



How to Check Your iPhone's Battery Health

Determine whether your iPhone's battery is degrading by checking its overall health.

Written By: Josh M

[← Battery](#)

Battery Health

Phone batteries, like all rechargeable batteries, are consumable components that become less effective as they age. [Learn more...](#)

Maximum Capacity

99%

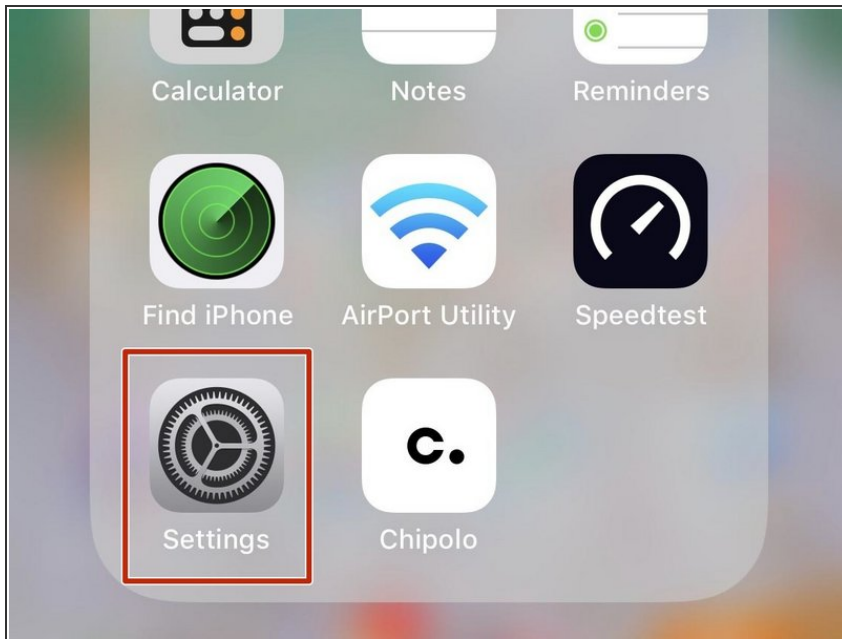
This is a measure of battery capacity relative to when it was new. Lower capacity may result in fewer hours of usage between charges.

INTRODUCTION

Use this guide to check the health of your battery and whether your iPhone is operating at peak performance. If not, it may be time to replace the battery.

This guide was created on an iPhone X, but can be used on any iPhone 6 or newer, running iOS 11.3 or higher.

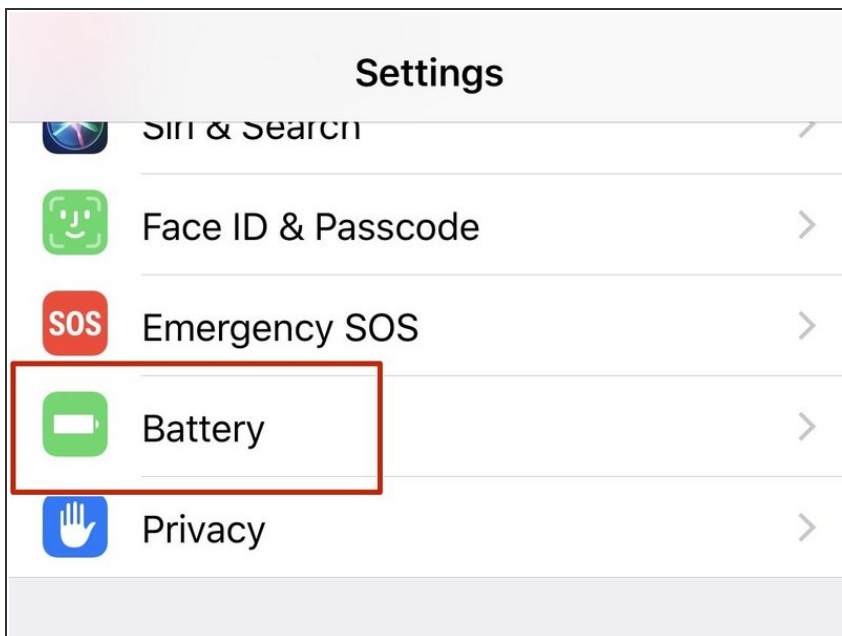
Step 1 — How to Check Your iPhone's Battery Health



i In order to proceed with this guide, your device must be running iOS 11.3 or higher.

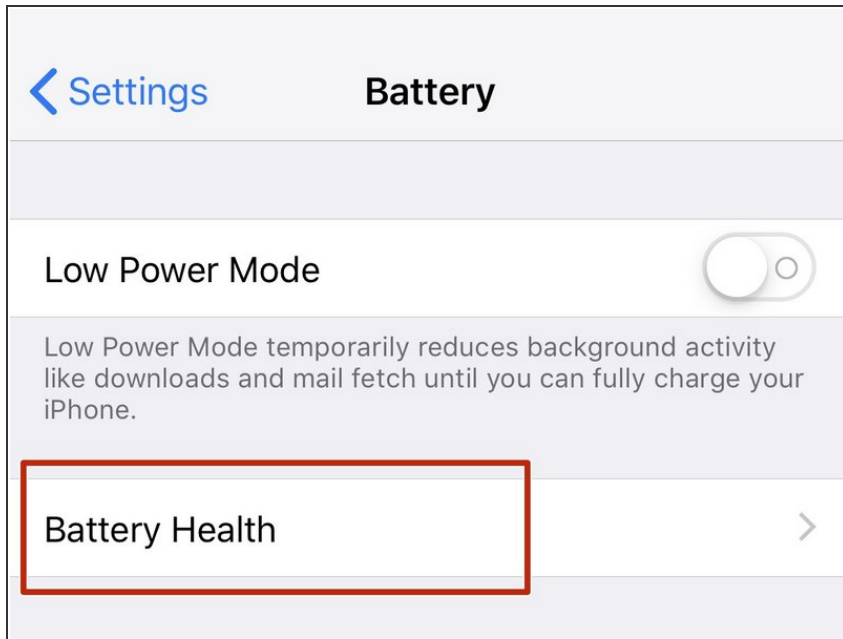
- Open the **Settings** app.

Step 2



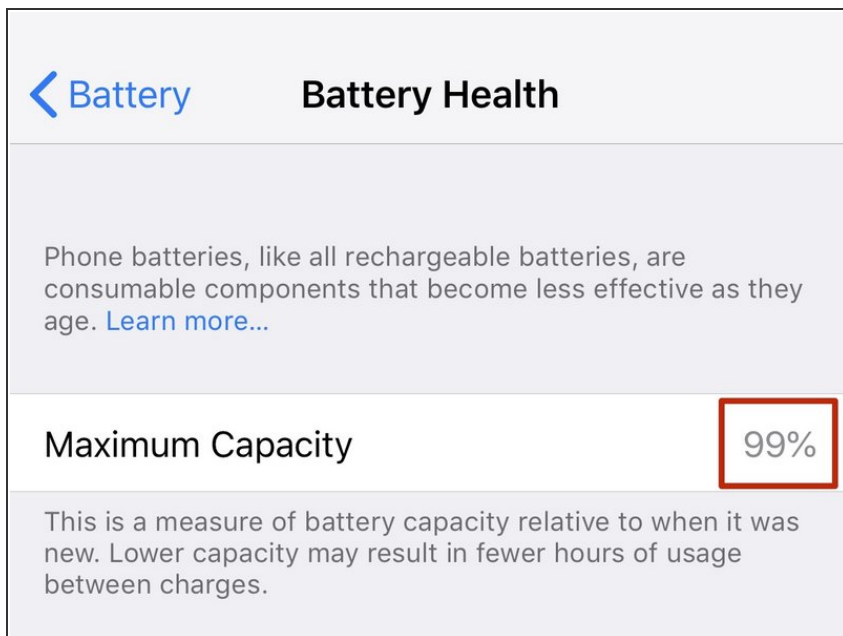
- Scroll down and select **Battery**.

Step 3



- Select **Battery Health**.

Step 4



- **Maximum Capacity** displays the total charge capacity of the battery compared to when the device was brand new.
- Over many charge and discharge cycles, this number will gradually drop.
- ⓘ Your iPhone should continue to work fine, albeit with shortened battery life. Apple typically recommends replacing the battery once it degrades to 80% or lower.

Step 5

Peak Performance Capability	Peak Performance Capability	Peak Performance Capability
Your battery is currently supporting normal peak performance.	This iPhone has experienced an unexpected shutdown because the battery was unable to deliver the necessary peak power. Performance management has been applied to help prevent this from happening again. Disable...	This iPhone has experienced an unexpected shutdown because the battery was unable to deliver the necessary peak power. Performance management has been applied to help prevent this from happening again. Disable... Your battery's health is significantly degraded. An Apple Authorized Service Provider can replace the battery to restore full performance and capacity. More about service options...

- **Peak Performance Capability** tells you whether your battery can still supply sufficient power for the iPhone's most intense processing tasks. *Normal peak performance* is what you're aiming for.
- If it says *your iPhone has experienced an expected shutdown*, that means your battery couldn't supply the needed power quickly enough, and the system shut down as a result.
- Your iPhone will throttle its own performance—slowing itself down—in order to prevent further unexpected shutdowns. This can be disabled to manually enable peak performance.
 - ⚠ Once you disable performance management, you cannot enable it again. It is automatically enabled after an unexpected shutdown.
- Once your battery falls below a specific threshold (typically 80%), you will be notified that *your battery's health is significantly degraded*.
 - ℹ Follow [this guide](#) to replace your iPhone X battery, or [click here](#) for other iPhone models.

That's all folks!