

Reflex Active Active Series 22

Reflex Active Series 22 Black Smartwatch User Manual

Model: Active Series 22

INTRODUCTION

The Reflex Active Series 22 Smartwatch is designed to enhance your daily life with convenient communication and comprehensive health and fitness tracking. This manual provides detailed instructions to help you set up, operate, and maintain your smartwatch, ensuring you get the most out of its features.

Key features include seamless call functionality directly from your wrist, health reminders for hydration and activity, and extensive fitness tracking capabilities such as daily steps, calories burned, and heart rate monitoring. Its intuitive 1.38-inch responsive touchscreen and durable IP67 design make it suitable for everyday adventures, offering up to 5 days of battery life.

WHAT'S INCLUDED IN THE BOX



IN THE BOX INSTRUCTIONS, CHARGER & 2 YEAR GUARANTEE



Image: The Reflex Active Series 22 Smartwatch packaging, displaying the smartwatch, charging cable, and a printed instruction manual.

- Reflex Active Series 22 Smartwatch
- Charging Cable
- Instruction Manual
- 2-Year Guarantee Information

SETUP GUIDE

1. Charging Your Smartwatch

Before first use, fully charge your Reflex Active Series 22 Smartwatch. Connect the provided charging cable to the charging port on the back of the watch and plug the USB end into a compatible USB power adapter (not included) or a computer's USB port.

2. Downloading the Reflex Active Red App

To unlock the full range of features and synchronize data, you need to download the free Reflex Active Red app on your smartphone.



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: A smartphone showing the Reflex Active Red app, with links to download from Google Play and the App Store.

[Get it on Google Play](#)

[Download on the App Store](#)

The app is compatible with Android 5.0 and above, and iOS 9.0 and above. For optimal performance, ensure your smartphone's operating system is up to date.

3. Pairing Your Smartwatch

1. Enable Bluetooth on your smartphone.
2. Open the Reflex Active Red app.
3. Follow the on-screen instructions within the app to search for and connect to your Reflex Active Series 22 Smartwatch.
4. Confirm the pairing request on both your smartphone and smartwatch if prompted.

OPERATING YOUR SMARTWATCH

Navigation

The smartwatch features a responsive touchscreen. Swipe left, right, up, or down to navigate through menus and features. Tap to select an option.

Key Features Overview



Image: An infographic displaying icons for the Reflex Active Series 22's extensive features.

- **Make & Receive Calls:** Use the integrated call function for hands-free communication directly from your wrist.



Image: A close-up of the smartwatch on a wrist, showing an incoming call notification on the screen.

- **Message Notifications:** Receive alerts for messages from various platforms directly on your watch.
- **Step Counter & Calorie Tracking:** Monitor your daily steps and estimate calories burned to track your activity levels.
- **Cycle Tracking:** For female users, track menstrual cycles.
- **Camera Control:** Remotely control your smartphone's camera.
- **Weather Updates:** Get real-time weather information.
- **Sleep Tracking:** Analyze your sleep patterns to improve rest quality.
- **Watch Locator:** Use the app to help locate your watch if misplaced.
- **GPS Connection:** Connects to your phone's GPS for accurate activity tracking.
- **Multi-Activity Tracking:** Track various sports and exercises.
- **Hydration Alerts:** Receive reminders to drink water throughout the day.
- **Music Control:** Control music playback on your smartphone.
- **Heart Rate Monitor:** Continuously monitor your heart rate for health and fitness insights.
- **Breathing Exercises:** Guided breathing sessions for relaxation.

- **Sedentary Reminders:** Get alerts to move if you've been inactive for too long.
- **Personalized Photo Dials:** Customize your watch face with your own photos.
- **Water Resistant:** IP67 rated, suitable for daily use and splashes, but not for swimming or showering.
- **Flashlight:** A simple flashlight function on the watch screen.

Wellness Features



Image: A person wearing the smartwatch, highlighting its wellness capabilities.

The Reflex Active Series 22 acts as your personal wellness coach, providing health reminders to encourage a balanced and mindful lifestyle. These include prompts to stay hydrated and active, along with monitoring your heart rate to ensure you exercise within your optimal zone.

MAINTENANCE AND CARE

- **Cleaning:** Regularly wipe your smartwatch and strap with a soft, dry cloth. For stubborn dirt, a slightly damp cloth can be used, then dry thoroughly. Avoid harsh chemicals or abrasive materials.

- **Water Resistance:** The watch is IP67 rated, meaning it is resistant to dust and can withstand immersion in water up to 1 meter for 30 minutes. It is suitable for splashes and brief immersion but should not be used for swimming, showering, or diving.
- **Temperature:** Avoid exposing the watch to extreme temperatures (hot or cold) or direct sunlight for prolonged periods, as this can affect battery life and internal components.
- **Charging:** Always use the provided charging cable. Ensure the charging contacts on the watch and cable are clean and dry before charging.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. If it still doesn't turn on, try connecting it to the charger for at least 30 minutes.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both your phone and the watch, then try pairing again through the Reflex Active Red app.
- **Notifications not appearing:** Check app notification settings on your phone and within the Reflex Active Red app. Ensure the app is running in the background and not being restricted by battery optimization settings.
- **Inaccurate data (steps, heart rate):** Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone. Calibrate settings within the app if available.
- **Short battery life:** Reduce screen brightness, disable unnecessary notifications, and limit continuous heart rate monitoring if not needed. Ensure the watch is fully charged each time.

SPECIFICATIONS

| | |
|--------------------------------|---|
| Brand | Reflex Active |
| Model Name | Active Series 22 |
| Color | Black |
| Operating System Compatibility | Android 8.0+ / iOS 9.0+ (App compatible with Android 5.0+ / iOS 9.0+) |
| Screen Size | 1.38 Inches |
| Connectivity Technology | Bluetooth |
| Special Features | Notification, Call Functionality, Health Reminders, Fitness Tracking |
| Battery Composition | Lithium-polymer |
| Battery Life | Up to 5 days (typical usage) |
| Water Resistance Rating | IP67 |
| GPS | No built-in GPS (connects to phone's GPS) |
| Shape | Round |

WARRANTY AND SUPPORT

Warranty Information

Your Reflex Active Series 22 Smartwatch comes with a **2-year guarantee** from the date of purchase, covering manufacturing defects. Please retain your proof of purchase for warranty claims.

Customer Support





For additional support, technical assistance, or warranty inquiries, please visit the official Reflex Active support website or contact their customer service team.

Visit Reflex Active Support

A UK support team is available to assist you.

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Related Documents

| | |
|---|--|
|  | <p>Reflex Active Series 44 Smartwatch Getting Started Guide</p> <p>Comprehensive guide to setting up and using your Reflex Active Series 44 smartwatch, covering features like calling, wellness tracking, sport modes, and essential safety information.</p> |
|  | <p>REFLEX ACTIVE Series 06 Smartwatch: Getting Started Guide & Specifications</p> <p>Comprehensive guide to setting up, using, and caring for your REFLEX ACTIVE Series 06 smartwatch. Learn about features like heart rate monitoring, activity tracking, notifications, and specifications.</p> |
|  | <p>Reflex Active Series 26 Smartwatch: Getting Started Guide</p> <p>Your essential guide to setting up and using the Reflex Active Series 26 smartwatch. Learn about app connection, Bluetooth calling, wellness tracking (heart rate, sleep, SpO2), lifestyle features, and product care.</p> |
|  | <p>Reflex Active Series 05 Smartwatch: Getting Started Guide & Specifications</p> <p>A comprehensive guide to setting up and using your Reflex Active Series 05 smartwatch. Learn how to charge, connect to the app, use features like heart rate monitoring and activity tracking, and understand important safety and care instructions.</p> |

Declaration of Conformity CE and UK
Déclaration de conformité CE and UK
Konformitätsklärung CE and UK
Dichiarazione di conformità CE and UK
Declaración de conformidad CE and UK

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| Section 1 | |
| Model/Type Type de modèle Modelltyp Modello/tipo Tipo de modelo | Reflex Active Series 22 |
| Section 2 | |
| Manufacturer Name & Address Nom et adresse du fabricant Herstellername & Adresse Nome e indirizzo del produttore Nombre y dirección del fabricante | Peers Hardy UK Ltd, Precision House, Starley Way, Birmingham Business Centre, Borewell Lane, Solihull, B37 2YU, UK |
| EU Authorised Representative Représentant Autorisé de l'UE Bevollmächtigter EU-Repräsentant Rappresentante Autorizzato dell'UE Representante Autorizado de la UE | Peers Hardy UK LTD, C/O Global E-commerce Experts, Blandfordweg 796, 1066 H, 2122 NW, Haarlem, Netherlands |
| Section 3 | |
| This declaration is issued under the sole responsibility of the manufacturer. Cette déclaration est établie sous la seule responsabilité du fabricant. Für diese Erklärung ist allein der Hersteller verantwortlich. Questa dichiarazione viene emessa sotto la sola responsabilità del produttore. Esta declaración se emite bajo la exclusiva responsabilidad del fabricante. | |
| Section 4 - Product Image | |
| Not Applicable | |
| Section 5 | |
| We hereby certify that the product stipulated above complies with all the relevant provisions of the relevant EU and UK legislation (as amended). Nous certifions par la présente que le produit stipulé ci-dessus est conforme à toutes les dispositions pertinentes de la législation européenne & UK pertinente (telle que modifiée). Hiermit bescheinigen wir, dass das oben genannte Produkt allen einschlägigen Bestimmungen der einschlägigen EU & UK-Gesetzgebung (in der jeweils gültigen Fassung) entspricht. Con la presente si certifica che il prodotto sopra indicato è conforme a tutte le disposizioni pertinenti della legislazione UE pertinente (e successivamente modificata). Por la presente certificamos que el producto estipulado anteriormente cumple con todas las disposiciones relevantes de la legislación pertinente de la UE & UK (enmendada). | |

[pdf] Declaration of Conformity

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