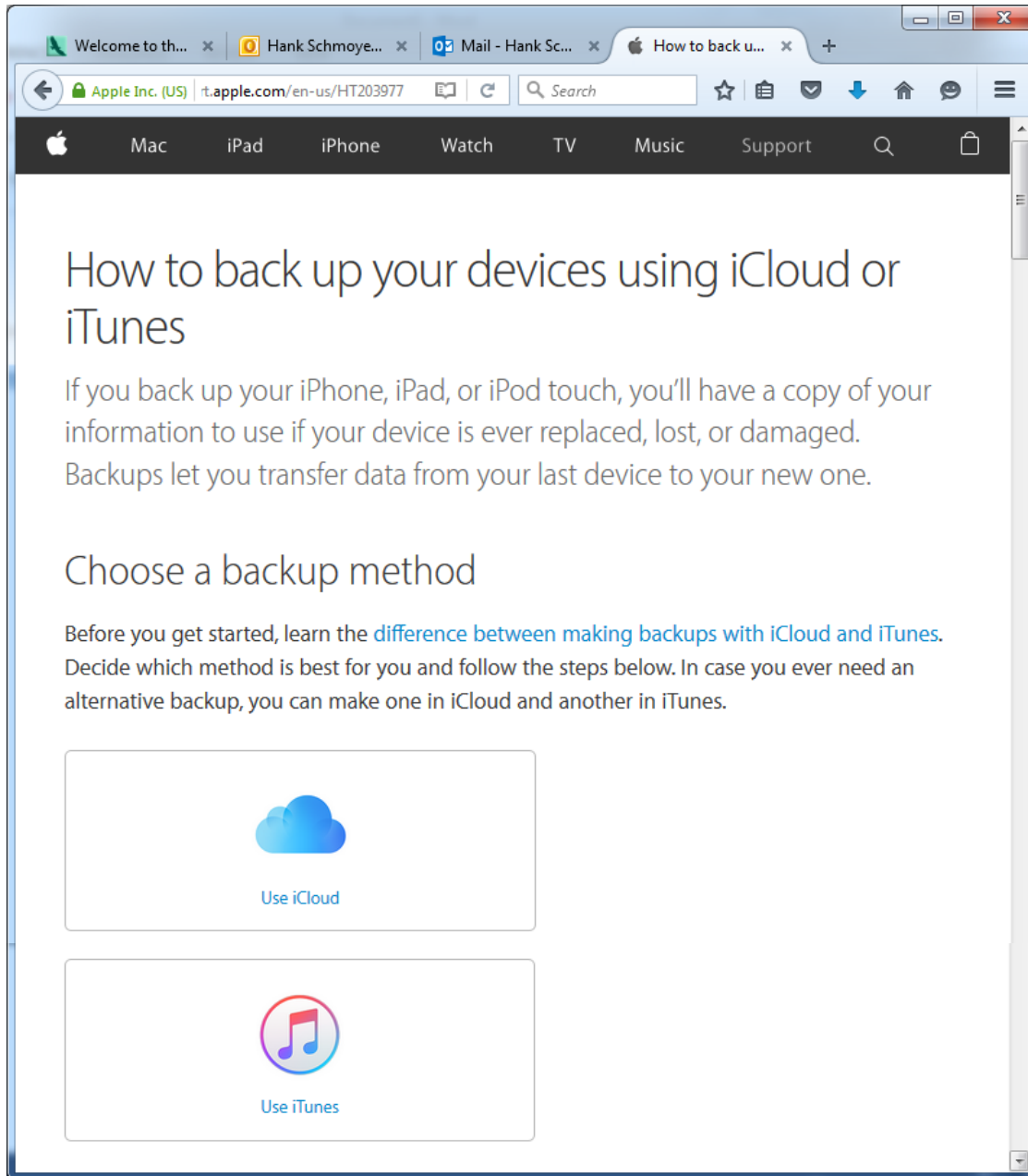


How to Backup your Apple Device to iCloud or to iTunes

Go to this link to get instructions from Apple:

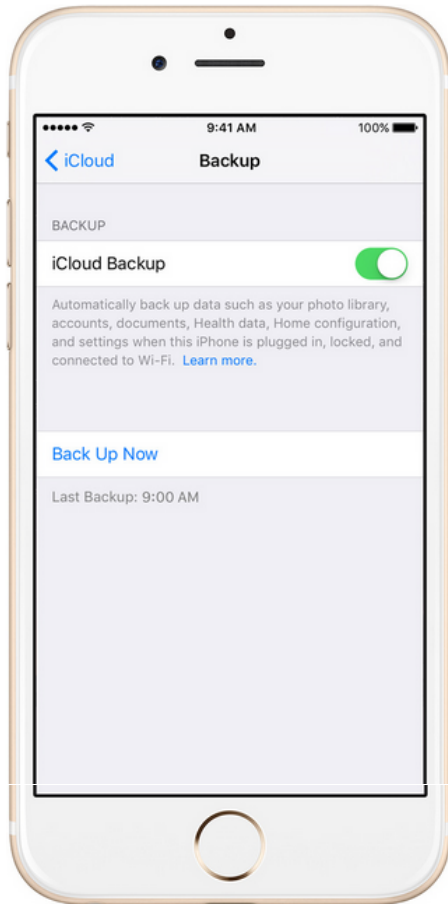
<https://support.apple.com/en-us/HT203977>

Here is what is currently shown at the above website:



Make a backup using iCloud

1. [Connect your device to a Wi-Fi network.](#)
2. In iOS 8 or later, tap Settings > iCloud > Backup.
In iOS 7 or earlier, tap Settings > iCloud > Storage & Backup.
3. Make sure that iCloud Backup is turned on.



4. Tap Back Up Now. Stay connected to your Wi-Fi network until the process completes.
5. Make sure the backup finished by tapping Settings > iCloud > Storage > Manage Storage, and then select your device. The backup you just made should appear in the details with the time and backup size.

Follow more steps [if you need help making a backup in iCloud.](#)

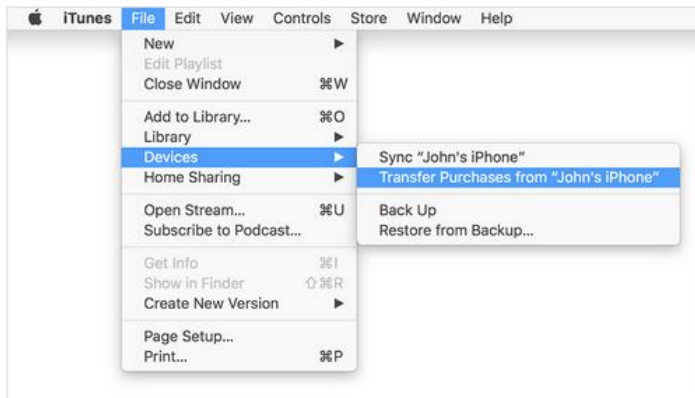
Back up automatically in iCloud

After you've turned on iCloud Backup, iCloud can automatically back up your device each day. iCloud makes these daily automatic backups only if:

- Your device is connected to a power source.
- Your device is [connected to a Wi-Fi network.](#)
- Your device's screen is locked.
- You have [enough available space in iCloud](#) for the backup.

Make a backup using iTunes

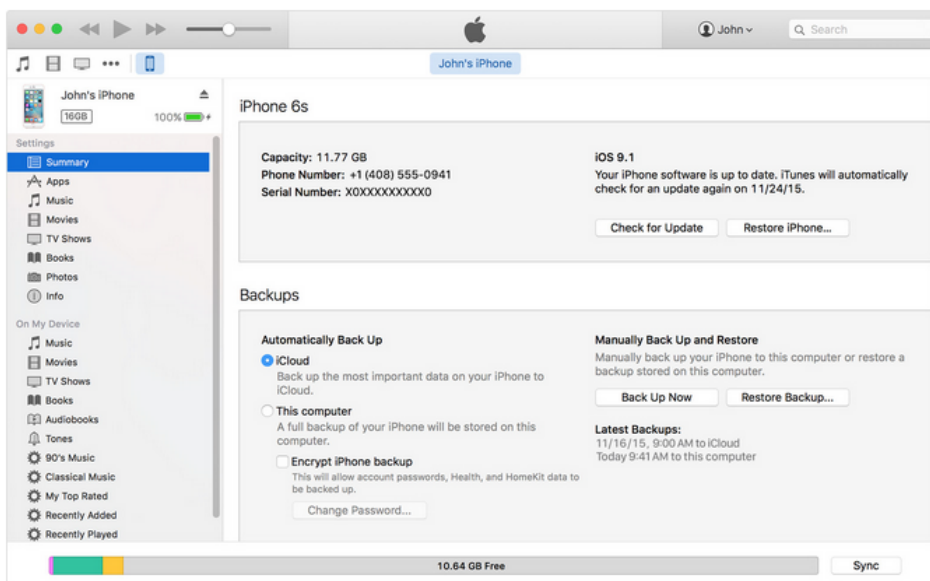
1. Open iTunes and connect your device to your computer.
2. Save content that you downloaded from the iTunes Store or App Store by clicking File > Devices > Transfer Purchases. Then wait for the transfer to finish. If you're using Windows and you [don't see a File menu](#), hold down the Control and B keys.




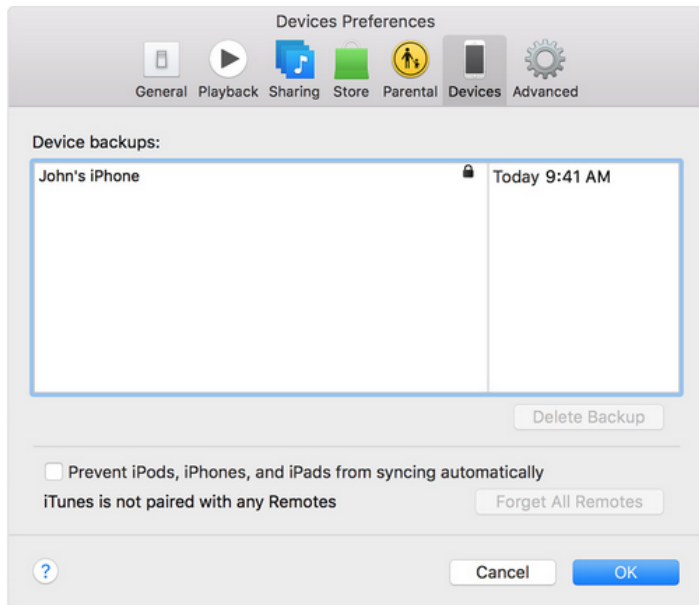
3. If you want to save Health and Activity data from your iOS device or Apple Watch, you'll need to encrypt your backup: Select the box called Encrypt [device] backup and make a memorable password.

Write down your password and store it somewhere safe, because there's no way to recover your iTunes backups without this password.

If you don't need to save your Health and Activity data, you can make a backup that isn't encrypted. Just click Back Up Now. If you're using Windows click File > Devices > Back up (if you [don't see a File menu](#), hold down the Control and B keys).



4. After the process ends, you can see if your backup finished successfully in iTunes Preferences > Devices. You should see the name of your device with the date and time that iTunes created the backup. If you encrypted your backup, you should also see  beside the name of your device.



Follow more steps [if you need help making an iTunes backup](#). Learn how to [encrypt your backup](#).

Learn more

- [Restore your device from a backup.](#)
- [Learn the difference between iCloud and iTunes backups.](#)
- [Get help making a backup in iCloud or iTunes.](#)
- [Manage your backups in iCloud and iTunes.](#)

Last Modified: Nov 18, 2015