

Reflex Active RA15-2144

Reflex Active RA15-2144 Smartwatch User Manual

Your Guide to Setup, Operation, and Maintenance

1. INTRODUCTION

Welcome to the user manual for your new Reflex Active RA15-2144 Smartwatch. This guide provides essential information to help you set up, operate, and maintain your device, ensuring you get the most out of its features. Please read this manual thoroughly before using your smartwatch.

2. PRODUCT OVERVIEW

The Reflex Active RA15-2144 is a versatile smartwatch designed to enhance your daily life and fitness journey. It features a rectangular black case with a silicone strap and a silver buckle, offering both style and durability.

Key Features:

- Heart Rate Monitor
- Music Control
- Color Touchscreen Display
- Up to 7-day Battery Life
- Message Notifications
- Real-time Activity Tracking (Walking, Running, Cycling, Jump Rope, Basketball, Football, Badminton, Swimming)
- Distance, Steps, and Calorie Tracking
- Breathing Training Exercises
- Live Weather Updates
- Selfie Camera Control
- Find My Phone Function
- Sleep Tracking
- Alarms and Reminders
- Customizable Watch Faces
- IP68 Water Resistance



Image: The Reflex Active RA15-2144 Smartwatch, showcasing its sleek black design and digital display.



MAKE & RECEIVE CALLS



HEART RATE
MONITOR



MESSAGE
NOTIFICATIONS



STEP
COUNTER



SLEEP
TRACKING



CALORIE
TRACKING



CYCLE
TRACKING



MULTI ACTIVITY
TRACKING



BREATHING
EXERCISES



HYDRATION
ALERTS



SEDENTARY
REMINDERS



WATER
RESISTANT



WEATHER
UPDATES



GPS
CONNECTION



MUSIC
CONTROL



CAMERA
CONTROL



PERSONALISED
PHOTO DIALS



WATCH
LOCATOR



FLASH
LIGHT

Image: A visual representation of the diverse features available on the Reflex Active smartwatch, depicted through a series of clear icons.

3. SETUP GUIDE

3.1 Charging the Smartwatch

Before initial use, fully charge your Reflex Active smartwatch. Connect the provided USB charger to the charging contacts on the back of the watch and plug the USB end into a compatible USB power source (e.g., computer USB port, wall adapter). The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

3.2 Installing the Reflex Active App

To unlock the full potential of your smartwatch, download the free Reflex Active app on your smartphone. The app is compatible with both iOS and Android devices.

1. **For iOS:** Search for "Reflex Active" in the Apple App Store.
2. **For Android:** Search for "Reflex Active" in the Google Play Store.

Follow the on-screen instructions to install the app.



REFLEX ACTIVE RED APP

THE FREE REFLEX ACTIVE APP IS
COMPATIBLE WITH IOS & ANDROID



NEED HELP?

OUR UK SUPPORT TEAM ARE ONLY A
PHONE CALL AWAY. WE'LL BE HAPPY
TO HELP YOU GET THE VERY BEST
FROM YOUR REFLEX ACTIVE SMART
WATCH & APP.



Image: The Reflex Active app interface on a smartphone, showing download options for both Android and iOS.

3.3 Pairing Your Smartwatch

Once the app is installed, follow these steps to pair your smartwatch with your phone:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Reflex Active app.
3. Follow the in-app instructions to search for and connect to your RA15-2144 smartwatch. You may need to confirm a pairing code on both devices.
4. Once paired, your watch will synchronize data with the app.

4. OPERATING INSTRUCTIONS

Your Reflex Active smartwatch features a full-color touchscreen for easy navigation. Swipe left, right, up, or down to access different functions and menus.

4.1 Activity Tracking

The smartwatch automatically tracks your daily steps, distance, and calories burned. For specific activities, navigate to the multi-sport mode to select and track activities such as walking, running, cycling, jump rope, basketball, football, badminton, and swimming in real-time.

4.2 Heart Rate Monitoring

Access the heart rate monitor function on your watch to measure your current heart rate. For continuous monitoring, ensure the feature is enabled in the Reflex Active app settings.



Image: A user demonstrating the heart rate monitoring feature during a workout.

4.3 Notifications

Receive message notifications directly on your smartwatch. Ensure notification permissions are granted in your phone's settings and within the Reflex Active app.



MAKE AND RECEIVE CALLS

Image: A user interacting with the smartwatch, highlighting its capability to handle calls and notifications.

4.4 Music Control

Control music playback on your smartphone directly from your watch. This feature allows you to play, pause, skip tracks, and adjust volume without needing to access your phone.

4.5 Camera Control

Use your smartwatch as a remote shutter for your phone's camera. Open the camera function on your watch and tap to take a photo.

4.6 Sleep Tracking

Wear your smartwatch to bed to track your sleep patterns. The app will provide insights into your sleep duration and quality.

4.7 Weather Updates

Get live weather updates directly on your watch. Ensure your watch is connected to your phone and location services are enabled for accurate forecasts.

4.8 Alarms and Reminders

Set alarms and reminders through the Reflex Active app, and your smartwatch will vibrate to alert you at the scheduled times.

4.9 Find My Phone

If your phone is misplaced, use the "Find My Phone" feature on your watch to make your phone ring (even on silent mode), helping you locate it.

4.10 Customizable Watch Faces

Personalize your smartwatch by choosing from a range of different watch faces available through the Reflex Active app.

5. MAINTENANCE

5.1 Cleaning Your Smartwatch

To keep your smartwatch in optimal condition, regularly clean the device and strap with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials.

5.2 Water Resistance (IP68)

The Reflex Active RA15-2144 Smartwatch is IP68 water-resistant. This means it is protected against immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for everyday use, including hand washing and light rain. However, it is not recommended for diving, high-pressure water activities, or prolonged submersion.

6. TROUBLESHOOTING

If you encounter issues with your smartwatch, try the following common troubleshooting steps:

- **Watch not turning on:** Ensure the watch is fully charged.
- **Cannot pair with phone:** Ensure Bluetooth is on, the app is open, and the watch is within range. Try restarting both the watch and your phone.
- **Data not syncing:** Check your phone's internet connection and ensure the Reflex Active app is running in the background.
- **Inaccurate readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose.
- **Notifications not appearing:** Verify notification permissions in your phone's settings and within the Reflex Active app.

For further assistance, refer to the support section in the Reflex Active app or contact customer support.

7. SPECIFICATIONS

Feature	Specification
Brand	Reflex Active
Model Number	RA15-2144
Color	Black

Feature	Specification
Operating System Compatibility	iOS, Android
Screen Size	1.69 Inches
Special Features	Heart Rate Monitor, Activity Tracker, Notifications, Music Control, Camera Control, Sleep Tracking, Weather Updates
Compatible Devices	Smartphone
Battery Type	Lithium-polymer (Rechargeable)
Battery Life	Up to 7 days (typical usage)
Water Resistance	IP68
Connectivity	Bluetooth

8. WARRANTY AND SUPPORT

Your Reflex Active RA15-2144 Smartwatch comes with a **2-year manufacturer's warranty**. Please retain your proof of purchase for warranty claims.

For any questions, technical support, or warranty inquiries, please refer to the help section within the Reflex Active app or contact the Reflex Active UK support team. Contact details can typically be found on the official Reflex Active website or within the app.

REFLEX ACTIVE

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Thank you for purchasing your REFLEX ACTIVE smart watch. Your watch has a variety of features to get to know. This short guide will have you up and running in no time You can find lots more information on our website including additional instructions, FAQs and much more. INSTALL REFLEX ACTIVE RED ...
lang:en score:25 filesize: 736.85 K page_count: 17 document date: 2023-08-30