



fastrack

REFLEX PLAY+



USER MANUAL

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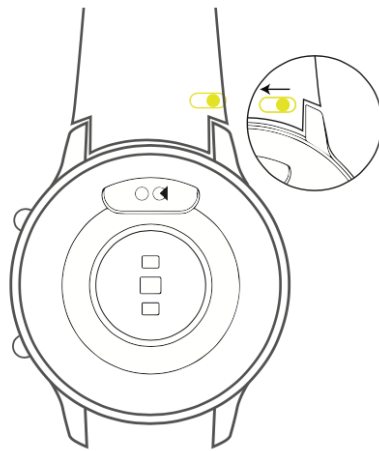
Unboxing the Watch



Packaging contains

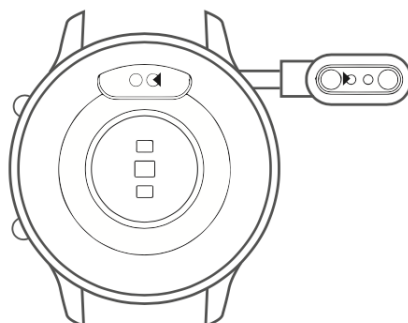
- Fastrack Reflex Play + Watch
- Magnetic Charging Cable
- Product Manual
- Quick Start Guide

Connecting Watch Strap



Connect the watch head and strap with the help of the quick release spring bar

Charging the Device

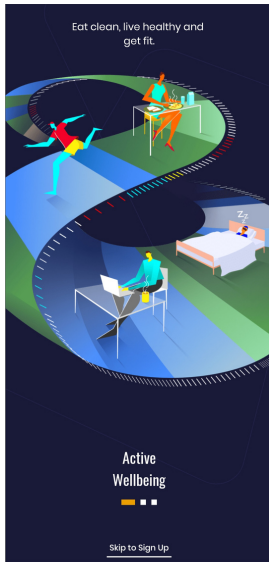


Attach the magnetic end of the charger to the back of the watch to start charging

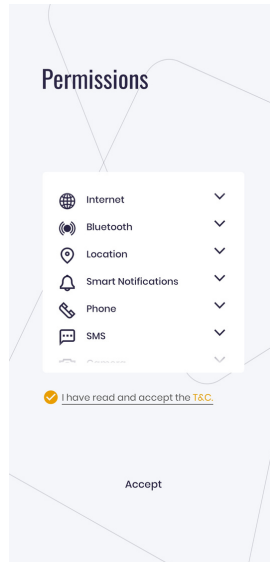
Getting Started



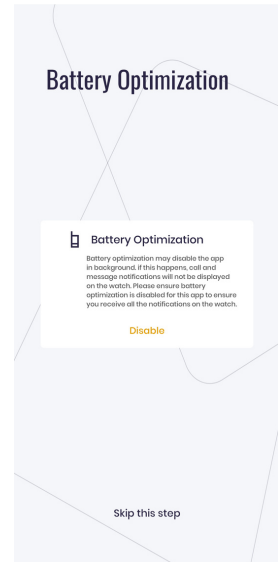
Download Fastrack Reflex World App from Appstore or Playstore



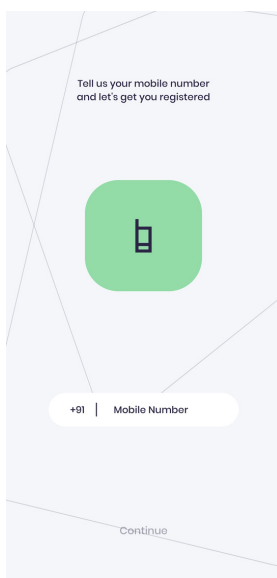
Install the Fastrack Reflex World App in your phone



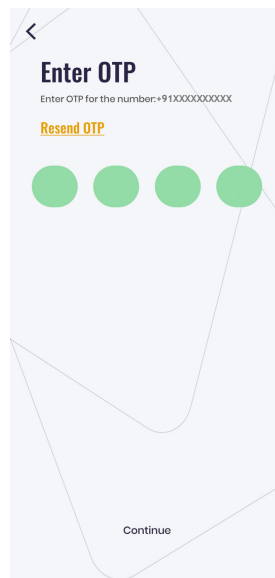
Allow the Necessary Permissions



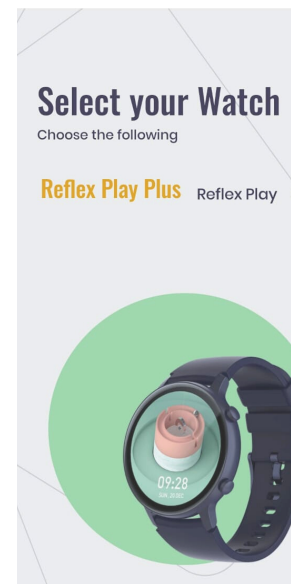
Disable Battery Optimization



Enter your Mobile Number



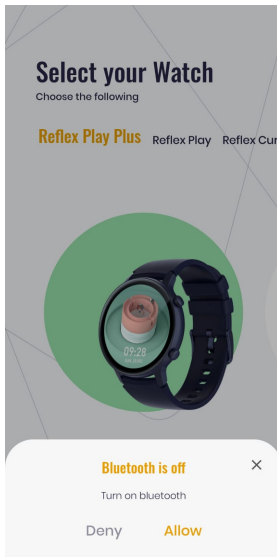
Enter the OTP



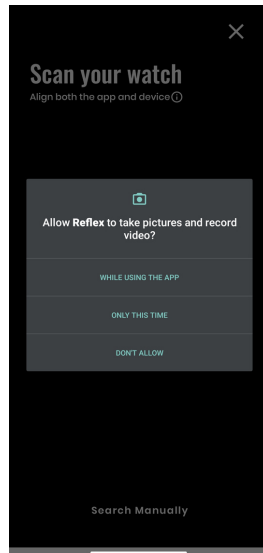
Select your Watch

Connecting Reflex Play+ With Your Smartphone

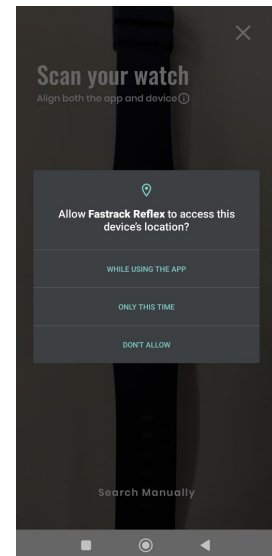
Follow these steps to connect your watch with the Fastrack Reflex World App:



Turn On Bluetooth



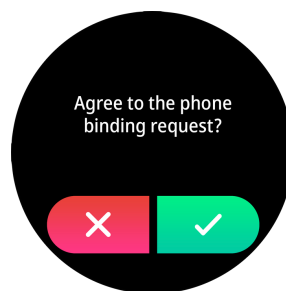
Give the in-app Permissions



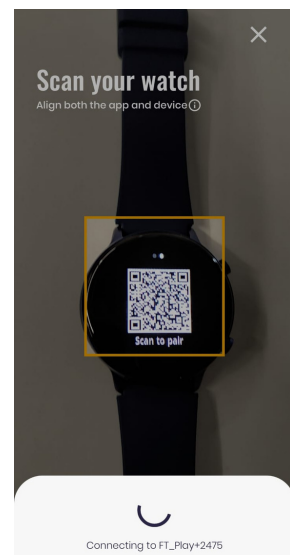
Allow Access to Location



Pairing successful



Accept the Pairing request on Watch



Scan your Watch

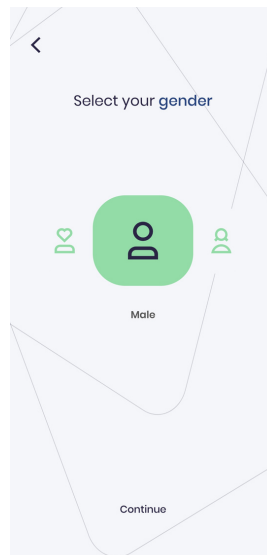
Creating Profile

Enter your Name, Gender, Date of Birth (DOB), Sleep Goals, Weight, Height, and other details to create your Profile.

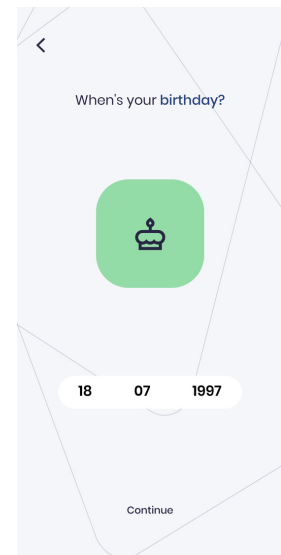
The details must be correct and up-to-date for accurate measurement of activity-related metrics such as Steps taken, Calories burnt, etc.



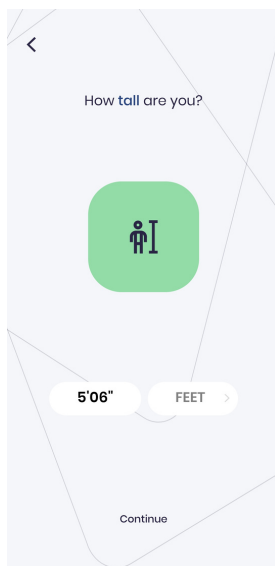
Enter your Name



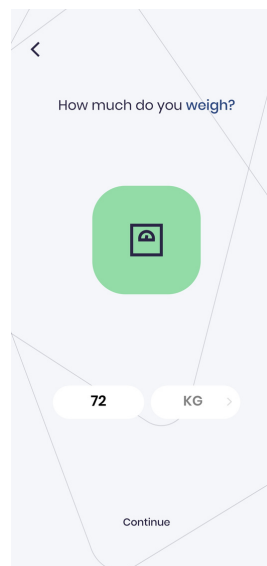
Select your Gender



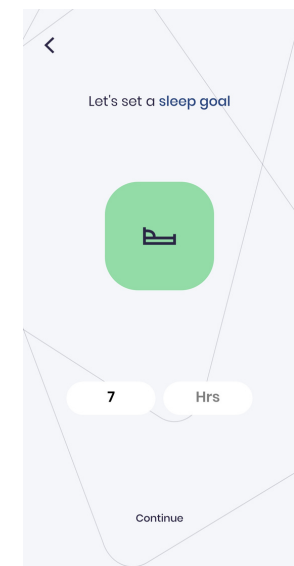
Enter your DOB



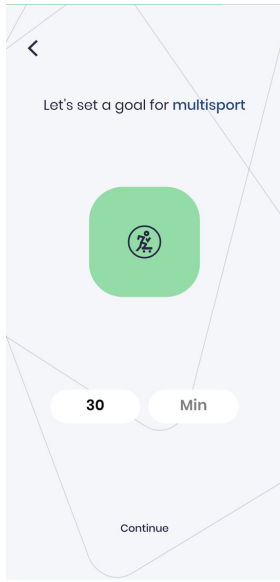
Enter your Height



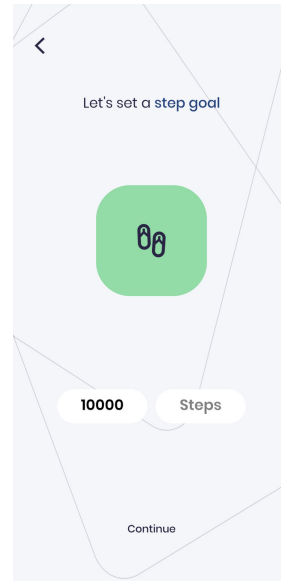
Enter your Weight



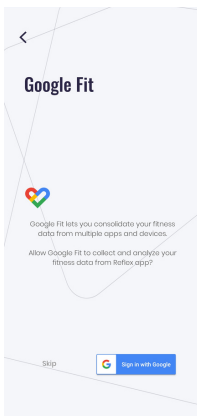
Set your Sleep Goals



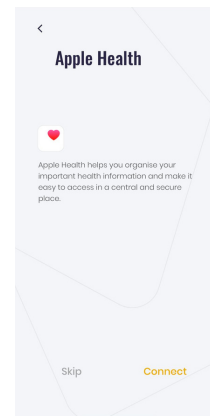
Set goal for Multisport



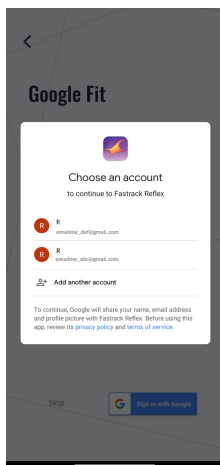
Set your Step Goal



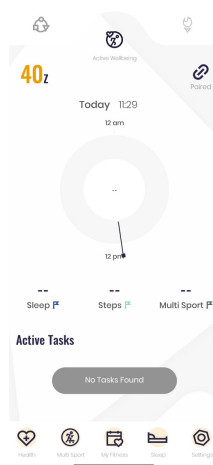
Allow Google Fit to collect data from Reflex App



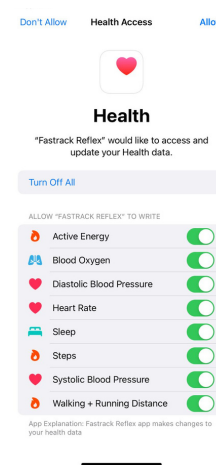
Allow Apple Health to collect data from Reflex App



Select your desired Google Account

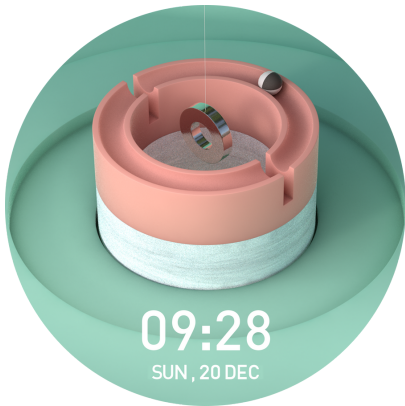


Dashboard created



Turn on all your health settings

BT Pairing of Your Watch



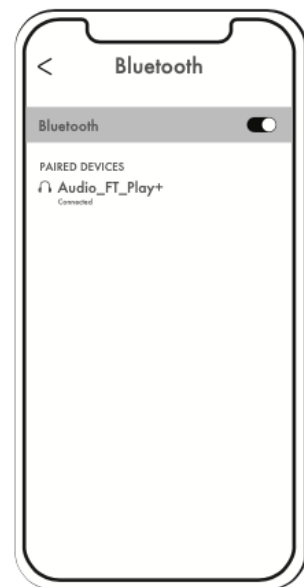
Home Screen



Click on Enable Phone Call

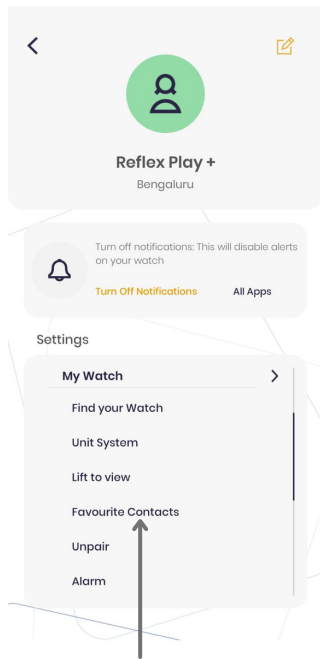


Go to your phone's Bluetooth settings & select "Add a new device" and search for available devices

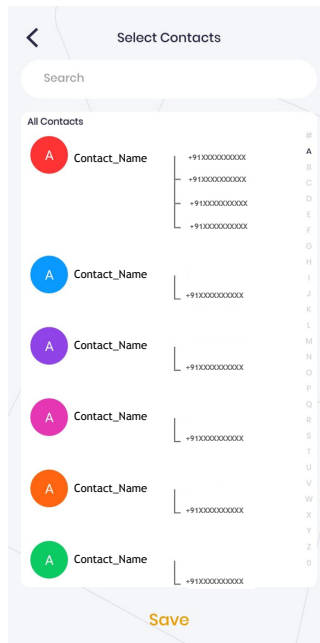


Tap on Audio_FT_Play+. Accept the pairing request. Your Reflex Play+ is now ready to receive & initiate phone calls

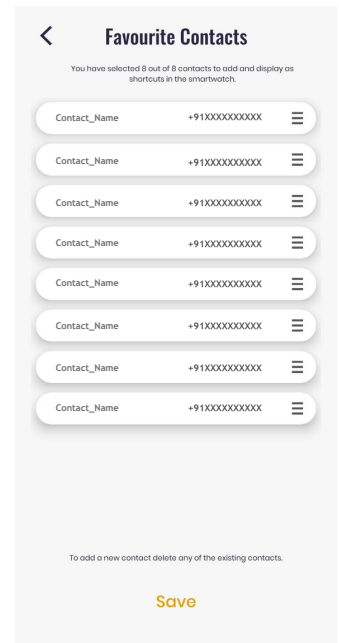
Set Favourite Contacts



On the Fastrack Reflex World App go to Settings, tap on My Watch, select Favourite Contacts



Select the contacts you want to set as favourites

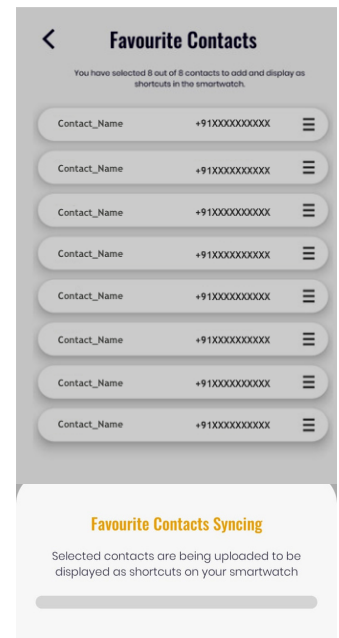
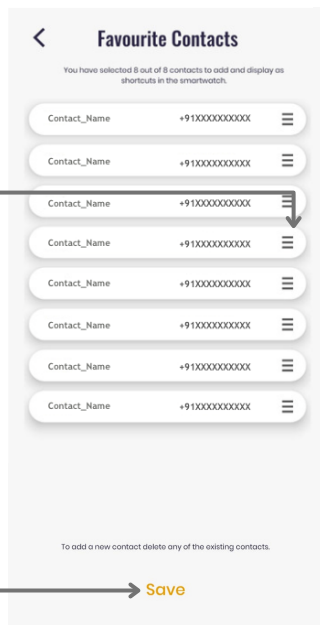


You can select up to 8 contacts to add and display on your smartwatch

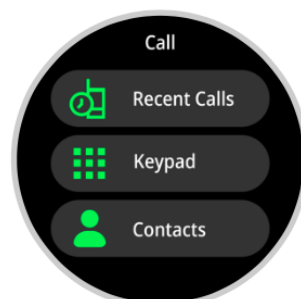
Swipe Right to Left from this icon to remove any contact. You can replace any contact anytime through the same process

You can also tap and hold the icon to re-arrange selected favourite contacts

Tap on save to save changes

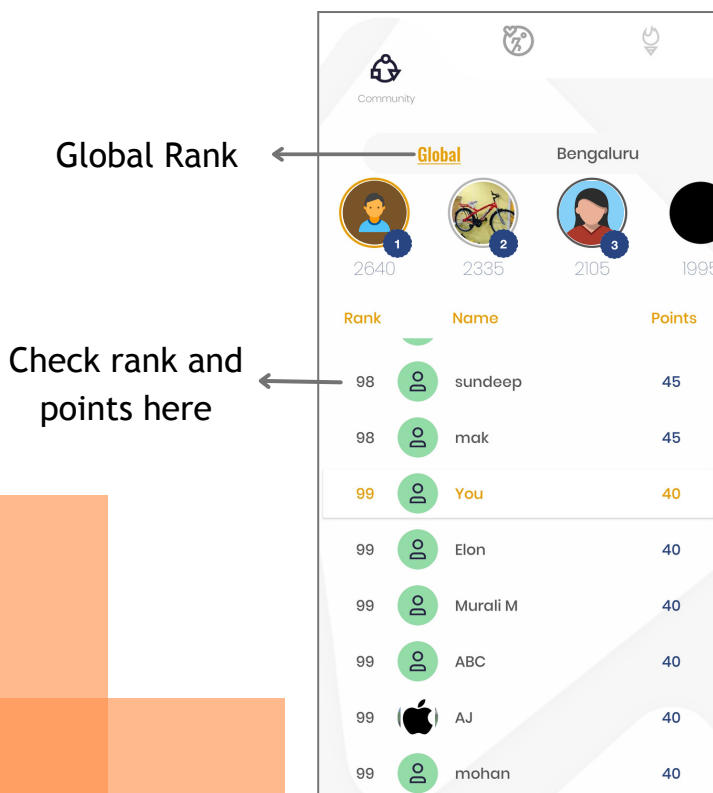


Your Favourite Contacts are now synced with your Fastrack Reflex Play+



You can now access your Call logs and Favourite Contacts and make a call from your Smartwatch

Application Dashboard



Community Leaderboard

The Fastrack Reflex Play+ watch ranks its user demographically and globally, based on the Zeta points.

User Profile



Reflex Play +

Name

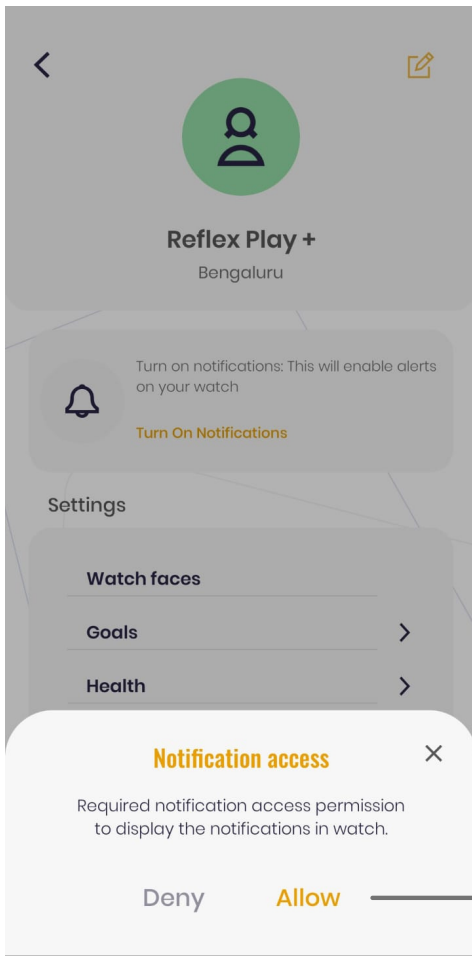
Edit Profile

Phone Number		+91 XXXXXXXXXX	>
Email		emailme_abc@gmail.com	>
DOB		18-7-1997	>
Gender		Female	>
Height		166 cm	>
Weight		72 kg	>
Location		Bengaluru	>
		Delete Account	>

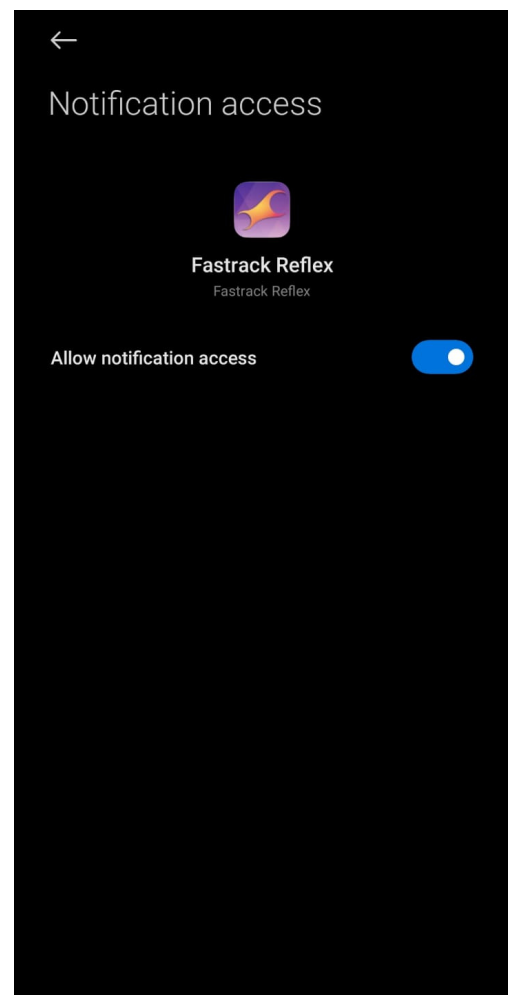
Save Changes

Tap here to save the changes made

Notifications Access

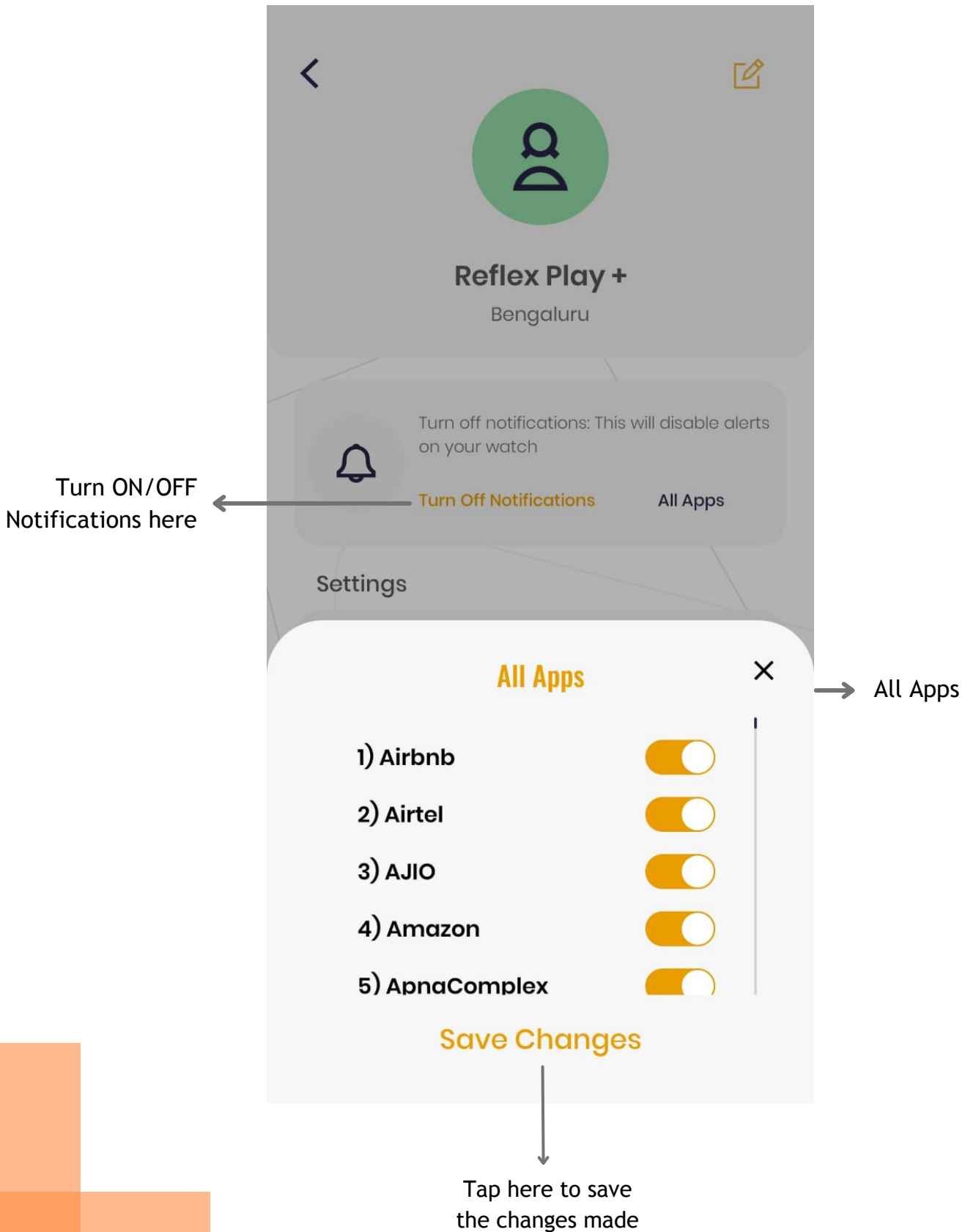


Tap on "Allow" to provide Notification Access to the Fastrack Reflex World App



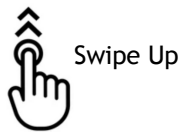
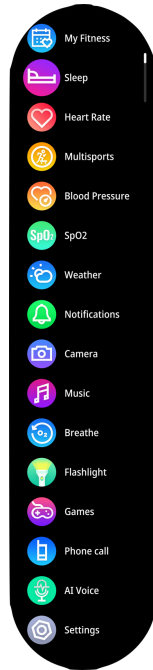
Allow Notification Access

Use the slider/toggle button to switch notifications (enable/disable) for particular apps



Functionalities & Interface

Menu



Swipe Up

Rudder Menu

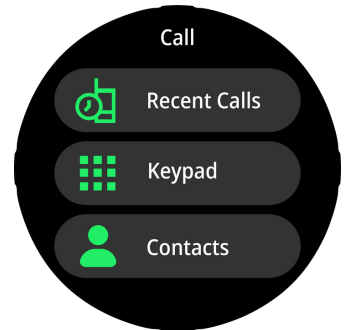


Swipe
Left to Right



Swipe
Right to Left

Phone



Swipe Down



Quick Settings

Swipe Down

Swipe down to open the Quick Settings. This will give you access to options such as Water Drain, Control Music, Turn On/Off Flashlight and Vibration, Control Brightness, and access Settings

Home Screen

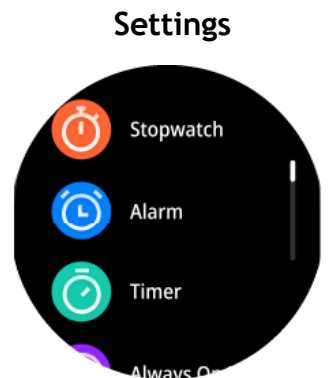
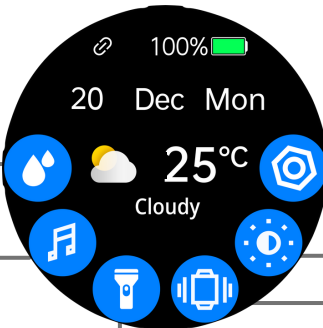


Directions to Remove water from the watch

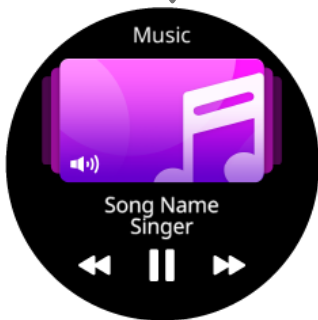
Quick Settings



Water Drain



Settings



Music Player



Flashlight (ON/OFF)



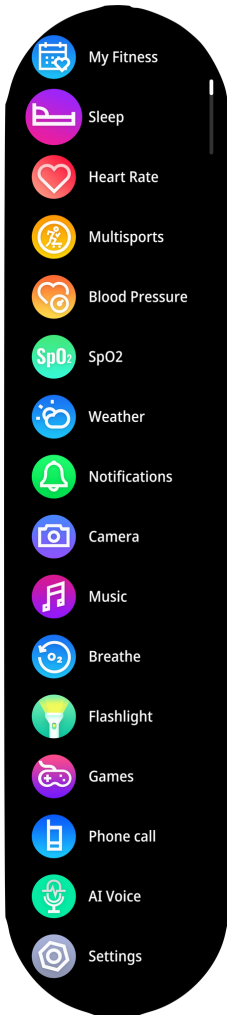
Vibration (ON/OFF)



Brightness Controller

Swipe Up

From the Home Screen, swipe up to get to the Main Menu on your watch.

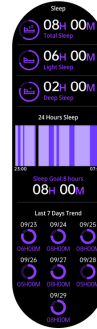


Home Screen

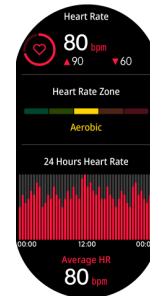
My Fitness



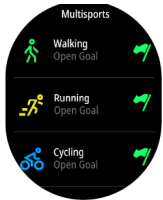
Sleep



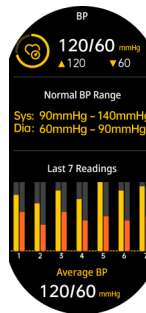
Heart Rate



Multisports



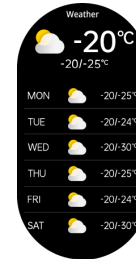
Blood Pressure



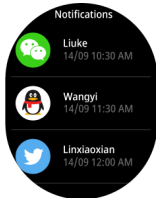
SpO2



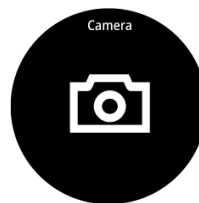
Weather



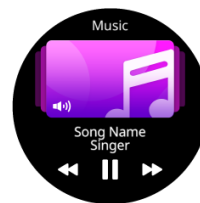
Notifications



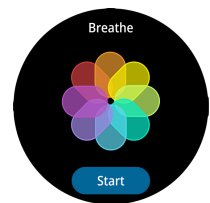
Camera



Music



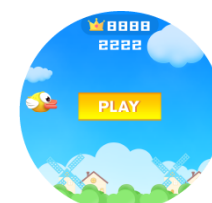
Breathe



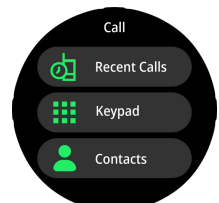
Flashlight



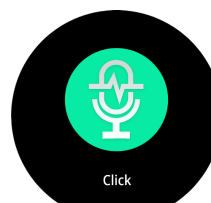
Games



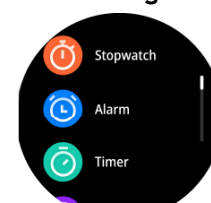
Phone Call



AI Voice

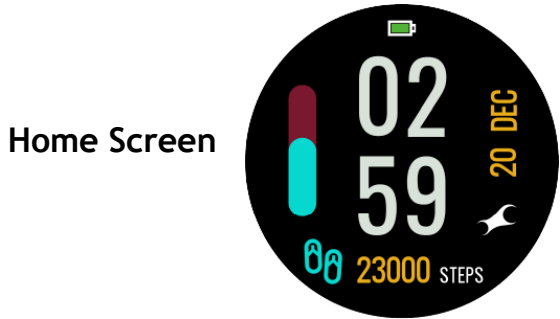


Settings



Swipe Right to Left

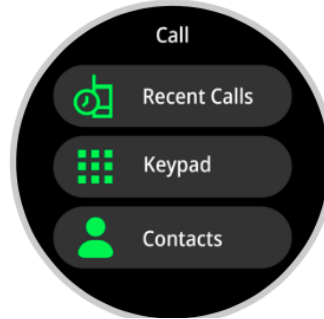
From the Home Screen, swipe right to left to open Call Screen, Activity Summary, AI Voice, Music, and much more on your Reflex Play+ Watch.



Home Screen



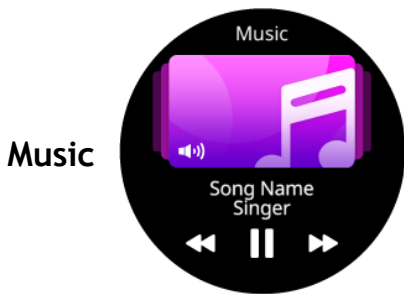
Swipe Right to Left



Call Screen



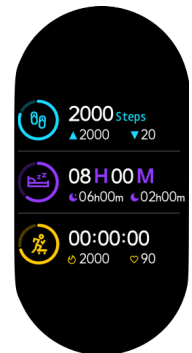
Swipe Right to Left



Music



Swipe Right to Left



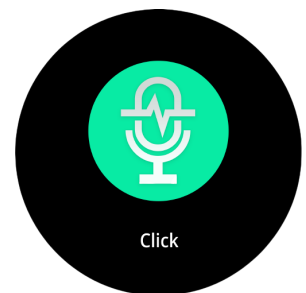
Today's Activity Summary



Swipe Right to Left



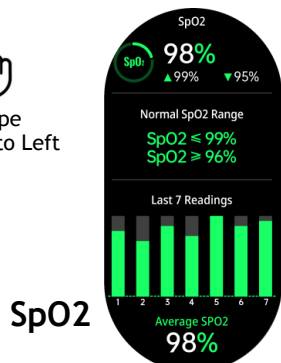
Breathe



AI Voice



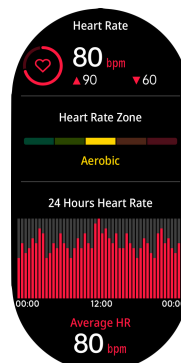
Swipe Right to Left



SpO2



Swipe Right to Left



Heart Rate



Swipe Right to Left

Swipe Left to Right

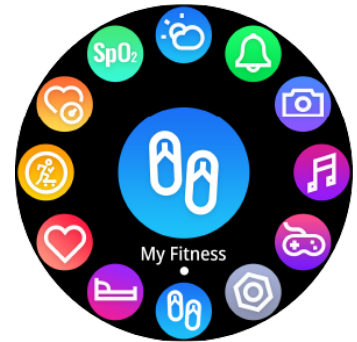
From the Home Screen, swipe left to right to open the Rudder Menu.



Home Screen

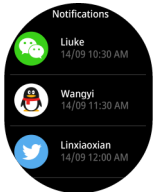


Swipe
Left to Right

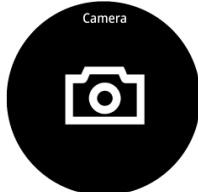


Rudder Menu

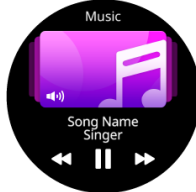
Notifications



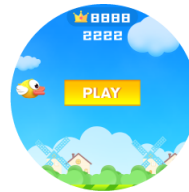
Camera



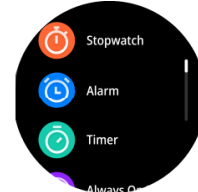
Music



Games



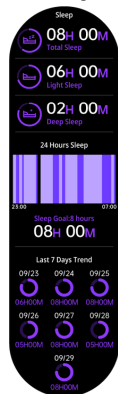
Settings



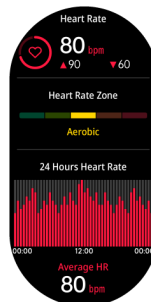
My Fitness



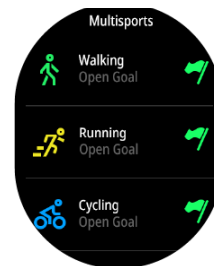
Sleep



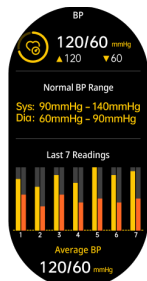
Heart Rate



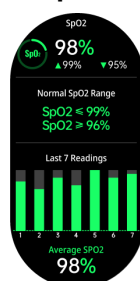
Multisports



Blood Pressure



SpO2

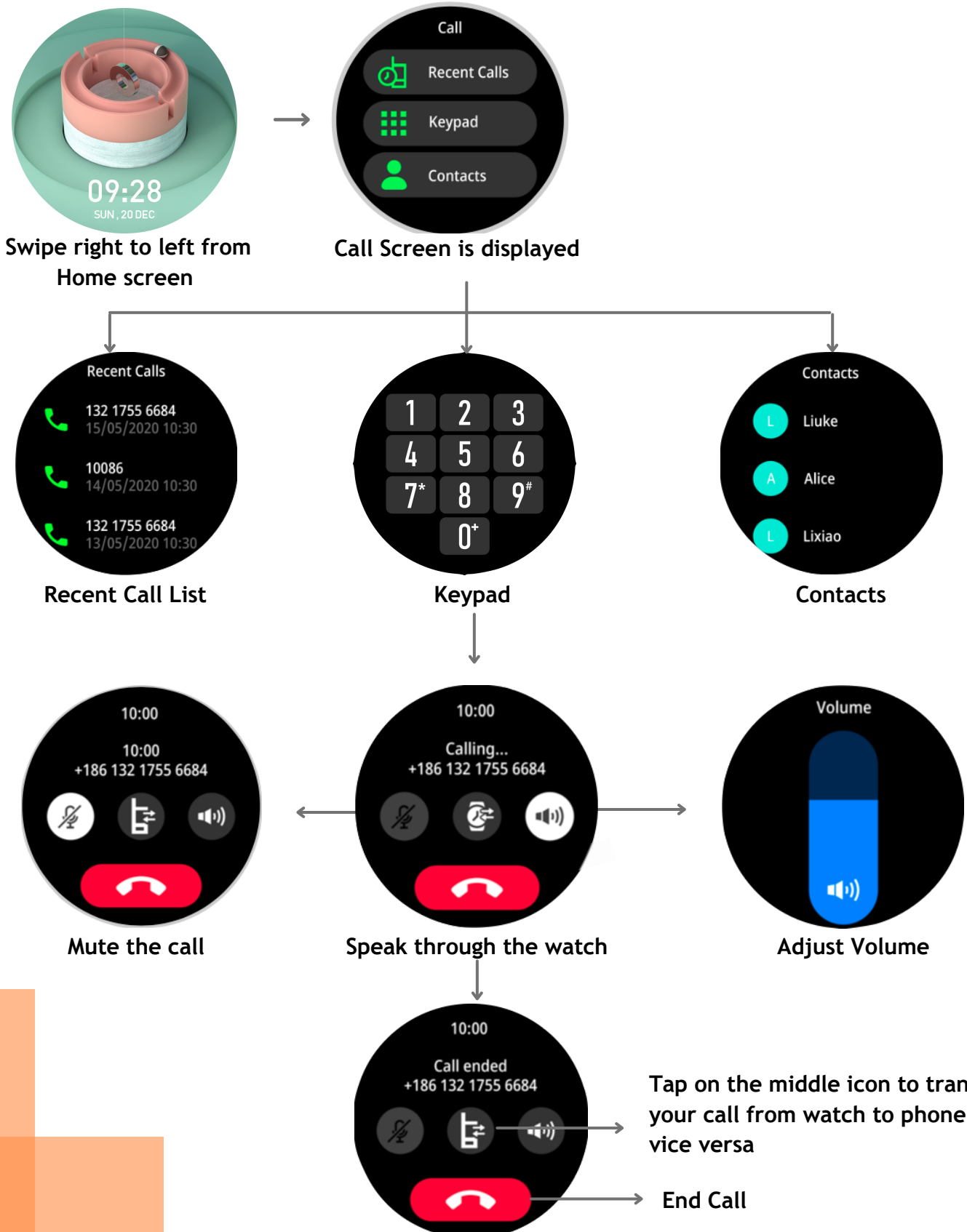


Weather



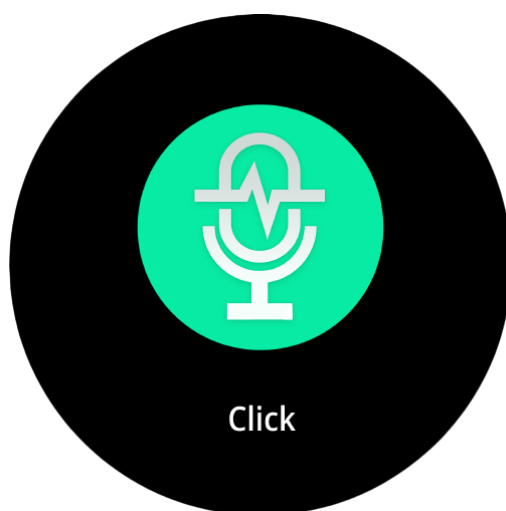
Fastrack Reflex Play+ Features BT Calling

You can initiate and receive calls with your Fastrack Reflex Play+ watch. You can view your Favourite Contacts, Mute Call, Adjust Volume, Reject Call, and much more.



AI Voice

Fastrack Reflex Play+ watch comes with an AI voice feature as well.



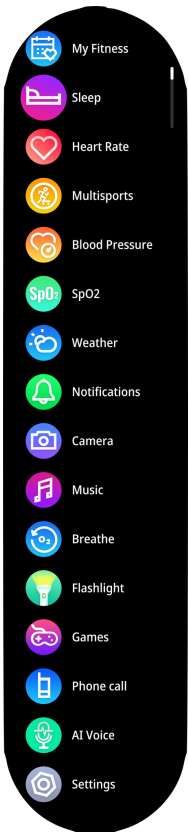
AI Voice Feature

You can ask any question on the watch.
For example - "What is the weather at my location?", "Call David" etc.
The answer is displayed on your phone

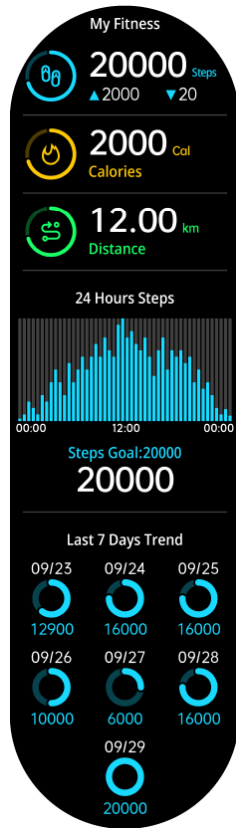
Note: The "AI Voice" feature will work only when the watch BT calling is connected to the phone. Internet connectivity is required for the AI voice.

My Fitness

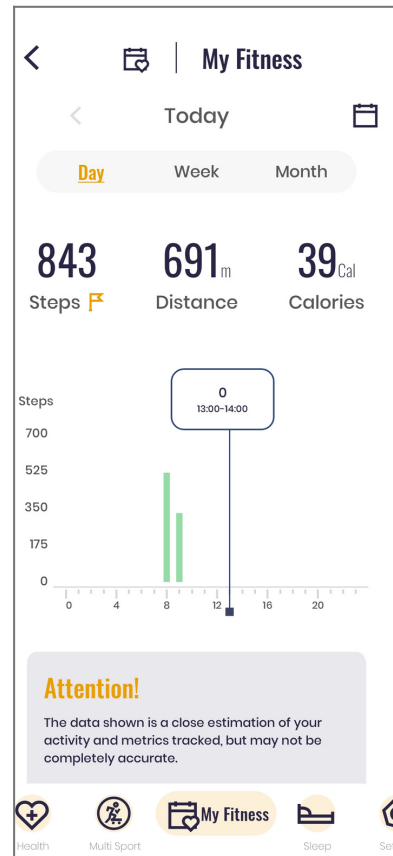
From the Home Screen, Swipe Up to open 'My Fitness' option. You can monitor fitness metrics like Steps, Calories and Distance. You can also check your fitness trends of the last 7 days.



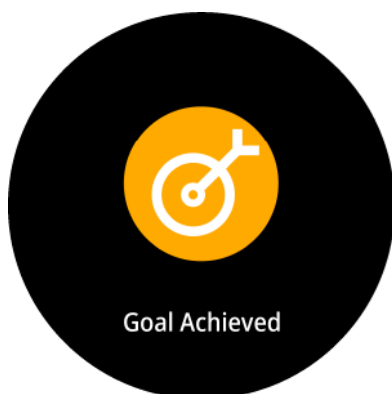
Click on 'My Fitness'



Check your weekly fitness summary



Check your Daily/Weekly/Monthly Fitness Report on the 'Fastrack Reflex World' App

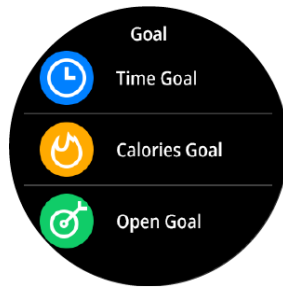
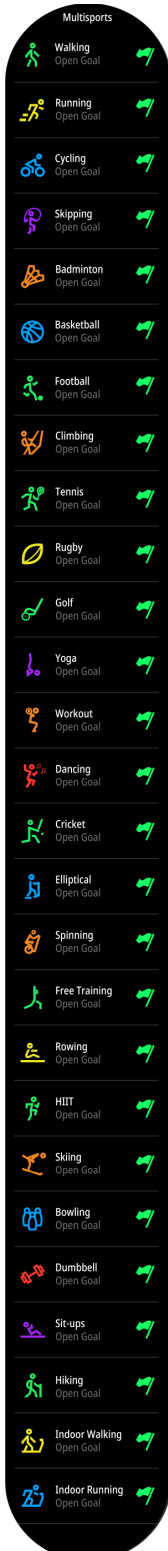


Get a 'Goal Achieved' notification every time you complete your daily step goals

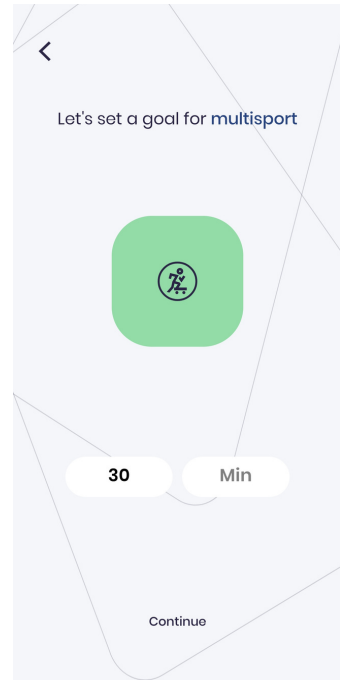
Multisports Tracking

Press the 4H Button on the watch to directly enter the Multisports Menu. Alternatively, from the Home Screen, swipe up to open the Multisports Menu. Multisports lets you choose from a variety of physical activities to track, like sports, yoga, dancing, cycling etc.

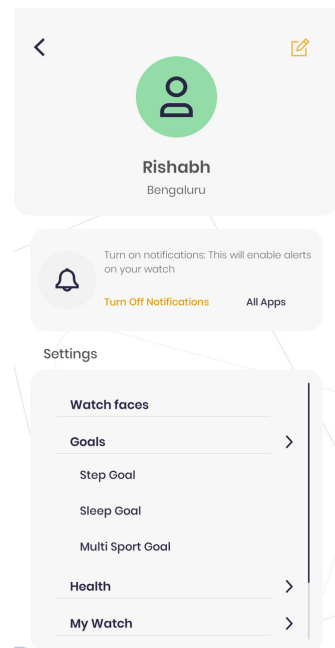
Multisports Menu



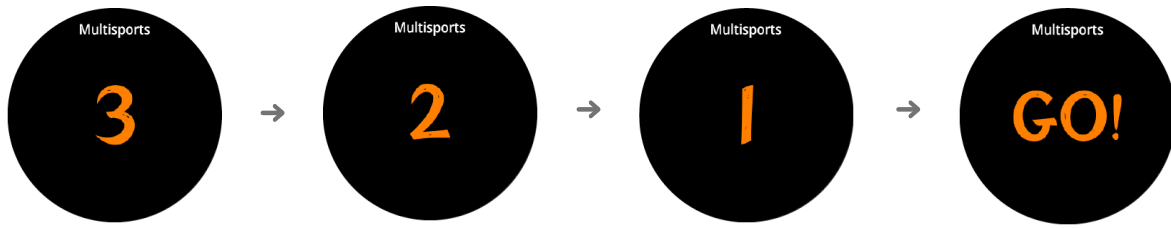
Tap on flag icon to select Time, Calories, or Open Goal



Set a Multisport Goal while onboarding



Change your Multisport Goal anytime from the Settings > Goals in the Fastrack Reflex World App



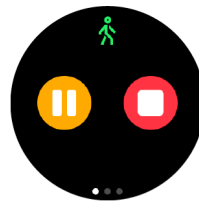
Tap on a Multisport and countdown begins



Summary



End exercise



Pause/Stop



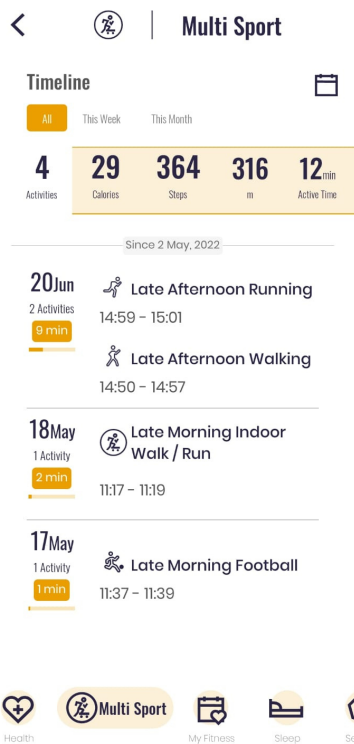
Workout in Progress



Swipe Right to Left



Heart Rate

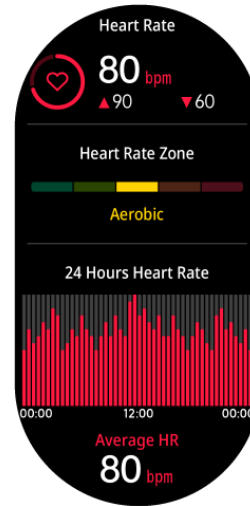
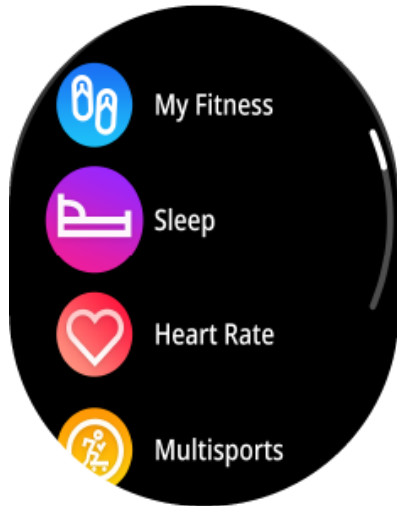


Access detailed Multisports analytics on the Fastrack Reflex World App

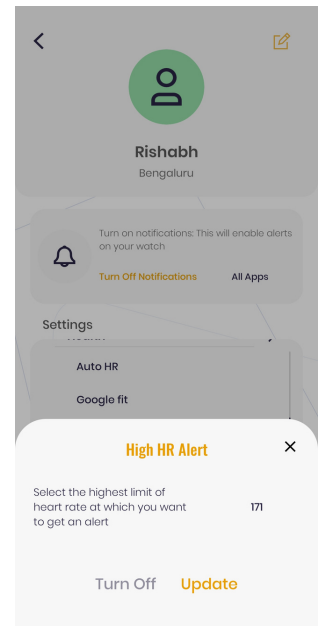
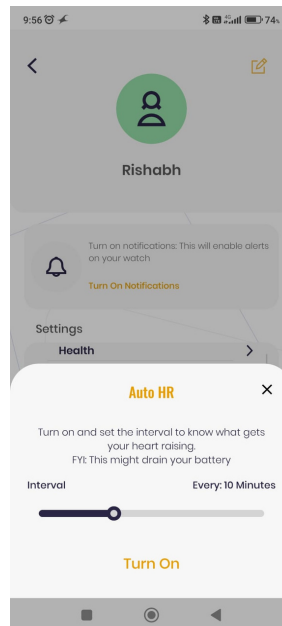
Heart Rate

From the Main Menu, tap on 'Heart Rate' to access and measure your heart rate. This feature also displays detailed data like heart rate trends, average heart rate, etc.

Tap on "Heart Rate"



View your Heart Rate zone and 24x7 Heart Rate trend



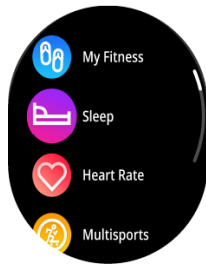
From your Home Screen Dashboard, go to Health and select Heart Rate to view detailed summary and access daily/weekly/monthly HR data

Set time interval for Auto Heart Rate detection from Settings > Health

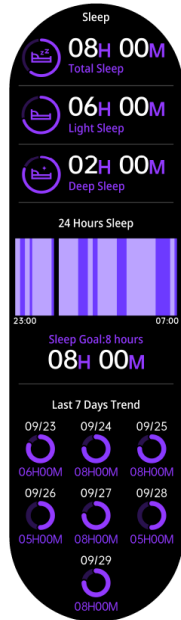
Set the Heart Rate limit at which you want to get an alert from Settings > Health

Sleep

Tap on "Sleep" to set and check your Sleep Data and Weekly Trend. You can also monitor your sleep trends of the last 7 days, and access daily, weekly and monthly data on the Fastrack Reflex World App.



Tap on Sleep



Sleep Analytics



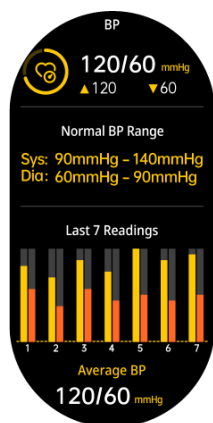
Check out detailed analytics and access daily/weekly/monthly Sleep data on the Fastrack Reflex World App

Blood Pressure

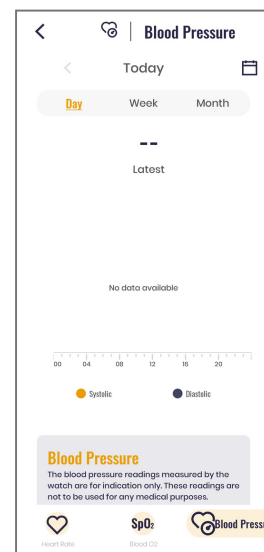
Tap on "Blood Pressure" to check details regarding your blood pressure. You can compare your BP readings with the normal BP range, and access detailed data on the Fastrack Reflex World App.



Tap on Blood Pressure



Blood Pressure Readings



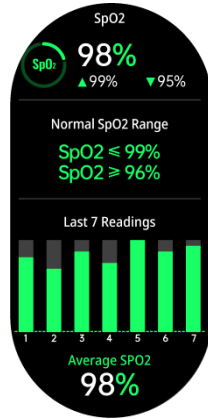
Check out detailed analytics and access daily/weekly/monthly Blood Pressure data on the Fastrack Reflex World App

SpO2

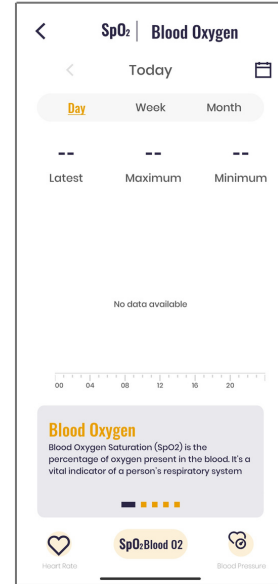
Tap on "SpO2" after swiping from the Main Menu to check your oxygen saturation level. You can compare your SpO2 readings with the normal SpO2 range, and access detailed data on the Fastrack Reflex World App.



Tap on SpO2



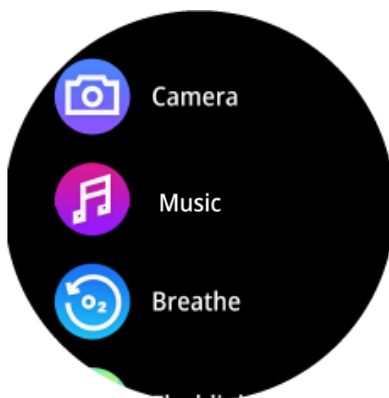
Check out SpO2 Readings



Check out detailed SpO2 analytics and access daily/weekly/monthly data on the Fastrack Reflex World App

Camera

To capture images, tap on "Camera" option from the Main Menu. Tap on the Camera icon to capture an image.



Tap on Camera



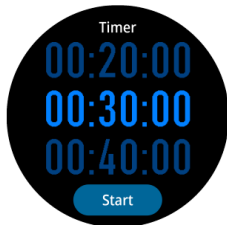
Capture Image

Note: The Fastrack Reflex World App has to be open on your phone in order to take a photo.

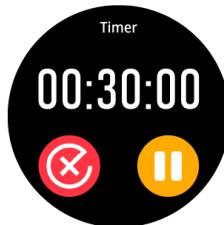
Time Features

On your Reflex Play + smartwatch, you can set timer, use stopwatch and control daily alarm.
You can set up to 3 alarms on the Fastrack Reflex World App.

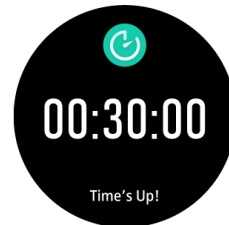
Timer



Set a Timer



Pause/End Timer



End Timer

Stopwatch



Start Stopwatch



Pin for Lap/Pause
Stopwatch

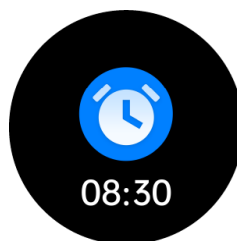


End/Continue
Stopwatch

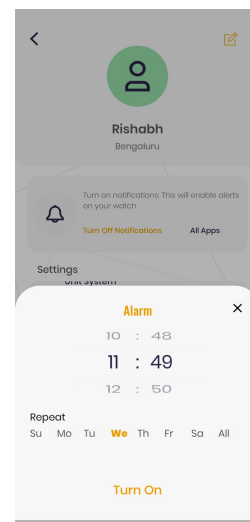
Alarm



Slide the toggle key to turn
On/Off Alarm



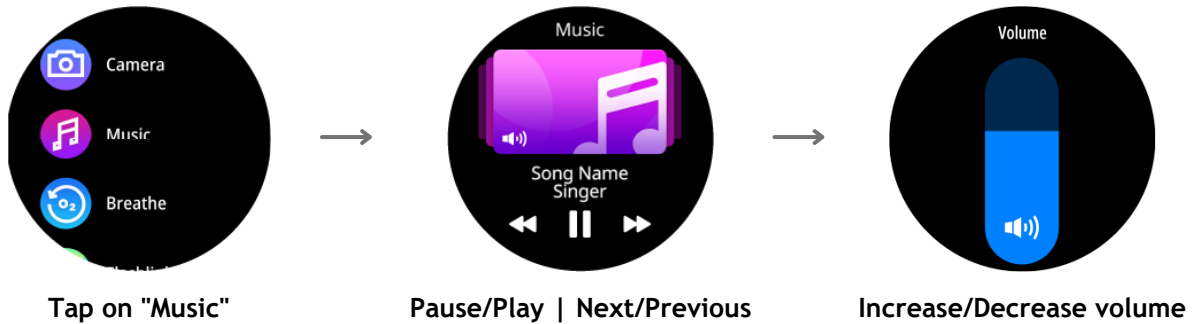
Alarm shows up
at the set time



Set up to 3 alarms using the
Fastrack Reflex World App

Music

Tap on "Music" in the main menu to play music.



Note: The Music Player works with the default Music app in your phone. YT Music for Android users and Apple Music for Apple users

Weather

Tap on "Weather" in the main menu to check the current weather conditions.



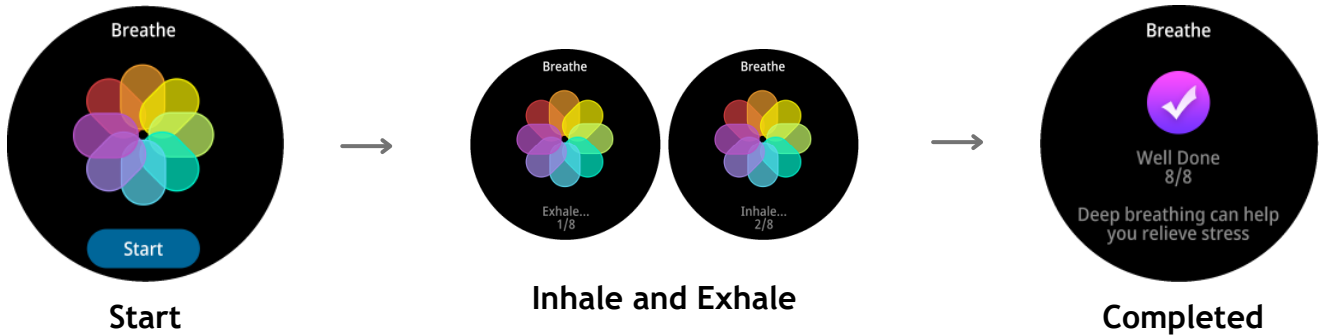
Turn ON/OFF weather updates from the Fastrack Reflex World App

Check the Weather forecast for the next 7 days

Note: Location services and Internet connectivity is needed for accurate weather information. The App uses an open weather API to gather Weather information.

Breathe

You can monitor your breathing pattern on your smartwatch.
Tap on "Breathe", relax and focus on your breathing.



Games

To play games, tap on "Games" in the main menu.

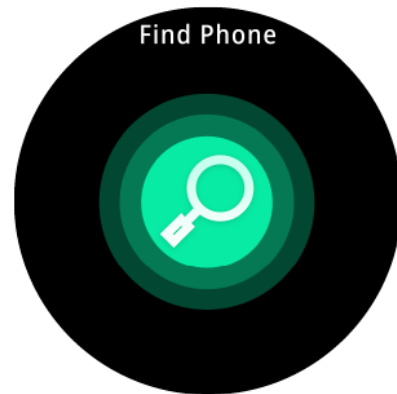


Find My Phone

From the Home Screen, swipe up to open the Main Menu and tap on Settings and navigate to the "Find Phone" option. Your phone will start ringing.



Tap on "Find Phone"

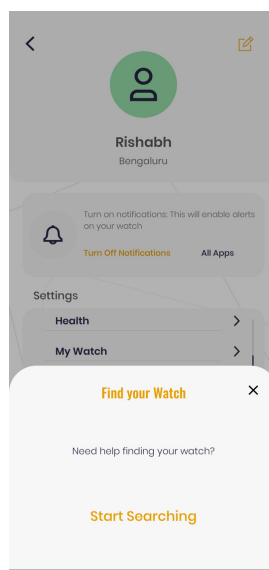


Your phone will start buzzing

Note: You can turn off the phone ring by tapping on the notification from the Fastrack Reflex World App in your phone.

Find Your Watch

Tap on "Find your watch" in the Fastrack Reflex World App and your watch will start buzzing.



Tap on "Start Searching" to find your watch

Always on Display

From the Home Screen, swipe up to open the Main Menu and tap on Settings and navigate to the "Always On Display" option. You can choose between types of display you want.

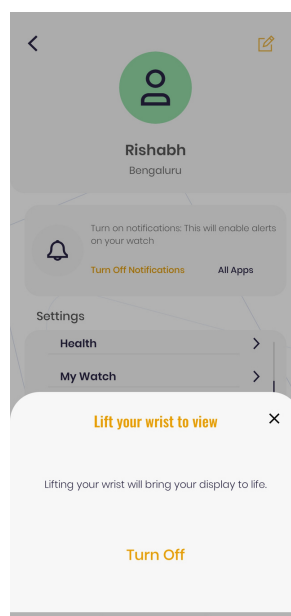


Always On Display

Note: Battery life will be reduced while the Always on Display is turned on.

Lift to View

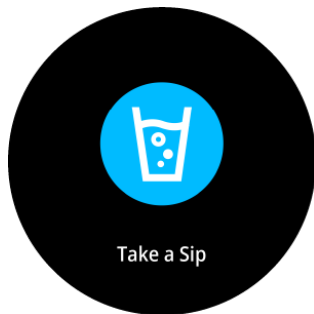
Open the Fastrack Reflex World App. Go to settings and tap on "My Watch". Turn ON/OFF Lift to View.



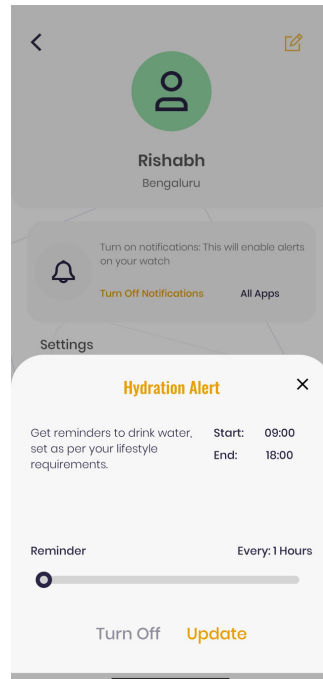
Turn ON/OFF "Lift to View" from the app

Hydration and Sedentary Alerts

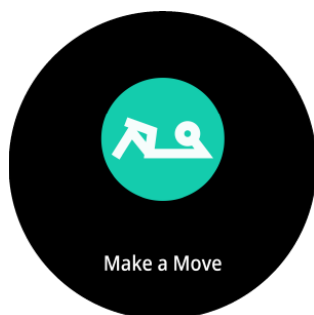
Set a time interval for Hydration and Sedentary alerts



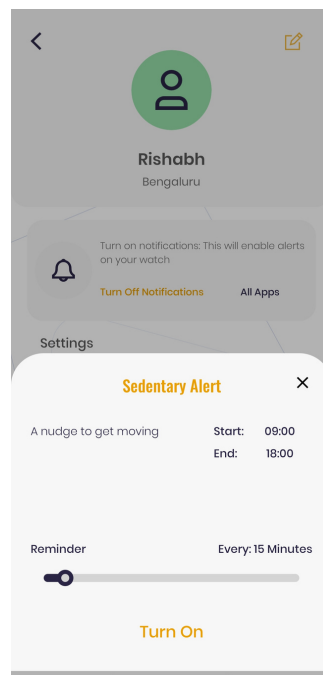
Reminder to drink water



Set a time interval to get an alert



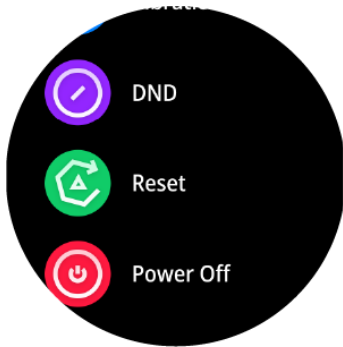
Reminder to move



Set a time interval to get an alert

DND

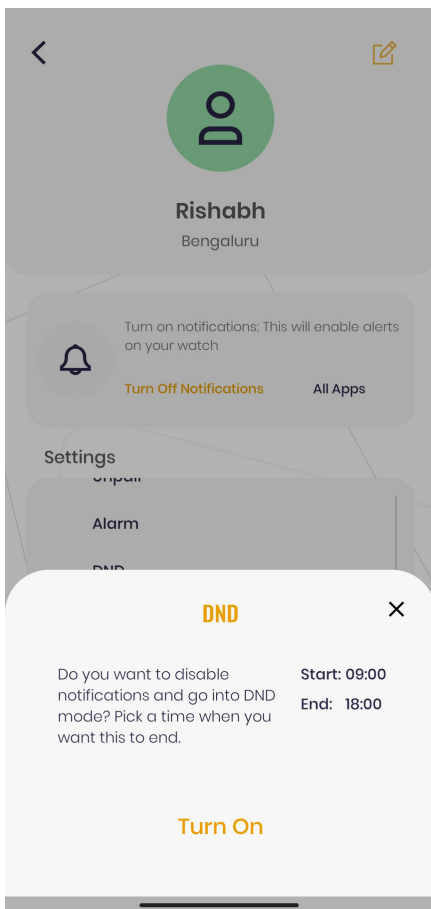
You can turn ON/OFF DND mode from the watch.



Tap on DND



Turn DND ON/OFF



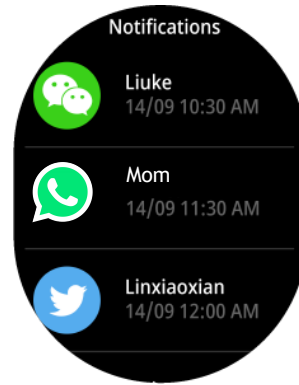
Set a time when you want the watch to automatically go into DND mode

Notifications

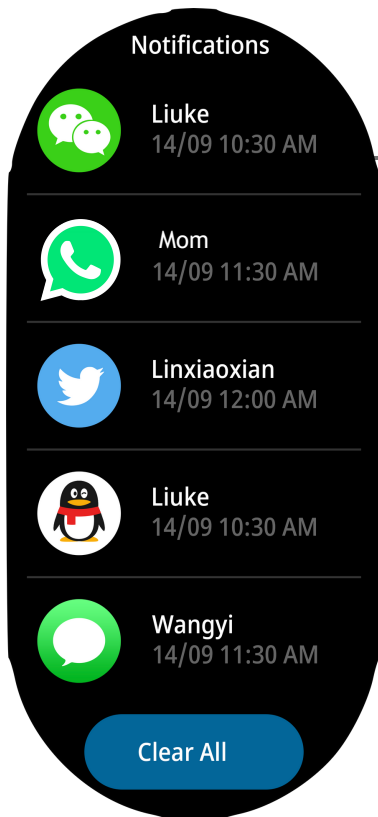
You can get these notifications on your Fastrack Reflex Play+ Watch.



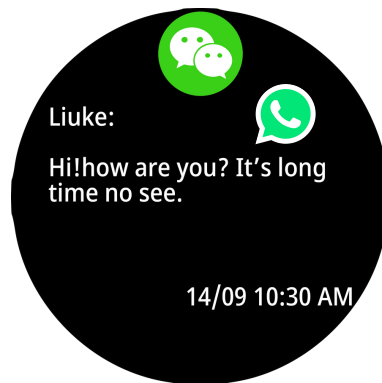
Incoming Calls
Reject Call/Ans Call



Message Notifications



Tap to open a
specific
notification



Message Screen

Tap to Clear all
Notifications



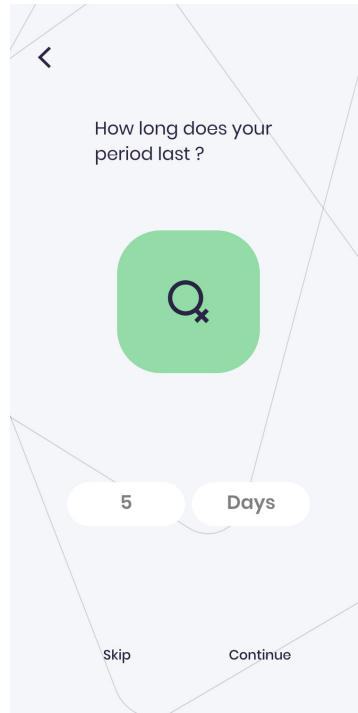
No notifications

Women's Health

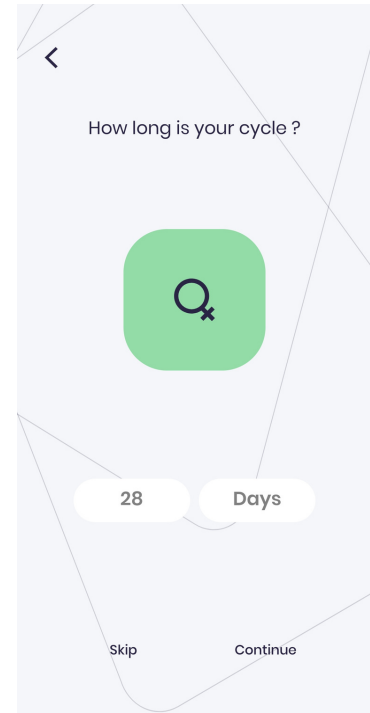
On the Fastrack Reflex World App, register as a "female" while creating a profile. Go to Health > My Cycle and enter the following details accurately for detailed results and alerts



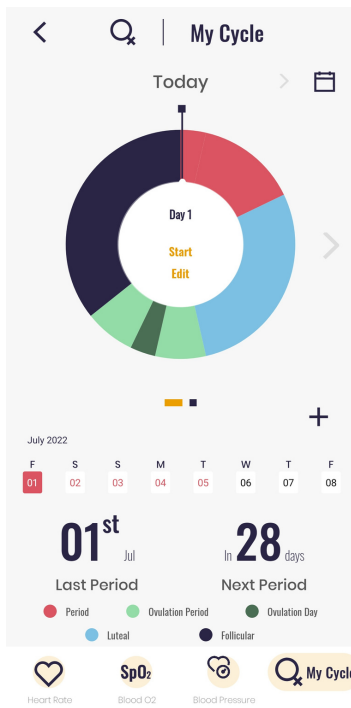
Enter your last period date



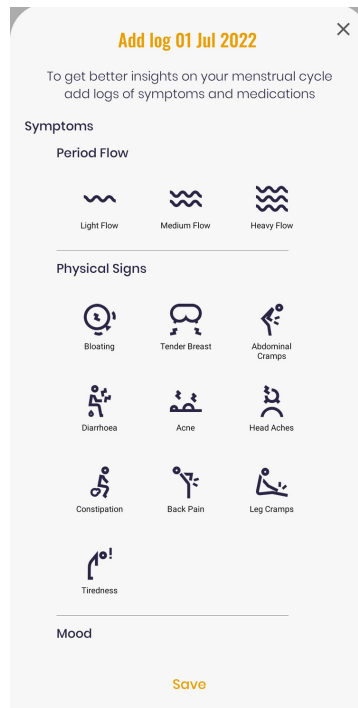
Enter the duration of your period



Mention your period cycle



Get detailed results on the Fastrack Reflex World App



Add log and symptoms for better insights



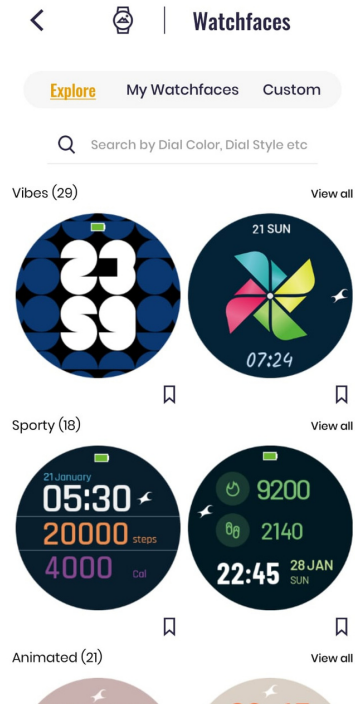
You can also get regular reminders on your Fastrack Reflex Play + watch

Watchfaces

The Fastrack Reflex Play+ watch has multiple Watchfaces. A user can choose from 100+ Watchfaces available on the Fastrack Reflex World App.



Long press Home Screen and swipe through the Watchfaces to change it using the watch.



Go to Settings and click on Watchfaces to install Watchfaces from the app.

Animated Watchfaces

You can also set animated watchfaces for your Fastrack Reflex Play+ watch.



Watch Settings

Menu

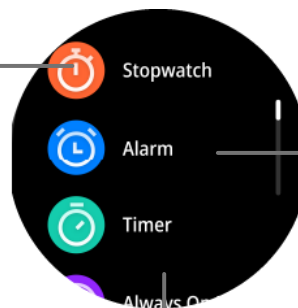


Stopwatch

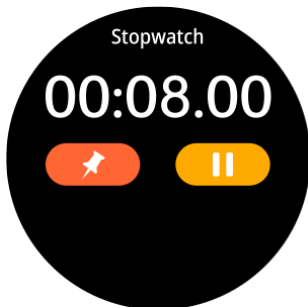


Start Stopwatch

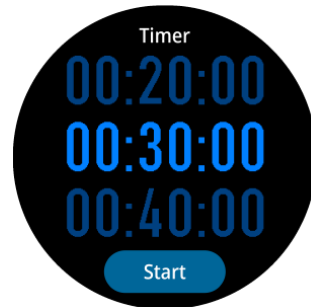
Settings



Alarm



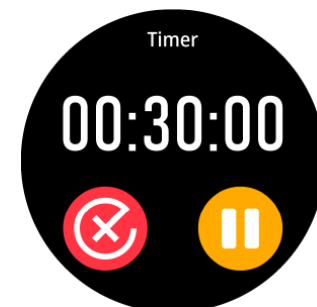
Lap/Pause Stopwatch



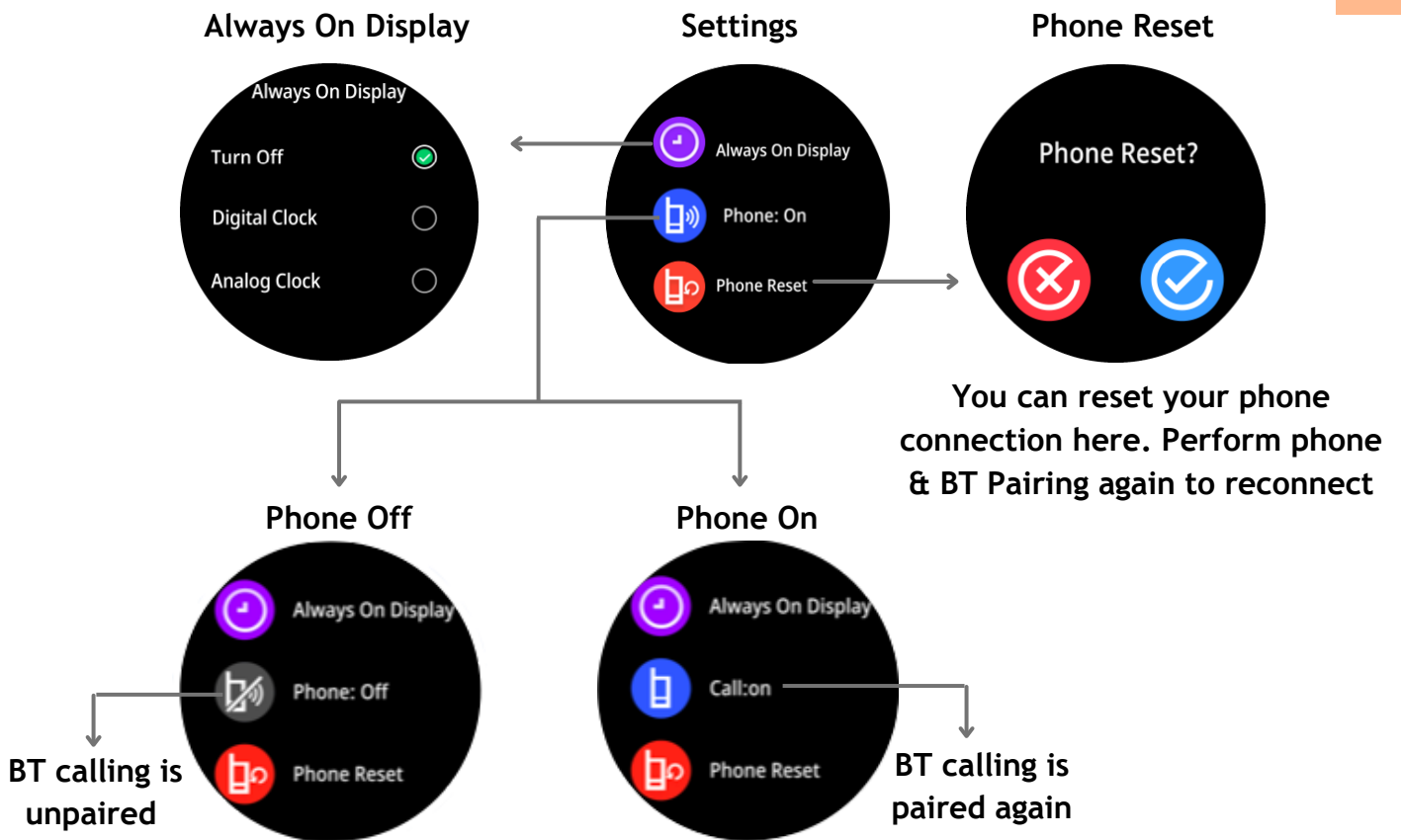
Timer



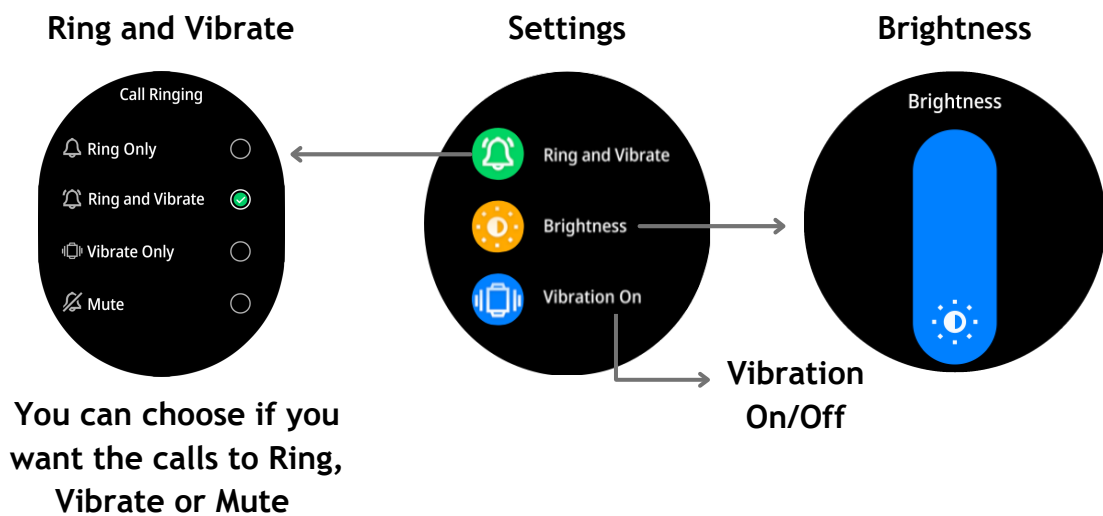
Pause/End Stopwatch

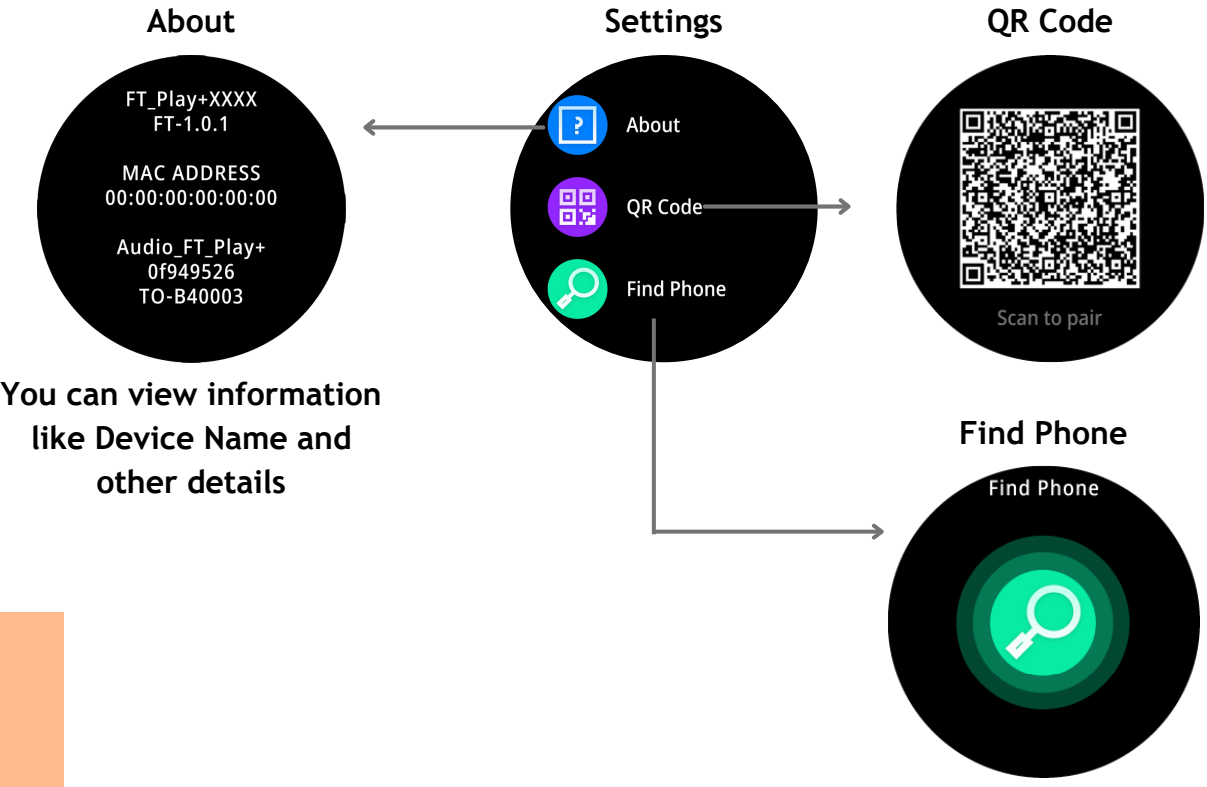
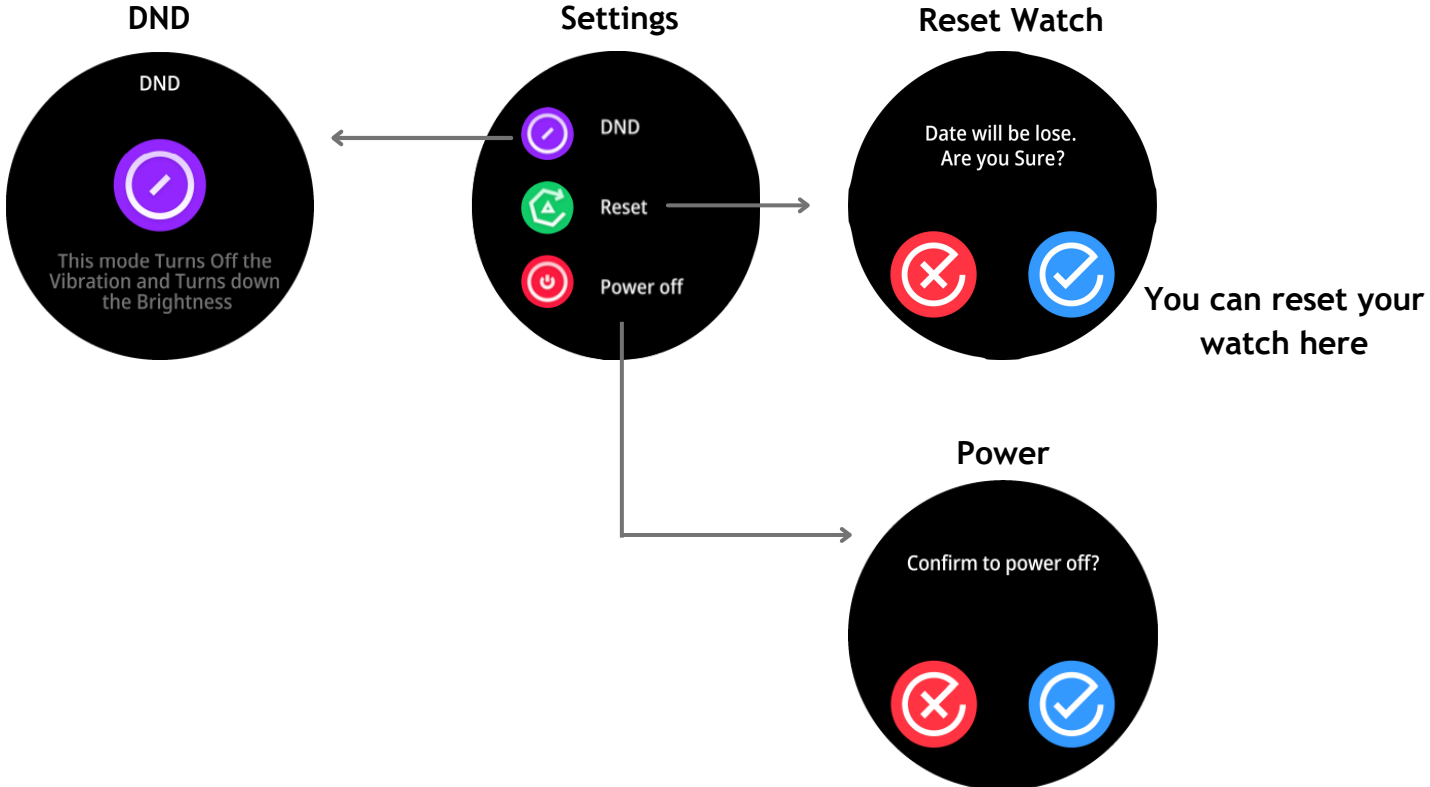


Pause/End Timer



Note: Phone On/Off only turns off the BT Pairing temporarily.





Device Specifications

S.NO	DESCRIPTION	FASTRACK REFLEX PLAY +
1	Model No.	38077
2	Weight of the watch (With/without strap)	45.05 g/39.63g
3	Display Type	AMOLED
4	Display Size (inches)	1.3"
5	Pixel Density (sharpness)	392 PPI
6	Screen Resolution (pixels)	360*360
7	Thickness of Watch Head	10.8 mm
8	Dimensions for the Case (Watch Head)	44.5*44.5*10.8mm
9	Case Material	Aluminium Alloy + ABS back cover
10	Band/Strap Material	Silicone
11	Mode of Operation	Touch Screen + 2 Push Button
12	Accelerometer	3 axis
13	Battery Capacity	240 mAh
14	Battery Life	Up to 7 days*
15	Compatibility (Android / iOS)	Android 8 & above, iOS 12.1 & above
16	Bluetooth version	Version 5.0
17	Water Resistance	IP68

*Under Standard Conditions

Trouble Shooting

For common problems related to the watch, please follow the instructions below:

Unable to Switch on the Watch

Long press the 2H push button for 3 seconds. If it still doesn't start, please charge the watch.

Automatic Shutdown

In case of low battery power, please charge the watch. If the problem persists, please contact our authorized dealer.

FAQs

Hardware related FAQs

Q: I am unable to switch on the smartwatch. What should I do?

Scenario 1: If the smartwatch is just out of the box, then you need to charge it until 100% charge is achieved.

Scenario 2: If you have switched off the watch from the settings option then you can switch on your watch by long pressing the upper button (2H button) on the dial head (If the watch has enough charge)

Scenario 3: The watch charging cable might have an issue because of which it's not charging the watch. Hence, you may need to change your charging cable.

After trying the above scenarios, if the issue still persists, please reach out to 18002660123 or send a mail to smartdesk@titan.co.in

Q: I have misplaced my charging cable. Where can I get that?

A: You need to visit the nearest service center and purchase it from there. This will be based on the availability of the charger/cable at that service center.

Q: Do I get an additional strap with the watch?

A: No, you don't get an additional strap with the watch.

Q: How long should I charge the watch to be 100%?

A: Watch gets fully charged in about 2 hours.

Q: What is the specification required for smartphones to connect with Reflex Play +?

A: Android 8.0 + and IOS 12.1 +

Q: Are the charger and strap covered under warranty?

A: No, the charger and strap are not covered under warranty.

Application related FAQs

Q: Which application should I download to connect my watch to the smartphone?

A: The application that needs to be downloaded is “Fastrack Reflex World”. It is available both on Google Play Store & App Store.

Q: How do I pair the Reflex Play + watch? How do I pair the BT Calling feature?

A: You can easily pair your Fastrack Reflex Play+ by following the below process - Download the Fastrack Reflex World App from Google Playstore/ Apple Appstore

Mobile Registration:

Accept the app permissions and enter your mobile number. On the next screen, enter the OTP received to complete the registration.

Permissions & Access:

Provide necessary permissions to enable various features available on the Fastrack Reflex Play + Smartwatch.

Pairing:

The next step is to pair the watch with the phone through the Fastrack Reflex World app.

To do this, tap on the “Continue” button below the Fastrack Reflex Play + watch in the app to open the camera.

Scan the QR code shown on the watch. In case you have paired the watch earlier and you are on the watch home screen, Navigate to the “QR” screen by clicking on settings in the watch. Once the QR code is scanned, pairing would be successful.

The next step is to create a user profile in the application. Enter the details like Name, Gender, Birthday, Height, Weight, Sleep Duration Target, Multisport Target, and Steps Target.

The application will be ready for you to use and you will be able to experience the new journey in the Fastrack Reflex World.

To connect the BT Calling pairing with the phone, go to Watch Home Screen > Swipe up to “Main Menu” > Select “Phone” > Tap on “Enable Phone Call”. Now go to Phone Bluetooth Settings and search for Audio_FT_Play+ in the available devices.

Tap on Audio_FT_Play+ and allow access to contacts and call history. Your BT Pairing process is now complete. Your watch is now ready to make, and receive calls. You can now talk to your friend through the watch itself, mute the call, transfer the call to your phone, and much more. Enjoy the hands free BT Calling in the all new Fastrack Reflex Play +.

Q: I am unable to receive the OTP for registering myself on the Fastrack Reflex World application. What can be done?

A: Please make sure that you have entered the correct and active mobile number for registration where you will receive the OTP via SMS.
If you still do not receive the OTP, please contact the toll-free number 18002660123 or can write to us at smartdesk@titan.co.in.

Q: I have purchased a new Fastrack Reflex Play+ and while I have completed my pairing with the application Fastrack Reflex World, it is asking for a Firmware Update. Is it mandatory to do so?

A: Yes, it's mandatory to update the firmware in order to experience the best version of the watch.

Q: My Fastrack Reflex World crashes every time I open the application. What needs to be done?

A: Kindly uninstall and reinstall the application. If the issue still persists, please contact the toll-free number 18002660123 or can write to us at smartdesk@titan.co.in.

Q: I am not located in India and my contact number comes with a different country code. How do I register myself in the application?

A: Even though you are not in India, the registration process for the application remains the same. Accept the app permissions and enter your mobile number. On the next screen, enter the OTP to complete registration. The list of countries where you will receive the OTP is as follows:
Singapore, Australia, New Zealand, Fiji, Philippines, Nepal, Bhutan, Bangladesh, Qatar, Bahrain, UAE, Kuwait, Oman and Japan.

Q: What should be done to sync the smartwatch with the application?

A: On opening the application on your smartphone, the smartwatch data will be automatically synced. If you find that the watch is not synced or the data on the app is not changed you can swipe from top to bottom on the main page of the app and it will automatically sync with the watch.

Q: I am unable to adjust the brightness of my watch screen. Please help.

A: Go to settings of the watch and then tap on "Brightness" or you can also adjust the brightness by swiping down from the watch home screen. You can just tap on the "Brightness" icon to increase or decrease the brightness accordingly.

Q: What do I need to do to get the notifications on the smartwatch?

A: Notification access must be provided for the Fastrack Reflex World application from the phone settings.

On the app click on Settings > Turn On Notifications

This will redirect you to the Notification Access settings on your phone. Please provide the access to the Fastrack Reflex World app.

Q: How do I change my Watchface?

A: There are three ways in which you will be able to change your watchface:

1. Long press on the watch home screen, swipe through the saved watchfaces and select your desired watchface.
2. Open the Fastrack Reflex World application and in the Settings menu, you will get watch faces. Select from a wide range of watch faces.

Q: Can I customize my own watch face?

A: Yes you will be able to customize your own watchface from the application under Settings > Watchfaces. You can choose any image from your gallery or click a picture from your phone camera and use the image as your watchface.

Q: How to start a multisport activity?

A: To start a multisport activity, make sure your watch is well worn on your wrist. You can directly open the Multisports menu through the 4H Button in the watch. You can also go to “Multisports” on your watch from the watch menu by swiping from bottom to top from your watch home screen. Select the multisport activity you are interested in and you are good to go.

Q: How to activate the women's health tracker?

A: The Women's Health Tracker would be available only for female users. So make sure while onboarding in the Fastrack Reflex World app, you register as female gender.

In the registration process, you will need to enter your details like the period start date, cycle duration, period length. Your dashboard will be ready now. You can now add symptoms you may face during your period to keep track of your health.

Q: Will I be able to check weather updates for other cities?

A: The Fastrack Reflex Play+ will be able to show the weather updates of your current city only. Your current city will get detected based on the phone's actual location. You can view 7 days of weather by scrolling in the "Weather" screen in the watch.

Q: How will I be able to change the screen timeout in Fastrack Reflex Play+?

A: You can't change the screen timeout in Fastrack Reflex Play+.

Q: Will I be able to receive calls through the Fastrack Reflex Play+?

A: **Scenario 1:** If BT Calling is not paired, you would get an option of call reject or silent watch vibration.

Scenario 2 : If BT Calling is paired, you would get an option of call answer/ call reject, mute call, transfer call to phone and vice versa, and much more.

Q: I am unable to connect the watch straps to the watch head. Please help.

A: There is a quick-release pin that needs to be aligned in the hole provided on the watch head lug. You need to align the pin properly between the lug holes and connect the strap to the watch head.

Q: How can I check SpO2 in my watch?

A: You need to go to the watch menu options and tap on "SpO2". The watch automatically starts recording a value once you land on the SpO2 screen. Please ensure that your wrist is still while your SpO2 is measured by the watch. You can also view the average SpO2 and the last 7 recordings in the watch by scrolling down in the watch screen.

Q: How can I check the Heart Rate in my watch?

A: You need to go to the watch menu options and tap on "Heart Rate". The watch automatically starts recording a value once you land on the heart rate screen. Please ensure that your wrist is still while your heart rate is measured by the watch.

You can also view your heart rate zone based on your heart rate and the maximum and minimum HRM and 24 x 7 heart rate readings by scrolling down on the watch screen.

Q: How can I check Blood Pressure in my watch?

A: You need to go to the Watch Menu options and tap on “Blood Pressure”. The watch automatically starts recording a value once you land on the Blood Pressure screen. Please ensure that your wrist is still while your BP is measured by the watch.

You can also view the average BP and the last 7 recordings in the watch by scrolling down on the watch screen.

Q: How can I change the units of measurement in my watch?

A: You can change the units of measurement in your watch by going to App > Settings > My Watch and toggling between Imperial/ Metric format for temperature formats and other data displays.

Q: How do I use camera control and where is the image saved in the phone?

A: Open the “Camera” from the watch menu. This will open a camera icon on your watch. Tap the icon to open the In-App Camera on your phone. Tap again to click a photo which will be saved in your phone’s gallery.

Note: The app needs to be opened first, then only the In-App Camera would open when you click on camera from the watch.

Q: My phone is continuously ringing even after I have gone back to some other screen in the watch or pressed the power button in my phone. How do I stop the ringing after I have found my phone?


A: Tapping on “Find Phone” from the Fastrack Reflex Play + raises a notification on the phone apart from the ringing in the phone. Just tap on the notification from the Fastrack Reflex World app and the phone would stop ringing.

Q: Can I set different Ring and Vibration settings in the watch?

A: The Reflex Play + provides you the feature of setting your watch on different Ring and Vibration modes like Ring only, Vibration only, Ring and Vibrate and Mute. You can select any one of the above based on your requirement.

Q: What is the difference between “Phone: Off” and “Phone Reset” in watch settings?

A: By tapping on “Phone: Off”, you would be able to disconnect the BT Pairing to the phone. Your watch would now only display you call notifications and provide you option of call reject or silent the call in the watch only. You would not be able to use the BT Calling functions like making call through watch, call answer, etc. “Phone Reset” resets the watch connection with the phone. You would have to pair the watch from the beginning.



Q: Every time I do a multisport activity, after completion I see the watch saying “Workout was too short to be recorded”. Why so?

A: A multisport activity should be done for more than 2 mins. for the watch to capture data. Each multisport activity has different threshold duration, after which only the activity is recorded.

Q: Will I be able to view my heart rate while I am doing a multisport activity?

A: Yes, you can view your real-time heart rate readings during a multisport activity by swiping left from the activity screen.

In case there are major issues being faced that are not being resolved by any of the above answers mentioned, especially with respect to the hardware of the watch, like the screen blanking out or the watch not charging, request you to please visit your nearest authorized Titan service center.

FCC Statement

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna. Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

Disclaimer

Note on the accuracy of Fitness

Fitness Watches like the Fastrack Reflex Play+ are intended to be tools to provide you with information on your lifestyle and training performance and to encourage an active and healthy lifestyle. The watch relies on sensors that track your movement, sleep, and other metrics.

The data and information provided by these devices are intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including the steps, distance, calories, etc.

P.S - Accurate user data (height, weight, gender, and age) information improves the accuracy of the algorithms that process the activity data. The Fastrack Reflex Play+ watch is not a medical device and the data should not be used for medical purposes like diagnosis, treatment, cure, or prevention of any physiological conditions.

We recommend you consult your doctor before engaging in any exercise routine.