Battery Safety and Care for Your Reebok Smartwatch

Inas B. - 2026-11-23 - Charge et batterie

Your Reebok smartwatch contains a rechargeable lithium-ion battery. With proper care, you can help maintain battery performance, reduce the risk of damage, and use your watch safely.

Follow these recommendations when charging, handling, storing, or disposing of your smartwatch.

1. Charge Your Watch Safely

Always use the original charging cable or a compatible charging accessory approved for your watch.

Follow these precautions:

- Make sure your hands, watch, and charging contacts are clean and completely dry before charging.
- Charge your watch in a cool, dry, well-ventilated location.
- Place your watch on a stable surface while charging.
- Keep the charging area free from objects that could cover or trap heat around the watch.
- Avoid charging your watch near heaters, open flames, or other sources of excessive heat.
- Disconnect the charging cable when charging is complete if you are not using the charger.

Important: Never attempt to charge a watch with a damaged charging cable, connector, or charging contact.

2. Avoid Extreme Temperatures

High and low temperatures can affect battery performance and may damage the battery over time.

To protect your watch:

- Avoid leaving it in direct sunlight for extended periods.
- Do not leave it inside a parked vehicle, especially in hot weather.
- Keep it away from heaters, open flames, and other sources of extreme heat.
- Avoid exposing it to freezing temperatures for extended periods.
- Allow your watch to return to a normal room temperature before charging if it has been exposed to very hot or cold conditions.

3. Handle Your Watch with Care

Your watch contains a sealed rechargeable battery. Physical damage to the device may also damage its battery.

- Do not crush, puncture, bend, or dismantle your watch.
- Do not attempt to open the watch casing.
- Do not expose the watch to sharp impacts or unnecessary pressure.
- Do not attempt to remove or replace the internal battery yourself.
- Keep the watch away from sources of fire and excessive heat.

If your watch has been severely damaged or you suspect the battery has been affected, stop using it and contact our support team.

4. Store Your Watch Properly

If you are not planning to use your watch for an extended period:

- Store it in a cool, dry place away from direct sunlight.
- Keep it away from moisture, excessive heat, and extreme cold.
- Avoid storing it where it could be crushed or physically damaged.
- Check the battery periodically and recharge it when needed.

For long-term storage, avoid leaving the battery completely depleted for extended periods. A partially charged battery is generally preferable to storing a rechargeable lithium-ion battery fully discharged.

5. Recognize Signs of Battery Damage

Stop using your watch if you notice any of the following:

- Unusual or excessive heat.
- Swelling or deformation of the watch casing.
- An unusual chemical or burning odor.
- Liquid or material leaking from the device.
- Smoke, hissing, or other unusual sounds.
- Visible damage following a significant impact.

If you notice any of these signs:

1. Stop wearing and using the watch immediately.
2. Do not attempt to charge, open, or repair it.

3. Keep it away from flammable materials and sources of heat.
4. Do not handle leaking battery material directly.
5. Contact our support team for guidance.

If battery material comes into contact with your skin or eyes, rinse the affected area thoroughly with clean water and seek medical attention.

If the device is smoking, burning, or showing signs of an active battery failure, move away from it and contact your local emergency services.

6. Do Not Replace the Battery Yourself

The rechargeable battery inside your Reebok smartwatch is not designed to be replaced by the user.

Do not:

- Attempt to remove the battery.
- Open the watch casing to access internal components.
- Install an unofficial replacement battery.
- Have the battery replaced by an unqualified repair provider.

If your watch no longer holds a charge or you suspect the battery needs attention, contact our support team at **support.reebok@vitalist.ca**.

7. Dispose of Your Watch Responsibly

Your Reebok smartwatch contains a rechargeable battery and electronic components. It should not be disposed of with ordinary household waste.

When your watch reaches the end of its useful life:

- Take it to an authorized electronic waste collection or recycling facility.
- Follow your local regulations for the disposal of electronic devices and rechargeable batteries.
- Do not burn, crush, puncture, or dismantle the watch before disposal.
- Do not place a damaged or swollen battery in ordinary household waste.
- Contact your local waste management service if you are unsure where to take the device.

Where available, use designated battery and electronic waste collection programs to help ensure that materials are handled and recycled appropriately.

8. Keep Your Battery in Good Condition

A few everyday habits can help you get the most out of your watch:

- Use compatible charging equipment.
- Keep the charging contacts clean and dry.

- Avoid unnecessary exposure to extreme temperatures.
- Adjust screen brightness and Always-On Display settings to manage battery consumption.
- Review background monitoring and notification settings.
- Avoid leaving your watch completely discharged for extended periods.

Battery capacity naturally decreases over time with regular use and charging. This is normal for rechargeable lithium-ion batteries.

Need Help with Your Watch's Battery?

If your watch overheats, stops charging, loses battery power unusually quickly, or shows signs of physical damage, contact our support team at **support.reebok@vitalist.ca**.

Please include your watch model, serial number, and a description of the issue so we can assist you.