Reflex Active RA13-2138

Reflex Active Series 13 Smartwatch User Manual

Model: RA13-2138

1. INTRODUCTION

Welcome to the user manual for your Reflex Active Series 13 Smartwatch. This guide provides essential information on setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance and a seamless user experience. The Reflex Active Series 13 is designed to help you stay connected and track your fitness with ease, featuring a color touch screen and up to 7 days of battery life.

Figure 1: The Reflex Active Series 13 Smartwatch, showcasing its pink rectangular case and silicone strap, with the digital display showing time and activity data.

2. What's Included

Your Reflex Active Series 13 Smartwatch package includes the following items:

- Reflex Active Series 13 Smartwatch (Pink rectangular case with silicone strap)
- USB Charging Cable (for sealed rechargeable battery)
- Instruction Manual
- Gift Box Packaging

3. Setup Guide

3.1 Charging Your Smartwatch

Before first use, fully charge your smartwatch. Connect the provided USB charging cable to the charging port on your watch and a compatible USB power source. A full charge typically takes approximately **2 hours**. Once fully charged, the watch offers an average battery life of **4 days**, with up to **7 days** depending on usage.

3.2 Downloading the Reflex Active App

To unlock the full potential of your smartwatch, download the free Reflex Active App. The app is compatible with both **iOS**

(9.0+) and **Android (8.0+)** devices.

1. Scan the QR code provided in the watch packaging or search for "Reflex Active" in your device's app store (Google Play Store for Android, Apple App Store for iOS).
2. Install the app on your smartphone.

Figure 2: The Reflex Active App download screen, indicating compatibility with iOS and Android devices and providing links to respective app stores.

3.3 Pairing Your Smartwatch

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

1. Ensure your smartwatch is charged and powered on.
2. Enable Bluetooth on your smartphone. The watch uses **Bluetooth 5.1** for fast and stable connection.
3. Open the Reflex Active App.
4. Follow the on-screen instructions within the app to search for and connect to your Reflex Active Series 13 Smartwatch.
5. Confirm the pairing request on both your watch and smartphone if prompted.

4. OPERATING YOUR SMARTWATCH

The Reflex Active Series 13 Smartwatch offers a range of features to enhance your daily life and fitness journey. Navigate through the watch's functions using its color touch screen.
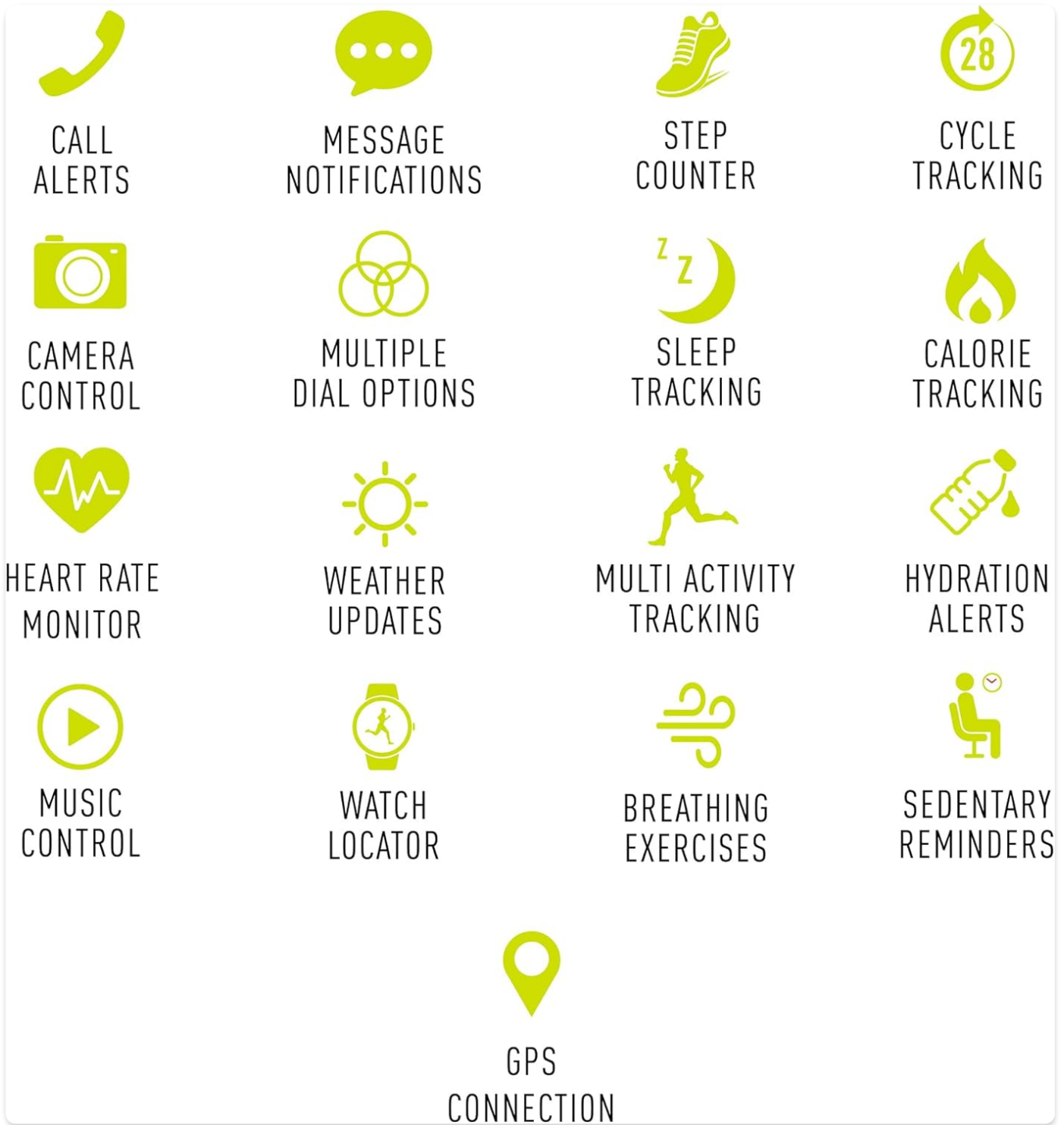

Figure 3: Visual representation of the key features available on the Reflex Active Series 13 Smartwatch.

4.1 Communication Features

- **Call Alerts:** Receive notifications for incoming calls directly on your wrist.
- **Message Notifications:** Read messages from various applications.
- **Social Notifications:** Stay updated with alerts from your social media platforms.

4.2 Fitness and Health Tracking

- **Multi-Activity Tracking:** Track specific activities in real-time, including running, cycling, rope skipping, basketball, football, badminton, and swimming.
- **Distance, Steps, and Calories:** Monitor your daily activity levels with precise tracking of distance covered, steps taken, and calories burned.
- **Heart Rate Monitor:** Accurately monitor and analyze your heart rate data.
- **Sleep Monitoring:** Track your sleep patterns throughout the night to help improve your rest.
- **Cycle Tracking:** Monitor and analyze your cycle data.
- **GPS Connection:** Connects to your smartphone's GPS to effectively track your exercise routes and distance.
- **Breathing Exercises:** Guided breathing exercises to help you relax and manage stress.
- **Hydration Alerts:** Receive reminders to stay hydrated throughout the day.
- **Sedentary Reminders:** Get alerts when you've been inactive for too long, encouraging you to move.

Figure 4: The smartwatch being worn during a light activity, highlighting its use for fitness and health monitoring.

Figure 5: The smartwatch in use during a yoga session, illustrating its suitability for various physical activities.

4.3 Smart Features

- **Camera Control:** Remotely control your smartphone's camera for selfies or group photos.
- **Music Control:** Play, pause, skip tracks, and adjust volume for music playing on your connected smartphone.
- **Weather Updates:** Get live weather updates directly on your watch.
- **Find Your Phone:** Use your watch to locate your misplaced smartphone.
- **Alarms and Reminders:** Set alarms and reminders for important events.
- **Customizable Watch Faces:** Choose from a range of different watch faces or personalize your smartwatch with a photo from your phone.

5. MAINTENANCE

5.1 Water Resistance

The Reflex Active Series 13 Smartwatch has an **IP68 water resistance rating**. This means it is protected against dust ingress and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for swimming but not for diving or high-pressure water activities.

5.2 Cleaning Your Smartwatch

To maintain the appearance and functionality of your smartwatch:

- Wipe the screen and strap regularly with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the watch's finish.
- Ensure the charging contacts are clean and dry before charging.

6. TROUBLESHOOTING

If you encounter issues with your Reflex Active Series 13 Smartwatch, please refer to the following common solutions:

Problem	Possible Solution
Watch not turning on or charging.	Ensure the charging cable is securely connected to both the watch and a working USB power source. Check if the charging contacts on the watch and cable are clean. Allow the watch to charge for at least 30 minutes before attempting to turn it on.
Unable to pair with smartphone.	Make sure Bluetooth is enabled on your smartphone and the watch is within range. Restart both your watch and smartphone. Ensure the Reflex Active App is updated to the latest version. Forget the device in your phone's Bluetooth settings and try pairing again through the app.
Notifications not appearing.	Check notification settings within the Reflex Active App to ensure they are enabled for desired applications. Verify that your phone's notification permissions allow the Reflex Active App to display alerts. Ensure the watch is connected via Bluetooth.
Inaccurate fitness data (steps, heart rate).	Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone. Calibrate the watch through the app if an option is available. Ensure your personal information (height, weight) is accurately entered in the app.
Short battery life.	Reduce screen brightness, disable continuous heart rate monitoring if not needed, and limit the number of apps sending notifications to the watch. Ensure the watch is fully charged each time.

7. SPECIFICATIONS

Feature	Detail
Brand	Reflex Active
Model Name	Active Series 13
Model Number	RA13-2138
Color	Pink
Screen Size	1.81 Inches

Feature	Detail
Operating System	iOS (9.0+), Android (8.0+)
Connectivity Technology	Bluetooth 5.1
Special Features	Calorie Tracking, Notifications, Alarm Clock, Heart Rate Monitor, Sleep Tracking, Activity Tracking, Music Control, Camera Control, Weather Updates, Breathing Exercises, Find My Phone, Hydration Alerts, Sedentary Reminders, Customizable Dials
Compatible Devices	Smartphone
Battery Composition	Lithium-polymer
Battery Life (Average)	4 days (up to 7 days depending on usage)
Charging Time	Approx. 2 hours
Water Resistance	IP68
GPS	Connects to smartphone GPS
Shape	Square
Manufacturer	Reflex Active
Country of Origin	China

8. WARRANTY AND SUPPORT

For any further assistance or inquiries regarding your Reflex Active Series 13 Smartwatch, please contact our dedicated support team. Our UK support team is available to help you get the best from your Reflex Active smartwatch and app. Please refer to your product packaging or the Reflex Active website for specific warranty information and contact details.

Figure 6: Information regarding Reflex Active's UK-based customer support.