

# REFLEX ACTIVE

## series 08 - 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)

### DOWNLOADING THE REFLEX ACTIVE App.



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

### 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 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.

### HOW TO CHARGE

1. Line up the 2 pins to the charging spots on the back of the watch case.
2. Once in place, use the clamp to secure.
3. Plug in the USB cable to a power source. Once connected, a 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.

### OPERATION INTRODUCTION

- To switch on, press and hold the touch key 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 6 different time screens to select from, press & hold 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 take the place of the previous download.



**MESSAGES & NOTIFICATIONS** Press the touch button to switch to the message interface. Press the touch button to enter the message view. The smartwatch will alert you to incoming calls, SMS, Wechat and Whatsapp message notifications.



**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.



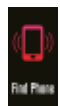
**ALARMS & ALERTS** From reminder at the bottom of the home screen of the App., you can add additional reminders such as wake up alarms, medication alerts etc.



**SLEEP** From settings & goals you can set a sleep target. Access your sleep data via today at the bottom of the home screen of the App.



**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.



**FIND YOUR PHONE OR SMARTWATCH** Once the smartwatch is connected to the App., the find phone feature will be available. Access via sub menu and then more. Long press the touch key and your phone will sound a locator alarm. To find your tracker from your phone, select find device from settings menu.



**MORE** Long press the touch button to enter the function menu. There is an About, Power Off & Find Your Phone option.



**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.



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



**KEEP ACTIVE** From advanced setting within the App. you can set reminders to ensure you stay active throughout the day.



**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.



**STEP COUNTER** The band will record your daily activity automatically. Press the touch key to switch between steps, calories & distance.



**SPORTS** Long press the touch screen button to enter more exercise functions. There are six sports options:

- Walking
- Running
- Cycling
- Hiking
- Run Indoor
- Gym

You can choose the mode you need, after your activity, the band will record your sports data. After your exercise, press the touch screen to stop & save your movement. If the activity lasts less than five minutes, the data will not record. From settings & goals in your App. you can set activity goals.

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.

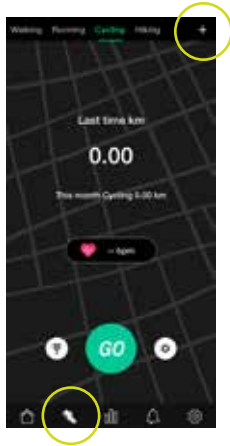
# REFLEX ACTIVE

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.



**CAMERA CONTROL** Once connected to the App., access the photo feature via settings. By selecting 'take photo', you can take a photo on your phone by pressing the touch button on your band. It will automatically save to your phone on Android devices, or the option to save/retake on iOS devices.



**ABOUT** Long press the touch button, you can check your bands address, device name and system version.



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



**POWER OFF** Long press the touch button to turn off your band.

## SPECIFICATIONS

<b>RAM/ROM</b>	32k/512k	<b>Multi-Sport</b>	Hiking, Walking, Running, Cycling, Run Indoor & Gym	<b>Standby Time</b>	Up to 10 days
<b>LCD Screen Size</b>	1.3" One touch	<b>Battery</b>	Built-in rechargeable lithium battery	<b>Charge Time</b>	2 hours
<b>Bluetooth</b>	BT5.0	<b>Battery Capacity</b>	90mAh	<b>Water Resistant</b>	IP68
<b>Call Reminder</b>	Yes	<b>Bluetooth Connected</b>	Up to 4 days	<b>Heart Rate</b>	YES
<b>Notification</b>	Yes			<b>Operating Frequency</b>	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](http://reflex-active.com) that you may find helpful.

## PRIVACY POLICY

Please check [www.reflex-active.com/pages/privacy-policy](http://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.

