



iCloud Backup

The first, easiest, and perhaps most widely-used way to back up an iOS device is to use the built-in backup function. When enabled through **Settings > iCloud > Backup**, the iPhone, iPod touch or iPad is backed up to iCloud when it is logged into iCloud, plugged in, locked (meaning that it is at the Lock Screen and not in use), and connected to a Wi-Fi network (see image below). This usually means that the device is backed up nightly when it's plugged in for charging.



iCloud Backup automatically backs up account information, any documents created and saved on an iOS device, Health data, Home configuration, and settings. This makes it extremely simple to restore data and apps to a device if it needs to be reset for any reason, and it's useful when moving to a new device. During the iOS setup process, one of the questions asked is if the user wishes to set up a "new device" or

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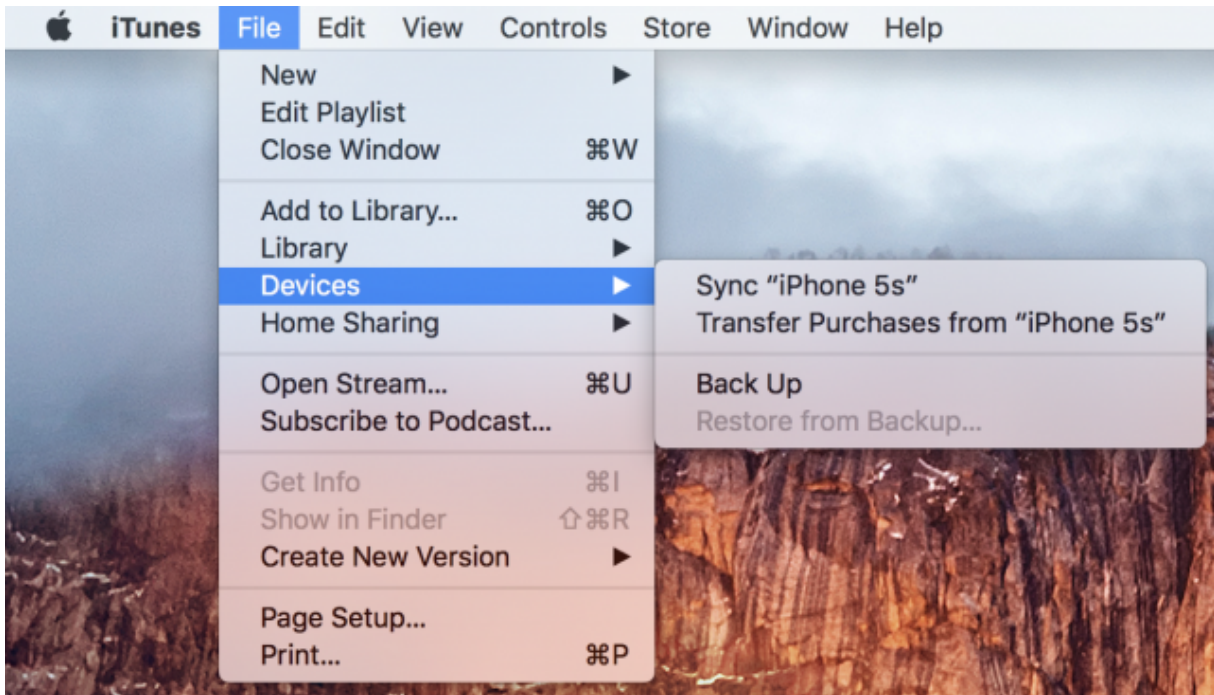
restore from a backup. Selecting a saved backup from iCloud ensures that settings and data are restored to the new device, and that all apps begin reloading to their familiar locations on the device home screens.

To use iCloud Backup, it's necessary to have an iCloud account. Those who have just one or two iOS devices may be able to get away with using the free 5GB of storage provided by Apple. With storage needs greater than 5GB, there are other options — 50GB of storage for \$0.99 a month, 200GB of storage for \$2.99 a month, and 1TB of storage for \$9.99 a month.

iTunes Backup

For those who don't want the possible expense of iCloud storage or who want total control over where their iOS data is stored, iTunes can be used to back up iOS devices on any Mac or PC. All that is required is a [Lightning](#) or [30-pin Dock Connector cable](#) depending on which model of iOS device is being backed up. Plug that cable into any available USB port on the Mac or PC, then follow these simple steps.

- 1) Launch iTunes
- 2) Connect the iOS device to the computer using the Lightning or Dock Connector cable
- 3) Any content purchased downloaded from the iTunes or App Store on the iOS device should be transferred to the Mac or PC. This is done by selecting **File > Devices > Transfer Purchases** from the menu bar (see image below). On PCs, a File menu may not be visible, in which case holding down the **Control and B** keys simultaneously should help. Allow the purchased content to finish transferring to the Mac or PC.

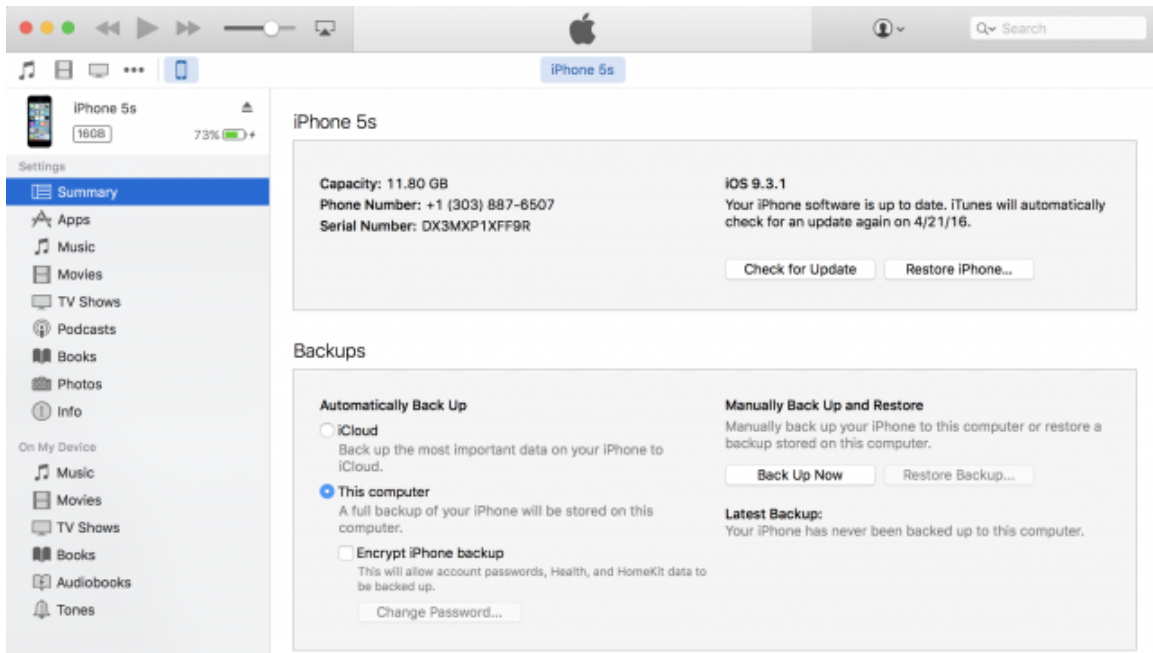


- 4) To back up Health and Activity data from the iOS device or a connected Apple Watch, it's necessary to encrypt the data. Select "This Computer" and then check the "Encrypt Data" box (see image below). A password may be required if asked for one, be sure to make it memorable because the backup will not be accessible without the password.

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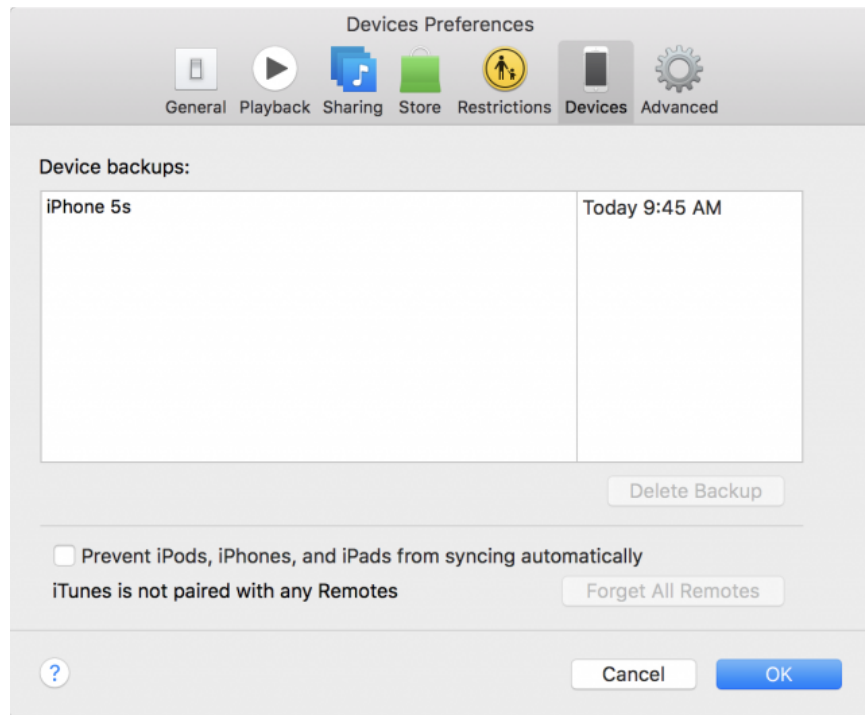


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5) If no Health or Activity data needs to be backed up, step 4 can be ignored. Click Back Up Now, and the backup begins. Once again, if a File menu doesn't appear on for PC users, holding down Control-B should fix the problem.

6) Once the backup is done, check to make sure that it was completed successfully. Open iTunes Preferences and click on the Devices button. The name of the device that was backed up should be visible along with the data and time of the backup (see image below). If the backup was encrypted, a lock icon appears to the right of the device name.



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