

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 02 models, if you have one of our other models, please head back to our website & download the appropriate instructions.

Touch Button

### QUICK START GUIDE

#### CHARGING GUIDE

Charging for automatic power-on:

1. Line up the 2 pins to the charging spots on the back of the watch case.
2. Once in place, use the clamp to secure.
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 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

- You can twist your wrist or press the touch key to illuminate the screen.
- Press the touch key to switch main menu interface.
- Long press the touch key to confirm actions.
- 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 set the gesture control style on the REFLEX ACTIVE App. within advanced settings. Twisting your wrist will illuminate the screen.

### GETTING TO KNOW THE SCREENS



**TIME SCREEN** There are **6** different time screens to select from, press & hold touch key to select the one you prefer.



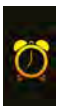
**MESSAGES** Press the touch button to switch to the message interface. Press the touch button to enter the message view. The smartwatch will alert you to incoming calls, SMS, Wechat and Whatsapp message notifications.



**ABOUT** Long press the touch button, you can check your bands address, device name and system version.



**KEEP ACTIVE** From advanced setting within the App. you can set reminders to ensure you stay active throughout the day.



**ALARMS & ALERTS** From reminder at the bottom of the home screen of the App., you can add additional reminders such as wake up alarms, medication alerts etc.



**SLEEP** From settings & goals you can set a sleep target. Access your sleep data via today at the bottom of the home screen of the App.



**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.

IOS



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.

ANDROID



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

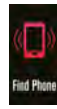
### CONNECTING BAND TO MOBILE PHONE

1. Enable Bluetooth on your smartphone.
2. Open the Reflex Active App. on your smartphone.
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 smartwatch, tap the green icon and select your smartwatch from the list.
7. Tap OK to allow notifications to appear on your smartwatch.

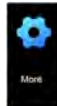
Visit our SUPPORT section to view our video guide.

### DISCONNECTING YOUR SMART WATCH & PHONE

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



**FIND YOUR PHONE OR SMARTWATCH** Once the smartwatch is connected to the App., the find phone feature will be available. Access via sub menu and then more. Long press the touch key and your phone will sound a locator alarm. To find your tracker from your phone, select find device from settings menu.



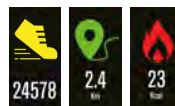
**MORE** Long press the touch button to enter the function menu. There is an About, Power Off & Find Your Phone option.



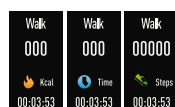
**DRINK ALERTS** From advanced setting within the App. you can set reminders to ensure you stay hydrated throughout the day.



**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 button on your band. The photo will automatically save onto your phone gallery for Android devices, or the option to save/retake on iOS devices.



**STEP COUNTER** The band will record your daily activity automatically. Press the touch key to switch between steps, calories & distance.



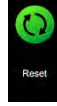
**SPORTS** Long press the touch screen button to enter more exercise functions. There are four sports options:

• Walk • Running • Cycling • Climbing

You can choose the mode you need, after your activity, the band will record your sports data. After your exercise, you can press the touch screen to stop your movement and save it. Note: If the activity time is less than one minute, the data will not be recorded. From settings & goals in your App. you can set activity goals to work toward.



**POWER OFF** Long press the touch button to turn off your band.



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

## SPECIFICATIONS

<b>RAM/ROM</b>	32k/512k	<b>Battery</b>	Built-in rechargeable lithium battery
<b>LCD Screen Size</b>	0.96" One touch	<b>Battery Capacity</b>	90mAh
<b>Bluetooth</b>	BT5.0	<b>Bluetooth Connected</b>	Up to 4 days
<b>Call Reminder</b>	Yes	<b>Standby Time</b>	Up to 10 days
<b>Notification</b>	Yes	<b>Charge Time</b>	2 hours
<b>Multi-Sport</b>	Hiking, Walking, Running & Cycling	<b>Water Resistant</b>	No
		<b>Heart Rate</b>	No

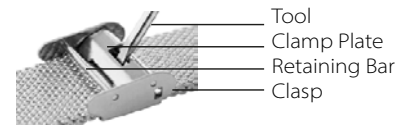
## BAND ADJUSTMENT

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 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 4PM on:

+44 (0) 121 524 1400 [support@reflex-active.com](mailto:support@reflex-active.com)

There is also lots of information on our website [reflex-active.com](http://reflex-active.com) that you may find helpful.

## PRIVACY POLICY

Please check [www.reflex-active.com/pages/privacy-policy](http://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 wheellie 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.