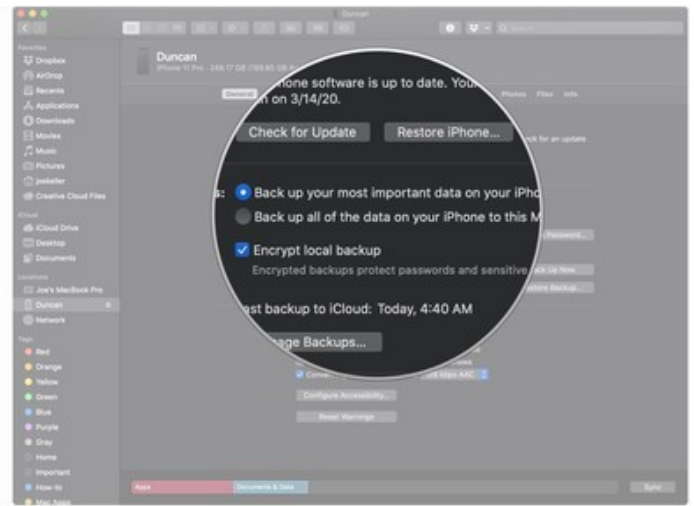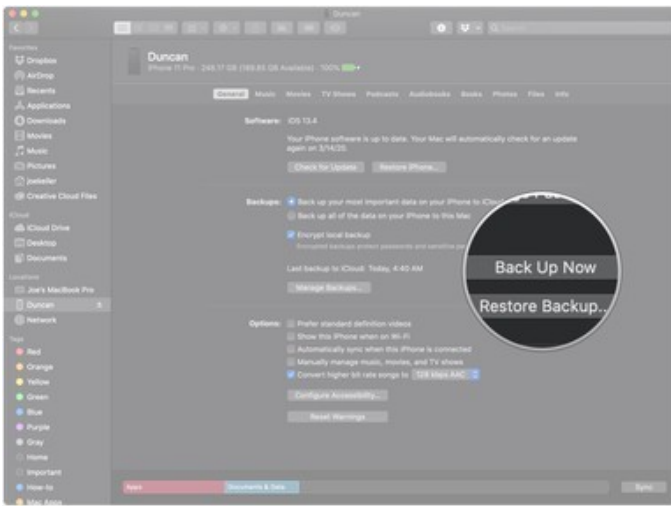# How to back up your iPhone or iPad manually in macOS

In macOS Catalina, backing up to iTunes is no longer an option, as that app's functions have now been split into the Music, Podcasts, and TV apps. The device backup feature, meanwhile, now resides in Finder on Mac. Here's what you need to do to back up there.
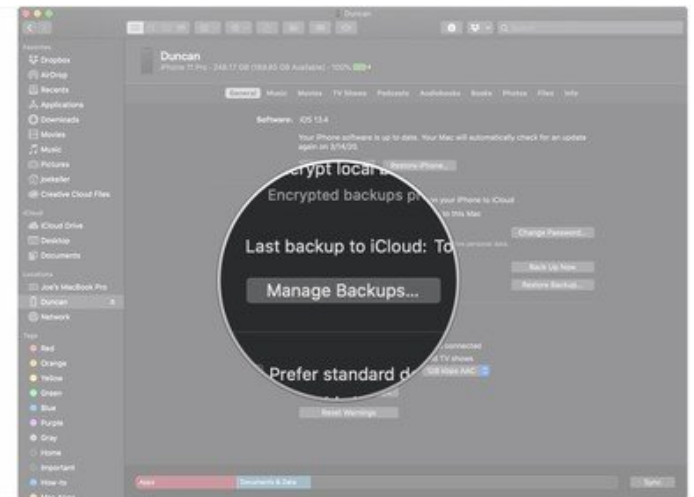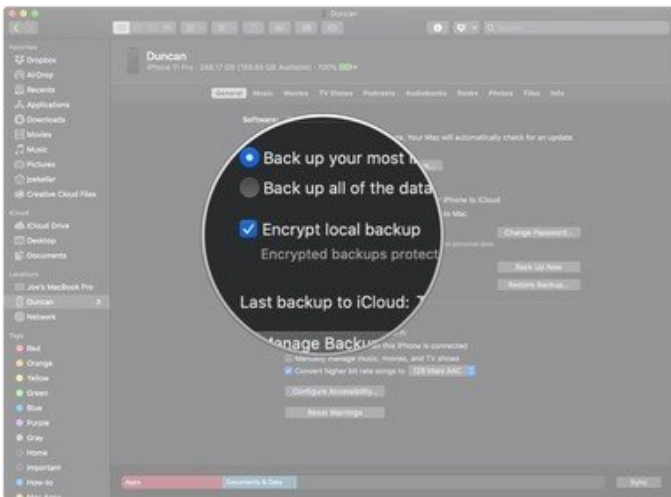
- Connect your **device** to your Mac.
- Click the **Finder** icon in the dock.
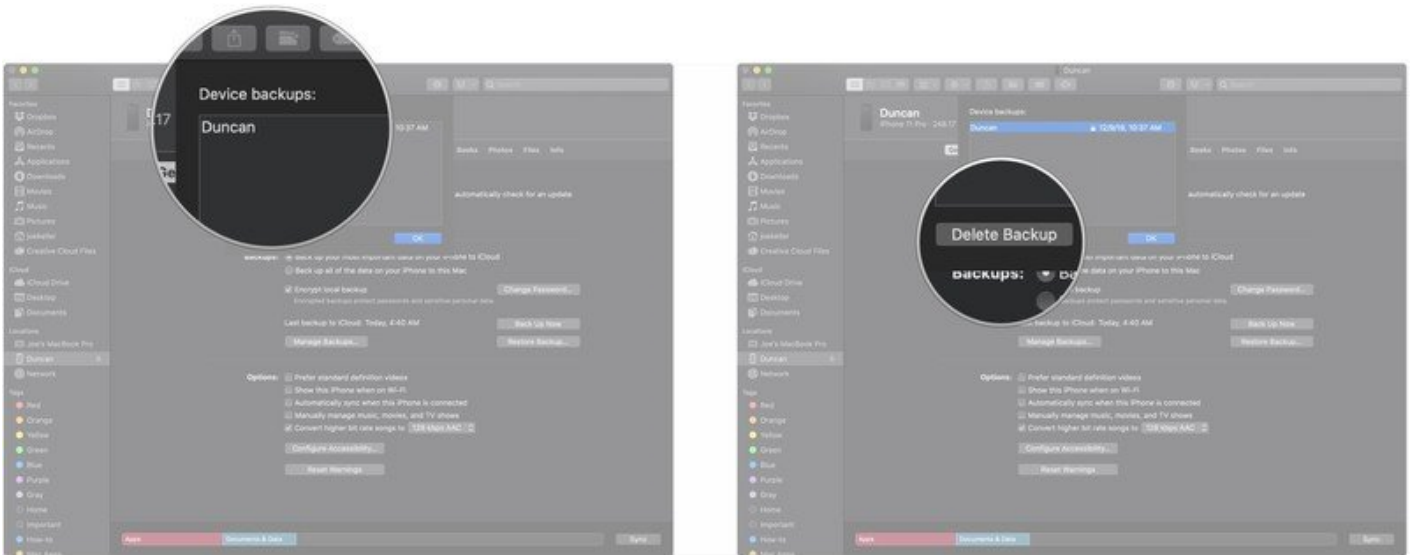- Click on **your device** under **Locations** in the Finder sidebar.

- Click **Back Up Now** to manually initiate a backup.
- Click the **button** next to **Back up all of the data on your iPhone to this Mac** if you want your iPhone to favor backups to your Mac instead of iCloud.
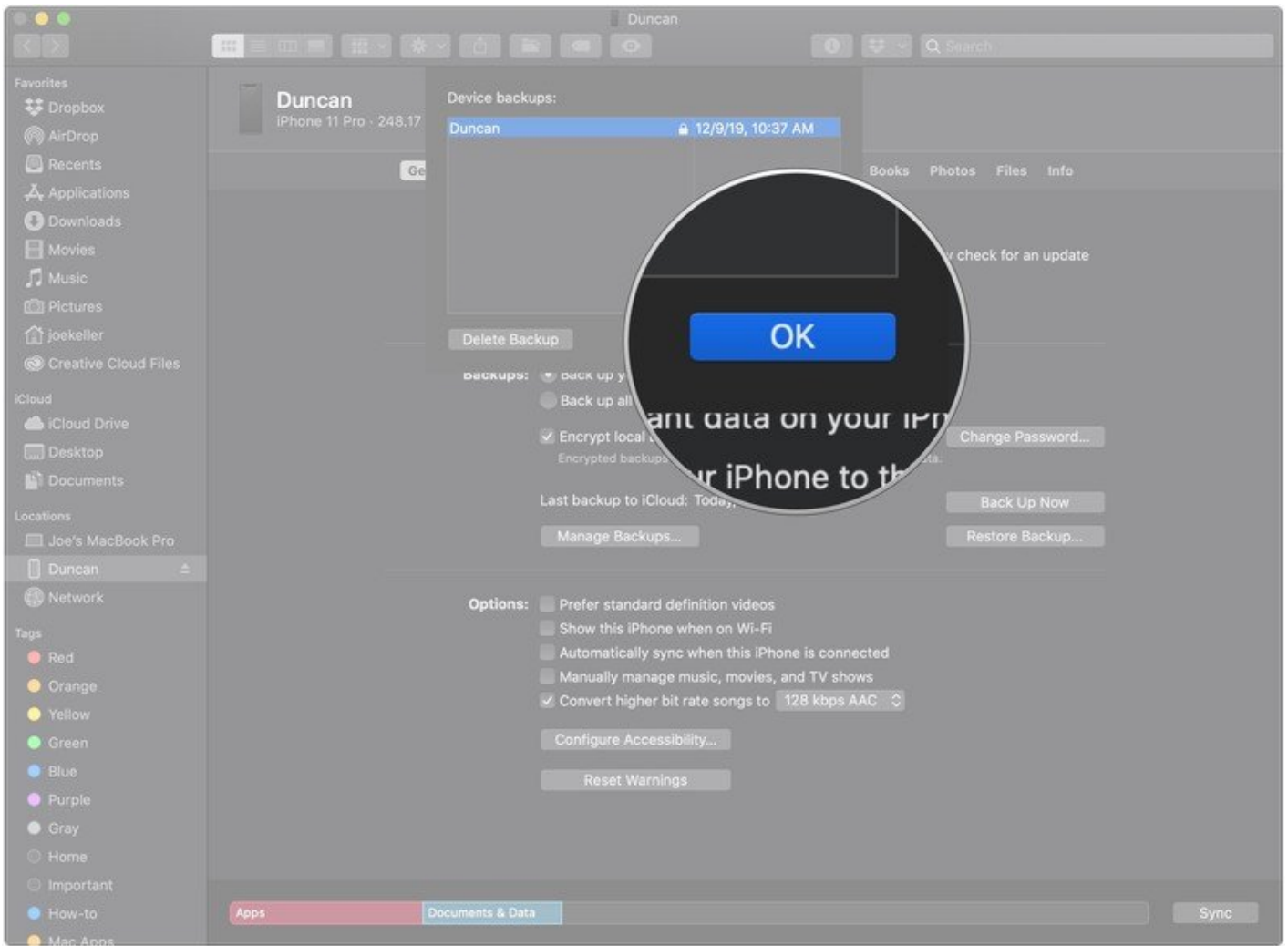
- Click the **checkbox** to enable or disable encrypting your local backups. It's **highly suggested** that you do this if you're going to use a local backup to move data to a new iPhone, as some data will be lost if the backup isn't encrypted.
- Click **Manage Backups...** to view all existing device backups.

- Click on any **device backup** you want to delete.
- Click **Delete Backup**. Be aware that the backup might not disappear until the next time you visit the 'Manage Backups...' view.

- Click **OK**.

Note : If you are not Tech Savvy or not sure/aware of technical stuffs, suggest you to contact your Technical Professionals @ 13 Tech to handle the situation and provide a solution.

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