

REFLEX ACTIVE

Getting Started

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!



Firstly, please download the REFLEX ACTIVE app. Search for the REFLEX ACTIVE app or scan the appropriate QR code to go straight there. Once you have downloaded the app please follow the prompts within the app to get it set up. Please keep your app updated to ensure you always have the latest version.



HOW TO CHARGE YOUR SMARTWATCH

- Charge your smartwatch when it displays the low battery warning.
- Connect the charger to the back of the smartwatch via the 2 magnetic charge points at the bottom of the case.
- Switch on power, charging will begin.

IMPORTANT A 2 hour charge time is sufficient to fully charge your smartwatch, please ensure you do not exceed a 2 hour charge period.

CONNECT YOUR SMARTWATCH & SMARTPHONE

Follow these simple steps to connect your smartwatch to your smartphone.

- Enable Bluetooth on your smartphone.
- Open the REFLEX ACTIVE app on your smartphone
- Please fill in all the requested information in the settings menu.
- Tap CONNECT DEVICE in the settings menu.
- Select the smartwatch icon to connect.
- Choose your device name to connect to your phone.

DISCONNECT YOUR SMARTWATCH & SMARTPHONE

Once your smartwatch is charged & connected to your smartphone, please go to SETTINGS within your app menu, select FIRMWARE UPDATE to ensure you have the latest version of our firmware, if not, please select and install to update to the latest version.

SWITCHING YOUR SMARTWATCH ON & OFF

- Press & hold the crown for 3+ seconds to turn your smartwatch ON or OFF.

You can also tap the POWER OFF icon within the menus, confirm your selection when prompted and your smartwatch will switch off.



NAVIGATION

- Swipe up, down, left & right to scroll through menus.
- Press crown to return to time screen.

DISCONNECT YOUR SMARTWATCH & SMARTPHONE

If you want to disconnect your smartwatch and smartphone, this is how to do it...

- Open the REFLEX ACTIVE app on your smartphone please fill in all the requested information in the settings menu.
- Tap DISCONNECT DEVICE in the settings menu & click OK to confirm.
- To disconnect your smartphone from your iPhone, click DISCONNECT DEVICE in the settings menu, then go to the Bluetooth settings on your iPhone & click FORGET THIS DEVICE.

REFLEX ACTIVE

Getting to know your features

SELECTING YOUR DIAL DISPLAY

Your smartwatch has 12 of our signature dials, to switch between them press & hold the screen and swipe left or right to view. Once you have selected your dial, tap to set. Alternatively, you can access your dials by entering DIAL SWITCH menu.



CHOOSING ADDITIONAL DIALS



There are more dials you can set from your app dial directory.

- Open SETTINGS
- Select CLOCKFACE
- Tap the dial you want to wear

The dial will automatically transfer to your watch screen, this may take a minute, a loading screen will be displayed during transfer.

NOTE : Your watch will store one additional dial at a time, as a new dial is downloaded, it will take the place of the previous download.

USING YOUR OWN PHOTO



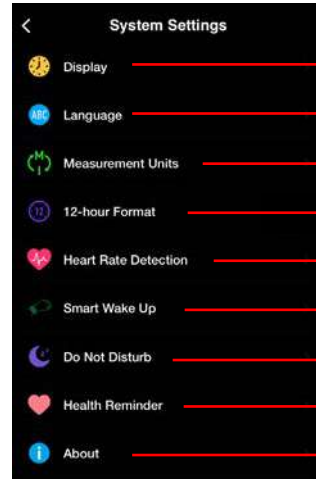
You can select a photo from your smartphone gallery to use as your dial.

- Open SETTINGS, Select CLOCKFACE
- Tap CUSTOMISE WATCH FACE
- Tap the green + symbol
- Select the photo you'd like to use
- Move & scale within guide, click OK
- Move time around display as desired
- Tap SET AS WATCH FACE

The dial will automatically transfer to your watch screen, this may take a minute, a loading screen will be displayed during transfer.

PERSONALISE YOUR SETTINGS

Within the app SYSTEM SETTINGS you can personalise your REFLEX ACTIVE settings.

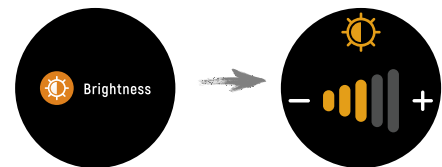


- ACTIVITY GRAPH LAYOUT
- APP THEME Dark or light
- LANGUAGE
- DISTANCE Metric or Imperial
- TEMP Celcius or Farenheit
- TIME FORMAT 12 or 24 hour
- Enable heart rate detection
- Enable wrist movement activation
- Activate DO NOT DISTURB mode
- SEDENTARY reminder
- HYDRATION reminder
- APP version

DISPLAY BRIGHTNESS

You can easily change your display brightness according to your environment & preference.

- From your smartwatch select SETTINGS.
- Tap BRIGHTNESS.
- Tap - or + to change brightness.
- Press the crown to exit the menu.

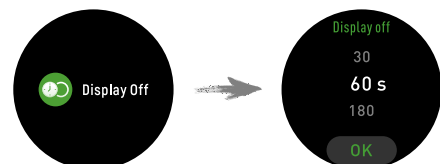


You can also swipe down to access the overview screen, and tap the brightness icon to change your screen brightness.

DISPLAY ILLUMINATION

You can select the time your screen stays illuminated for.

- From your smartwatch select SETTINGS.
- Tap DISPLAY OFF.
- Swipe up or down to select your illumination time.
- Tap OK to set.

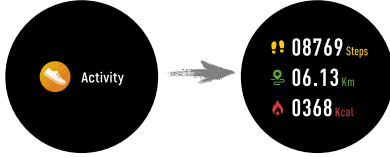


REFLEX ACTIVE

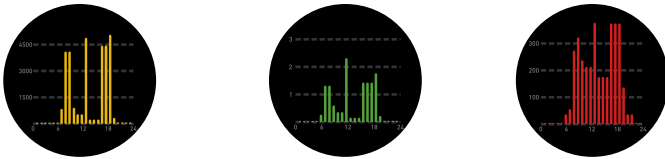
Explore your health & sports features

STEP COUNTER (PEDOMETER)

Your smartwatch will automatically record your daily steps. Tap ACTIVITY to view your recordings.



Tap STEPS, KM or KCAL to view your hourly achievements.



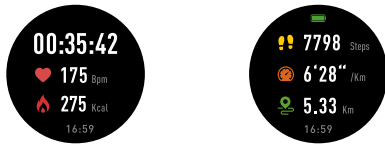
NOTE : Smartwatches use multi-axis inertial sensors called accelerometers. These detect wrist movement in order to measure steps. However, some wrist actions whilst standing or sitting can mimic the arm movement of a step and can therefore falsely record steps. The step count recorded each day should be used as a guide only.

SPORTS FUNCTIONS

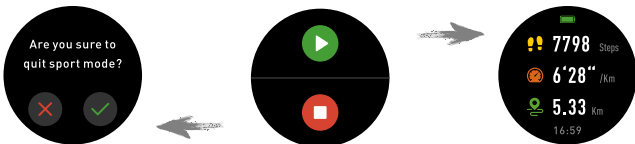
Your smartwatch has 14 sports modes including Walking, Running, Treadmill Running, Mountaineering, Cycling, Swimming, Football, Basketball, Volleyball, Badminton, Table Tennis, Baseball, Skipping & Yoga.



To get started select your sport and start your activity. Your smartwatch will automatically record your data.



After your exercise, swipe right to stop & save your activity data. You can also view your activity data in the REFLEX ACTIVE app.

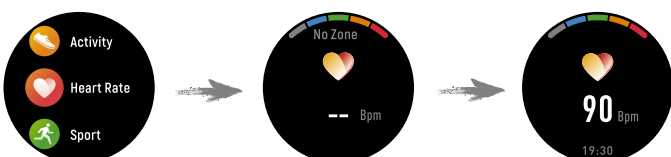


NOTE : If your activity lasts less than 5 minutes no data will be recorded.

HEART RATE MONITOR

You can easily check your heart rate anytime you are wearing your REFLEX ACTIVE smartwatch.

- Tap the heart icon to check your heart rate.
- Swipe left or press the crown to exit.



NOTE : Please ensure you enable heart rate detection within the app SETTINGS menu, then SYSTEM SETTINGS. If heart rate does not display in app, please open from smartwatch - It should now display in app.

STOPWATCH

Your smartwatch has a useful stopwatch feature. Tap the STOPWATCH icon to enter the timing screen. Now tap to start, pause or clear. Right swipe to exit the stopwatch section.



TIMER

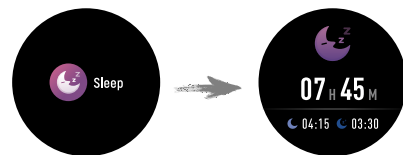
There is also a timer function, to use this tap TIMER then swipe up and down to set your countdown time. When the time is up you'll see a notification pop up.



SLEEP TRACKER

It's important to get good quality sleep, your smartwatch will help you monitor the length and quality of your sleep.

Ensure you wear your smartwatch overnight. After 9am the following day you'll see your sleep data displayed after you tap the SLEEP icon.



The display shows total sleep, light sleep & deep sleep. Check the app to see an hourly breakdown throughout the night.

NOTE : Sleep is monitored & recorded between 9pm & 9am. Sleep data will be displayed after 9am after the next day.

HYDRATION REMINDER

You can set reminders to take a drink of water throughout the day. You can set this within the app, go to SETTINGS and tap HEALTH REMINDERS.



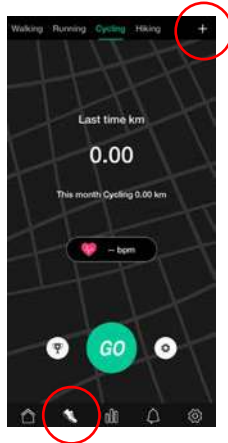
REFLEX ACTIVE

Gps connectivity

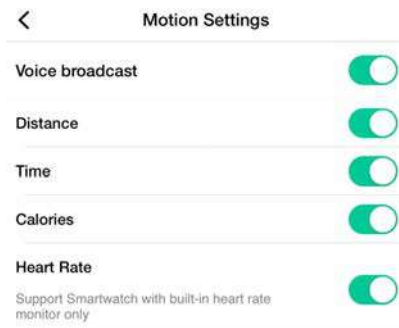
GPS CONNECTION

Your REFLEX ACTIVE smartwatch will connect to your smartphone GPS to bring a great range of features to your wrist!

- Within the app select the trainer icon to enter GPS mode.



- Click on the + within the top right corner to customise the sports you wish to utilise.
- Tap the TROPHY icon to set your goals (distance, time or calories)



- Tap the SETTINGS icon to enter MOTION SETTINGS menu, here you can enable VOICE BROADCAST. Select the voice notifications you'd like to receive.
- When you are ready to start your activity tap GO on your app.
- Both your smartwatch & smartphone will countdown 3, 2, 1 on screen display, you can now begin your activity.



- Tap the location map at any point during your activity to see your map location.

- During activity your watch will display activity time, heart rate & calories burned.
- Swipe down to access steps, speed and distance travelled.



- To stop or pause activity, swipe right.
- Tap & hold the RED icon to stop & exit.
- Tap the GREEN icon to start or restart.
- Your smartphone will give VOICE NOTIFICATIONS during your activity when you hit your goals.

When you have completed your activity, you can view your data & route within the app.



- MAP will show you the path of your activity.
- OVERVIEW will show you activity statistics.



- Tap the GRAPH icon to see your activity history.
- Tap the GRAPH top left corner icon to see activity by week, month or year..

NOTE : If your activity lasts less than 5 minutes no data will be recorded.
NOTE : Ensure you have voice notifications enabled within MOTION SETTINGS.

REFLEX ACTIVE

Extra information

SMART WATCH SPECIFICATION

RAM/ROM	256k/1MB	Multi-Sport	Hiking, Walking,	Water Resistance	IP68
LCD Screen Size	1.3" TFT One touch		Running, Cycling, Run Indoor & Gym	Heart Rate	YES
Bluetooth	BT 5.0	Battery	Rechargeable Lithium (Built-In)	Bluetooth Connected	Up to 4 days
Call Reminder	Yes	Battery Capacity	200mAh	Standby Time	Up to 10 days
Notifications	Yes	Operating Frequency	2402-2480Mhz	Charge Time	2 Hours

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. 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. 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 such as whites and pastel colours, may attract colour transfer from other surface materials and cosmetic substances. Please take care whilst wearing your smartwatch 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. When you are not wearing your smartwatch, we recommend you store it in the gift box received with purchase.

WATER RESISTANCE

REFLEX ACTIVE smartwatches are tested to IP68 standards. This guarantees water resistance for 30 minutes up to a maximum water depth of 1.5 meters. We do not recommend our watches for use in saltwater. Always rinse your smartwatch after swimming

GUARANTEE

This smartwatch is produced using premium materials and is fully tested before leaving our manufacturing centre.

Your smartwatch 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 or batteries. Additionally, breakages caused by accident or maltreatment are not covered.

We are sure you'll love your new smartwatch, but if you do have any problems please contact us 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.

PRIVACY 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 - 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>.

DISPOSAL OF GOODS

The crossed out wheelite 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.



REFLEX ACTIVE

Getting to know your features

CALLS, MESSAGES & SOCIAL NOTIFICATIONS

When you receive a call, your smartwatch will vibrate & the callers name or number will be displayed. If it's not a convenient time you can reject the call by tapping the red phone icon. To accept the call, please reach for your phone.



If you haven't already done so, please select the notifications you'd like to receive to your smartwatch. Within SETTINGS in the app, go to NOTIFICATIONS to select the type of notifications you'd like. Your smartwatch will vibrate when you receive a message or notification. The message and senders name will be displayed.



To check on your notifications later, tap MESSAGES where you'll see a list of your notifications. Tap the notification you want to read to expand it.

CAMERA CONTROL

You can control your smartphone camera remotely using your smartwatch.

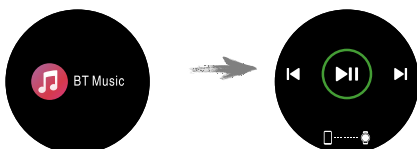
- Select CAMERA icon on your smartwatch.
- The circular camera icon will be displayed.
- Tap to take picture, the photo icon will be displayed.



The photo will automatically save into your smartphone gallery or photo reel.

MUSIC CONTROL

Easily control your music from your smartwatch.



- Tap the MUSIC icon.
- Select previous or next track.
- Play or pause the current track.

ALARM

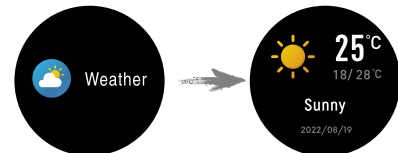
Use your app to set reminders such as wake up, sleep, exercise & bedtime. Tap the bell icon at the bottom of your app screen to access the alarm menu. When you tap ALARM on your smartwatch, you'll see all of your reminders listed.



When it's time for your alarm, your watch will vibrate to give you a subtle reminder.

WEATHER

Your smartwatch will tell you the weather for the day ahead in your selected location.



Within the app, visit ADVANCED SETTINGS to enter your location. Then tap the WEATHER icon on your smartwatch to see the weather of your chosen location displayed.

LOCATING YOUR PHONE OR SMARTWATCH

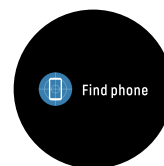
To locate your smartwatch:

- Within the app, enter settings.
- Tap FIND MY SMARTWATCH.
- Your smartwatch will vibrate to help you locate it.



To locate your smartphone:

- Double tap FIND MY PHONE on your smartwatch.



- Your smartphone will ring to help you locate it.

NOTE : If your smartphone is set to silent, it will vibrate only - There will be no sound.

REFLEX ACTIVE

Series 07 instructions

 +44 (0) 121 524 1400

 support@reflex-active.co.uk

REFLEX ACTIVE

Getting to know your features

SEDENTARY REMINDER

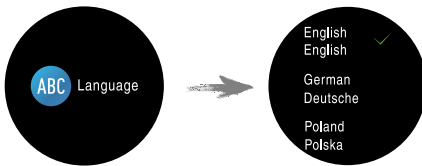
You might want to set yourself a little reminder to take a break and move around a little periodically during your day. You can set this within the app, go to **SETTINGS** and tap **HEALTH REMINDERS**.



- Your smartwatch will vibrate when it's time for a break.
- Tap the **SEDENTARY** icon to turn your reminders on & off.

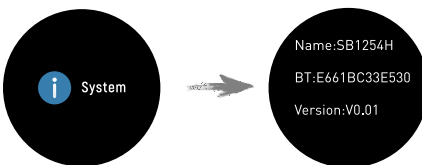
LANGUAGE SELECTION

- From your smartphone select **SETTINGS**.
- Tap **LANGUAGE**.
- Scroll to select your language, tap to set.



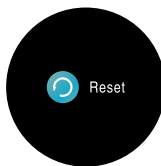
SYSTEM INFORMATION

- From your smartwatch select **SETTINGS**.
- Tap **SYSTEM**.
- You will now see your smartwatch name, Bluetooth name & Firmware version.



SYSTEM RESET

- From your smartwatch select **SETTINGS**.
- Tap **RESET**.



SUPPORT

If there is anything you'd like a little help with, please visit the **SUPPORT** section of the **REFLEX ACTIVE** website, you'll find lots of helpful information, FAQs and our video guides.

www.reflex-active.com/pages/series-07-support




You can scan this QR code with your smartphone to go straight there!

CONTACT

We're here to help if you have any questions, please get in touch! You can contact the customer service team Monday to Friday, 9AM to 4PM:

 support@reflex-active.co.uk

 +44 (0) 121 524 1400

NOTE : THIS WILL DELETE ALL STORED INFORMATION