



## Argos REFLEX ACTIVE App User Guide

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**Argos REFLEX ACTIVE App**



## Product Usage Instructions

- To download the REFLEX ACTIVE RED App, search for it in your app store or scan the QR code provided in the manual.
- Line up the charging pins on the back of the watch with the charger.
- Plug in the USB cable to a power source.
- The charging icon will appear on the screen once connected.
- Charging usually takes 3 hours; avoid overcharging.
- Enable Bluetooth on your smartphone.
- Open the REFLEX ACTIVE RED App on your phone.
- Set preferences and follow the setup guide.
- In the app, go to the device section, select 'add device, and choose Series 29.
- Pair your watch with the phone using the unique 6-digit code displayed on both screens.
- Open the REFLEX ACTIVE RED App on your phone.
- Tap 'remove device' in the device section of the app.
- Forget your device in your phone's wireless connection settings.

## 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!

## **POWER ON / OFF**

- To switch on the watch, press and hold the crown until the display is on.
- Switch it off by long pressing the crown 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, the charging icon will appear on the screen.
3. Charging usually takes 3 hours, please take care not to overcharge.

## **DOWNLOADING THE REFLEX ACTIVE RED App**

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



## **COMPATIBILITY**

The REFLEX ACTIVE RED 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 A MOBILE PHONE**

1. Enable Bluetooth on your smartphone.
2. Open the REFLEX ACTIVE RED App. on your smartphone.
3. Set your preferences and follow the setup guide.
4. To connect your watch, open the device section at the bottom of the app & select 'add device' & select Series 29.
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 RED App. on your smartphone.
2. Tap remove device at the top of the device section of the app.
3. Forget your device on your smartphone's wireless connection settings.

## CALLING FUNCTION

### HOW TO CONNECT

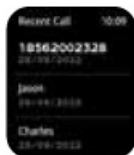
- **Step 1:** After connecting the watch to the REFLEX ACTIVE RED app, you will be prompted to accept the Bluetooth connection. Please accept.
- Once connected, you should see that the device is 'connected for calls'.
- **Step 2:** Go to your watch and swipe right to the menu and locate the phone function.

There are three tabs on this screen:

- Recent calls
- Dial pad
- Contacts



- If you tap on the recent calls tab, you can see the recent calls on your device.



- When you tap on the dial pad, you can then dial a number to call.
- Once you have dialed 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



## INCOMING CALL

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



## HOW TO DISCONNECT

- Switch between watch/phone during an active call:
- If your watch is connected to your phone via a 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.

## ADD CONTACTS

- You can add up to 8 contacts to your watch. Add contacts from the REFLEX ACTIVE RED app.
- To add contacts, go to “Favourite Contacts” and add contacts.
- The selected contacts will then be synced to your watch.

## BATTERY 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.

## OTHER SETTINGS

### ALWAYS ON DIAL

- Our Smartwatches allow you to tell the time at a glance with an 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.



## 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.



## 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.



## CHOOSING ADDITIONAL DIALS

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

- Tap the watch face settings in the 'Device' > 'Series 29' 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 the 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 29' page
- Tap edit on the first watch face
- Scroll & either choose an image from the album or take an image
- Select the photo you'd like to use
- Move & scale within the guide and click ok
- Move & edit the time around the 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.



## WELLNESS FEATURES

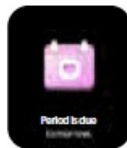
### HEART RATE

- 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.



### FEMALE HEALTH

- You can easily keep track of your menstrual cycle.



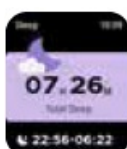
### EXERCISE

- To start select an exercise in the activity screen and enable it. The watch currently includes exercise modes which include Walking, Running, Cycling, Skipping, Badminton etc.



### SLEEP

- If the watch is worn while you sleep, it will keep track of the hours slept and the quality of your sleep.
- **NOTE:** Sleep Detection starts from 10pm to 8 am the next day; sleep data will upload to the app after 10 am.



### STEPS

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



## 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

- Take a few minutes out to practise a little mindfulness, This feature helps you focus on your breathing.



## GOALS

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



## LFIESTYLE FEATURES

### MUSIC PLAYER

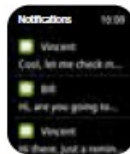


- Select your track & control the volume from your watch. You'll also see the artist & track name displayed on your watch screen.



## MESSAGE NOTIFICATIONS

- The device will sync incoming notifications from socials such as Twitter, Facebook, Whatsapp, Instagram, etc.
- **Note:** Select the notifications you wish to receive in the app.



## 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 in the app.



## HYDRATION REMINDER

- Hydration is key to feeling your best so the smart watch will remind you it's time to drink some water at the planned time.
- **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.



## WEATHER UPDATES

- You can view the current weather and forecasts for the next day.
- This information is synced from the app. Swipe up to view the weather forecast.
- The location must be selected from the App settings
- **NOTE:** Phone must be connected to receive updated weather forecast.



## SPECIFICATIONS

- **RAM/ROM:** RAM 640KB / ROM 128MB
- **LCD Screen Size:** 2.4" Full Touch
- **Bluetooth:** BT 5.3
- **Battery:** Built-in rechargeable lithium battery
- **Battery Capacity:** 280mAh
- **Battery with Bluetooth Connected:** Up to 4 days
- **Standby Time:** 10-15 days
- **Charge Time:** 2.5 – 3 hours
- **Water Resistant:** IP68
- **Operating Frequency:** 2400-2483.5 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.
- 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 tans 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 your purchase.

## **STEP COUNTER**

- Smartwatches use multiaxis 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 RED App we are here to help!
- You can also contact the REFLEX ACTIVE customer service team Monday to Friday, 9 AM to 4 PM on:
- +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](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 FAMILIARIZE 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 the 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 it from the 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 airplanes, 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 product 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 the 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 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>.

**DISPOSAL OF GOODS** The crossed-out wheelie 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 with household waste.
- Disposal of your REFLEX ACTIVE packaging and product should be done under local regulations.
- Batteries are not to be disposed of in municipal waste & require separate collection.



## FAQ

- **Q: How do I make and answer calls with the smartwatch?**
  - **A:** After connecting your watch to the REFLEX ACTIVE RED app, swipe right to access the phone function. You can use the microphone and speaker on the watch for calls.
- **Q: How do I activate the Bluetooth calling function?**
  - **A:** Ensure your watch is connected to your phone, then follow the steps in the manual to activate Bluetooth calling. You can make and answer calls using the watch.

## Documents / Resources



[Argos REFLEX ACTIVE App \[pdf\] User Guide](#)  
REFLEX ACTIVE App, App

References

- [📄 Support Centre](#)
- [📖 User Manual](#)

[Manuals+](#), [Privacy Policy](#)

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