AssistiveTouch for the User App on Your Apple Watch

AssistiveTouch allows you to use the User app on your Apple Watch more easily – through a simple hand gesture.

You can perform the following actions using AssistiveTouch:

- start the User App

- temporarily unlock the system knee joint in Auto mode to sit down

You have the option to activate AssistiveTouch on your Apple Watch either via your iPhone or Apple Watch.

If you're using your iPhone to activate AssistiveTouch, use the instructions under **A**.

If you're using your Apple Watch to activate AssistiveTouch, use the instructions under **B**.

Set up AssistiveTouch for the User App on Your Apple Watch

If you haven't already, connect to your orthosis with the User app on your Apple Watch. Follow the instructions in the User App.

Add the User App Complication to the Watch Face on Your Apple Watch

If you haven't already, add a special feature (complication) to your watch face, so you can start using the User App.

A. Setup on Your iPhone

Set up the **User App** on Your **iPhone** Using the **Apple Watch** App

1. Start the **Apple Watch** app on your phone.

2. Touch and hold the watch face that you use most often.

3. Tap the complication in the **top left** to select it, then swipe to **User** and tap it.

Set up AssistiveTouch on Your **iPhone** Using the **Apple Watch** App

Users with little experience should follow the steps below. Advanced users who have experience with AssistiveTouch can configure it in any way they like.

1. Start the **Apple Watch** app on your iPhone, tap **My Watch**.

2. Go to **Accessibility > AssistiveTouch**, then turn on **AssistiveTouch**.

3. Tap **Hand Gestures**, then turn on **Hand Gestures**.

4. Change all default gesture settings to **Tap Action** (This is the only action needed for an easy use of AssistiveTouch with the User App!):

Default values		Customized values
Tap: Forward *Double Tap:* Back *Clench:* Tap *Double Clench:* Show the Action Menu	➔	*Tap:* Tap *Double Tap:* Tap *Clench:* Tap *Double Clench:* Tap

5. Tap **Activation Gestures**, then select the desired gesture to activate AssistiveTouch. If you want AssistiveTouch to always be enabled, select **None** (recommended). In other cases, you will need to perform an activation gesture to start using AssistiveTouch.

Tip: to learn how to use hand gestures, tap **Learn more** below the Hand Gestures switch and then tap **Try It Out on Apple Watch**. Look at and tap each gesture on the Apple Watch. When you tap a gesture, an interactive animation shows you how to perform and perfect the gesture.

B. Setup on Your Apple Watch

Set up the **User App** on your **Apple Watch**

1. With the watch face showing, touch and hold the display, then tap **Edit**.

2. Swipe left all the way to the end.

If the watch face offers complications, they're shown on the last screen.

3. Tap the **complication in the upper left corner** to select it, then turn the **Digital Crown** to choose a new one > select **User**.

4. When you're finished, press the **Digital Crown** to save your changes, then tap the watch face to switch to it.

Set up **AssistiveTouch** on Your **Apple Watch**

1. Go to the **Settings** ⚙ on your Apple Watch.

2. Go to **Accessibility > AssistiveTouch**, then turn on **AssistiveTouch**.

3. Tap **Hand Gestures**, then turn on **Hand Gestures**.

4. Change all default gestures settings to **Tap Action** (This is the only action needed for an easy use of AssistiveTouch with the User App!):

Default values		Customized values
Tap: Forward *Double Tap:* Back *Clench:* Tap *Double Clench:* Show the Action Menu	➡	*Tap:* Tap *Double Tap:* Tap *Clench:* Tap *Double Clench:* Tap

5. Tap **Activation Gestures**, then select the desired gesture to activate AssistiveTouch. If you want AssistiveTouch to always be enabled, select **None** (recommended). In other cases, you will need to perform an activation gesture to start using AssistiveTouch.

Tip: to learn how to use hand gestures, tap **Learn more** below the Hand Gestures switch, then tap each gesture. When you tap a gesture, an interactive animation shows you how to perform and perfect the gesture.

Use AssistiveTouch with the User App on Your Apple Watch

Put the orthosis on and set it into Auto mode. Use AssistiveTouch with the User app by following these steps:

1. Wake the Apple Watch display (Raise your wrist).

2. Double Clench (default value) to activate AssistiveTouch. (Not needed if the activation gesture was set to **None**). A highlight appears around the **User** complication (in the upper left corner).

3. Use one of the gestures that were customised to **Tap**.

4. The User app opens and indicates the current mode. If Auto mode is selected, use one of your customised gestures to temporarily unlock the system knee joint to sit down.

When you decide which gesture works best for you, make sure to disable the other gestures to avoid unintended actions!