REFLEX ACTIVE

SERIES 05 INSTRUCTIONS

Thank you for purchasing your Reflex Active smart watch Please follow these instructions carefully and we'll soon have you up & running with your new watch.

Firstly, please double check the Series Number of your Reflex Active watch, you'll find this on the sticker on the back of your watch. These instructions are for our Series 05 models, if you have one of our other models, please head back to our website & download the appropriate instructions.

IOS

ANDROID

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.

The 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 have Bluetooth 5.0

QUICK START GUIDE

CHARGING GUIDE

Charging for automatic power-on:

1. Open the charger case and place the watch head into the case.
2. Connect the metal pins of the USB cable with the metal point on the back of the bracelet until the charging icon appears on the screen.
3. Close the case and plug the USB into the port or plug.
4. Once a power charger is plugged in, the watch will be activated automatically.
5. Please charge the band when it displays low battery.
6. 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 touch key until the display is on.
- To switch off the watch, press the touch key repeatedly until 'more' icon shows on the display and then long press to enter in 'Power off', long press the touch key again. You can press the touch key, or turn on gesture control in advanced settings of
- REFLEX ACTIVE app. and raise your hand to illuminate the screen.

CONNECTING BAND TO MOBILE PHONE

1. Enable Bluetooth on your smartphone.
2. Open REFLEX ACTIVE App. on your smart phone, set your profile within settings.
3. Tap connect device within settings.
4. Select Smart Bracelet as shown.
5. Follow the steps, search for REFLEX ACTIVE device name and connect.
6. Within the notifications section, select the notification types you want your band to receive.

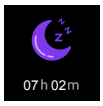
DISCONNECTING YOUR SMART WATCH & PHONE

1. Open the REFLEX ACTIVE App. on your smartphone.
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 touch key to select the one you prefer.

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

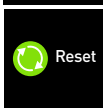


SLEEP Wear the watch to fall asleep during 9:00 p.m. to 9:00 a.m.; the watch can record your sleep data of last night on the next day. Press the side button to check the sleep data.

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.

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 touch key to open the 'Find the phone', then double tap the touch key and your phone will sound a locator alarm. To find your smartwatch from your phone, select find device from settings menu.

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



RESET Long press the touch key, your watch will be reset and restart.

POWER OFF Long press the touch key to turn off the watch.

Please note: Your REFLEX ACTIVE tracker will reset every day at midnight. Data is stored on the tracker for 7 days. For best results, ensuring activities and a full history are recorded, we recommend you sync your tracker to the App. daily.

HEARTRATE view your current heart rate, and average walking, running, hiking and cycling rate. Your watch will continue to detect your heart rate as long as you wear it… even when you sleep! Use the touch button until you select the Heart Rate icon. Hold the touch button until the icon changes to BPM. It will detect the current heart rate. If you want the feature to be active on selective times, then you select this by opening REFLEX ACTIVE App, selecting 'Settings' and 'Advance Settings'. Select Heart rate and set the tone you wish the feature to be active.

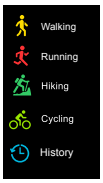
MUSIC CONTROL – Open your phone's default music APP, long touch for entering in BT music, then click in this interface for controlling music: Play/Stop/Next song/Last song.

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

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 excercise.

CALL 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 touch key on your watch. The photo will automatically save onto your phone gallery for Android devices, or the option to save/retake on iOS devices.



ACTIVITY TRACKING Press the touch key repeatedly until Sports icon is displayed & long press the touch key to enter in the multi-sport mode. The smart watch has 4 sports modes: Walking, Running, Cycling and Hiking. Long press touch key to select and then enjoy your sport. The smart watch will record your data. After your sports, you can long press the touch key 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.

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SPECIFICATIONS

RAM/ROM	32k/512k	**Battery**	Built-in rechargeable lithium battery
LCD Screen Size	1.3"TFT One touch	**Battery Capacity**	155mAH
Bluetooth	BT5.0	**Bluetooth Connected**	Up to 4 days
Call Reminder	Yes	**Standby Time**	Up to 15 days
Notification	Yes	**Charge Time**	2 hours
Multi-Sport	Hiking, Walking, Running & Cycling	**Water Resistant**	IP67
		Heart Rate	YES

BAND ADJUSTMENT

Your REFLEX ACTIVE bracelet 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.

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 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 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 12 months 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.

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 5PM 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!

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 • Do not use your REFLEX ACTIVE product if the display is cracked • 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 • Do not expose your REFLEX ACTIVE product to extremely high or low temperatures • Do not use REFLEX ACTIVE product in a sauna or steam room • 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 • When the battery is fully charged disconnect from charger, DO NOT exceed 2 hour charge time • Ensure your smartwatch correctly engages with the charging contacts • 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 • Before each use, please check the product for damages & do not use if the product is damaged • This is not a toy & as such 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 • The integrated rechargeable battery cannot be removed or replaced. • 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. • Your Reflex Active smartwatch will help calculate distances covered and calories burned during training. Please consult a doctor before starting new exercise regimes.

WARNING - MEDICAL DEVICE INTERFERENCE

Reflex Active Watches 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 Smart Watch.

If you have any questions or concerns, please contact us, you'll find our contact details above.

BATTERY: Built-in rechargeable lithium battery.

DISPOSAL 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.

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