



REFLEX ACTIVE 03 Series Smartwatch User Guide

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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!



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support@reflex-active.co.uk

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HOW TO CHARGE

1. Line up the 2 pins to the charging spots on the back of the watch case.
2. The pins are magnetic and will secure the charger in place.
3. Plug in the USB cable to a power source. Once connected, the charging icon will appear on screen.
4. Please charge the band when it displays low battery.
5. A 2 hour charge time is sufficient to fully charge your smartwatch. Please ensure you do not exceed a 2 hour charge period.

OPERATION INTRODUCTION

- To switch on the watch, press and hold the side button until the display is on.
- To switch off the watch, press the side button repeatedly until “more” icon shows on the display and then long press to enter in “Power off”, long press the side button again.
- You can press the side button, or turn on gesture control in advanced settings of Reflex Active and raise your hand to light the screen.

DOWNLOADING THE REFLEX ACTIVE App.

To download our app, search for REFLEX ACTIVE App. or scan the appropriate QR code for installation. Use your smart phone camera or QR code reader app.



COMPATIBILITY

REFLEX ACTIVE app will work on the following smartphones:

- Android (version 4.4 and above)
- Apple IOS (version 8.0 and above)

Please ensure the app is the latest version and has Bluetooth 5.0

CONNECTING BAND TO MOBILE PHONE

1. Enable Bluetooth on your smart phone.
2. Open the REFLEX ACTIVE App. on your smart phone.
3. Review and accept privacy policy.
4. Set your profile following the steps presented.
5. Set your goals following the steps presented.
6. To connect your watch, tap the green icon & select your watch from the list.
7. Tap OK to allow notifications to appear on your smartwatch.

Visit our SUPPORT section to view our video guide.

DISCONNECTING YOUR SMART WATCH & PHONE

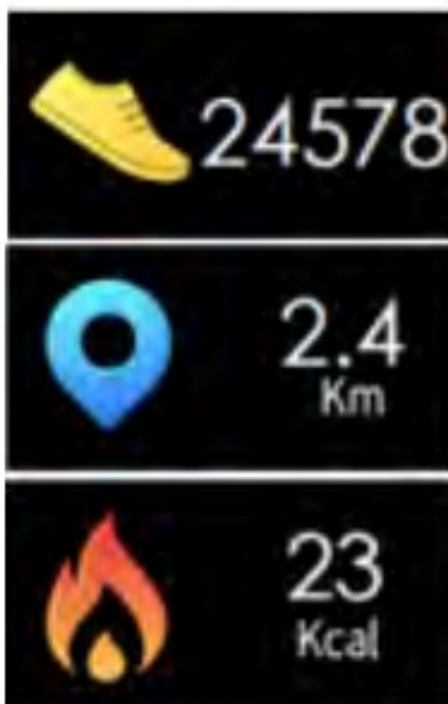
1. Open the REFLEX ACTIVE App. on your smart phone.
2. Tap disconnect device in Settings. 3. Forget your device on your smart phones Bluetooth settings.

GETTING TO KNOW THE SCREENS

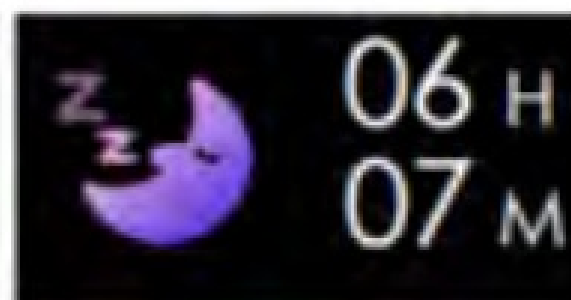
TIME SCREEN There are 3 different time screens to select from, press the side button to select the one you prefer.



DAILY ACTIVITIES The smartwatch will record your daily activity automatically. Press the side button to check pedometer, distance and calories. After syncing with the REFLEX ACTIVE app, these sports data can be also checked within the app



SLEEP Wear the watch to fall asleep during 9:00 p.m. to 9:00 a.m.; the watch can record your sleep data of last night on the next day. Press the side button to check the sleep data



ACTIVITY TRACKING Press the side button repeatedly until Sports icon is displayed & long press the side button to enter in the multi-sport mode. The smart watch has 4 sports modes: Walking, Running, Cycling and Hiking. Long press side button to select and then enjoy your sport. The smart watch will record your data. After your sports, you can long press the side button twice to stop recording and save the sports data. You can also check your sports data in the app.



Note: If your exercise time is less than 5 minutes, the data will not be saved.

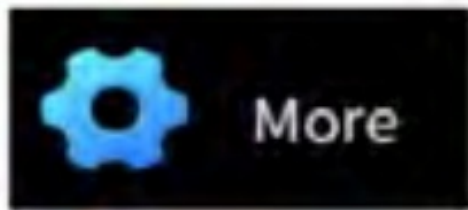
WEATHER After connecting with the REFLEX ACTIVE app, you can select city in advanced settings of the app. and the weather of this city will be displayed on your smartwatch.



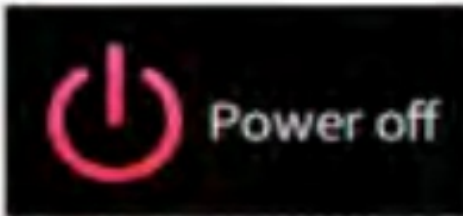
MESSAGES Unread messages will be displayed in 'Message' interface. Press the side button to enter and read the messages on the watch.



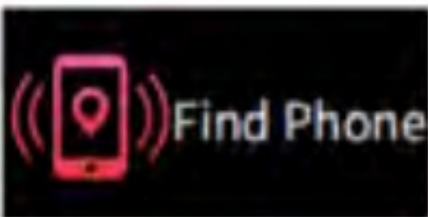
ORE Press the side button repeatedly until MORE icon shows on the display and long press the side button to access 'Power off', 'About', 'Find Phone' and 'Reset'.



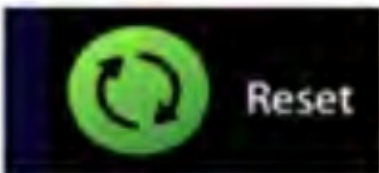
POWER OFF Long press side button to turn off the watch.



FIND YOUR PHONE OR SMARTWATCH Once the smart watch is connected to the App., the find phone feature will be available. Access via sub menu and then more. Press the side button and your phone will sound a locator alarm. To find your tracker from your phone, select find device from settings menu.



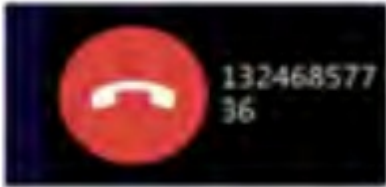
RESET Long press the side button, your watch will be reset and restart.



ACTIVITY REMINDER Turn on the sedentary reminder you've set in the REFLEX ACTIVE app. Your watch will vibrate to remind you to take a little exercise.



ALL ALERTS After successfully connecting with the REFLEX ACTIVE app, turn on 'Notifications' in Settings, and you will receive call notifications on your smartwatch.



CAMERA CONTROL Once connected to the App., the photo feature will be accessible via settings. By selecting 'take photo', you can take an image on your camera phone by pressing the side button on your watch. The photo will automatically save onto your phone gallery for Android devices, or the option to save/retake on iOS devices.



SPECIFICATIONS

RAM/ROM: 32k/512k

LCD Screen Size: 0.96" One touch

Bluetooth: BT5.0

Call Reminder: Yes

Notification Yes

Multi-Sport: Hiking, Walking, Running, Cycling

Battery: Built-in rechargeable lithium battery

Battery Capacity: 90mAh

Bluetooth Connected: Up to 4 days

Standby Time: Up to 10 days

Charge Time: 2 hours

Water Resistant: NO

Heart Rate: NO

Operating Frequency : 2402-2480 Mhz

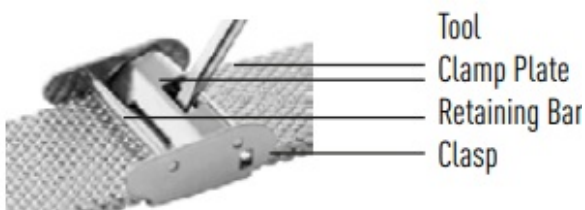
BAND ADJUSTMENT

Your REFLEX ACTIVE bracelet or mesh band can be easily adjusted, please follow these instructions to achieve the perfect fit.

BRACELET – Watches with removable links are a quick & easy way of being able to shorten bracelets. Lift the tab at the end of the centre section on both clasps and remove link. Only applicable to watches with bracelet bands.



MESH BRACELET – Unlock the clamp by using the appropriate tool. Move the entire clasp to adjust length by sliding along the bracelet. Adjust the length while wearing the watch to make sure you get a good fit. Make sure the clasp locates into a molded indent on back of the bracelet. Lock the clamp plate in position by pressing it into place using your thumb. DO NOT use the retaining bar to gain leverage as this will cause damage preventing the clasp to lock.



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. Your smartwatch is not suitable for swimming or showers. 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 tan 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 purchase.

STEP COUNTER

Smartwatches use multi-axis 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 App we are here to help!

You can also contact the REFLEX ACTIVE customer service team Monday to Friday, 9AM to 4PM on:



+44 (0) 121 524 1400



support@reflex-active.com

There is also lots of information on our website reflex-active.com that you may find helpful.

POLICY

Please check www.reflex-active.com/pages/privacy-policy to view our privacy policy. Please remember to check for updates periodically.

IMPORTANT SAFETY INFORMATION N – BEFORE USING THE PRODUCT, PLEASE FAMILIARISE 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 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 from 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 aeroplanes, 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 products 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 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, especially if you suffer from sensitive skin or have allergies. 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

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>.

SPOSAL 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 within household waste.
- Disposal of your REFLEX ACTIVE packaging and product should be done in accordance with local regulations.
- Batteries are not to be disposed of in municipal waste & require separate collection.

Documents / Resources

	<p>REFLEX ACTIVE 03 Series Smartwatch [pdf] User Guide 03 Series Smartwatch, 03 Series, Smartwatch</p>
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References

- [active.co.uk](https://www.reflex-active.co.uk)
- [Find & Register for Races, Local Events & Things to Do | ACTIVE](#)
- [Smart Watches & Fitness Trackers from Reflex Active](#)
- [Privacy Policy for Reflex Active Smart Watches](#)
- [Support & Instructions for Using Your Reflex Active Smart Watch](#)
- [Declaration of conformity certification](#)

