deep purple.

Not sure whether to get an iPhone 14 model? Here are a few more key differences:

» **All iPhone 14 models include upgraded batteries.** You get up to 20 hours of video playback for iPhone 14, up to 23 hours for 14 Pro, 26 hours for 14 Plus, and a whopping 29 hours for 14 Pro Max.



- » **iPhone 14 models use eSIMs instead of physical SIMs.** A SIM stores important information about your phone and your cellular provider network. Physical SIMs can be moved from phone to phone, but eSIMs are permanently built-in.
- » **All models received camera upgrades.** iPhone 14 Pro and 14 Pro Max have triple rear-facing cameras, providing amazing optical zoom, portrait mode, and other features. The 14 and 14 Plus have dual rear-facing cameras.
- » **Screen resolution.** The higher the resolution the better, especially for larger screens since you need to pack more pixels (the tiny dots of color that make up the images) into a larger space. The iPhone 14 offers 2532 x 1170 resolution; 14 Plus provides 2778 x 1284 resolution; 14 Pro boasts 2556 x 1179; and 14 Pro Max provides a stunning 2796 x 1290.

Table 1-1 gives you a quick comparison of the iPhone SE (third generation), 12, 13, 13 mini, 14, 14 Plus, 14 Pro, and 14 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.)

Other differences between iPhone models come primarily from the current operating system, iOS 16, which I cover in the remaining chapters of the book.



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 \$39.50 a month (depending on the iPhone model you select). The price does not include data usage from your carrier. Check out [www.apple.com/shop/iphone/iphone-upgrade-program](http://www.apple.com/shop/iphone/iphone-upgrade-program) for more information.

**TABLE 1-1 iPhone Model Comparison**

Model	Storage	Cost (may vary by carrier)	Carriers
SE (third generation)	64GB, 128GB, and 256GB	From \$429	AT&T, Verizon, Sprint, T-Mobile
12	64GB, 128GB, and 256GB	From \$599	AT&T, Verizon, Sprint, T-Mobile
13	128GB, 256GB, and 512GB	From \$699	AT&T, Verizon, Sprint, T-Mobile
13 mini	128GB, 256GB, and 512GB	From \$599	AT&T, Verizon, Sprint, T-Mobile
14	128GB, 256GB, and 512GB	From \$799	AT&T, Verizon, Sprint, T-Mobile
14 Plus	128GB, 256GB, and 512GB	From \$899	AT&T, Verizon, Sprint, T-Mobile
14 Pro	128GB, 256GB, 512GB, and 1TB	From \$999	AT&T, Verizon, Sprint, T-Mobile
14 Pro Max	128GB, 256GB, 512GB, and 1TB	From \$1,099	AT&T, Verizon, Sprint, T-Mobile

## 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 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, streaming is a good idea. See Chapters 18 and 20 for more about getting your music and movies online.

Your storage options with an iPhone 14 or 14 Plus are 128, 256, and 512 gigabytes (GB), while 14 Pro and 14 Pro Max have 128GB, 256GB, 512GB, and 1TB (terabyte, which is 1000GB). 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 iCloud in Chapter 4.)

How much storage is enough for your iPhone? Here are some guidelines:

- » If you simply want to check email, browse the web, and keep your calendar up to date, and you enjoy communicating via voice, video, and instant messaging, 128GB likely is plenty.
- » For most people who manage a reasonable number of photos, download some music, and watch heavy-duty media such as movies online, 256GB may be sufficient. But if you might take things up a notch regarding media consumption and creation in the future (such as the newest grandchild being on the way soon), you should seriously consider 512GB.
- » If you like lots of media, such as movies or TV shows, you might need 512GB or 1TB. For example, shooting 4K video at 60 frames per second will take roughly 1GB of storage space for every two and a half minutes of footage. If you shoot a lot of video, 1TB of storage might be more appealing.



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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, 64GB 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 14, a 128GB unit costs \$799, 256GB is \$899, and 512GB will set you back \$1,099. iPhone 14 Plus with 128GB goes for \$899, 256GB at \$899, and 512GB for \$1,199. iPhone 14 Pro with 128GB is \$999, 256GB is \$1,099, 512GB goes for \$1,299, and the model tops out at \$1,499 for 1TB. Not to be outdone, iPhone 14 Pro Max is the priciest: \$1,099 for 128GB, \$1,199 for 256GB, \$1,399 for 512GB, and \$1,599 for 1TB. 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 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 (such as emails and text messages) over the internet and download content (such as movies and music) without need of a Wi-Fi connection. Before you sign up, try to verify the strength of cellular coverage in your area (ask your local cellular company representatives for more info), as well as how much data your plan provides each month.

You also need to be able to update the iPhone operating system (iOS). Without a phone carrier service plan, you can update iOS either wirelessly over a Wi-Fi network or by plugging your iPhone into your computer. You would also need to use a 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.

You should also open a free iCloud account, Apple's online storage and syncing service, to store and share content online among your Apple devices. For example, you can set up iCloud in such a way that photos you take on your iPhone will appear on your iPad. You can also use a computer to download photos, music, books, or videos and transfer them to your iPhone through a process called syncing.

Apple has set up its software and the iCloud service to give you two ways to manage content for your iPhone — including apps, music, or photos you've downloaded — and specify how to sync your calendar and contact information.

There are a lot of tech terms to absorb here (iCloud, syncing, and so on). Don't worry. Chapters 3 and 4 cover those settings in more detail.

## Where to Buy Your iPhone

You can't buy an iPhone from just any retail store. You can buy an iPhone at the brick-and-mortar or online Apple Store and from mobile phone providers, such as AT&T, Sprint, T-Mobile, and Verizon. You can also find an iPhone at major retailers, such as Best Buy and Walmart, through which you have to buy a service contract for the phone carrier of your choice. You can also find iPhones at several online retailers (such as Amazon.com and Newegg.com) and through smaller, local service providers, which you can find by visiting <https://support.apple.com/en-us/HT204039>.



TIP

Apple offers unlocked iPhones. Essentially, these phones aren't tied to a particular provider, so you can use them with any of the four iPhone cellular service providers. Although you may save a lot by avoiding a service commitment, purchasing an unlocked phone can be pricey up front.

# What's in the Box

When you fork over your hard-earned money for your iPhone, you'll be left holding one box, but that box does include some magical goodies.

Here's what you'll find when you take off the shrink wrap and open the box:



TIP

» **iPhone:** Your iPhone is covered in a thick, plastic-sleeve thingy. Take it off and toss it back in the box.

Save all the packaging until you're certain you won't return the phone. Apple's standard return period is 14 days.

» **Documentation (and I use the term loosely):** This typically includes a small pamphlet, a sheet of Apple logo stickers, and a few more bits of information.

» **Lightning-to-USB-C cable:** Use this cable to connect the iPhone to your computer (if your computer has a USB-C port) or to a USB-C power adapter (not included).

The iPhone box is a study in Zen-like simplicity. Where's the charging plug? Apple now feels that just about everyone has several chargers laying around their home, so they think it's wasteful (not to mention a little more expensive) to include one with every new iPhone. If you need a charger, Apple will certainly sell you one, and many third-party options are available as well.



TIP

Search for iPhone accessories online. You'll find iPhone covers and cases (from leather to silicone), car chargers, and screen guards to protect your phone's screen.