

printout

Keystone MacCentral Macintosh Users Group ❖ www.keystonemac.com

Keystone MacCentral November Meeting

Please see your membership email for the links to this month's Zoom meeting or email us at KeystoneMacCentral@mac.com.

During our program this month we plan to discuss

- Creating slide shows
- Handbrake compression of video
- New iPad – to buy or not
- and Time permitting: Apple Gift Guides



We have virtual meetings via Zoom on the third Tuesday of each month.

Emails will be sent out prior to each meeting. Follow the directions/invitation each month on our email – that is, just click on the link to join our meeting.

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Keystone MacCentral is a not-for-profit group of Macintosh enthusiasts who generally meet the third Tuesday of every month to exchange information, participate in question-and-answer sessions, view product demonstrations, and obtain resource materials that will help them get the most out of their computer systems. Meetings are free and open to the public. **The Keystone MacCentral printout** is the official newsletter of Keystone MacCentral and an independent publication not affiliated or otherwise associated with or sponsored or sanctioned by any for-profit organization, including Apple Inc. Copyright © 2022, Keystone MacCentral, 310 Somerset Drive, Shiresmanstown, PA 17011.

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By Adam Engst

What Does SOS in the iPhone Status Bar Mean?

After I set up my new iPhone 14 Pro, it took over my T-Mobile cellular plan from my iPhone 13 Pro, as expected. What I didn't expect was the SOS indicator that appeared in the iPhone 13 Pro's status bar. I experienced a momentary pang, thinking it was my soon-to-be returned iPhone crying out for help, but then I convinced myself that the Apple trade-in people would find it a nice home.



It turns out that [SOS in the status bar](#) is how Apple now indicates that the phone isn't connected to a cellular network but can still make emergency calls. You may also see "SOS Only" where the carrier name usually goes. This feature works in Australia, Canada, and the United States.

Here in the US, emergency calls work even when a phone has no plan associated with it, thanks to regulations from the Federal Communications Commission. The [FCC's basic 911 rules](#) require cellular carriers to transmit all 911 calls to a 911 call center, regardless of whether the phone has any

plan or subscribes to another carrier's service. So a phone without a plan, like my migrated iPhone 13 Pro, could still make a 911 call. Plus, even if a phone shows "No Service" but can access cell towers from other carriers, it can still complete an emergency call. I presume Australia and Canada have similar regulations.

Anyway, if you see SOS or SOS Only in your iPhone's status bar when it should be working normally, there are two likely possibilities:

- Your carrier has no accessible service, but another carrier's cell towers would still enable you to place an emergency call.
- There could be something amiss with your iPhone or account such that the carrier doesn't recognize your iPhone as having service.

In the first situation, there's nothing to be done, but if you suspect the second, Apple suggests [possible fixes](#). They include toggling cellular data off and on, restarting the iPhone, checking for a carrier settings update, toggling cellular service off and on (Settings > Cellular > Turn On This Line), resetting Network Settings, updating iOS, and contacting your carrier. 🗑️



By Glenn Fleishman

An Apple a Day: iOS 16 Medications Feature Provides Alerts, Logging, and Peace of Mind

I confess that I was amused and appalled by the massive pile of pills my grandfather had to take when I was a child. He was 61 when I was born, so well into his prescription pharmacopeia by the time I was old enough to notice. I'm embarrassed in retrospect, of course: those medications were part of what helped him live into his 90s—and I now have two full trays of pills I take daily myself! Now the shoe is on the other foot.

Over the last 25 years, I've been diagnosed with a series of highly treatable chronic conditions, requiring several pills that cost just pennies a day, even in the benighted US healthcare system. My primary worry has become, "Did I take that pill today? And that one? And this other one?" A failure to stay on a medication schedule can have [catastrophic health consequences](#).

That constant struggle inspired Apple to introduce Medications, a new feature of the Health app in iOS 16 and a new app in watchOS 9. It provides users with reminders, record-keeping, and general drug information and warnings.

Medications has you start by entering all your capsules, tablets, vials, tubes of cream, inhalers, and more, including the dosage and the frequency, if not used only as needed. You can pick unique shapes for pills and capsule sides (left and right), and add colored backgrounds as visual aids. Medications also provides detailed information about each of your medications, along with known potential interactions.

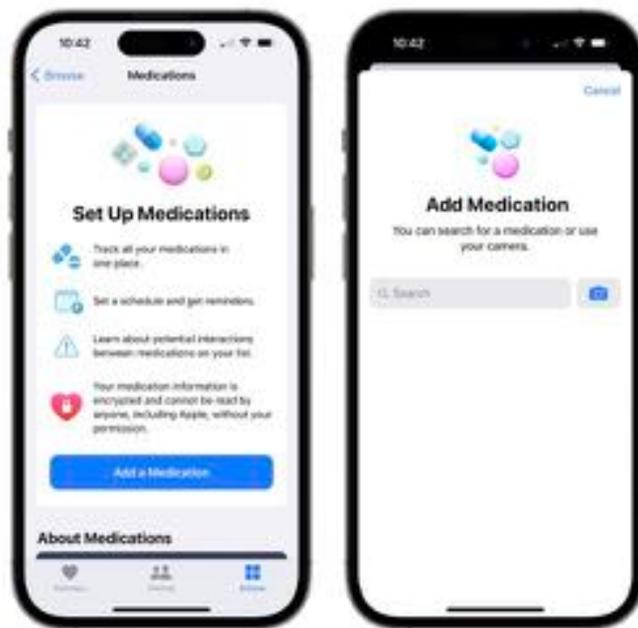
Once you've added your medications and pill-popping schedule, the iPhone's Health app and Apple Watch's Medications app can remind you when to take a medication. Medications has no integration into the Reminders app, probably

because it needs to work within the privacy protections of HealthKit.

Filling Your Prescription

To set up Medications, gather your prescription bottles and other medications, then follow these steps:

1. In the Health app on your iPhone, tap the Browse button, and under Health Categories, tap Medications and then Add a Medication.



2. Tap the camera button and point the camera at the NDC ([National Drug Code](#)) on your prescription bottle—every prescription and over-the-counter medication has one. In testing, this worked for all my medicine bottles. If you can't find the NDC or Medications doesn't correctly recognize the characters—it's sometimes in very small type or could be blurry—you can also scan the drug name and dosage text on the label. You

may have to pick the appropriate dosage, but if everything works correctly, you can skip to Step 6 to set the frequency.



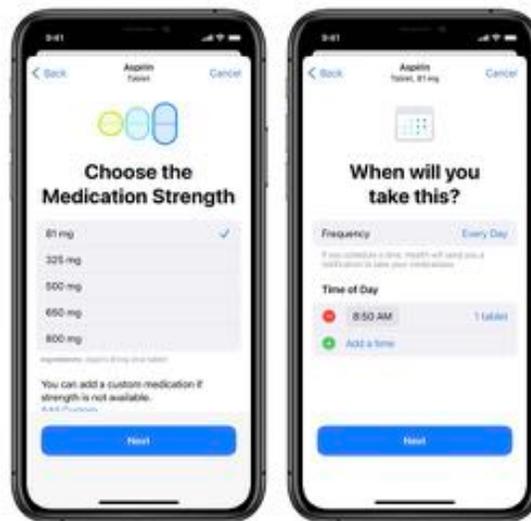
3.If using the camera doesn't work, you can search instead. Type the name of the drug exactly and tap the correct item in the list. You'll need to enter the medication type and strength manually in the next two steps.

4.Pick the medication type—tablet, capsule, etc. Apple shows the formulations in its database associated with that medication, but you can tap Show More for other options, like cream, powder, patch, liquid, and more.



5.Pick the strength or dosage. Again, Apple lists amounts associated with the medication, but you can tap Add Custom if the listed ones don't match your prescription.

6.Pick a frequency and add one or more times each day to take the drug. (If it's a medication you take as needed, such as a pain prescription or epinephrine for bee stings, you can skip the frequency and just log it whenever you take it.)



7.Pick a shape that will act as a visual reminder to help you ensure you're taking the right medication. (You can also tap Skip.)

8.You can choose colors for all or parts of the medication or its container, as well as a background color.



9. In the final screen, you see a preview of the entry and can enter additional details, such as a Display Name to appear in the notification instead of the drug name, plus notes for yourself.



There's one final thing to do. Because Medications relies on notifications via Health, go to Settings > Notifications > Health and make sure you have the location and style of notifications set the way you want. Swipe to the bottom of the Notifications screen and tap Options to make sure Dose Reminders is enabled. There's also Time Zone Change, which can help you transition your medication timing when you travel to a different time zone—some medications must be taken at fairly precise intervals or times of day.



If you have an Apple Watch, it will, by default, mirror the Health app's notifications. If that's not desirable, open the Watch app, tap Health > Custom, and then set whether notifications should result in alerts, go to Notification Center, or not happen at all. So far, there's no customization for Medications within the Watch app or on your Apple Watch.

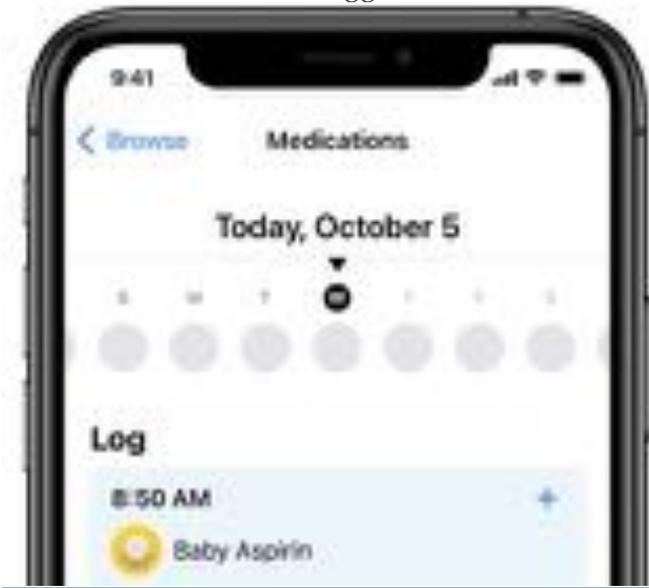
Medications Notifications and Logging

When it's time to take one or more of your medications, you receive a Health notification that contains information about what you should take. The alert appears on your iPhone and, if you use one, your Apple Watch. You can tap to log one drug or all of them if there are multiples. On an iPhone, press and hold to open the log entry within Medications, where you can adjust the time taken if it's later than the schedule and you want an exact record.



Once you've started using the Medications feature, the Health app divides the Medications screen into several sections:

- **Calendar and log:** A calendar and Log section at the top let you see the day's set of drugs or, by tapping a previous date, how you logged taking medications on a previous day. If you've logged all your meds, the top entry under Log is All Scheduled Medications Logged.



- **List of medications:** The next section lists all the prescriptions you configured. You can tap an entry and see your adherence by day, week, monthly, half-year, and year, plus details about the medication, including side effects.



- **Drug interactions:** Down further, Medications reveals potential drug interactions. Tap to find database-driven alerts labeled moderate, serious, and critical. Under Interaction Factors, you can tap Edit to add alcohol, cannabis, or tobacco, and interactions are updated to include those as possible issues. Apple isn't being diagnostic here, and your healthcare provider or pharmacist—preferably both—should already have warned you about these interactions, as they consult similar databases. If not, it would be a good idea to ask your practitioner.



A Good Start, but Improvements Needed

Apple needs to tweak the system a bit. Most problematic is that there's no provision for taking a time- or dose-limited course of a medication, as you might need to do with antibiotics. Plus, the Medications database is spotty when it comes to vitamins and supplements, particularly those that often appear in combinations—there are a lot of entries, but it can be tough to find one that matches what you take.

There are also notification quirks. I take one medication twice a day with other drugs, but for some reason, it's only grouped with the morning set—at bedtime, its alert arrives separately from the set of my other evening medications. I'd also like to see its notifications becoming harder to ignore—they don't have the same level of urgency as those from the Reminders app.

Medications has a terrific amount of utility for a new feature within an existing product. I've used it to replace recurring reminders that were inflexible and didn't provide me with long-term information about how well I'm adhering to my medication schedule.

Minor quibbles aside, I have high hopes for the Medications feature because it's sufficiently easy to set up and use, either by an iPhone owner or on behalf of someone who needs it. For adult children helping their elderly parents or parents helping their children, Medications could provide both a tool for improved health and a medical record that can help determine if an ineffective drug 🍵

By Josh Centers

How to Customize Your Lock Screen in iOS 16

iOS 16 is here, and the first thing you'll notice is the new customizable Lock Screen. You can now create multiple Lock Screens, each with its own wallpaper, clock font, and widgets, and cycle through them much like Apple Watch faces. Beyond being able to increase the visual diversity of your iPhone experience, you can tie a Lock Screen to a Focus and switch your Focus by swapping Lock Screens. Similarly, the Lock Screen will automatically change to match if the Focus switches on its own, such as due to a time-based trigger.

Each Lock Screen can hold up to five monochromatic widgets. These are distinct from the Home Screen and Today View widgets, and they more closely resemble Apple Watch complications. They can display information like upcoming Calendar appointments, Apple Watch charge level, Activity rings, and temperature, and

they can also offer shortcuts to actions in particular apps. Third-party developers can create Lock Screen widgets, but the selection is limited right now, and there are some bugs we'll discuss.



Before you can customize a Lock Screen, you must create a new one by touching and holding the Lock Screen until it appears in the Lock Screen switcher, and then tap the blue plus button. (On an iPhone 14 Pro with the Always-On display, you have to make sure the screen is awake before you touch and hold, which Adam says is quite annoying.)



Later, you can return here and tap Customize to alter that Lock Screen's settings. But let's first talk about how to create a new Lock Screen.

Select a Lock Screen Wallpaper

When you first install iOS 16, you're given only the regular default Lock Screen, which cannot be customized, though it does pick up your existing Lock Screen wallpaper. (That lack of customization is confusing numerous people; we wouldn't be surprised to see an update to iOS 16 change it.) After tapping the blue plus button described above to create a new Lock Screen, you must first select a wallpaper type.

If you find the wallpaper selection Screen confusing, you're not alone. Along the top is a horizontally scrolling list of buttons for the main types of Lock Screen wallpapers: Photos, People, Photo Shuffle, Emoji, Weather, Astronomy, and Color. Below that is a vertically scrolling gallery of Lock Screen wallpapers, some preconfigured with widgets. Confusingly, the Collections category is available only in the gallery, not among the buttons.



I encourage you to play with all the wallpapers and their options because the combinations are nearly endless. If you decide you don't like a wallpaper, tap Cancel in the upper-left corner to try a different one. However, you can do this only while creating a new Lock Screen. If you're returning to customize an existing Lock Screen, you can't change the Lock Screen wallpaper type—you must instead create a new one.

Let's look at each of the categories:

- **Photos and People:** Although Apple provided separate buttons for these, they're actually the same, only with different photo-selection filters applied. Tap either one, and you'll see the filters along the top: All, Featured, People, Pets, Nature, and Cities. Select anything other than All, and Apple's machine learning system will suggest associated images that will likely work well on the Lock Screen. (The Suggested Photos category in the gallery below pulls out a few of these photos—it's just a visual preview that's otherwise the same.) Why isn't this sort of automatically filtered view available in Photos itself for identifying your best shots?



Once you've chosen an image, you can swipe left or right to apply several image filters and see random sample fonts (which you can change later). The photo button in the lower-left corner lets you choose another photo. The ●●● button in the lower-right corner lets you turn the Depth Effect on or off and sometimes make additional tweaks.



What is Depth Effect? A problem with Lock Screen wallpapers is the clock often covers a key portion of the wallpaper. Apple again tapped into its machine-learning capabilities to make people's heads float

over the clock while keeping the time readable. However, this illusion disappears if you add widgets beneath the clock. You can also control it manually. (Or at least that's the theory and what works for Adam—I couldn't bring the depth effect back to the Lock Screen wallpaper above after adding and then removing widgets; the menu item remained disabled.) Depth Effect works with any suitable photo, not just those captured in Portrait Mode, though Portrait Mode photos offer a few more options.

- **Photo Shuffle:** The concept of Photo Shuffle is simple: you select some photos, and your Lock Screen cycles through them every so often. However, there are a lot of settings here. First, you can choose categories of photos: People, Pets, Nature, and Cities. Tap Choose in the People line to select which people you want to show up in your photos.



You can adjust the shuffle frequency from Hourly to On Tap (whenever you tap the Lock Screen), On Lock (as soon as your iPhone locks), or Daily. Alternatively, you can tap Select Photos Manually to do it all yourself. If you're going to head down that path, I recommend making and populating an album for Lock Screen images in Photos first, since it's awkward to work in the All view. However you select the photos (up to 50), tap to flip through them to make sure they work for you. If

one doesn't, tap the ●●● button in the bottom right to remove a photo from the rotation—it also provides an alternative way of setting the shuffle frequency. You can again swipe left and right to change image filters. And, if necessary, the photo button on the bottom left lets you refine which photos are selected.

- **Emoji:** The Emoji wallpaper lets you add up to six emojis to use as a background—it's surprisingly effective given Apple's attention to the artistic quality of many of the emojis. Once you've done that, you can swipe to change the pattern, choosing among several grid sizes and layouts. Tap the smiley in the lower left to choose different emoji or the ●●● button in the lower right to change the background color.



- **Weather:** The Weather wallpaper shows an animated background reflecting the weather conditions in your current location.



- **Astronomy:** Space buffs will appreciate this wallpaper, which lets you swipe right to left to cycle through Earth, Earth Detail, Moon, Moon Detail, and Solar System.



- **Color:** For those who don't want Lock Screen distractions, the Color wallpaper lets you choose a background color gradient from the color picker. Swipe left and right to try different lighting effects.



- **Collections:** The Collections category, which appears only in the gallery, offers Apple-designed Lock Screen wallpapers like Unity, the classic Apple color stripes, the clownfish wallpaper from the original iPhone, and the iPhone 14 Pro wallpaper.



Choose the Clock Font and Color

Once your wallpaper is dialed in, tap the clock to bring up a panel that lets you choose the font and color. Apple offers only eight font options. A limited set of color options appear below the font choices; swipe all the way to the right to tap the color wheel that lets you choose whichever color you want with the Grid, Spectrum, or Slider pickers. You can tap the globe icon in the upper left to switch from standard Arabic numbers to Arabic Indic or Devanagari.



Add Widgets

The Lock Screen becomes more functional when you add widgets, which has never before been possible. iOS 16 provides two distinct widget zones, a short one above the clock and a taller, wider spot below it. The two aren't interchangeable—the widget zone above the clock holds only a single line of text or other controls, and it always displays alongside the date (which shrinks to make space) rather than replacing it.

To add up to four more widgets below the clock, tap the zone below it (conveniently labeled Add Widgets). I say “up to” because these widgets come in two sizes: small ones that take up one slot and large ones that occupy two slots. You can mix and

match any way that fits—four small widgets, two large widgets, two small and one large—and there’s no requirement that you fill all four slots.

iOS 16 suggests widgets at the top of the Add Widgets panel but does not describe what each does. Instead, scroll down to view widgets by app, where tapping one offers a description of what it does. Many apps provide multiple widgets—swipe left to see more—and add the desired widget by tapping it or dragging it into the desired slot.



Once your widgets are in place, you can further configure them:

- Drag the widget to the desired location—if you’re lucky. As with Home Screen widgets, this can be funky. When I have a large widget on the left and two small ones on the right, I can’t move the large widget to the right, although I can swap the two small widgets. If you get frustrated, delete the widgets and add them back in the desired order.
- Some widgets have additional options, accessible by tapping the widget itself after you’ve placed it. For instance, tap the Stocks widget to choose which tickers to display or the City Analog widget clock to choose the timezone.
- Tap the minus button in the upper-left corner of a widget.

Something Broken with Widgets?

If you don’t see the third-party widgets you expect, it’s not your fault—there are bugs Apple has yet to stamp out. Many users and app developers are reporting that they do not see newly added widgets.

I tested with two iPhones, both running iOS 16 with the same set of up-to-date apps. On the iPhone 11 Pro, I saw [Things](#) as a widget option, but not [Todoist](#). On the iPhone 14, I saw Todoist but not Things. Then I installed [Flighty](#) on both iPhones, but its widget option did not appear on either.

The [developers of Hello Weather](#) suggested uninstalling and reinstalling the app. I tried that but saw no difference. I also tried restarting both iPhones. That helped somewhat on the iPhone 11 Pro, with Todoist appearing alongside Things. But it made things worse on the iPhone 14, causing Todoist to vanish. The [Halide team](#) suggested temporarily changing your language in Settings > General > Language & Region to refresh the Lock Screen. I had no success with that workaround either. Adam Engst didn’t experience any of this weirdness, with the [Agenda](#), [CARROT Weather](#), [Fantastical](#), [Flighty](#), and [Todoist](#) widgets all appearing on his iPhone 13 Pro and iPhone 14 Pro once their apps were updated.

If you have problems, first make sure all your apps have updated in the App Store app—tap your avatar in the upper-right corner and then tap Update All. It’s also worth trying all the suggestions above. But you may just have to wait until Apple releases a fix.

Customize Your Home Screen Wallpaper

Once you’ve customized the Lock Screen as you like, tap Add in the upper-right corner. That presents you with one last step: choosing between Set as Wallpaper Pair and Customize Home Screen. The first option sets both your Lock Screen and Home Screen wallpaper and usually works well, although the Home Screen wallpaper may be pretty bland.



If you tap **Customize Home Screen**, you're presented with four options:

- The Home Screen wallpaper Apple has chosen based on your Lock Screen wallpaper
- A single solid background color
- A single color with a subtle predefined color shift along the gradient
- A custom photo from your library. As with the Lock Screen, iOS 16 suggests images for you and provides the same controls as the Photo wallpaper picker.

If you chose a photo, you can tap the **Blur** button to choose whether or not to blur it down to a single background color. I prefer the blur because it prevents the photo from detracting from app icons and text, but its utility depends on your chosen image.

Link a Focus to a Lock Screen

I'll save a deep dive into Focus in iOS 16 for another time, but for now, let's briefly discuss how you can link a Lock Screen to a Focus. After setting up a custom Lock Screen, touch and hold the Lock Screen to open the switcher. (If necessary, switch to a different Lock Screen; you can't link a Focus to

your default Lock Screen.) You should see a Focus button toward the bottom. Tap it, and you're presented with a list of your Focus modes—tap one to connect it to that Lock Screen.



One Lock Screen must remain unlinked; that's the one that becomes active if no Focus is engaged.

Remember, when you link a Focus to a Lock Screen, it's a two-way street: switching to that Lock Screen activates that Focus, and activating that Focus switches to that Lock Screen.

Switching Lock Screens

We see two likely scenarios for creating and switching among multiple Lock Screens. First, just as with the Apple Watch, you may enjoy the visual diversity that the feature provides. Second, if you rely on Focus, you'll likely both switch Lock Screens manually and discover that Focus has switched them for you automatically.

To switch between Lock Screens manually, touch and hold the Lock Screen until the switcher appears, swipe to the one you want to use, and tap it to make it active. Remember, if you have linked a Focus to a Lock Screen, switching to that Lock Screen automatically activates that Focus, so make sure that's what you want.

Customizing Lock Screens Later

Everything we've done so far has been in the context of adding new Lock Screens. But you don't have to get everything right on your first pass. When you touch and hold the Lock Screen to enter the switcher, you can tap Customize to tweak a Lock Screen's settings, which include changing photos, selecting different widgets, and adjusting the font and color of the clock.

What you can't do is change a Lock Screen's wallpaper type, so if you're customizing an Astronomy Lock Screen, for instance, you can switch among the different views of the Earth and Moon, but you can't turn it into an Emoji Lock Screen. That's a minor limitation, but it's easy enough to delete a Lock Screen and create a new one.

Delete a Lock Screen

Speaking of which, deleting a Lock Screen is simple:

1. Touch and hold the Lock Screen to open the switcher.

2. Swipe left or right until you're at the Lock Screen you want to delete.
3. Swipe up, much as you do in the App Switcher, to force-quit a frozen app.
4. Tap the red trash button.
5. Tap Delete This Wallpaper



