

[Background Tasks](#) / Refreshing and Maintaining Your App Using Background Tasks

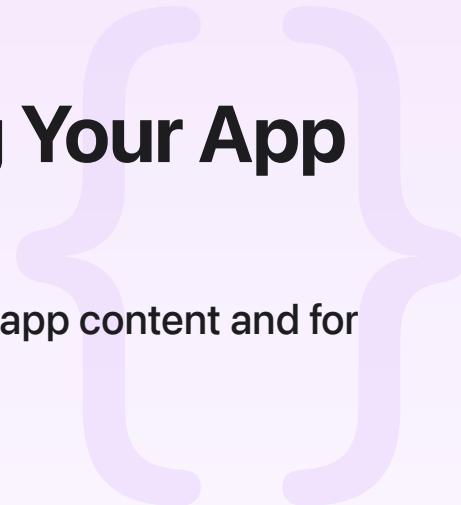
Sample Code

Refreshing and Maintaining Your App Using Background Tasks

Use scheduled background tasks for refreshing your app content and for performing maintenance.

[Download](#)

iOS 13.0+ | iPadOS 13.0+ | Mac Catalyst 13.0+ | Xcode 14.3+



Overview

Note

This sample code project is associated with WWDC 2019 session [707: Advances in App Background Execution](#).

This sample code project must be run on a physical device.

See Also

Background tasks

-  Using background tasks to update your app

Configure your app to perform tasks in the background to make efficient use of processing time and power.

Choosing Background Strategies for Your App

Select the best method of scheduling background runtime for your app.

`class BGProcessingTask`

A time-consuming processing task that runs while the app is in the background.

`class BGAppRefreshTask`

An object representing a short task typically used to refresh content that's run while the app is in the background.

`class BGHealthResearchTask`

A time-consuming, necessary processing task that runs while the app is in the background to prepare data essential to a health research study.