**RA-SP-300S-IM**

**DESIGNER**
S FROGGATT

**ISSUE DATE**
10/06/2025

**FACTORY**
GELITE

**DIMENSIONS**
**H -** 150MM
**W -** 80MM

**CONSTRUCTION**
CONCERTINA PAPER IM

**PAPER TYPE**
UNCOATED 150GSM

PeersHardyGroup

Thank you for purchasing your REFLEX ACTIVE smart watch. There are 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 BLUE APP.** Search for REFLEX ACTIVE BLUE APP, to download onto your smartphone. Alternatively, you can scan the appropriate QR code below, use your smartphone camera or QR code reader App.



**COMPATIBILITY**
The REFLEX ACTIVE BLUE APP will work on the following smartphones:
- Android (version 9.0 and above)
- Apple IOS (version 12.0 and above)

**POWER ON / OFF**
- To switch on the watch, press and hold the crown until the display is on.
- Switch off by long pressing the crown, or through the settings/more functions.

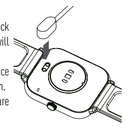
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Visitez notre site Web pour vos instructions
Visita il nostro sito web per le tue istruzioni
Besuchen Sie unsere Website für Ihre Anweisungen

**CONNECTING YOUR SMART WATCH TO MOBILE PHONE**
1. Enable wireless connection on your smart phone.
2. Open the REFLEX ACTIVE BLUE APP on your smart phone.
3. Set your preferences and follow the set up guide.
4. To connect your watch, open device section at the bottom of the app & select 'add device' & select Series 40.
5. A unique 6 digit pairing code will be displayed on the watch & phone screen. If the codes match, accept and complete the setup.
   - Allow permissions when prompted to gain full functionality of your watch.

**DISCONNECTING YOUR SMART WATCH & PHONE**
1. Open the REFLEX ACTIVE BLUE APP on your smart phone.
2. Tap remove device at the top of the device section of app.
3. Forget your device on your smart phones wireless connection settings.

**HOW TO CHARGE**
1. Line up the 2 pins to the charging spots on the back of the watch case. The pins are magnetic and will secure the charger in place.
2. Plug in the USB cable to a power source. Once connected, the charging icon will appear on screen.
3. Charging usually takes 3 hours, please take care not to over charge.



**BUTTON OPERATIONS**

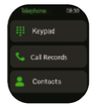
Short pressing the crown:
- Unlocks the screen
- Takes you through the menu

Long pressing the crown:
- Turns on / off the watch
- You can also switch off the watch through the settings

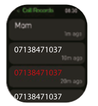



**WIRELESS CONNECTION CALLING FUNCTION**
After connecting the smart watch to your phone, you can use the microphone and built in speaker in the watch to make and answer calls. You can also view the call history on the watch. Note: you need to retain the connection between the watch and the phone when using the phone call function.

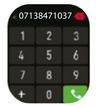
**HOW TO CONNECT**
Step 1: After connecting the watch to the REFLEX ACTIVE BLUE app, you will be prompted to accept wireless connection, please accept.
Once connected you should see that the device is "connected for calls".
Step 2: Go to your watch and swipe right to the menu and locate the phone function.




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 made/received on your phone.




When you tap on the dial pad you can then dial a number to call, Once you have dialled 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




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

**HOW TO DISCONNECT**
To disconnect BT connection calling, go to the phone's BT setting and "unpair" the "REFLEX ACTIVE 40". There is also a shortcut to temporarily switch this off on the settings page.

The battery lasts for 3 to 4 days with wireless calling mode enabled. On standby the battery can last for approximately 10-15 days.

**ADD CONTACTS**
You can add up to 8 contacts to your watch. Add contacts from the REFLEX ACTIVE BLUE app. To add contacts go to 'favourite Contacts' and add contacts. The selected contacts will then be synced to your watch.

**HOW TO DISCONNECT**
Switch between watch / phone during an active call: If your watch is connected to your phone via wireless connection, all calls will show up on the watch by default. If during a 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.

**ALWAYS ON DIAL**
Our Smartwatches allow you to tell the time at a glance with Always On display. To activate the Always On Display, go to Settings on your watch, select 'Always On Dial' & choose your preferences.
Note: Dual time & the seconds hand won't show on the always on display.




**DUAL TIME DISPLAY**
Enjoy the convenience of viewing the time home & away on one single screen. Select the dual time dial on your watch, then go to APP to select the city of the second time zone, both time zones will then be displayed on your dial.




**WATCH FACE**
Your smartwatch has a number of our signature dials, to switch between them press & hold the screen & swipe left or right to view. Once you have selected your dial, tap to set.




You can scroll through the dials using the crown. To lock a dial and stop the crown from scrolling, hold down on the dial screen & tap the lock.

Green- allows the crown to scroll through the dials when turned.

Red- Locks & stops the crown from scrolling through the dials.

**CHOOSING ADDITIONAL DIALS**
There are more dials you can set from your app dial directory.
- Tap the watch face settings in the 'Device' > 'Series 40' page
- Select clock face
- 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 smart phone gallery to use as your dial.
- Tap the watch face settings in the 'Device' > 'Series 40' page
- Tap edit on the first watch face
- Scroll & either choose an image from album or take an image
- Select the photo you'd like to use
- Move & scale within guide, click ok
- Move & edit time around display as desired and tap set as watch face

Note: You will need to allow access to your photo gallery to use this feature. Do this within your phone settings.

**WELLNESS FEATURES**




**STEPS**
The watch automatically tracks the number of steps you have taken.
Note: Your movement stats reset to 0 at midnight.




**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.




**SPORT MODE**
To start a sport select an exercise type in the activity screen and enable it, The watch currently includes exercise modes which includes Walking, Running, Cycling, Skipping, Badminton etc.




**BLOOD OXYGEN**
Measure blood oxygen levels or oxygen saturation in your blood.




**SLEEP MONITOR**
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 10pm to 8am the next day.




**BREATHE**
Take a few minutes out to practise a little mindfulness, this feature helps you focus on your breathing.




**FEMALE HEALTH**
You can easily keep a track of your menstrual cycle.




**STRESS MONITOR**
Our stress monitor will help you keep an eye on your stress levels throughout the day.




**GOALS**
A reminder will pop up once your goal for the chosen sport is achieved.

**LIFESTYLE FEATURES**




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




**MESSAGE NOTIFICATIONS**
The device will sync incoming notifications from socials such as X, Facebook, Whatsapp, Instagram etc.
Note: Select the notifications you wish to receive in the app.




**CAMERA CONTROL**
You can control your phones camera once the watch is connected to your phone.
Note: The phone needs to be unlocked before the watch can control the camera.




**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, your watch will remind you it's time to take a drink.
Note: you can set the feature in the app.



**FIND PHONE**
When connected to BT our Find Phone feature will ring & vibrate your phone to help you locate it.




**WEATHER UPDATES**
You can view current weather & forecasts for the next day, Swipe up to view the forecast.
Note: This information is synced from the app, Phone must be connected to receive updated weather forecast, Location must be selected from App settings.

**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. Do not try to replace or disassemble the battery.

**WATER RESISTANCE** IP68 - Your watch is certified water resistant for up to 30 minutes to a maximum depth of 1.5 Metres. We do not recommend our watches for use in saltwater. Always rinse your smartwatch after swimming.

**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. When you are not wearing your smartwatch, we recommend you store it in the gift box received with purchase.

**BRACELET CARE** Take care to avoid bending the bracelet beyond the normal curvature of the wrist. It is recommended the watch be kept in the gift box when not in use. Avoid placing the watch under heavy objects or loose in a handbag. Should your bracelet need adjusting in size, we recommend taking it to a local jewellers or watch specialist. If you require any further assistance, please get in touch with our customer service team.

**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.

**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.

**IMPORTANT SAFETY INFORMATION & WARNINGS**
• BATTERY WARNING: KEEP OUT OF REACH OF CHILDREN.

BEFORE USING THE PRODUCT, PLEASE FAMILIARISE YOURSELF WITH 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, please take care not to over charge.

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. Sensitive skin, skin allergies and medication could contribute to the irritation incurred and should be considered before use. 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. • The stress readings given by your watch are only to be taken as an indication, your mental health is important, seek professional help if you are under prolonged periods of stress.

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, Birchenhill 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 wheelie 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.

COMPATIBILITY The REFLEX ACTIVE BLUE APP will work on the following smartphones:
Android (version 9.0 and above)
Apple IOS (version 12.0 and above)
Please make sure the App, is the latest version and check for updates.

A 3 hour charge time is sufficient to fully charge your smartwatch, please take care to not overcharge.

PRIVACY POLICY - reflex-active.com/pages/privacy-policy

Bluetooth® Is a trademark on a registered trademark of Bluetooth SIG Inc.

UK CA CE

**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 you 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

# INSTRUCTIONS

ACCESS ADDITIONAL SUPPORT 24/7 ON OUR WEBSITE