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Reebok Stride Safety and Battery Precautions

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Follow these precautions when using and charging your Reebok Stride.

Medical Devices

If you have an implanted pacemaker or defibrillator, keep the active watch at least **20 cm (8 inches)** away from the device.

If you have questions about using the watch with an implanted medical device, consult your healthcare professional.

Battery Safety

The Reebok Stride contains a built-in battery that is **not user-replaceable**.

To protect the battery and watch:

- Do not expose the watch to direct sunlight, open flames, or extreme heat.
- Do not attempt to open the watch or replace the battery yourself.
- Never charge the watch while it is wet.