
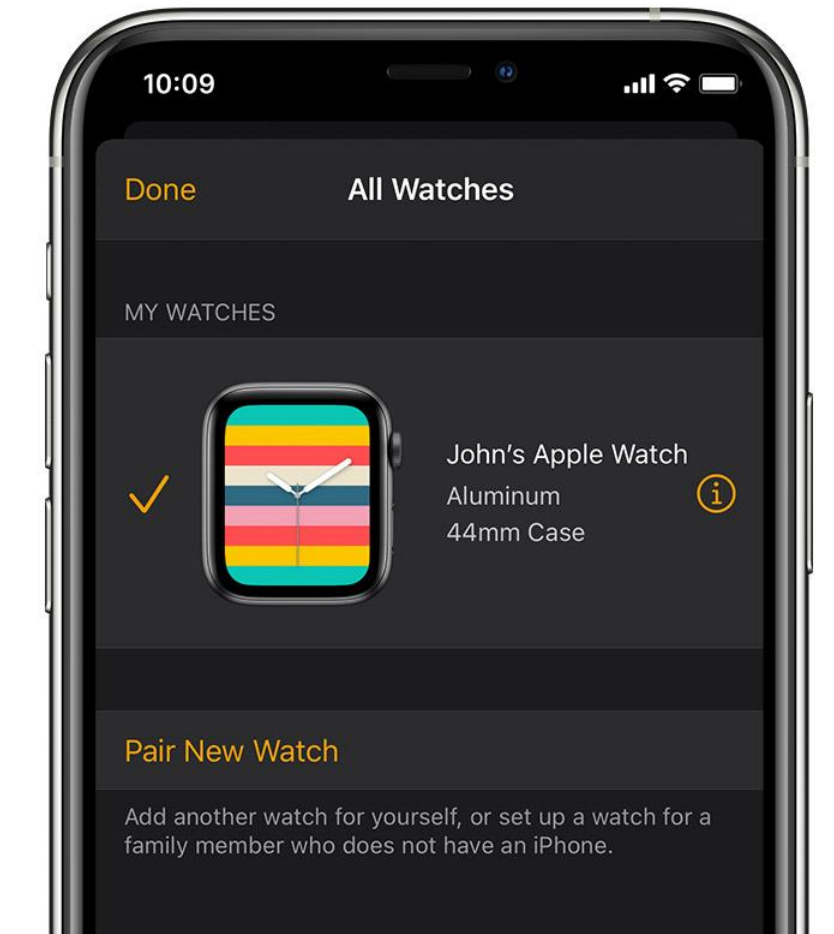


## Unpairing your Apple Watch

### How to unpair your Watch

1. Keep your Apple Watch and iPhone close together as you unpair them.
2. Open the “Watch App” on your iPhone.
3. Go to the “My Watch” tab and tap “All Watches”.
4. Tap the info button  next to the watch that you want to unpair.



### Unpairing your Apple Watch

5. Tap “Unpair Apple Watch”.



6. For GPS + Cellular models, choose to keep or remove your cellular plan.
  - If you don't want to pair your Apple Watch and iPhone again, remove your plan.
7. Tap again to confirm. You might need to enter your Apple ID password to [disable Activation Lock](#).

## Unpairing your Apple Watch

### How to erase your Apple Watch if you don't have your iPhone

1. On your Apple Watch, tap *Settings* > *General* > *Reset* > *Erase All Content and Settings*.



2. Type your password if prompted.
3. For GPS + Cellular models, choose to keep or remove your cellular plan.
  - Remove your plan. If you aren't going to pair with a different watch or iPhone, you might need to contact your carrier to cancel your cellular subscription.
4. Tap "Erase All" to confirm. This resets your Apple Watch to the factory settings.