

# REFLEX ACTIVE

## Series 43 - 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)

### POWER ON / OFF

- To switch on the watch, press and hold the main button until the display is on.
- Switch off by long pressing the main button, or through the settings/more functions.

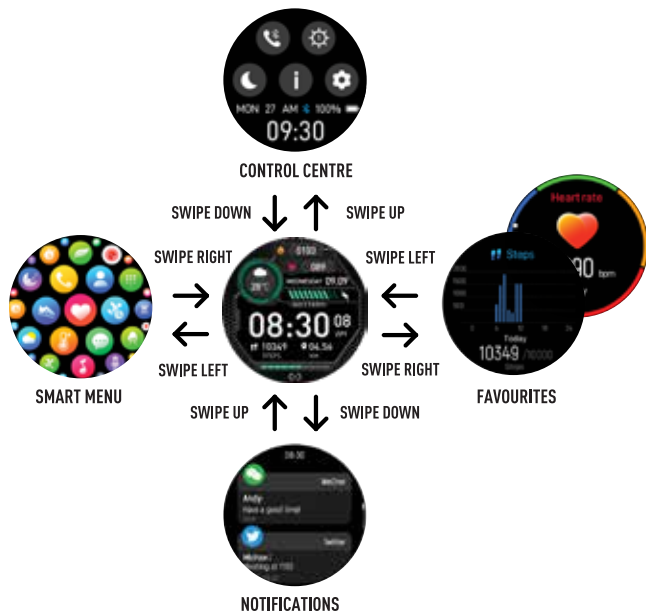
### HOW TO CHARGE

1. Line up the 2 pins to the charging spots on the back of the watch case. The pins are magnetic and will secure the charger in place.
  2. Plug in the USB cable to a power source. Once connected, a charging icon will appear on screen.
- Please charge the watch when it displays low battery.
  - Charging usually takes 3 hours to fully charge your smartwatch, please take care not to over charge.

### BUTTON OPERATIONS

- Short pressing the main button:
- Unlocks the screen
  - Returns to the main dial page
- Long pressing the main button:
- Turns on / off the watch

- Short pressing the sport button:
- Unlocks the screen
  - Opens exercise menu
- Long pressing the sport button:
- Opens dial options



### BLUETOOTH CONNECTION CALLING FUNCTION

After connecting the smart watch to your phone, you can use the microphone and built in speaker in the watch to make and answer calls. You can also view the call history on the watch.

Note: You need to retain the connection between the watch and the phone when using the phone call function.

#### HOW TO CONNECT

1. After connecting the watch to the REFLEX ACTIVE BLUE app, you will be prompted to accept wireless connection, please accept.
  2. Go to your watch and swipe right to the menu and locate the phone function.
- Note: The battery lasts for 3 to 4 days with Bluetooth calling mode enabled. On standby the battery can last for approximately 10-15 days.

#### ADD CONTACTS

You can add up to 8 contacts to your watch. Add contacts from the REFLEX ACTIVE BLUE app. To add contacts go to "favourite contacts" and add contacts. The selected contacts will then be synced to your watch.

### DOWNLOADING THE REFLEX ACTIVE BLUE App.



To download our app, search for REFLEX ACTIVE BLUE App. or scan the appropriate QR code with 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)

### CONNECTING YOUR SMART WATCH TO MOBILE PHONE

1. Enable bluetooth connection on your smart phone.
  2. Open the REFLEX ACTIVE BLUE APP on your smart phone.
  3. Set your preferences and follow the set up guide.
  4. To connect your watch, open settings at the bottom of the app & select 'connect smart device' & select Series 43.
- Allow permissions when prompted to gain full functionality of your watch.

### DISCONNECTING YOUR SMART WATCH & PHONE

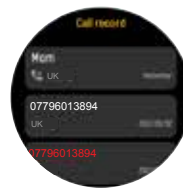
1. Open the REFLEX ACTIVE BLUE APP on your smart phone.
2. Tap settings in the bottom right corner & select forget device.

### WIRELESS CONNECTION CALLING FUNCTION



There are three tabs on this screen:

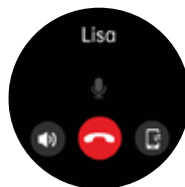
- Dial pad
- Call records
- Contacts



If you tap on the recent calls tab you can see the recent calls made/received on your phone.



When you tap on the dial pad you can then dial a number to call. Once you have dialled the number the call button on the bottom right corner will appear.



Once you tap on the call button the number will then be called.

- You can speak through the in built microphone on your watch.
- To adjust the speaker volume tap on the + or -
- To end the call tap on the red phone icon



When Bluetooth connection calling mode is activated the watch will ring and vibrate. You can answer or reject the call.

#### HOW TO DISCONNECT

To disconnect Bluetooth connection calling, go to the phone's Bluetooth setting and "unpair" the "REFLEX ACTIVE 43". There is also a shortcut to temporarily switch this off on the settings page.

### HOW TO DISCONNECT

Switch between watch / phone during an active call: If your watch is connected to your phone via wireless connection, all calls will show up on the watch by default. If during a call you would like to switch to your phone, simply tap on the handset earpiece icon to select it, the call will then switch to your phone.

### WATCH FACE

Your smartwatch has a number of our signature dials, to switch between them press & hold the screen & swipe left or right to view. Once you have selected your dial, tap to set.



# REFLEX ACTIVE

## Series 43 - getting started

### CHOOSING ADDITIONAL DIALS

There are more dials you can set from your app dial directory.

- Tap the watch face settings in the 'Device' > 'Series 43' page
- Select clockface
- Tap the dial you want to wear

The dial will automatically transfer to your watch screen, this may take a minute, a loading screen will be displayed during transfer.

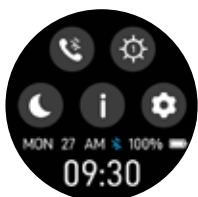
Note: Your watch will store one additional dial at a time, as a new dial is downloaded, it will take the place of the previous download.

### USING YOUR OWN PHOTO

You can select a photo from your smartphone gallery to use as your dial.

- Tap the watch face settings in the 'Device' > 'Series 43' page
- Tap edit on the first watch face
- Scroll & either choose an image from album or take an image
- Select the photo you'd like to use
- Move & scale within guide, click ok
- Move & edit time around display as desired and tap set as watch face

Note: You will need to allow access to your photo gallery to use this feature. Do this within your phone settings.



Swipe down to view watch shortcuts.

Calling  
Brightness  
Sleep mode  
Information  
Settings



Swipe up to view messages. The device will sync incoming notifications such as X, Facebook, Whatsapp etc.  
Note: Select the notifications you wish to receive in the app.



Swipe right to view Smart Menu.  
Swipe left to scroll through features.

### WELLNESS FEATURES



#### HEART RATE

Record your heart rate during the day if activated in settings. You can also tap on the screen to start measuring your heart rate.



#### SLEEP

Wear your watch while you sleep to track length & quality of your sleep.  
Note: Sleep detection starts from 10pm to 8am the next day and will show on app after 10pm.



#### STRESS MONITOR

Our stress monitor will help you keep an eye on your stress levels throughout the day.



#### MENSTRUAL CYCLE TRACKING

You can easily keep a track of your menstrual cycle.



#### SP02

Measure blood oxygen levels or oxygen saturation in your blood.



#### GOALS

A reminder will pop up once your goal for the chosen sport is achieved.

### SPORT MODE WITH GPS

- Select an activity on the watch.
- The watch will show the GPS start up screen.
- 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 start to begin activity.
- During activity your watch will display activity time, heart rate & calories burned.
- Swipe down to access steps, speed and distance travelled.

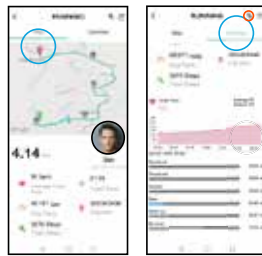


- To stop or pause activity, swipe right.
- Tap end to stop & exit.
- Tap continue to start or restart.
- Lock screen to prevent accidental stopping.

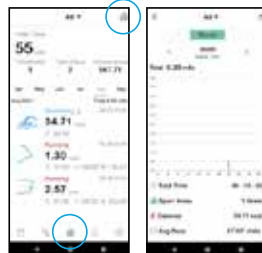
### SPORT MODE WITH GPS

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 your activity statistics.



- Tap the GRAPH icon to see your activity history.

Note: If your activity lasts less than 5 minutes no data will be recorded.

Note: Ensure you have voice notifications enabled within MOTION SETTINGS if you want progress updates.

Note: Our outdoor features are designed as additional tools to help you get the best from every adventure, but your watch is not intended as a safety device. Your wellbeing is paramount, always check conditions with local sources, stay aware of your surroundings & ensure others know your location at all times.

### LIFESTYLE FEATURES



#### STEPS

The watch automatically tracks the number of steps you have taken.

Note: your movement stats reset to 0 at midnight.



#### ALTIMETER

Altimeter provides real-time elevation data. It enhances navigation, safety, and training efficiency, ensuring better preparation and adaptation to varying terrains and conditions.



#### COMPASS

Stay on-track with our built-in compass, offering real-time directional guidance, Aiding route planning, and ensuring you stay on course without carrying separate navigation devices.



#### BAROMETER

Experience real-time atmospheric pressure data, aiding weather prediction and enhancing outdoor activities. It will help you anticipate storms, plan routes, and adjust training, ensuring safety.



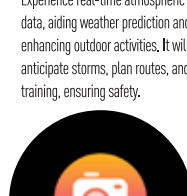
#### MUSIC PLAYER

Select track & control music from your watch.



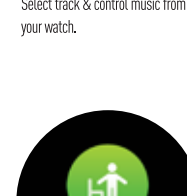
#### WEATHER UPDATES

You can view current weather & forecasts for the next day. Swipe up to view the forecast.  
Note: This information is synced from the app. Phone must be connected to receive updated weather forecast. Location must be selected from App settings.



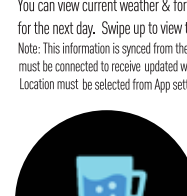
#### CAMERA CONTROL

You can control your phones camera once the watch is connected to your phone. Note: The phone needs to be unlocked before the watch can control the camera.



#### REMINDER TO MOVE

The device will vibrate to remind you to move after 1 hour of inactivity.  
Note: you can switch on/off this feature in the app.



#### HYDRATION REMINDER

Hydration is key to feeling your best, your watch will remind you it's time to take a drink. Note: you can set the feature in the app.



#### FIND PHONE

When connected to BT our Find Phone feature will ring & vibrate your phone to help you locate it.



#### BREATHE

It is important to take a few minutes out to practise a little mindfulness.



#### OTHER FEATURES

Timer, Alarm, Stop Watch, Find My Phone, Calendar & Voice Assistant.

# REFLEX ACTIVE

## Series 43 - getting started

### SPECIFICATIONS

<b>RAM/ROM</b>	640KB/128MB	<b>Battery</b>	Built-in rechargeable lithium battery	<b>Standby Time</b>	10-15 days
<b>LCD Screen Size</b>	1.39"	<b>Battery Capacity</b>	430mAh	<b>Charge Time</b>	2.5 - 3 hours
<b>Bluetooth</b>	BT 5.2	<b>Battery with Bluetooth Connected</b>	Up to 4 days	<b>Water Resistant</b>	IP68

### 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. 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.

**WATER RESISTANCE IP68** - Your watch is certified water resistant for up to 30 minutes to a maximum depth of 1.5 Metres. We do not recommend our watches for use in saltwater. Always rinse your smartwatch after swimming.

### 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 BLUE 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](https://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. Sensitive skin, skin allergies and medication could contribute to the irritation incurred and should be considered before use. 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.  
Made in China

**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 wheelee 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.

 Bluetooth is a trademark on a registered trademark of Bluetooth SIG Inc.

 The Strava logo and other Strava logos and product and service names are the exclusive trademarks of, and are owned by, Strava, Inc..

