



## Apple Watch Series 12 GPS + Cellular 46mm Night Blue Ceramic Case with Navy Blue Sport Band - S/M

**Brand :** Apple

**Product family:** Watch

**Product code:** MJH34MP/A

**Product name :** Apple Watch Series 12 GPS + Cellular 46mm Night Blue Ceramic Case with Navy Blue Sport Band - S/M

- All-new Health Sensing System delivers the most accurate heart rate sensing in a wearable
- Should you rest or put yourself to the test? Now a personal readiness score lets you know
- More frequent heart rate variability, or HRV, readings help provide insights on stress and recovery
- A new optical heart rate sensor enables high-frequency heart rate tracking every five seconds, all day long, so you'll never miss a beat
- In the redesigned Health app, learn which habits are influencing your Health Age and how to improve them
- Make every day more effortless with Siri AI. And seamless with Audio Intelligence, powered by the S11 chip
- A powerful health and fitness tracker designed with built-in safety features to bring you peace of mind. Watch Series 12, 46mm, GPS + Cellular, Night Blue Ceramic, Always-On Retina, S11, Digital Crown, watchOS



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### Apple Watch Series 12

A work of heart.

| Display                           |                           | Features                       |                                                                                                                                                                                                                            |
|-----------------------------------|---------------------------|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Display technology *              | OLED                      | Personal info management (PIM) | SOS                                                                                                                                                                                                                        |
| Display technology marketing name | Retina                    | Ambient light sensor           | ✓                                                                                                                                                                                                                          |
| Display area                      | 1196 mm²                  | Virtual assistant              | Apple Siri                                                                                                                                                                                                                 |
| Display brightness                | 2000 cd/m²                | Haptic feedback                | ✓                                                                                                                                                                                                                          |
| Display brightness (min)          | 1 cd/m²                   | Refurbished                    | ✗                                                                                                                                                                                                                          |
| Pixel density                     | 326 ppi                   | Electronic compass             | ✓                                                                                                                                                                                                                          |
| Minimum refresh rate              | 1 Hz                      | Skin temperature sensor        | ✓                                                                                                                                                                                                                          |
| Always-on display                 | ✓                         | Recommended activity           | Cooldown, Cycling, Dance, Elliptical, Golf, HIIT, Hiking, Kickboxing, Outdoor rowing, Paddling, Pilates, Running, Skiing, Snowboarding, Stair stepper, Swimming, Tai Chi, Walking, Wheelchair, Yoga, Rowing, Core training |
| Colour display                    | ✓                         |                                |                                                                                                                                                                                                                            |
| Display type *                    | Digital                   |                                |                                                                                                                                                                                                                            |
| Display resolution *              | 416 x 496 pixels          |                                |                                                                                                                                                                                                                            |
| Touchscreen *                     | ✓                         | Virtual pacer function         | ✓                                                                                                                                                                                                                          |
| Rounded display corners           | ✓                         | Running dynamics               | ✓                                                                                                                                                                                                                          |
| Watch glass type                  | Sapphire front crystal    | Workout tracking               | ✓                                                                                                                                                                                                                          |
| Processor                         |                           | Water temperature sensor       | ✓                                                                                                                                                                                                                          |
| Processor manufacturer            | Apple                     | Apple Intelligence             | ✓                                                                                                                                                                                                                          |
| Processor model                   | S11                       | Altimeter                      | ✓                                                                                                                                                                                                                          |
| Processor cores                   | 2                         | Network                        |                                                                                                                                                                                                                            |
| Neural processor unit (NPU)       | Apple Neural Engine (ANE) | Mobile network connection *    | ✓                                                                                                                                                                                                                          |
| Neural processor unit (NPU) cores | 4                         | Mobile network generation      | 5G                                                                                                                                                                                                                         |
| Design                            |                           | 4G standard                    | LTE-TDD & LTE-FDD                                                                                                                                                                                                          |
| Band size *                       | S/M                       | 5G standard                    | Sub6 TDD, Sub6 FDD, NR                                                                                                                                                                                                     |
| Shape *                           | Rectangular               | GPS (satellite)                | ✓                                                                                                                                                                                                                          |
| Wrist size range                  | 140 - 245 mm              | BeiDou                         | ✓                                                                                                                                                                                                                          |
| Market positioning *              | Smartwatch                | GLONASS                        | ✓                                                                                                                                                                                                                          |
| Watch case size *                 | 46 mm                     |                                |                                                                                                                                                                                                                            |
| Watch case colour *               | Blue                      |                                |                                                                                                                                                                                                                            |

| Design                             |                                                                                                                                                                                                                                                                                                                                                                                                                            | Network                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Watch case material *              | Ceramic                                                                                                                                                                                                                                                                                                                                                                                                                    | Galileo                              | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Band colour *                      | Navy                                                                                                                                                                                                                                                                                                                                                                                                                       | Quasi-Zenith Satellite System (QZSS) | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Protection features                | Dust resistant, Water resistant, Waterproof                                                                                                                                                                                                                                                                                                                                                                                | <b>Ports &amp; interfaces</b>        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| International Protection (IP) code | IP6X                                                                                                                                                                                                                                                                                                                                                                                                                       | Wi-Fi standards                      | Wi-Fi 4 (802.11n)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Removable strap                    | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Bluetooth                            | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Magnetic charging connector        | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Bluetooth Low Energy (BLE)           | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Waterproof up to                   | 50 m                                                                                                                                                                                                                                                                                                                                                                                                                       | USB port *                           | ✗                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Performance                        |                                                                                                                                                                                                                                                                                                                                                                                                                            | Near Field Communication (NFC) *     | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| FM radio *                         | ✗                                                                                                                                                                                                                                                                                                                                                                                                                          | Wi-Fi *                              | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Mobile operating systems supported | iOS                                                                                                                                                                                                                                                                                                                                                                                                                        | Bluetooth version *                  | 5.3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Operating system installed         | watchOS 27                                                                                                                                                                                                                                                                                                                                                                                                                 | Headphone connectivity *             | Bluetooth                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Flash memory                       | 64 GB                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Power</b>                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Built-in microphone *              | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Battery type *                       | Built-in battery                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Built-in speaker(s) *              | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Battery life (max) *                 | 24 h                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Built-in camera *                  | ✗                                                                                                                                                                                                                                                                                                                                                                                                                          | Battery life (power save mode)       | 38 h                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Crash detection                    | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Wireless charging                    | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Fall detection                     | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Fast charging                        | ✓                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Noise monitoring                   | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Operational conditions</b>        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Backtrack                          | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Operating temperature (T-T)          | 0 - 35 °C                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Audio Intelligence                 | Live Rewind, Shazam, Sound Recognition, Siri Recap                                                                                                                                                                                                                                                                                                                                                                         | Storage temperature (T-T)            | -20 - 45 °C                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Built-in flashlight                | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Operating relative humidity (H-H)    | 5 - 90%                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Check In function                  | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Operating altitude                   | 0 - 3000 m                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Health Sensing System              | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Battery</b>                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Features                           |                                                                                                                                                                                                                                                                                                                                                                                                                            | Battery technology *                 | Lithium-Ion (Li-Ion)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Accessibility features             | Accessibility Shortcut, AssistiveTouch, Audio Volume Balance, Auto Transcription, Auto-Answer Calls, Bold Text, Button Click Speed, Color Filters, Hourly Chimes, Increase Contrast, Live Listen, Live Speech, Mono Audio, On/Off Labels, Personal Voice, RTT Support, Reduce Motion, Reduce Transparency, Taptic Time, Text Size, Touch Accommodations, Type to Siri, VoiceOver, Zoom, Sound Recognition, Voice Isolation | <b>Software</b>                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                                    |                                                                                                                                                                                                                                                                                                                                                                                                                            | Health and Wellness apps             | Readiness app; Vitals app with heart rate, respiratory rate, wrist temperature, sleep duration, and heart rate variability (HRV); Blood Oxygen app; ECG app; Heart Rate app; High and low heart rate notifications; Recovery HRV; High-frequency background heart rate tracking; Irregular rhythm notifications; Advanced Cycle Tracking app with fertile window estimates, retrospective ovulation estimates, and perimenopause and menopause support; Medications app; Mindfulness app with state of mind tracking; Noise app; Sleep app including sleep stages; Sleep score; Sleep apnea notifications; Hypertension notifications |
| Heart rate monitor *               | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Weight &amp; dimensions</b>       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Heart rate sensor type             | Electrical, Optical                                                                                                                                                                                                                                                                                                                                                                                                        | Width                                | 41 mm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Blood oxygen sensor                | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Depth                                | 47 mm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Depth gauge sensor                 | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Thickness                            | 9.85 mm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Sleep apnea detection              | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Weight                               | 52.9 g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Distance travelled                 | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Packaging data</b>                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Accelerometer                      | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Package width                        | 77 mm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Gyroscope                          | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Package depth                        | 240 mm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Activity tracker                   | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Package height                       | 30 mm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Multisport mode                    | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          | Package weight                       | 300 g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Quality of sleep                   | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          |                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Double tap gesture                 | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          |                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Irregular rhythm notifications     | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          |                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Hypertension notifications         | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          |                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| SOS alert function                 | ✓                                                                                                                                                                                                                                                                                                                                                                                                                          |                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |



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