

REFLEX ACTIVE

series 09 - getting started



Please take a few minutes to read through these instructions, they will help ensure you get the best from your smartwatch. You can also visit our website or scan this QR code for lots of helpful information and video guides. And of course, if you have any questions, please get in touch, we're here to help!



+44 (0)121 524 1400

support@reflex-active.co.uk

www.reflex-active.com/pages/support

TOUCH
BUTTON

HOW TO CHARGE

1. Open the charger case and place the watch head into the case.
2. Connect the metal pins of the USB cable with the metal point on the back of the bracelet until the charging icon appears on the screen.
3. Close the case and plug the USB into the port or plug.
4. Once power charger is plugged in, the watch will activate automatically.
5. Please charge the band when it displays low battery.
6. A 2 hour charge time is sufficient to fully charge your smartwatch, please ensure you do not exceed a 2 hour charge period.

OPERATION INTRODUCTION

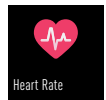
- To switch on, press and hold the touch button until display illuminates.
- To switch off the watch, press the touch key repeatedly until 'more' icon shows on the display and then long press to enter in 'Power off', long press the touch key again.
- You can press the touch key, or turn on gesture control in advanced settings of REFLEX ACTIVE app. and raise your hand to illuminate the screen.

GETTING TO KNOW THE SCREENS

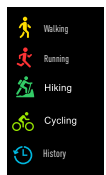


TIME SCREEN There are 3 different time screens to select from, press & hold the touch key to select the one you prefer. You can also select an extra dial from the app library. Enter SETTINGS, CLOCK FACE and tap the dial you'd like. This will automatically transfer to your watch, this may take a minute or so, you'll see a loading screen on your watch during this period.

NOTE: Your watch will store one additional dial at a time, as a new dial is downloaded, it will replace the previous download.



HEARTRATE view your current heart rate, and average walking, running, hiking and cycling rate. Your watch will continue to detect your heart rate as long as you wear it even when you sleep! Use the touch button until you select the Heart Rate icon. Hold the touch button until the icon changes to BPM. It will detect the current heart rate. If you want the feature to be active on selective times, then you select this by opening REFLEX ACTIVE App, selecting 'Settings' and 'Advance Settings'. Select Heart rate and set the tone you wish the feature to be active.

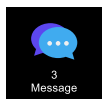


ACTIVITY TRACKING Press the touch key repeatedly until Sports icon is displayed & long press the touch key to enter in the multi-sport mode. The smart watch has 4 sports modes: Walking, Running, Cycling, Hiking, Run Indoor & Gym. Long press touch key to select and then enjoy your sport. The smart watch will record your data. After your sports, you can long press the touch key twice to stop recording and save the sports data. You can also check your sports data in the app.

Note: If your exercise time is less than 5 minutes, the data will not be saved.



SLEEP Wear the watch to fall asleep during 9:00 p.m. to 9:00 a.m.; the watch can record your sleep data of last night on the next day. Press the touch button to check the sleep data.



MESSAGES Unread messages will be displayed in 'Message' interface. Press the touch key to enter and read the messages on the watch.



WEATHER After connecting with the REFLEX ACTIVE app, you can select city in advanced settings of the app. and the weather of this city will be displayed on your smartwatch.



BREATHING Long press the touch key twice to enter the breathing interface. During the breathing process, long pressing or short pressing the touch key will exit the breathing exercise. Breathing exercises will auto exit after one minute of each cycle.



DRINK ALERTS From advanced setting within the App. you can set reminders to ensure you stay hydrated throughout the day.

DOWNLOADING THE REFLEX ACTIVE App.



To download our app, search for REFLEX ACTIVE App. or scan the appropriate QR code for installation. Use your smart phone camera or QR code reader app.

COMPATIBILITY

The REFLEX LONDON app will work on the following smartphones:

- Android (version 4.4 and above)
- Apple IOS (version 8.0 and above)

Please ensure the app is the latest version and has Bluetooth 5.0

CONNECTING BAND TO MOBILE PHONE

1. Enable Bluetooth on your smart phone.
2. Open the REFLEX ACTIVE App. on your smart phone.
3. Review and accept privacy policy.
4. Set your profile following the steps presented.
5. Set your goals following the steps presented.
6. To connect your watch, tap the green icon & select your watch from the list.
7. Tap OK to allow notifications to appear on your smartwatch.

Visit our SUPPORT section to view our video guide.

DISCONNECTING YOUR SMART WATCH & PHONE

1. Open the REFLEX ACTIVE App. on your smart phone.
2. Tap disconnect device in Settings.
3. Forget your device on your smart phones Bluetooth settings.



ACTIVITY REMINDER Turn on the sedentary reminder you've set in the REFLEX ACTIVE app. Your watch will vibrate to remind you to take a little exercise.



MUSIC CONTROL Open your phone's default music APP, long touch for entering in BT music, then click in this interface for controlling music: Play/Stop/Next song/Last song.



DAILY ACTIVITIES The smartwatch will record your daily activity automatically. Press the touch key to check pedometer, distance and calories. After syncing with the REFLEX ACTIVE app, the sports data can be also checked within the app.



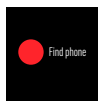
CALL ALERTS After successfully connecting with the REFLEX ACTIVE app, turn on 'Notifications' in Settings, and you will receive call notifications on your smartwatch.



CAMERA CONTROL Once connected to the App., the photo feature will be accessible via settings. By selecting 'take photo', you can take an image on your camera phone by pressing the touch key on your watch. The photo will automatically save onto your phone gallery for Android devices, or the option to save/retake on IOS devices.



MORE Press the touch key repeatedly until MORE icon shows on the display and long press the touch key to access 'Power off', 'About', 'Find Phone' and 'Reset'.



FIND YOUR PHONE OR SMARTWATCH Once the smart watch is connected to the App., the find phone feature will be available. Access via sub menu and then more. Press the touch key to open the 'Find the phone', then double tap the touch key and your phone will sound a locator alarm. To find your smartwatch from your phone, select find device from settings menu.



POWER OFF Long press the touch key to turn off the watch.



RESET Long press the touch key, your watch will be reset and restart.

Please note: Your REFLEX ACTIVE tracker will reset every day at midnight. Data is stored on the tracker for 7 days. For best results, ensuring activities and a full history are recorded, we recommend you sync your tracker to the App. daily.

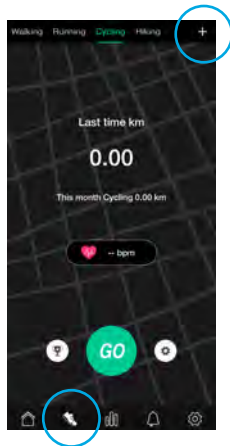
REFLEX ACTIVE

gps connectivity

GPS CONNECTION

Your REFLEX ACTIVE smartwatch will connect to your smartphone GPS to bring a great range of features to your wrist!

- Within the app select the trainer icon to enter GPS mode.



- Click on the + within the top right corner to customise the sports you wish to utilise.
- Tap the TROPHY icon to set your goals (distance, time or calories)



- Tap the SETTINGS icon to enter MOTION SETTINGS menu, here you can enable VOICE BROADCAST. Select the voice notifications you'd like to receive.
- When you are ready to start your activity tap GO on your app.
- Both your smartwatch & smartphone will countdown 3, 2, 1 on screen display, you can now begin your activity.



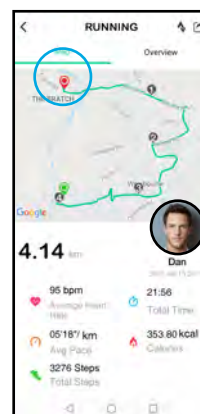
- Tap the location map at any point during your activity to see your map location.

- During activity your watch will display activity time, heart rate & calories burned.
- Swipe down to access steps, speed and distance travelled.

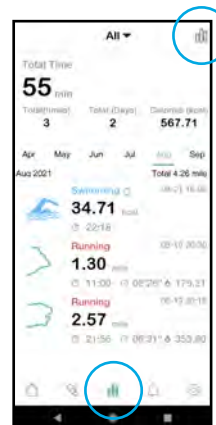


- To stop or pause activity, swipe right.
- Tap & hold the RED icon to stop & exit.
- Tap the GREEN icon to start or restart.
- Your smartphone will give VOICE NOTIFICATIONS during your activity when you hit your goals.

When you have completed your activity, you can view your data & route within the app.



- MAP will show you the path of your activity.
- OVERVIEW will show you activity statistics.



- Tap the GRAPH icon to see your activity history.
- Tap the GRAPH top left corner icon to see activity by week, month or year.

NOTE : If your activity lasts less than 5 minutes no data will be recorded.
NOTE :Ensure you have voice notifications enabled within MOTION SETTINGS.



SPECIFICATIONS

RAM/ROM	32k/512k	Multi-Sport	Hiking, Walking,	Standby Time	Up to 10 days
LCD Screen Size	1.3" One touch		Running, Cycling, Run Indoor & Gym	Charge Time	2 hours
Bluetooth	BT5.0	Battery	Built-in rechargeable lithium battery	Water Resistant	IP68
Call Reminder	Yes	Battery Capacity	90mAH	Heart Rate	YES
Notification	Yes	Bluetooth Connected	Up to 4 days	Operating Frequency	2402-2480 Mhz

HOW TO CARE FOR YOUR SMART WATCH

Do not wear your smartwatch whilst applying sprays or creams. Do not allow contact with any corrosive agent e.g. paint, solvents or adhesives, as this may affect the finish of the smartwatch. Your smartwatch is not suitable for swimming or showers. Do not immerse in water. Do not try to replace or disassemble the battery.

STRAP CARE

Environmental conditions can affect the durability of your strap. Please treat it with care and limit exposure to direct heat or sunlight. Keep your watch dry and away from wet surfaces. Do not use chemical cleaners on your strap and avoid contact with cosmetic products, such as fake tan or perfumes. Light soiling can be cleaned using a weak soapy water solution on a barely damp soft cloth. Please be aware light coloured straps i.e. whites, creams and pastel colours, are prone to attract colour transfer from other surface materials and cosmetic substances. Please take care whilst wearing these products as discolouration of straps is not covered within the guarantee.

SILICONE STRAP CARE

To keep your silicone strap looking good, clean it regularly with mild soap and water to remove any dirt, oils, lotions etc., ensuring the case of your smartwatch does not get wet. When you are not wearing your smartwatch, we recommend you store it in the gift box received with purchase.

STEP COUNTER

Smartwatches use multi-axis inertial sensors called accelerometers. These detect wrist movement in order to measure steps. However, some wrist actions whilst standing or sitting can mimic the arm movement of a step and can therefore falsely record steps. The step count recorded each day should be used as a guide only.

GUARANTEE

Quality and style are at the heart of what we do. REFLEX ACTIVE certifies this smartwatch is produced using premium materials and is fully tested before leaving our manufacturing centre.

Your timepiece is guaranteed against any defective parts and construction for 2 years from the date of purchase. Your guarantee is only valid if you present your original receipt when returning the item. This guarantee provides you with rights in addition to your consumer statutory rights and therefore does not limit your statutory rights. Please note this guarantee does not cover lenses, bands, straps or bracelets, water penetration or batteries. Additionally, breakages caused by accident or maltreatment are not covered.

All products should be returned to: PH Services, Precision House, Unit 4, Starley Way, Solihull, B37 7GN.
Please contact us before sending in your product and we'll guide you through the process.

CONTACT US

If you require any further assistance using your REFLEX ACTIVE smartwatch or our REFLEX ACTIVE App we are here to help!

You can also contact the REFLEX ACTIVE customer service team Monday to Friday, 9AM to 4PM on:

 +44 (0) 121 524 1400

 support@reflex-active.com

There is also lots of information on our website [reflex-active.com](https://www.reflex-active.com) that you may find helpful.

PRIVACY POLICY

Please check www.reflex-active.com/pages/privacy-policy to view our privacy policy. Please remember to check for updates periodically.

IMPORTANT SAFETY INFORMATION - BEFORE USING THE PRODUCT, PLEASE FAMILIARISE YOURSELF WITH ALL OF THE SAFETY INFORMATION AND INSTRUCTIONS FOR USE!

BATTERY WARNINGS

Do not attempt to replace the battery, open the device enclosure or disassemble your **REFLEX ACTIVE** product. Doing so can result in a safety hazard • The integrated rechargeable battery cannot be removed or replaced • Substances within **REFLEX ACTIVE** smartwatch battery may harm the environment or cause injury if handled or disposed of improperly. In the unlikely event of contact with battery acid, thoroughly flush the affected area with plenty of clean water and seek IMMEDIATE medical attention • When the battery is fully charged disconnect from charger, DO NOT exceed 2 hour charge time.

DEVICE WARNINGS - This is a Class A product. In a domestic environment, this product may cause radio interference. In which case the user may be required to take adequate measures • Ensure your smartwatch correctly engages with the charging contacts • Before each use, please check the product for damage, do not use if the product is damaged • This is not a toy, children should not play with this product • Never attempt to open your smartwatch, this may result in danger • Protect the product from strong impacts, vibrations, direct sunlight and dirt • Do not place heavy objects on the product • Do not exert pressure on the product • Avoid strong magnetic fields e.g. loudspeakers • Salt and thermal water can lead to the corrosion of metal parts. Remove the product before using saunas as the temperature difference can cause condensation • Do not operate the product near heat sources e.g. radiators or other devices emitting heat. Do not cover the product during operation or charging • Never use the product on aeroplanes, in hospitals, service rooms, or near medical electronic systems. The wireless signals transmitted could impact the functionality of sensitive electronics • Do not use your **REFLEX ACTIVE** product if the display is cracked • Do not expose your **REFLEX ACTIVE** product to extremely high or low temperatures • Do not use abrasive cleaners to clean your **REFLEX ACTIVE** product • Remove your **REFLEX ACTIVE** product immediately if it feels warm or hot • Do not attempt to wear or operate your **REFLEX ACTIVE** product whilst charging • Do not charge your **REFLEX ACTIVE** product if wet • Do not check notifications or other applications on the products display while driving or in other situations where distractions could be hazardous. Always be aware of your surroundings when using **REFLEX ACTIVE** products and services • Ensure your smartwatch is removed at regular intervals for gentle cleaning.

HEALTH WARNINGS - REFLEX ACTIVE smartwatches contain components that emit electromagnetic fields, with some of the models containing a magnetic charging dock, please be aware that these models contain magnets. These electromagnetic fields and magnets may interfere with medical devices, such as pacemakers and implanted defibrillators. Please consult your doctor and medical device manufacturer if you use any medical device before using a **REFLEX ACTIVE** smartwatch • The **REFLEX ACTIVE** heart rate monitor is designed for recreational use only, it is not intended for any medical use such as diagnosing or monitoring any medical conditions • The **REFLEX ACTIVE** heart rate monitor periodically emits flashing lights, please consult your doctor before use if you have epilepsy or similar conditions. • The **REFLEX ACTIVE** heart rate monitor usually provides an accurate estimate of your heart rate, but the reading can be affected by factors such as fit of the smartwatch, the physical characteristics of the wearer and the intensity of the activity • Your **REFLEX ACTIVE** smartwatch will help calculate distances covered and calories burned during training. Please consult a doctor before starting new exercise regimes • **REFLEX ACTIVE** smartwatches contain sensors to track your movement to closely estimate your activity, sleep, calories used etc. These close estimations are not always fully accurate • Some wearers may suffer skin irritation if the smartwatch is worn for prolonged periods, especially if you suffer from sensitive skin or have allergies. If you notice any irritation you should remove your smartwatch. To help prevent any irritation please ensure the smartwatch is removed regularly for cleaning & do not over-tighten on your wrist • We recommend you remove your smartwatch each day for gentle cleaning.

In the case of material damage or personal injury caused by incorrect handling or non-compliance with the safety instructions, no liability can be accepted by REFLEX ACTIVE. If you have any questions or concerns, please contact us, you'll find our contact details on this leaflet.

Manufactured by: Peers Hardy UK Ltd, Precision House, Starley Way, Birmingham Business Park, Bickenhill Lane, Solihull, B37 7GN, UK.
EU Address, Peers Hardy UK LTD, C/O Global E-commerce Experts, Rijnlanderweg 766, Unit H, 2132 NM, Hoofddorp, Netherlands.

DECLARATION OF CONFORMITY

The original UK and EU declaration of conformity may be found at : <https://www.reflex-active.com/pages/declaration-of-conformity-certification>.

DISPOSAL OF GOODS • The crossed out wheellie bin symbol is to remind you that waste electrical products, batteries and accumulators should not be disposed of in household waste. If you are unable to reuse or recycle your article it should be disposed of at a civic amenity site or a local authority recycling facility.

- Do not dispose of your REFLEX ACTIVE product within household waste.
- Disposal of your REFLEX ACTIVE packaging and product should be done in accordance with local regulations.
- Batteries are not to be disposed of in municipal waste & require separate collection.

