



Apple Watch Series 12 GPS + Cellular 46mm Pearl White Ceramic Case with Sand Sport Band - S/M

Brand : Apple

Product family: Watch

Product code: MJH14MP/A

Product name : Apple Watch Series 12 GPS + Cellular 46mm Pearl White Ceramic Case with Sand 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, Pearl White 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 *	White		

Design		Network	
Watch case material *	Ceramic	Galileo	✓
Band colour *	Sand	Quasi-Zenith Satellite System (QZSS)	✓
Protection features	Dust resistant, Water resistant, Waterproof	Ports & interfaces	
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	Power	
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	✓	Operational conditions	
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	✓	Battery	
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	Software	
		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 *	✓	Weight & dimensions	
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	51.3 g
Distance travelled	✓	Packaging data	
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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