



REFLEX ACTIVE



Thank you for purchasing your REFLEX ACTIVE smart watch and earbuds. There is a variety of features to get to know. This short guide will have you up and running in no time! You can find lots more information on our website including additional instructions, FAQs and much more.

INSTALL REFLEX ACTIVE RED APP. Search for REFLEX ACTIVE RED App. to download onto your smartphone. Alternatively, you can scan the appropriate QR code below, use your smartphone camera or QR code reader App.





# SUPPORT



Scan the below QR code to view our support page or visit  
<https://www.reflex-active.com/pages/support>





# SERIES 17

**CHARGING GUIDE.** Charging for auto power-on:  
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, a charging icon will appear on screen. 4. Please charge the band when it display 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.



## COMPATIBILITY

The REFLEX ACTIVE RED app will work on the following smartphones:

- Android (version 5.0 and above)
- Apple IOS (version 9.0 and above)

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

## CONNECTING YOUR SMART WATCH TO MOBILE PHONE

1. Enable Bluetooth on your smart phone.
2. Open the REFLEX ACTIVE RED 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.

## DISCONNECTING YOUR SMART WATCH & PHONE

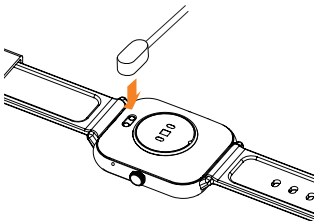
1. Open the REFLEX ACTIVE RED app. on your smart phone.
2. Tap disconnect device in Settings.
3. Forget your device on your smart phones Bluetooth settings.





## 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.





## BLUETOOTH CALLING FUNCTION

This watch has a Bluetooth calling feature. You can make calls without reaching for your phone. You can also view your call history. The connection between the watch and your phone will need to be kept stable when using the calling function.

The watch also has a microphone and a built in speaker for use when making phone calls, listening to music and other notifications. Follow the steps to activate the calling function and much more:

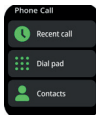
### HOW TO CONNECT

Step 1: After connecting the watch to the REFLEX ACTIVE RED app, you need to go to the Bluetooth settings of the phone and pair the watch.

Android & IOS: Switch on Bluetooth in your phones Bluetooth settings and you should see the available device as "REFLEX ACTIVE 17". Tap on the device name and accept the Bluetooth pairing request. To have full functionality we recommend allowing permissions.

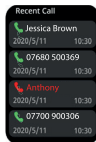
Once connected you should see that the device is "connected for calls".

Step 2: Go to your watch and swipe left to the features page and locate the phone function.



There are three tabs on this screen:

- Recent calls
- Dial pad
- Contacts

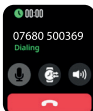


If you tap on the recent calls tab you can see the recent calls on your device.



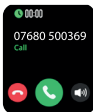


When you tap on the dial pad you can then dial a number to call. Once you have dialed the number the call button on the bottom right corner will appear.



Once you tap on the call button the number will then be called.

- You can speak through the in built microphone on your watch.
- To adjust the speaker volume tap on the + or -
- To end the call tap on the red phone icon



#### INCOMING CALL

When Bluetooth calling mode is activated the watch will ring and vibrate. You can answer or reject the call.

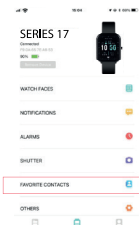
NOTE: Internet calls such as Whatsapp will show as notification only.

#### HOW TO DISCONNECT

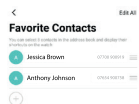
To disconnect Bluetooth calling, go to the phone's Bluetooth setting and "unpair" the "REFLEX ACTIVE 17". There is also a shortcut to temporarily switch this off on top of the settings page.

#### ADD CONTACTS

You can add up to 8 contacts on your watch. Add contacts from the REFLEX ACTIVE RED app. To add contacts go to "Favourite Contacts" and add contacts. The selected contacts will then be synced to your watch.



On the REFLEX ACTIVE RED app tap on "Favourite Contacts" to add your contacts.



Select the contacts you would like to add and save.

## HOW TO DISCONNECT



Switch between watch / phone during an active call: If your watch is connected to your phone via Bluetooth, all calls will show up on the watch by default. If during an active call you would like to switch to your phone, simply tap on the handset earpiece icon to select it. The call will then switch to your phone.

## BATTERY NOTE

The battery lasts for 2 to 3 days with Bluetooth calling mode enabled. On standby the battery can last for approximately 5-7 days.

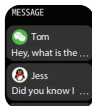






Swipe down to view watch settings.

Night Mode  
Brightness  
Battery  
Contacts  
Torch  
Settings



Swipe up to view messages



Swipe right to view Smart Menu  
Swipe left to scroll through features

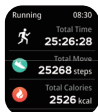


## SMART WATCH FEATURES



### HEART RATE

The watch will record your heart rate during the day if activated in settings. You can also tap on the screen to start measuring your heart rate.



### SPORTS

This feature helps you keep a track of all sports you have tracked with the smartwatch. Your exercise is recorded in the app.

NOTE: Your stats reset at midnight.



### MENSTRUAL CYCLE TRACKING

You can easily keep a track of your menstrual cycle.



### SLEEP

If the watch is worn whilst you sleep, it will keep track of the hours slept and the quality of your sleep.

NOTE: Sleep Detection starts from 22:00 to 08:00 the next day.



### MUSIC PLAYER

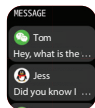
Select your track & control volume from your watch. You'll also see artist & track name displayed on your watch screen.



### CAMERA CONTROL

You can control the camera of your phone once the watch is connected to your phone.

NOTE: The phone needs to be unlocked before the watch can control the camera.



### MESSAGE NOTIFICATION

The device will sync incoming notifications from twitter, facebook, whatsapp, instagram etc.

NOTE: You can select the notifications you wish to receive in the app.



### WEATHER NOTIFICATIONS

You can view the current weather and forecasts for the next 6 days. This information is synced from the app. Swipe up to view the weather forecast. Location must be selected from the App settings.

NOTE: Phone must be connected to receive updated weather forecast.



### REMINDER TO MOVE

The device will vibrate to remind you to move after 1 hour of inactivity.

Note: you can switch on/off this feature in the app.

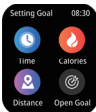




#### HYDRATION REMINDER

Hydration is key to feeling your best so the smart watch will remind you it's time to drink some water at the planned time.

Note: you can set the feature in the app.



#### OTHER FEATURES

Other features include Time, Calories, Distance, Open Goal, Stop watch, Alarm, Timer, Brightness, Mute on/off, Theatre mode, Factory reset, Power off and about.

#### USING QUICK VIEW

Using quick view you can check the time or messages from your phone on your smart watch without tapping. just turn your wrist towards you and the time screen will appear for a few seconds.





## HOW TO CARE FOR YOUR SMARTWATCH

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.

### WATER RESISTANCE

IP67 - Your watch is certified water resistant for up to 30 minutes to a maximum depth of 1 Meter.

### 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 multiaxis 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.





# EARBUD INSTRUCTIONS





## SETTING UP

1. Remove headphones from case once fully charged. They will flash red and blue, meaning they are ready to pair!
2. Open Bluetooth connections within phone or tablet settings. Search 'LITE1' and select. Once paired a beep will sound, your headphones are now ready to use.

**Note: If the indicator flashes red and blue quickly, the headphones are disconnected.**

3. Press touch point for 3 seconds to power ON.  
Press for 5 seconds to power OFF.

## LISTENING TO MUSIC

1. Quick tap touch point to play or pause music.
2. Double tap earpod-L touch point to play previous song.
3. Double tap earpod-R touch point to play next song.

## PHONE CALLS

1. Quick tap touch point to answer call when in use.
2. Quick tap touch point again to end call.
3. Press touch point for 2-3 seconds to reject call when in use.
4. Triple tap touch point to redial last number.

## VOICE CONTROL

1. Press for 2 seconds to activate phone voice assistant.





## SPECIFICATIONS

- Sensitivity: 105 dB+/-3dB
- Frequency Response: 20 Hz - 20 kHz
- Impedance: 32  $\Omega$  ohm
- Rechargeable
- Earpod Battery Capacity 35mAh
- Charging Case Battery Capacity 300mA.
- Working time: 4-5 Hours
- Earpods charging time: 1 Hours
- Wireless range: 10m
- Bluetooth V5.0

## HELP AND CONTACT

If you need any help with your product, then please get in touch, we'll be happy to hear from you! We are available Monday - Friday 9am - 4pm.

## CARING FOR YOUR PRODUCT



Please follow these simple instructions to keep your headphones looking & sounding great!



- Clean product with a damp cloth & mild soap.
- Not designed to be submerged in water, should this occur product will malfunction.
- Avoid excessive twisting / turning of charging cable as this can cause malfunction.
- Contains no serviceable components. Do not attempt to open the ear pods or their casing as this may cause harm.
- Keep away from strong magnetic fields to avoid interference.

## IMPORTANT INFORMATION

Enjoy your music, but please stay safe & ensure you stay aware of your surroundings at all times. Do not use this product whilst driving or in other potentially dangerous situations. This product is not a toy, not for use by children. This is a class B product. In a domestic environment, this product may cause radio interference, in which case the user may be required to take adequate measures.







## GUARANTEE

Quality and style are at the heart of what we do. REFLEX ACTIVE certifies our products are produced using premium materials and are fully tested before leaving our manufacturing centre.

Your products are guaranteed against any defective parts & 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.

We hope you'll love your watch, but if you do have any problems please contact us and we'll guide you through the guarantee process.



SUPPORT@REFLEX-ACTIVE.COM



+44 (0) 121 5241400



## COMPATIBILITY

The REFLEX ACTIVE RED app will work on the following smartphones:

Android (version 4.4 and above)

Apple IOS (version 8.0 and above)

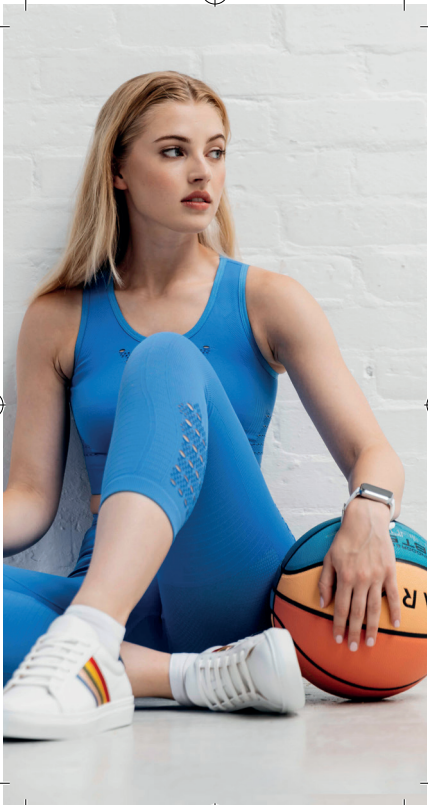
Please make sure the App. is the latest version and check for updates.

Bluetooth requirement 5.0. Bluetooth Range 10m

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

PRIVACY POLICY - [reflex-active.com/pages/privacy-policy](https://reflex-active.com/pages/privacy-policy)







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## IMPORTANT SAFETY INFORMATION & WARNINGS

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 • If your watch features cycle tracking, please note the menstrual cycle tracking feature should be used for your personal records only. It is not intended to be used to assist in, or prevent conception. Always consult your doctor should you notice anything unusual.

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 wheellie bin symbol is to remind you that waste electrical products, batteries & 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 the packaging & your REFLEX ACTIVE product should be done in accordance with local regulations.
- Batteries are not to be disposed of in municipal waste & require separate collection.

SMARTWATCH FCC ID: 2A5HP-ZL54C  
EARBUDS FCC ID: 2A2EE-SW-T03





## NEED HELP?

If you require any further assistance using your REFLEX ACTIVE product or our App, please get in touch. We want you to get the very best from your product & we will always be happy to help.

You can also contact our UK based customer service team Monday to Friday, 9AM to 4PM by phone or email, or our website is available 24/7 and contains lots of useful information.



SUPPORT@REFLEX-ACTIVE.COM



+44 (0) 121 5241400



## LANGUAGES



**Visit our website for your full instructions**



**Visitez notre site Web pour vos instructions**



**Besuchen Sie unsere Website für Ihre  
Anweisungen**



**Visita il nostro sito web per le tue istruzioni**



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