

Reflex Active RA23-2170

Reflex Active Series 23 Smart Watch Instruction Manual

Model: RA23-2170

1. INTRODUCTION

This manual provides essential information for the proper use and maintenance of your Reflex Active Series 23 Smart Watch. Please read it thoroughly before using your device to ensure optimal performance and longevity.

The Reflex Active Series 23 Smart Watch is designed to integrate seamlessly into your daily life, offering features such as communication, health monitoring, and activity tracking. It features a black strap and a black brushed alloy case.



Image 1.1: Reflex Active Series 23 Smart Watch displaying key information.

2. SAFETY INFORMATION

- **Medical Disclaimer:** This device is not a medical device. Data provided by the watch, including heart rate, blood oxygen, and activity tracking, is for reference only and should not be used for medical diagnosis or treatment. Consult a medical professional for any health concerns.
- **Battery Safety:** Do not attempt to replace the battery yourself. Improper battery replacement can lead to overheating, fire, or explosion.
- **Water Resistance:** The device 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 and shallow-water activities but not for diving or high-pressure water activities. Avoid exposure to hot water, steam, or chemicals.
- **Choking Hazard:** Keep the device and its accessories out of reach of small children.
- **Driving Safety:** Do not operate the watch or check notifications while driving or in situations that require full attention.
- **Skin Irritation:** If you experience skin irritation, redness, or discomfort, discontinue use and consult a doctor. Ensure the watch is clean and dry before wearing.

3. SETUP

3.1. Unboxing and Initial Inspection

Upon opening the package, verify that all components are present:

- Reflex Active Series 23 Smart Watch
- USB Charging Cable
- Instruction Guide (this document)
- 2-Year Guarantee Information



Image 3.1: Package contents of the Reflex Active Smart Watch.

3.2. Charging the Smart Watch

Before first use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer's USB port. The watch display will indicate charging status.

3.3. App Installation

To unlock the full functionality of your Reflex Active Series 23 Smart Watch, you need to install the free Reflex Active Red App on your smartphone. The app is compatible with both iOS and Android devices.

1. Scan the QR code in the instruction guide or search for "Reflex Active Red App" in your device's app store.
2. Download and install the app.
3. Follow the on-screen instructions to create an account and set up your profile.



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 3.2: Reflex Active Red App download options.

3.4. Pairing Your Smart Watch

After installing the app, follow these steps to pair your watch with your smartphone:

1. Ensure your watch is charged and powered on.
2. Enable Bluetooth on your smartphone.
3. Open the Reflex Active Red App.
4. Navigate to the device pairing section within the app.
5. Select your Reflex Active Series 23 from the list of available devices.
6. Confirm the pairing request on both your watch and smartphone.

4. OPERATING YOUR SMART WATCH

4.1. Basic Navigation

The Reflex Active Series 23 features a responsive touchscreen and a side button for navigation:

- **Swipe Up/Down:** Scroll through menus and notifications.

- **Swipe Left/Right:** Access quick-view widgets or different watch faces.
- **Tap:** Select an item or open an application.
- **Side Button:** Press to return to the home screen or wake the display. Long press for power options.

4.2. Communication Features

Stay connected directly from your wrist.

- **Making and Receiving Calls:** Once paired, you can make and receive calls directly on your watch.
- **Message Notifications:** Receive alerts for incoming messages from various apps.



Image 4.1: Receiving an incoming call on the smart watch.



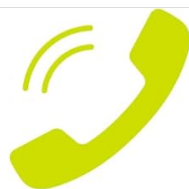
WELLNESS FEATURES

Image 4.2: Smart watch displaying a wellness feature.

4.3. Health and Activity Tracking

The watch offers comprehensive tracking features:

- **Heart Rate Monitor:** Continuously tracks your heart rate.
- **Step Counter:** Records your daily steps and distance.
- **Sleep Tracking:** Monitors your sleep patterns and quality.
- **Calorie Tracking:** Estimates calories burned based on activity.
- **Cycle Tracking:** Helps monitor menstrual cycles (via app).
- **Multi-Activity Tracking:** Supports various sports modes.
- **Breathing Exercises:** Guided breathing sessions for relaxation.
- **Hydration Alerts:** Reminders to drink water.
- **Sedentary Reminders:** Alerts you to move after periods of inactivity.
- **GPS Connection:** Utilizes your phone's GPS for accurate route tracking during outdoor activities.



MAKE & RECEIVE CALLS

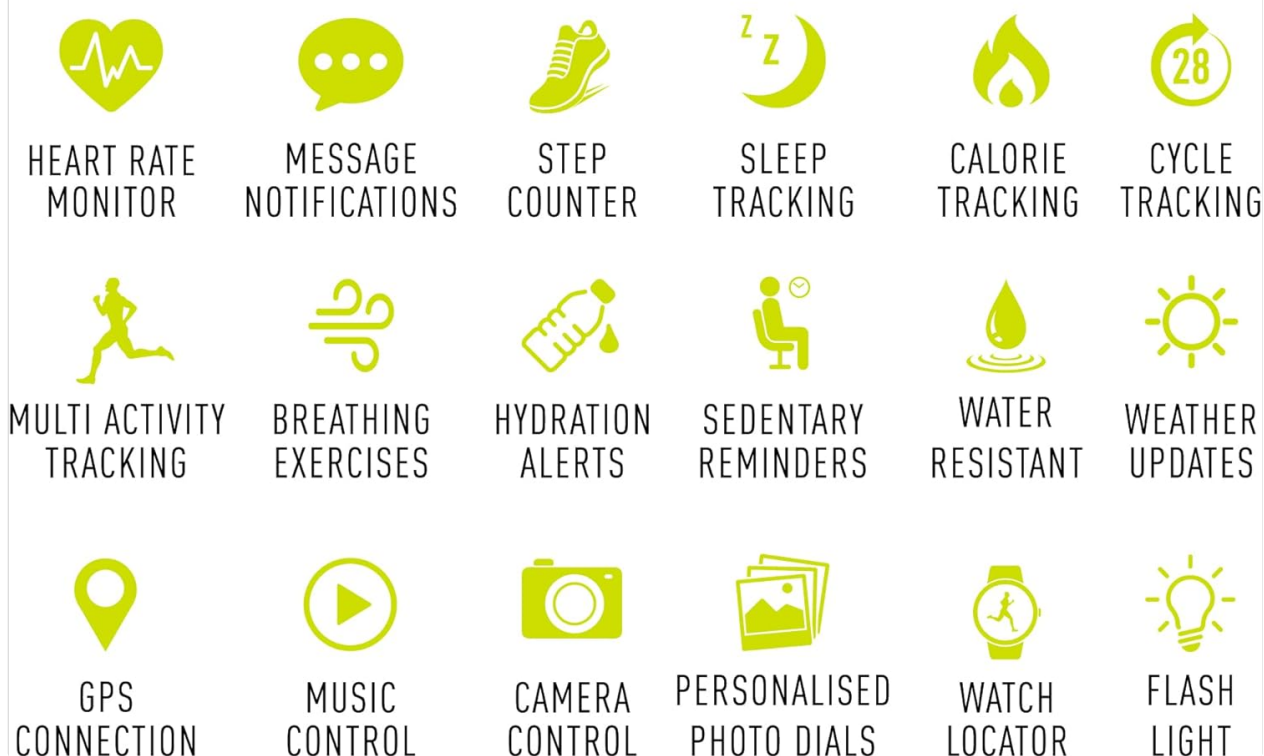


Image 4.3: Overview of Reflex Active Smart Watch features.

4.4. Additional Features

- **Music Control:** Control music playback on your smartphone directly from your watch.
- **Camera Control:** Use your watch as a remote shutter for your smartphone camera.
- **Personalised Photo Dials:** Customize your watch face with your own photos via the app.
- **Watch Locator:** Use the app to find your watch if it's misplaced nearby.
- **Weather Updates:** Get real-time weather information.
- **Flashlight:** A simple flashlight function on the watch display.

4.5. General Product Video

The following video provides a general overview of Reflex Active smartwatch features, including calling, notifications, health tracking, and customization. While it may feature other series, the core functionalities are similar to your Series 23.

Your browser does not support the video tag.

Video 4.1: General overview of Reflex Active Smart Watch features (Note: Features shown may vary slightly by model series).

5. MAINTENANCE

5.1. Cleaning Your Smart Watch

To maintain the appearance and functionality of your watch:

- Wipe the screen and case with a soft, lint-free cloth.
- For the strap, use a damp cloth and mild soap if necessary, then rinse thoroughly and dry completely before wearing.
- Avoid using harsh chemicals or abrasive materials.

5.2. Water Resistance (IP68)

Your Reflex Active Series 23 Smart Watch is rated IP68 water resistant. This means it can withstand dust, dirt, and sand, and is resistant to submersion up to a maximum depth of 1.5m underwater for up to thirty minutes. It is suitable for everyday use, such as washing hands or light rain exposure. However, it is not recommended for swimming, showering, or prolonged water exposure, especially in hot water or with soap, as this can compromise the seals.

5.3. Battery Care

- Charge the watch regularly to prevent deep discharge.
- Avoid exposing the watch to extreme temperatures, which can degrade battery life.
- Use only the provided charging cable.

6. TROUBLESHOOTING

If you encounter issues with your Reflex Active Series 23 Smart Watch, try the following solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Not pairing with smartphone:**
 - a. Ensure Bluetooth is enabled on your phone.
 - b. Make sure the watch is within range of your phone.
 - c. Restart both your watch and smartphone.
 - d. Check if the Reflex Active Red App is updated to the latest version.
 - e. If previously paired, try unpairing and re-pairing the device through your phone's Bluetooth settings and the app.
- **Inaccurate activity tracking:**
 - a. Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone.
 - b. Calibrate your stride length in the Reflex Active Red App if steps or distance are consistently off.
 - c. Ensure your personal information (height, weight, age) is accurate in the app.
- **Notifications not appearing:**
 - a. Check notification settings within the Reflex Active Red App to ensure desired apps are enabled.
 - b. Verify that your phone's notification settings allow the Reflex Active Red App to send notifications.
 - c. Ensure the watch is connected via Bluetooth.

- **Screen unresponsive:** Try restarting the watch by long-pressing the side button until power options appear, then select restart. If unresponsive, allow the battery to fully drain and then recharge.

7. SPECIFICATIONS

Model Number	RA23-2170
Brand	Reflex Active
Case Material	Black Brushed Alloy
Strap Material	Black Silicone
Water Resistance	IP68
Battery Type	1 Lithium Polymer (included)
Package Dimensions	18.4 x 8.9 x 2.4 cm
Item Weight	38 g
Compatibility	iOS & Android (via Reflex Active Red App)

8. WARRANTY AND SUPPORT

Your Reflex Active Series 23 Smart Watch comes with a **2-year guarantee** from the date of purchase, covering manufacturing defects. Please retain your proof of purchase for warranty claims.


For further assistance, troubleshooting, or warranty inquiries, please contact the UK support team. Details can be found on the Reflex Active website or within the Reflex Active Red App.






Online Support: Visit the official Reflex Active website for FAQs and support resources.

App Support: The Reflex Active Red App often includes a support section or contact information.

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Related Documents - RA23-2170

	<p>Reflex Active PRO Wireless Earbuds: Setup, Charging, and Specifications Guide</p> <p>Comprehensive guide for Reflex Active PRO wireless earbuds, covering setup, charging the case, audio modes, hands-free functions, technical specifications, product care, guarantee, and disposal information.</p>
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 <p>REFLEX ACTIVE series 26</p>	<p>Reflex Active Series 26 Smartwatch: Getting Started Guide</p> <p>Comprehensive guide to setting up and using your Reflex Active Series 26 smartwatch, covering power, charging, navigation, calling, wellness features, specifications, care, and safety information.</p>
 <p>REFLEX ACTIVE series 42</p>	<p>Reflex Active Series 42 Smartwatch Getting Started Guide</p> <p>A comprehensive guide to setting up and using your Reflex Active Series 42 smartwatch, covering features like Bluetooth connectivity, call functions, wellness tracking, and device care.</p>
 <p>REFLEX ACTIVE series 02</p>	<p>Reflex Active Series 02 Smartwatch Instructions and Guide</p> <p>Comprehensive instructions and guide for the Reflex Active Series 02 smartwatch, covering setup, features, care, specifications, and safety information.</p>
 <p>REFLEX ACTIVE series 54</p>	<p>Reflex Active Series 54: Getting Started Guide</p> <p>Comprehensive guide to setting up and using your Reflex Active Series 54 smartwatch, covering features, connectivity, sports modes, wellness tracking, specifications, and safety information.</p>
 <p>REFLEX ACTIVE series 01</p>	<p>Reflex Active Series 01 Smartwatch: Getting Started and User Guide</p> <p>A comprehensive guide to setting up, operating, and caring for your Reflex Active Series 01 smartwatch. Learn about charging, app connection, features like step counting, sports modes, notifications, and important safety information.</p>