

How to synchronize contacts from iPhone to Mac

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That means that when making changes to contacts on iPad or Mac, those changes will be transferred to the iPhone as well. When syncing for the first time, users can access contacts via the web, even without an iPhone or Mac with them.

Below, how to safely synchronize contacts on Apple devices.

Do you know how to sync contacts from iPhone to Mac?

1. Back up your contacts first!
2. How to sync iPhone contacts with iCloud
3. Activate iCloud Contacts on your Mac
4. Next, 'clean up' your contacts!
5. Export contacts to stay safe

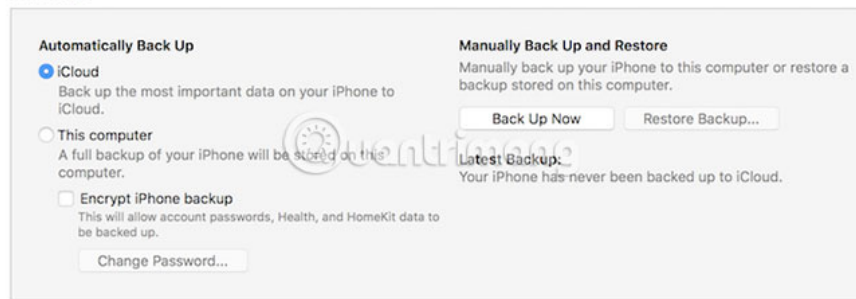
Back up your contacts first!

There is no simple backup option for iOS contacts. Instead, you'll need to back up your entire device. If anything happens to the next step, you can restore this backup to your device without losing any important data.

Please make a backup in iTunes as follows:

1. Launch iTunes on your Mac or Windows PC, then connect iPhone.
2. Click the device icon when it appears, then on the **Summary** tab , click **Back Up Now** .
3. Backup is completed.

Backups



You can also store iCloud backups of the device on the cloud. For more information on how to back up your iPhone and restore all backups, refer to the article: [How to back up data on your iPhone or iPad?](#)

How to sync iPhone contacts with iCloud

iCloud is a storage and synchronization service on Apple's cloud platform. Users have many options to use iCloud memory such as file storage, device search and data transfer. iCloud is also accessible from any browser on iCloud.com. iCloud is the best way to synchronize contacts, as it keeps everything up to date when users make changes.

To turn on iCloud sync for contacts on iPhone, do the following:

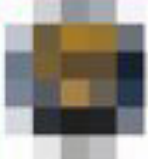
1. Launch the **Settings** app and click on your name.
2. Click **iCloud**, then activate the checkbox next to **Contacts**.
3. If asked to choose **Merge** or **Cancel**, click **Merge**.

Note : If you are using iOS 10.2 and earlier, launch **Settings** and touch **iCloud**.

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Settings



[Redacted Name]


Apple ID, iCloud, iTunes & App Store >

 Aeroplane Mode


 Wi-Fi  >

 Bluetooth On >

 Mobile >

 Personal Hotspot Off >

 Notifications >

 Sounds & Haptics >

 Do Not Disturb >

 Screen Time >

 General >

4:34



[Settings](#)

Apple ID



Name, Phone Numbers, Email >

Password & Security >

Payment & Delivery MasterCard >

 iCloud >

 iTunes & App Store >

 Share My Location >

 Set Up Family Sharing >

 **Tim's iPhone** >
This iPhone X

 **Apple TV** >
Apple TV 4

 **Kitchen** >
HomePod

4:34



< Apple ID

iCloud

STORAGE

iCloud

73.5 GB of 200 GB Used



Manage Storage >

APPS USING ICLOUD

Photos On >

Mail

Contacts

Calendars

Reminders

Notes

Messages

Safari

News

Stocks

Home

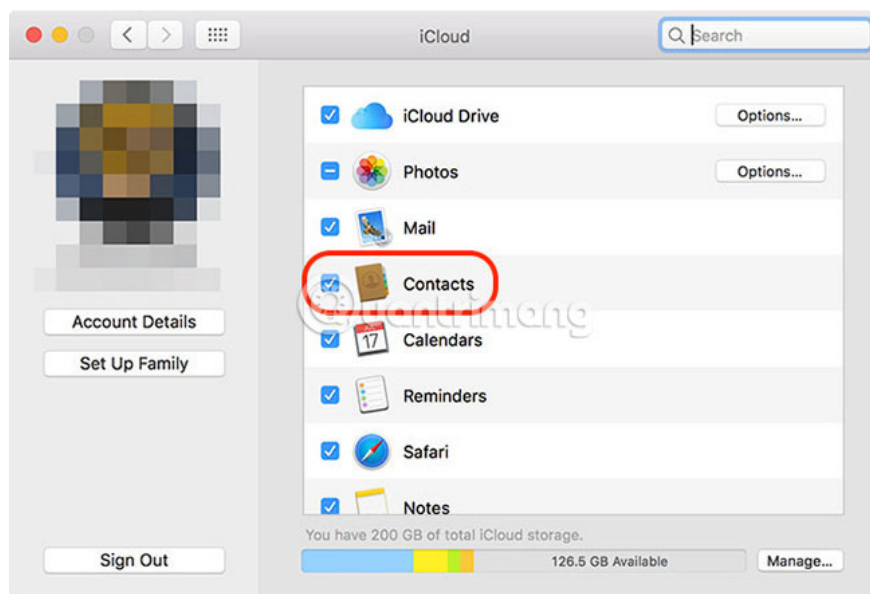
If you already have contacts in iCloud, this step will merge the new contacts with the old contacts and download them all to the device. If the **iCloud Contacts** synchronization feature has been activated, you may need to enable it on both your Mac or other devices for full functionality.

You can then take these steps on your iPad or iPod Touch to have access to your contacts on all your devices.

Activate iCloud Contacts on your Mac

Now you need to follow the same steps on your Mac to download the folder you just uploaded to iCloud. Do the following:

1. Log in to Mac as usual, then click **System Preferences**.
2. Select **iCloud** and make sure you are logged in to your **Apple ID**.
3. Select the checkbox next to **Contacts** to enable iCloud synchronization.

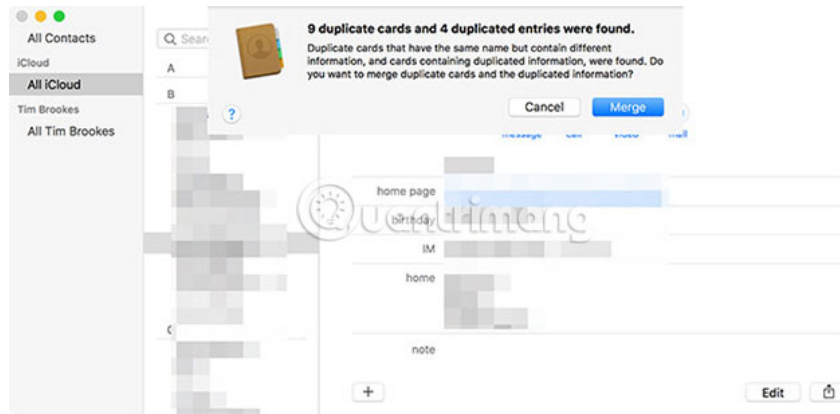


Contacts will now sync via iCloud. Any new contacts on a Mac that were not previously available on the iPhone will show up and vice versa. You can access contacts on your Mac using the **Contacts** application. This directory is also used in other Apple applications, such as **Messages** and **Mail**.

Next, 'clean up' your contacts!

With iCloud running to keep everything in sync, you can now change your contacts to keep them neatly organized on all devices. If the contacts were not previously synced, the contacts may become extremely messy.

On the Mac, launch **Contacts**. Make sure you have selected iCloud contacts in the sidebar, then sort, delete and add new contacts. You can search for duplicate contacts on the Mac by clicking **Card> Look for Duplicates and Contacts**.



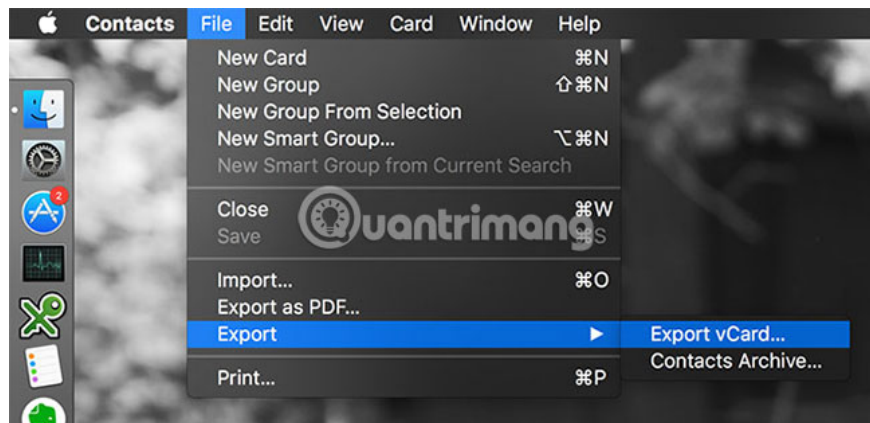
From the web browser (ideal for Windows users), visit **iCloud.com** and log in. Select **Contacts** to view contacts. From here, you can add new contacts, change existing contacts and delete any numbers no longer needed.

Export contacts to stay safe

If you want to export contacts from Apple 'ecosystem', you will have to do it from the computer. First, make sure you synchronize everything with iCloud and organize your contacts properly.

On a Mac, you can use the **Contacts** app to do this:

1. Launch **Contacts** and make sure to select iCloud in the sidebar.
2. Select all contacts by clicking **Edit**> **Select All** or using the shortcut **Cmd + A**.
3. In **File**, click **Export**> **Export vCard** and select the destination for the contacts.



From the web browser (for Windows users):

1. Go to **iCloud.com** and log in, then click **Contacts**.
2. Select all contacts (**Cmd + A** on Mac or **Ctrl + A** on Windows).
3. Click the **Settings** gear icon on the bottom left of the screen.

4. Select **Export vCard** to download contacts.

Now, you can import your vCard file into Gmail, Outlook or any other contact management service.

1. Sync iPhone contacts with Gmail

The contacts are stored permanently in iCloud and are tied to Apple ID which means you will never lose them. When buying a new iPhone or iPad, contacts will magically appear when you log in. The changes you make on any device will also apply to all connected computers, tablets and smartphones.

Even if you want to convert contacts from iPhone to Android, first sync with iCloud, make sure you don't miss any important contacts.

Hope you are successful.

You finished reading the article "**How to synchronize contacts from iPhone to Mac**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.