

REFLEX ACTIVE

Series 45 - 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

POWER ON / OFF

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

HOW TO CHARGE

1. Line up the 4 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 crown button:

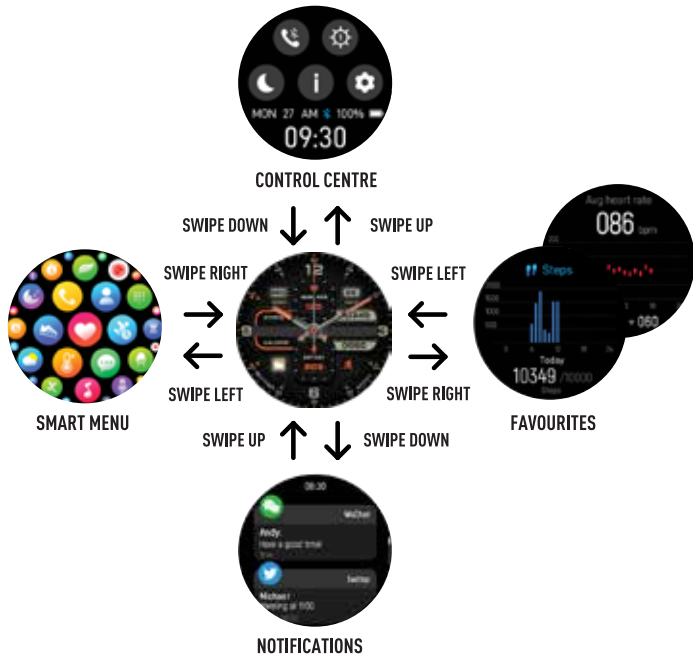
- Unlocks the screen
- Returns to the main dial page

Long pressing the main button:

- Turns on / off the watch

Short pressing the bottom button:

- Unlocks the screen
- Opens exercise menu



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.

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 45.
5. A unique 6 digit pairing code will be displayed on the watch & phone screen. If the codes match, accept and complete the setup.
 - Allow permissions when prompted to gain full functionality of your watch.

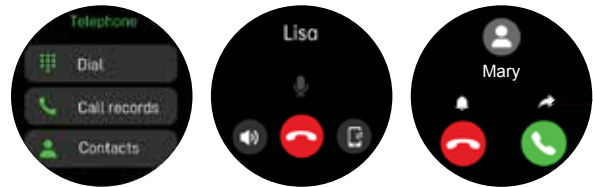
DISCONNECTING YOUR SMART WATCH & PHONE

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

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.

CALLING FEATURES



- Dial pad- Tap dial to dial a number to call.
- Call records- See recent calls made/received on your phone.
- Contacts- Add up to 8 of your favourite contacts to your watch from the app.

SWITCHING FROM WATCH TO PHONE

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.

HOW TO DISCONNECT

To disconnect Bluetooth connection calling, go to the phone's Bluetooth setting and "unpair" the "REFLEX ACTIVE 45". There is also a shortcut to temporarily switch this off on the control centre by clicking the phone icon.



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.



You can scroll through the dials using the crown. To lock a dial and stop the crown from scrolling, hold down on the dial screen & tap the lock.

- Green- allows the crown to scroll through the dials when turned.
- Red- Locks & stops the crown from scrolling through the dials.

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ALWAYS ON DIAL

Our Smartwatches allow you to tell the time at a glance with Always On display. To activate the Always On Display, go to Settings on your watch, select 'Always On Dial' & then choose between Analogue & Digital display to set your dial.

Note: Dual time & the seconds hand won't show on the always on display.



DUAL TIME DISPLAY

Enjoy the convenience of viewing the time home & away on one single screen. Select the dual time dial on your watch, then go to APP to select the city of the second time zone, both time zones will then be displayed on your dial.



CHOOSING ADDITIONAL DIALS

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

- Tap the watch face settings in the 'Device' > 'Series 45' 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

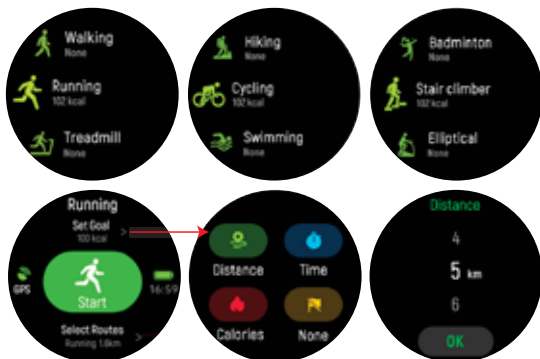
You can select a photo from your smartphone gallery to use as your dial.

- Tap the watch face settings in the 'Device' > 'Series 45' 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.



SPORTS 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 by illuminating green.

Note: Could take several minutes, ensure you are in open and clear surroundings. Buildings may affect GPS signal. To speed this up use the AGPS 'Assisted GPS' setting within the app under settings & smart device settings.

- Set goals for your activity which include distance, time & calories burnt.
- Once ready, press start to begin activity.

SPORTS MODE WITH GPS



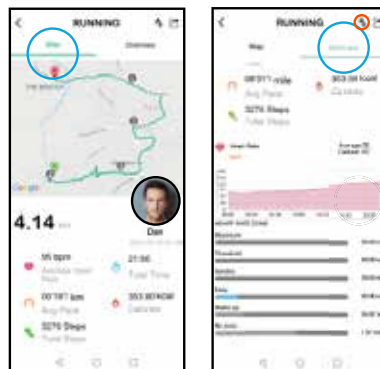
- During activity your watch will display activity time, heart rate & calories burned.



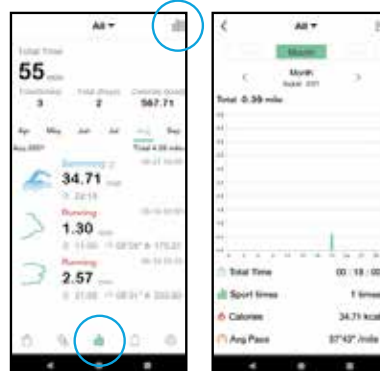
- To stop or pause activity, swipe right.
 - Tap end to stop & exit.
 - Tap continue to start or restart.
 - Lock screen to prevent accidental stopping.
- When you have completed your activity, you can view your data & route within the app.

Connect with STRAVA

You can link your activity to Strava by selecting the Strava logo in the top right corner of the Reflex Active app.



- 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.

CREATING A ROUTE

Within the app homepage, select route planning. From here you can manually or automatically create routes.

- Manual planning allows you to create a bespoke route by plotting key markings to the map.
- Automatic planning assists with plotting the route, once selected destinations are inputted.

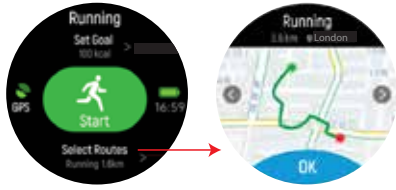
Once complete and saved, this will automatically sync to the watch.

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USING ROUTES

When an activity on the watch is started, you are able to select the pre-determined route before commencing your activity.



Once GPS is located, the map and route will show accordingly during your activity.

If the route changes while completing your activity, this is also able to be saved to your routes for future activities.

Use the route back option should you venture away from the chosen route and wish to get back to your starting point whilst using GPS.



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.

IMPORTING ADDITIONAL MAPS

Your Series 45 GPS watch is pre-loaded with UK and Ireland Maps. Should you want to upload additional map locations to create routes, follow these next steps.

WINDOWS 10 OR HIGHER

- Connect your watch to a computer using the cable provided and select the USB logo on your watch.
- Open the file drive for the watch within your computer, where you will see 'Smartwatch Tool'



- Please download.
- Follow the on-screen instructions to complete the installation.
- Once downloaded and open, you are able to search and upload maps of selected country regions from around the world.
- Safely remove the device once the map upload has completed and create your route with the app.

MACOS 10.7 OR HIGHER

- Connect your watch to a computer using the cable provided and select the USB logo on your watch.
- Click the 'Smartwatch Tool' icon to download the latest version for macOS.
- Follow the on-screen instructions to complete the installation.
- When you run the 'Smartwatch Tool' for the first time, a window may pop up stating that 'Smartwatch Tools cannot be opened because the developer cannot be verified' Follow these steps to proceed with the download-
 - Go to System Preferences > Security & Privacy.
 - Click on the 'General' tab.
 - Look for the message 'Some settings were blocked' and click 'Open Anyway'.
 - Once downloaded and open, you are able to search and upload maps of selected country regions from around the world.
 - Safely remove the device once the map upload has completed and create your route with the app.

Note: To manage storage availability you can add or remove maps accordingly.

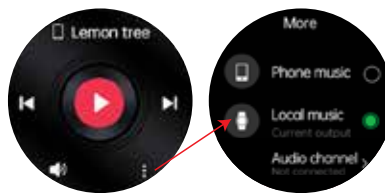
IN-BUILT MUSIC UPLOAD

Save music onto your watch for easy listening without the use of your phone connectivity.

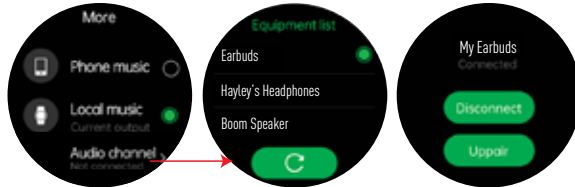
- Connect your watch to a computer using the cable provided and select the USB logo on your watch.
- Open the folder for the watch within your computer, where you will see a 'MUSIC' folder.
- You are able to drag and drop mp3. and wma. music files into the folder, where they will then be available within the watch.
- Remove files as required to manage requirement and storage.
- Safely remove the device from your computer.

To access these music files while on your activity, please select the 3 dots within the music interface on the watch and select 'local music'.

IN-BUILT MUSIC UPLOAD



You can also connect your watch to Bluetooth headphones/earbuds to best enjoy your music within this section.



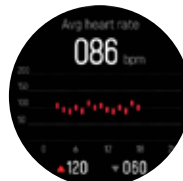
If you would like to stream music, connection and primary control via your phone is required. Your phone must remain within connection distance to ensure that streaming continues during your activity.

WELLNESS FEATURES



STEPS

The watch automatically tracks the number of steps you have taken.
Note: Your movement stats reset to 0 at midnight.



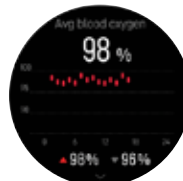
HEART RATE

The watch will 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 MONITOR

If the watch is worn whilst you sleep, it will keep track of the hours slept and the quality of your sleep.



BLOOD OXYGEN

Measure blood oxygen levels or oxygen saturation in your blood.



STRESS MONITOR

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



BREATHE

It is important to take a few minutes out to practise a little mindfulness, this feature helps you focus on your breathing during the day & when trying to sleep.



FEMALE HEALTH

You can easily keep a track of your menstrual cycle.

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LIFESTYLE FEATURES



ALTIMETER

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



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.



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.



WEATHER UPDATES

You can view current weather & forecasts for the next day. Swipe up to view the forecast.

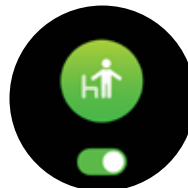
Note: This information is synced from the app. Phone must be connected to receive updated weather forecast. Location must be selected from App settings.



CAMERA CONTROL

You can control your phone's camera once the watch is connected to your phone.

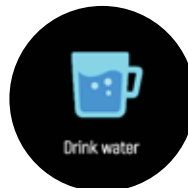
Note: The phone needs to be unlocked before the watch can control the camera.



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.



OTHER FEATURES

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

Using quick view you can check the time on your smartwatch without tapping. Just turn your wrist towards you and the time will appear for a few seconds.

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SPECIFICATIONS

RAM/ROM	640KB/128MB	Battery	Built-in rechargeable lithium battery	Standby Time	10-15 days
LCD Screen Size	1.43"	Battery Capacity	350mAh	Charge Time	2.5 - 3 hours
Bluetooth	BT 5.2	Battery with Bluetooth Connected	Up to 4 days	Water Resistant	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 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. 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

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

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

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 wheelite 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.

