Using Your Reebok Wearable as an Older Adult

Inas B. - 2026-10-31 - Accessibility

Staying active and connected can be part of everyday life at any age. Your Reebok wearable is designed to help you keep track of general fitness activities, monitor supported health-related measurements, and stay informed through everyday notifications.

If you're new to smartwatches or prefer a simpler experience, a few adjustments can make your device easier and more comfortable to use.

Getting Started with Your Watch

If this is your first smartwatch, here are a few things to keep in mind:

- **Take your time exploring.** Familiarize yourself with the watch display, buttons, menus, and available features at your own pace.
- **Learn the basics first.** Start with simple functions such as checking the time, viewing your activity information, and receiving notifications.
- **Keep your smartphone nearby.** Your watch uses the Reebok Connect app for supported synchronization and settings.
- **Ask for help when needed.** A family member, friend, or someone you trust can help with initial setup and pairing if needed.

Making Your Watch More Comfortable to Use

A few simple adjustments may help improve your everyday experience:

- **Choose a comfortable watch face.** Explore the available designs and select one that makes the information easiest for you to read.
- **Adjust screen brightness.** Depending on your model, changing brightness may make the display easier to view in different lighting conditions.
- **Wear your watch comfortably.** Make sure the band is secure without being too tight or causing discomfort.
- **Keep the screen clean.** Regularly wipe away fingerprints, dust, and smudges that may make information harder to see.

Understanding Your Activity Information

Your Reebok wearable can help you keep track of supported fitness measurements, such as steps, activity, and other available metrics.

Keep in mind:

- Activity measurements are estimates and may not always be completely accurate.

- Step counting and activity recognition can vary depending on how you move and wear your watch.
- Fitness measurements should not be used to diagnose or monitor medical conditions.
- Your watch is not a substitute for professional medical advice or care.

Staying Connected

Depending on your model and settings, your watch may display supported smartphone notifications and reminders.

To get the most out of these features:

- Make sure your watch is paired with your smartphone.
- Check that the notifications you want are enabled in your phone settings and the Reebok Connect app.
- Familiarize yourself with the watch's vibration and notification indicators.

Need a Hand? We're Here to Help!

If you need assistance setting up your watch, understanding its features, or adjusting its settings, our support team is happy to help.

You can reach us through any of the following channels:

- **Phone:** +1 778-771-5525
  Give us a call, and we'll be happy to assist. If we're unable to answer right away, we'll return your call as soon as possible!
- **Email:** support.reebok@vitalist.ca
- **Support Page:** https://support.connect.reebok.com/en-US/new-ticket

Let us know which Reebok watch model you use and what you would like help with. We want everyone to feel comfortable and confident using their Reebok wearable!