

# REFLEX ACTIVE

## Series 18 - 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

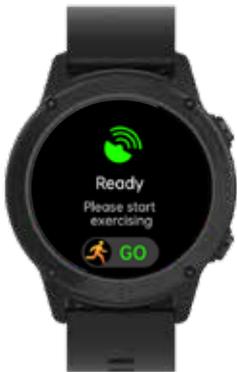
[www.reflex-active.com/pages/support](http://www.reflex-active.com/pages/support)

### HOW TO CHARGE

1. Line up the 2 pins to the charging spots on the back of the watch case.
2. The pins are magnetic and will secure the charger in place.
3. Plug in the USB cable to a power source. Once connected, the charging icon will appear on screen.
4. Please charge the band when it displays low battery.
5. A 2 hour charge time is sufficient to fully charge your smartwatch. Please ensure you do not exceed a 2 hour charge period.

### GPS CONNECTION

- Select activity on watch.
- Watch GPS start up screen.
- GPS screen will show.

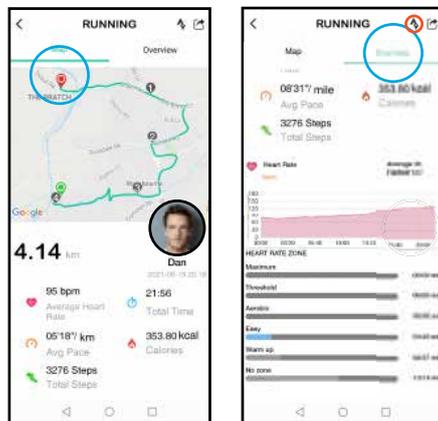


- Wait until GPS screen shows GPS signal is Ready
- \*Note- could take several minutes, ensure you are in open and clear surroundings. Buildings may affect GPS signal.
- Once on, press GO to begin activity.
- During activity your watch will display activity time, heart rate & calories burned.
- Swipe down to access steps, speed and distance travelled.

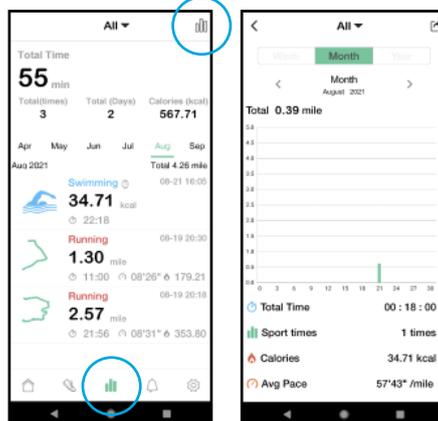


- To stop or pause activity, swipe right.
- Tap & hold the RED icon to stop & exit.
- Tap the GREEN icon to start or restart.
- Your smartphone will give VOICE NOTIFICATIONS during your activity when you hit your goals.

When you have completed your activity, you can view your data & route within the app. You can link your activity to Strava by selecting the Strava logo in the top right corner.



- 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 right 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.

### DOWNLOADING THE REFLEX ACTIVE BLUE App.



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

### COMPATIBILITY

The REFLEX ACTIVE BLUE app will work on the following smartphones:

- Android (version 9.0 and above)
- Apple IOS (version 12.0 and above)

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

### CONNECTING YOUR SMART WATCH TO MOBILE PHONE

1. Enable Bluetooth on your smart phone.
2. Open the REFLEX ACTIVE BLUE 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.

### DISCONNECTING YOUR SMART WATCH & PHONE

1. Open the REFLEX ACTIVE BLUE App. on your smart phone.
2. Tap disconnect device in Settings.
3. You must also forget your device on your smart phones Bluetooth settings.

### SERIES 18 FEATURE GUIDE

## WELLNESS FEATURES

HEART RATE	●
ACTIVITY TRACKING	12 ACTIVITIES
STEP COUNTER	●
SLEEP TRACKER	●
BREATHING EXERCISES	●
HYDRATION REMINDERS	●
SEDENTARY REMINDER	●
CYCLE TRACKING	●
CALORIE TRACKING	●

## GENERAL FEATURES

CALL NOTIFICATIONS	●
MESSAGE NOTIFICATIONS	●
GPS	BUILT IN
CAMERA CONTROL	●
WEATHER UPDATES	●
MUSIC CONTROL	●
WATCH LOCATOR	●
PHONE LOCATOR	●
INTEGRAL DIALS	10
LIBRARY DIALS	●
PHOTO DIAL	●
STOP WATCH	●

## SPECIFICATIONS

WATER RESISTANCE	IP68
APP VERSION	Reflex Active App.
SCREEN SIZE	1.26 INCH
USAGE TIME	4 DAYS

## 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 watch is guaranteed against any defective parts & 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.

We hope you'll love your watch, but if you do have any problems please contact us and we'll guide you through the guarantee process.  [SUPPORT@REFLEX-ACTIVE.COM](mailto:SUPPORT@REFLEX-ACTIVE.COM)  +44 (0) 121 5241400

## COMPATIBILITY

The REFLEX ACTIVE App. will work on the following smartphones:

Android (version 9.0 and above)  
Apple IOS (version 12.0 and above)

Please make sure the App. is the latest version and check for updates.

Bluetooth requirement 5.0. Bluetooth Range 10m

A two hour charge time is sufficient to fully charge your smartwatch, please ensure you do not exceed a 2 hour charge period.

PRIVACY POLICY - [reflex-active.com/pages/privacy-policy](https://reflex-active.com/pages/privacy-policy)

## 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. 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. 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.

### 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.

### IP68

Your watch is IP68 water resistant and suitable for up to 30 minutes to a maximum depth of 1.5 meters.  
We do not recommend our watches for use in salt-water. Always rinse and dry your smartwatch after any contact with water.

## 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 • If your watch features cycle tracking, please note the menstrual cycle tracking feature should be used for your personal records only. It is not intended to be used to assist in, or prevent conception. Always consult your doctor should you notice anything unusual.

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>.

## NEED HELP?

If you require any further assistance using your REFLEX ACTIVE smart watch or our App. please get in touch. We want you to get the very best from your smartwatch & we will always be happy to help.

You can also contact our UK based customer service team Monday to Friday, 9AM to 4PM by phone or email, or our website is available 24/7 and contains lots of useful information.

 +44 (0) 121 524 1400  [support@reflex-active.com](mailto: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.

**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.

