



# SPOTLIGHT ON URINARY LEAKS:

IT'S TIME TO START THE CONVERSATION.

Millions of women of all ages experience urinary leakage.

Strengthening the muscles of the pelvic floor is proven to reduce the incidence of leaking and, in many cases, eliminate it.

The PeriCoach® System makes it easy to follow a regular program of pelvic floor training at home, on your schedula, and tracks your progress.

LEAKING, whether it's just a few drops or a stream, is common but not normal. It is a symptom of urinary incontinence (UI).



#### What is UI?

Childbirth, menopouse and other events can injure the pelvic floor muscles, the vagina and ligaments that help support the bladder. When these structures weaken, the bladder shifts downward preventing muscles that ordinarily force the urethra shut from squeezing as lightly as they should. As a result, urine can leak during moments of physical stress like coughing, laughing, jumping, lifting or running.

Leak when you love?

Stronger pelvic floor



MORE pleasure

Polvic floor muscle strengthening leads to more enjoyable sex, easier arousal and strenger organis. ONE IN THREE women of all ages and fitness levels will experience UI at some point in their lives







#### Did you know?

Women one willing to pay over \$1400 per year for 100% improvement in inconfinence, similar to their willingness to pay for complete relief of asitima, migratine headaches, and Git reflux symptoms.

#### #1 TREATMENT for bladder leaking

Pelvic floor muscle training is recommended as first-line (non-pharmacologic) treatment by the American College of Physicians.



#### Professional support matters.



Women experience up to 70% improvement in symptoms of Ut following appropriately performed pelvic floor exercise.

#### NTRODUCING THE PERICOACH" SYSTEM



# Device

into the Principach divide detect the contractions and send a report to your smartphone wa Buletooth providing a constant flow of information to show the progress you are making



# Арр

The downloadable opp, available from Apple App Ston or Google Play, provides real time ducte and visual feedback. If disp sends



# ortals

PenCoach is the only system that includes a secure web portal—my pericoach comatiowing clinicons to remotely monitor patients' progress.



Case

The PertCoach comes in a discreat and highly mobile recharging and storage case

# Women and clinicians share their experiences.

"I don't get out of bed until I have done my PeriCoach. I now have confidence to run a 5K with my daughter."

-Kerri, Centennial, CO

"With PeriCoach, treatment is professional and empowering."

-Both Sholley, PT, DPT, WCS, BCB-PWD

"PeriCoach guides my muscle strength and provides feedback so I can see what I'm doing. I love it."

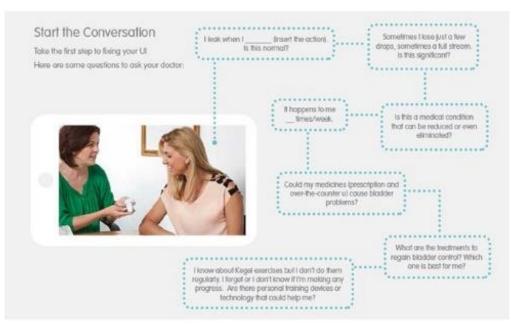
-Penny C., Illnois

"You can use it at your own convenience, anytime and privately. That's what makes it great."

 Christina Lowisky-Gaupp, M.D., Assistant Prolossor, Department of Obstetrics and Gynecology, Division of Fernale Pelvic Medicine and Reconstructive: Surgery, Northwestern University Feinberg School of Medicine.

"It's the simplicity of the design and the feedback that makes PeriCoach effective and exciting for women."

--Nissy Lavender, founder and executive director, Women's Health Foundation



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