

Chapter 1 : Pay As You Go Plans, Data Plans, Value Plans | TracFone Wireless

In a nutshell, a smartphone is a device that lets you make telephone calls, but also adds in features that, in the past, you would have found only on a personal digital assistant or a computer -- such as the ability to send and receive email and edit documents.

Mobile Bringing your own smartphone to Verizon: And that could mean more opportunities and choices for how consumers acquire smartphones in the future. Earlier this month, Verizon eliminated contracts and the subsidies for smartphones that went with those contracts. And this week, the company said it will make it easier for customers to bring unlocked devices -- a term used to describe devices that do not have software blocking them from use on other carriers -- to the Verizon network. These changes could eventually lead to more choices at a wider range of price points for consumers. In this edition of Ask Maggie, I explain how the industry is changing and give some advice on what specifications customers should be looking for. Dear Maggie, I currently have Verizon Wireless service with a non-smartphone. My two-year contract has long since expired. I am considering a Samsung Galaxy or an Apple iPhone. Maybe I could get a better deal that way? I would also like the phone that I buy to be able to be used on other carriers, should I have a falling out with Verizon. Is this possible to do? For one, it allows you to get the best price you can find on a device. Verizon has eliminated contracts and the subsidies for smartphones that went with those contracts. Still, there are plenty of budget-friendly smartphones on the market, such as new devices from Motorola and from a slew of Chinese manufacturers that will offer you some big savings. These phones come unlocked out of the box, and you can get great deals on them over more expensive models, like the iPhone or Galaxy smartphones. Verizon has traditionally made it difficult to use an unlocked phone bought from a company other than Verizon. But things are changing at Verizon, according to Albert Aydin, a spokesman for Verizon. First, demand for unlocked devices is growing. The other major trend is that the wireless industry is moving away from contract service plans that offer subscribers a low-cost device in exchange for signing a two-year contract. Now, operators are starting to require subscribers to pay for new devices in full or in monthly installments with no contract or obligation to continue service. T-Mobile got rid of its contract plans more than two years ago. Earlier this month, Verizon announced the same move. But the device costs much more than that, usually at least three times more than the subsidized price. Who paid the balance? The carrier, which then figured the cost of this subsidy into the monthly service charge. But customers never actually knew how much of their monthly bill went to paying for their service and how much went to paying off their phone. Now, the cost of your service will be separate from the cost of your device. The other option, as you have suggested, is that you can bring your own device. This means you can use a phone that you already own, buy a used or refurbished smartphone, or shop around for a less expensive device from a lesser-known manufacturer. But there is a catch. This is especially true for Verizon and Sprint, which have based their traditional voice and data networks on technologies that are not deployed globally. To make certain the smartphone you buy will work with your carrier, you must look at the device specifications to ensure it supports the radio frequencies and network technology that is compatible with your carrier. Right now LTE is the technology used to provide broadband-like Internet speeds to wireless customers. This means that the device you choose needs to include radios that can tune into the frequencies that your carrier is using for its 4G LTE network. What to look for The incompatibility issue is particularly hard for Verizon customers since you will need a device that supports CDMA for voice. As for 4G compatibility, you will need to make sure the phone you purchase has radios that can tune into the frequencies that Verizon uses for LTE. Band classes are assigned by a wireless standards organization to ensure manufacturers are using the same specifications when developing components for devices. For Verizon, you need to make sure the phone you are purchasing supports any of these three LTE band classes: Sprint supports one band class that is common to Verizon: One thing to note here is that wireless operators use a mix of radio frequencies to build their networks. And depending on which markets they own specific frequency licenses and how they are building their networks, they may not use the same frequency bands ubiquitously across their network. This issue may soon go away as device makers include more

frequency bands in all the devices they make. This has already begun happening with devices from Apple, Samsung and Motorola, which are building devices that can be used across multiple carriers. What should you do? There are a few exceptions. And some of those are the phones that Verizon has already certified to be used on its network. The iPhone 6 and iPhone 6 Plus, as well as the Nexus 6 can be purchased unlocked and used on Verizon. The LTE issue becomes a bit trickier in Europe since wireless carriers there support different frequency band classes than operators in the U. The best way to know for certain is to compare the specs. T-Mobile provides a tool on its website that allows you to type in the serial number of your device to double check. The bottom line If you plan to stick with Verizon as your service provider, I suggest just getting a smartphone made for Verizon. You can still get a used or refurbished phone that was made for Verizon. You will be able to save some money if you do that. Please send me an e-mail at maggie dot reardon at cbs dot com. And please put "Ask Maggie" in the subject header. You can also follow me on Facebook on my Ask Maggie page.

Chapter 2 : What You Can Do With a Smartphone | List of Uses for Your Phone

You probably know the basics your smartphone can handle, but there are still some things your smartphone can do that might surprise you.

Meditation Illustrations by Kevin Van Aelst In and , 63 prisoners at a Seattle jail enrolled in a day meditation course as part of a study by the University of Washington. For the duration of the course, the prisoners were not permitted outside contact and were only allowed to speak with instructors. Three months after each inmate was released from jail, the researchers followed up with them. The findings of the study, published in by researcher Sarah Bowen “along with work conducted by her mentor G. Alan Marlatt” paved the way for the development of Mindfulness-Based Relapse Prevention and is widely cited in papers on meditation and addiction. On its website, the company touted science-backed benefits of meditation as reasons to use the app. Headspace also mentioned that meditation can reverse the progress of HIV, strengthen the immune system, and substitute for antidepressants. So if you ever find yourself indulging a little more than you like, give mindfulness a whirl—and start getting some Headspace today. Headspace later tweeted out the page with a claim that the app could help you give up drinking or smoking. To date, there is no scientific evidence to suggest Headspace can alleviate illness, depression, or cravings—let alone crack consumption. Smartphone apps become popular and profitable by getting users lightly addicted to repetitive use. Headspace knows this and has distanced itself from past claims that make it sound like a panacea. While many mindfulness apps do not use scientific claims to promote themselves or purport to teach users how to practice mindfulness, in the last decade, a number of apps have appeared on the market that do. Researchers say there is a serious dearth of evidence to back up mindfulness apps, even though they are increasingly perceived as proven treatments for mental health. So far, the preliminary research has suggested that some of the apps might show promise for treating stress , aggression , depression , anxiety, and craving. The excitement and hype around mindfulness apps is having a big impact on the culture of mindfulness. In June, Headspace announced a new subsidiary, Headspace Health , to develop medical apps. The company said it would seek FDA approval—which requires rigorous scientific testing. Headspace Health will conduct randomized controlled trials on its new products in and hopes to have doctors writing prescriptions by By his reckoning, the research produced so far on mindfulness apps has been insufficiently rigorous to draw any conclusions on their efficacy. So far, a handful of studies have been published on the efficacy of mindfulness apps, thanks in part to Headspace. In hopes of getting its app scientifically validated, the organization has partnered on more than 60 studies with 35 academic institutions. In the long term, scientists at Headspace say, they genuinely want to advance our understanding of mindfulness. In the meantime, in lieu of research proving that apps work, marketers tend to draw a false equivalence to in-person meditation programs, drawing on their credibility to suggest—or outright claim—that meditation apps offer the same benefits as clinically validated mindfulness therapy. To back up the claim that they do, Headspace cites a research paper by Marion Sommers-Spijkerman that analyzed the effectiveness of 15 different web-based mindfulness programs. Davidson says when we talk about the efficacy of meditation apps, research on in-person mindfulness training is irrelevant. Mindfulness apps have a big challenge. Mindfulness, at its core, is a tool for disrupting habits—especially unhelpful habits. If you get distracted easily, mindfulness helps curb the habit of distraction. If anxiety keeps you up at night, mindfulness might be able to mitigate the habit of anxiety. This is why researchers expected a day meditation course might help drug users break their substance addictions. Addiction is another strong habit. But, in contrast, apps become popular and profitable by getting users lightly addicted to repetitive use. So, can an app really treat addiction, or is it inherently part of the problem? The fact is, we know very little about meditation apps—good or bad. In the meantime, they are precipitating a much grander shift—a change in how mindfulness is understood and practiced around the world. Designing a culture Meditation apps are insanely popular. Last year, Apple named Calm , a meditation app, its app of the year. At the same time, it declared that meditation apps were one of the top trends of Mindfulness teachers often teach mindfulness as a way to understand the mind, cope with stress, let go of fixations, and experience the present moment. Apps

more often promote the idea that meditation is simply about either productivity or relaxation. As a leader in the field of mindfulness, he has sounded the alarm that the popularization of mindfulness apps may be having unintended consequences. When millions and millions of people have their first experience of meditation with an app, the nature of the app platform influences how those people understand meditation. Gunatillake points to four main ways he thinks apps are changing how people understand mindfulness. Second, the medium of a smartphone encourages the idea that mindfulness is something you do on your own. Third, guided meditations make users think that mindfulness meditation is a passive, guided activityâ€”not necessarily a tool for engaging in everyday experience. And fourth, the lack of diversity within apps might encourage the idea that there are only a few kinds of meditation, rather than showing users that there are many varieties and formats of meditation and mindfulness practice. The platforms available to deliver this material are shaped by the attention spans of people engaging with almost constant social media apps. People use the tools of the industry, not realizing they might be sabotaging what their product is trying to do. For a proponent of mindfulness, this might sound like the worst-case scenario: The possibility of placebo. Some research has suggested that meditation app users may benefit from a placebo effect. In medicine, the most rigorous research trials employ placebo groups to control for the expectations of treatment. Research on mindfulness in generalâ€”not just appsâ€”struggles to simulate placebo conditions; after all, how do you give someone fake mindfulness instruction? With the sham meditation, Noone recreated all of the conditions of app-based mindfulness trainingâ€”a soothing narrator, a sleek interface, powerful brand messagingâ€”minus the actual mindfulness. Let your mind wander freely without trying to focus on anything in particular. After 30 sessions, there was no difference between participants in the sham meditation and participants doing the meditation practice in the app, suggesting that the mindfulness instructions in the app were having no effect on these metrics. Noone points to another, similar study, in which a group of participants was given access to written materials on mindfulness, with some participants also receiving guided meditations and a control group receiving no resources. While the participants with mindfulness resources showed benefits over the control group, the researchers found no difference with the group that also got the guided meditations, suggesting the guided meditations had no unique effect. Research on mindfulness struggles to simulate placebo conditions; after all, how do you give someone a fake mindfulness instruction? A matter of priority. While at present there is a dearth of scientific evidence validating apps like Headspace and Calm, there is promising research to suggest that, in theory, digital mindfulness training could be effective. Researchers say that online trainings are advantageous because they can be affordable, accessible, flexible, anonymous, empowering, and enjoyable. Mindfulness experts Jud Brewer and Zindel Segal each developed mindfulness therapies: mindfulness training for addiction and MBCT, respectively and then realized that it would take years to train a cohort of clinicians to develop training programs for them. They both saw apps as a more efficient and precise way to deliver their specialized treatments. So, they developed apps to deliver the treatments and then tested them scientifically. These apps take direct advantage of the habit of smartphone use in order to tackle other specific habits, namely smoking, snacking, and anxiety. His work is based on the theory of operant conditioning, which posits that habits and behaviors are reinforced by positive reinforcement or negative punishmentsâ€”a process of learning that goes all the way back to sea slugs. We notice something that triggers our response, we act in a certain way, and we get rewarded for acting in that way. Thus we learn to associate that reward with the initial trigger. Results from trials of the app indicate that it is effective in preventing depression. As that changes, it could produce a bounty of data. The research you are going to see come out of Headspace is going to have sample sizes upwards of several thousand people. But part of doing the science and being transparent is publishing those negative results. Researchers have already started identifying areas for improvement in mainstream mindfulness apps. In one study, users reported features like notifications to be demotivating. How does our notification system support well-being? How about our customer service, or our website, or our marketing strategy, or our email campaigns? All of that is as much a part of the product as guided audio or a meditation timer or some teaching videos. We want to really create experiences for people face-to-face. For instance, experts suggest that you set an intention up front. Start with your pain points and see if your suffering is relieved. If not, you might try something else. That variety can be good for maintaining

a playful attitude about meditation and learning to integrate it into your life in different ways. Gunatillake says developers could include lessons on why mindfulness works and how to employ it in everyday life. These are things that an app can support you to do. But when a meditation app becomes just another habit, like checking email, it risks becoming less mindfulness training and more so just another piece of technology taking up headspace. Learning to be mindful in the world is a habit worth cultivatingâ€”whether or not apps are the way to get there.

Chapter 3 : How to Get Music Onto Your Smartphone

Today, most smartphones from Verizon Wireless have a built-in mobile hotspot function allowing you to work on the go and browse the Internet anytime. With a mobile hotspot, you can create an Internet connection for up to five mobile devices on a 3G phone and up to 10 on a 4G LTE smartphone.

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Chapter 4 : Back to cell phone basics: Buying a non-smartphone - CNET

You can't go wrong with the latest and greatest smartphones. These are the best smartphones you can buy at every price range from around \$ to \$1,

Mobile Back to cell phone basics: Buying a non-smartphone In this edition of Ask Maggie, CNET's Marguerite Reardon offers some suggestions for buying basic feature phones, a choice that could save you some money. All four of the major U. In this Ask Maggie, I offer some advice to a reader who is looking for one of these phones. I also offer some advice regarding the new all-in-one desktop computers. Stepping off my soapbox now. Regards and thanks for your response, Mark Dear Mark, While there are definitely more people switching from basic cell phones to smartphones these days, I know there are lots of people out there in your same shoes. But the reality is that each of these carriers see their future in data. And they will do everything in their power to encourage as many customers as possible to sign up for smartphones that require data plans. Overtime, I expect to see fewer of the more basic devices. But for now, carriers still offer a handful of basic phones that are either free or cost very little when you sign up for a two-year contract. The great thing about these basic phones is that they are inexpensive. The carriers either give them away for free with a two-year contract, or you pay a minimal amount for the devices. Using a basic phone with no data or text messaging, could save you half. But as you start to add additional services, like text messaging and data, the cost difference is not as big. That said, it can offer some savings. Here are her top choices: It also has a touch screen that offers some icons for accessing some of the basic features and functionality. And they said the touchscreen is unresponsive. While the keyboard is nice for heavy texters, she said that the short battery life and underdeveloped camera are setbacks. It has a 2-megapixel camera with video, a personal organizer, Bluetooth 2. I hope this advice and the device suggestions were helpful. CNET Reviews editor Rich Brown also has written about finding the best inch all-in-one desktop , where he compares the Dell to the models that Apple offers. So you should check out his story, as well. You might also want to consider the Lenovo IdeaCenter all-in-ones. Right now they only support Windows 7. I hope this was helpful. Please send me an e-mail at maggie dot reardon at cbs dot com. And please put "Ask Maggie" in the subject header. You can also follow me on Facebook on my Ask Maggie page.

Chapter 5 : Can Your Smartphone Make You Mindful? - Mindful

If you are on a GSM carrier, you will often be able to put the SIM card in any smartphone that you buy. If you are on a CMAA carrier (like Sprint and Verizon), you will need to buy a phone that is compatible with them and activate it with them.

The principal difference between a smartphone and a classic MP3 player is that the smartphone now includes connectivity. Android, though, is a bit more involved. There are three main ways to get music onto a phone: Alternatively, insert the disc that shipped with the phone. The drivers will install automatically. Then look for the item labeled "USB Connection" and select it. The drive naming conventions here can be cryptic -- for example "MOT," which stands for Motorola. Check the drive naming by removing the USB cable and observing which listed drives disappear. Then replace the cable and the obscurely named drive will reappear. Step 5 Double click on the smartphone drive name and the drive will open within a file explorer window. Drag and drop your music files from the PC. Allow any activity to complete, and then remove the cable. Step 6 Look for an included music app within the All Apps drawer on your Android phone. Select it and follow any prompts to index the files. Cloud storage functions in Google Play let you store purchased music and up to 20, songs in your collection. You can do this as an alternative to the previous steps. As an alternative, you can use streaming music services that require an Internet connection. Step 2 Select the Play Store icon and perform a search for a music streaming service by entering the term "Pandora. Follow the prompts to install the app and accept the permissions, and then allow the app to install. Enter a favorite artist and the app will create a stream based on like-sounding music. Slacker, Rdio, and Spotify are all apps streaming millions of songs that you can experiment with. TuneIn is a classic radio-style app that lets you listen to live radio from around the world. Want to Ask a Tech Question?

Chapter 6 : How to Use the Parental Controls on a Smartphone - Consumer Reports

7 Ingenious Tricks and Life Hacks for Your Smartphone. They will help you overcome some everyday problems and make your life much easier. And don't miss a cool bonus tip at the end! Nowadays.

Chapter 7 : Best smartphones T3's pick of the very best phones available today | T3

No matter how much you lock down a mobile device, though, Konowe, who has an year-old son, stresses that it's still up to you to monitor your child's smartphone use. Like many kids his age.

Chapter 8 : Bringing your own smartphone to Verizon: What you need to know - CNET

Wondering how you can connect your PlayStation 4 to a smartphone? Luckily, Sony built the PlayStation 4 with smartphone and mobile integration in mind. Check out our quick guide on how you can get.

Chapter 9 : Consent Form | Popular Science

This means you can use a phone that you already own, buy a used or refurbished smartphone, or shop around for a less expensive device from a lesser-known manufacturer.