

Your Apple Watch Is Only as Secure as These Settings

Summary

The article describes five crucial Apple Watch security settings to protect your data. These settings include setting and strengthening your Apple Watch passcode, enabling notification privacy, and erasing data after 10 failed passcode attempts.

From passcodes to health data sharing, these features help protect everything linked to your iPhone

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Change your Apple Watch passcode by going to **Settings** > **Passcode** > **Change Passcode**.

Enable Notification Privacy: **Settings** > **Notifications** > **Tap to Show Full Notification**.

Turn on Erase Data if someone enters the passcode wrong too many times: **Settings** > **Passcode** > **Erase Data**.

Securing an Apple Watch is an extension of protecting your linked iPhone and all

the data it holds, including contacts, messages, calendars, and more. If your Apple Watch is lost or stolen, your personal information is at risk, which is why you should check on these five crucial Apple Watch security settings right now.

Set and Strengthen an Apple Watch Passcode



Apple

When you first set up your Apple Watch, you're prompted to create a passcode to unlock the watch, just as you would when setting an [iPhone passcode](#).

This basic security measure stops anyone from taking your device, viewing its contents, and using your Wallet to fund a shopping spree.

To change and strengthen your current Apple Watch passcode, open the **Settings** app on your Apple Watch and tap **Passcode** > **Change Passcode**.

If you have a complicated and secure iPhone passcode and want to use your iPhone to unlock your Apple Watch, open the Apple Watch app on your iPhone, tap **My Watch** > **Passcode** > **Unlock with iPhone**.

Alternatively, tap **Settings** > **Passcode** > **Unlock With iPhone** on your Apple Watch.

Enable Notification Privacy



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It's convenient to check notifications on your wrist as they arrive on your iPhone, but this may not always be desirable.

If you have privacy concerns and would rather not have notifications appear on your Apple Watch, Apple offers a notification privacy feature.

With this feature enabled, you'll see a notification, but its details aren't visible until you tap the alert on your Apple

Watch.

To turn on notification privacy on your watch, tap **Settings** > **Notifications** > **Tap to Show Full Notification** to enable the feature.

Find My Apple Watch and Activation Lock



Apple

If an Apple Watch is lost or stolen, the [Find My Apple Watch](#) feature protects you in several ways.

It locates your Apple Watch on a map and automatically triggers the [Apple Watch Activation Lock](#) feature, so no one can open, unpair, or otherwise tamper with your Apple Watch without entering your Apple ID/Apple Account and password.

To ensure Find My Apple Watch is enabled, open the Apple Watch app on your iPhone and tap **My Watch** > **All Watches**, then select the

information icon (i) next to your watch. If you see **Find My Apple Watch** among your options, it means you're protected by Activation Lock.

When Find My Apple Watch is enabled, you can also turn on Lost Mode, which lets you set a custom message that appears on the screen along with a contact number. If the situation is dire, you can also erase your Apple Watch data remotely.

If you're selling or giving away your Apple Watch, turn off Activation Lock first.

Erase Data After 10 Failed Passcode Attempts



Apple

If you're concerned about the security of your Apple Watch's data, an option called Erase Data may ease your mind. When this feature is enabled, if someone enters the wrong passcode 10 times, the data on your watch is automatically erased.

To turn on Erase Data, open **Settings** on your Apple Watch, tap **Passcode**, and then turn on **Erase Data**.

Heart Rate and Fitness Tracker Privacy



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If you're concerned about sharing data from the Apple Watch's heart rate monitor and fitness tracking features, restrict access to this information in the Apple Watch app on your iPhone.

Open the Apple Watch app on your iPhone and tap **My Watch** > **Privacy**, and then tap **Heart Rate** to turn the switch off (white). Next, tap **Fitness tracking** to turn the switch to off (white) and stop sharing fitness data.

Review the other privacy settings to ensure you're comfortable with the information your watch shares.

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