

Backups on iOS

VERSION: 05/2022



Which Backups Are Available for iOS Devices?

Threema Safe

- When activated, backup is done automatically and regularly
- Includes ID, contacts, groups and some settings
- Doesn't transfer chats
- Requires ID and password for retrieval
- Independent from operating system

Data Backup

- Backup is restored via Quick Start or encrypted iTunes backup
- Complete transfer of all data (ID, contacts, groups, chats, etc.)
- Not possible when changing operating system

New Phone – Which Backup?



Threema Safe

Threema Safe is the backup of choice when switching between operating systems or if you don't want to transfer any chats.

1 Old Device

- Activate Threema Safe: My Profile > Threema Safe
- Set a **secure** password

2 New Device

- Download Threema
- Select "Restore backup"
- Select "Threema Safe"
- Enter your Threema ID and the password you set earlier

Res	поте а васкир
What kir	nd of backup would you like to restore?
Learn mon	e about backups in Threem
	Threema Safe
Restore yo	our ID, contacts, and groups
	Exported ID
Restore on	ily your ID
	Cancel

Data Backup

If you are not switching operating systems and you want to keep your chats, use a data backup.

Old Device

- Create an ID export in the app on your previous device: "My Profile > ID Export"
- Make sure the option "Include in phone backup" is activated and tap on "Done"

2 Transfer Your Data Using Quick Start () or Create an Encrypted iTunes Backup ():

Quick Start

- Turn on your new device and select language and country
- When the Quick Start window opens, hold the device close to your old device
- Keep the devices next to each other and plugged in to power during the data transfer
- Confirm the data transfer and follow the on-screen instructions
- When the "Transfer Data" screen shows up, tap "Transfer from iPhone"
- After the data is transferred, open the Threema app

Encrypted iTunes Backup

- Connect your iPhone to your computer using a USB cable. Open the Finder (macOS Catalina 10.15 or later) or iTunes (macOS Mojave 10.14 or earlier)
- Select the options as shown on the screenshot

iPhone iPhone 11 Pro · 247.03 GB (241.59 GB Available) · 100%							
	General Music	Movies TV Shows	Podcasts Audiobooks	Books Photos	Files Info		
	Software: iOS 15.1 Your iPhone software is up to date. Your Mac will automatically check for an update again on 12.05.22. Check for Update Restore iPhone						
	Backups:	 Back up your mo Back up all the d Encrypt local backups Last backup to this 	st important data on your i ata on your iPhone to this h ckup protect passwords and sensitiv Mac: Today, 11:25	Phone to iCloud Mac re personal data.	Change Password Back Up Now		
		Manage Backups.			Restore Backup		

- Turn on the "Encrypt local backup" option and set a secure password
- Select "Back Up Now"
- After the backup is completed, connect the new device to your computer
- Open the Finder or iTunes and select "Restore Backup...". Choose the backup you just created and enter the password
- After the data is transferred, open the Threema app

Open the Threema App

- When the transfer is complete, open the Threema app
- Tap "Restore from backup > Keep local data > ID Export"
- Enter the password you set earlier
- You can now continue using Threema