

# Kegel Core™

USER MANUAL

Thank you for purchasing your KegelCore™ Pelvic Floor Exerciser and Toner — you're just a few short steps from regaining pelvic floor muscle control! Over time and with regular use, you can improve and maintain better pelvic floor muscle tone; it only takes a few minutes a day.



kegelcore.com

## STEP 1

### Before You Begin

- Have water-based lubricant (recommended to ease insertion).
- Have your Smartphone ready, and ensure the Bluetooth® feature is turned on.
- Download the free KegelCore™ App to your Smartphone from either the App Store® (iPhone) or the Google Play™ (Android).
- Select a comfortable location. We recommend doing your workouts on your back in a semi-reclined position.



## STEP 2

### Battery

- To activate the battery, gently pry open the battery tray located at the base of the plastic handle and remove the clear plastic tab.
- Insert battery as indicated (with the “+” sign facing up and the “-” sign flat in the tray slot). Slide tray closed and click into place.
- Your KegelCore™ uses a coin cell lithium battery, which will require replacement after approximately 1 year with recommended use and proper storage.



## STEP 3

### Clean

- Thoroughly wash hands with mild soap and warm water.
- Clean your KegelCore™ before and after every use with a cloth and mild soap and water.
- Do not immerse in water, as this can damage the battery.
- Make sure your KegelCore™ is dry before storing.

## STEP 4

### Getting Started

- Your KegelCore™ will turn on automatically when picked up.
- Open the KegelCore™ App and follow the onscreen prompts. It will take you through all the necessary steps to pair your KegelCore™ with the App, calibrate the device to your body to get a baseline reading of your starting point, and how to select and navigate the exercise programs.
- For easier insertion, hold the plastic handle and apply a small amount of water-based lubricant to the insertable end of your KegelCore™.
- When you insert your KegelCore™'s flexible end into your vagina, make sure that the handle remains outside the vagina and that the front of the handle is pointing up (i.e., toward the ceiling when lying down).

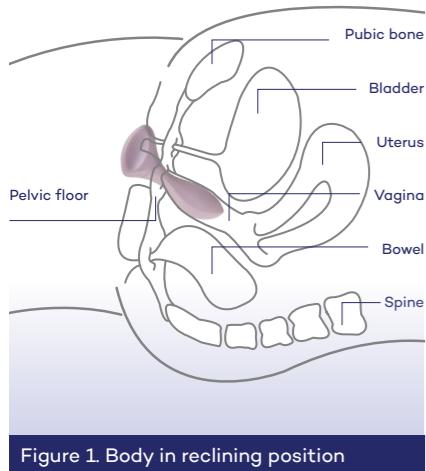


Figure 1. Body in reclining position

**Note:** If you experience burning, itching, or any skin irritation after inserting your KegelCore™, please remove, discontinue use, and contact your healthcare professional.

## STEP 5

### When Not in Use

- Your KegelCore™ turns on automatically when picked up or moved. When not in use, store it in its box in a stationary, dry location to conserve battery life and to keep the device clean.
- Store at room temperature. Avoid extreme heat or cold as this may damage your KegelCore™.

## STEP 6

### For More Information

- The extended KegelCore™ Pelvic Floor Exerciser and Toner User Guide is available for download at [kegelcore.com/extended\\_user\\_guide](http://kegelcore.com/extended_user_guide)
- For more information or if you have questions, please see the FAQ section on our website at [kegelcore.com/FAQ](http://kegelcore.com/FAQ) or contact Customer Care.

### Customer Care

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## KegelCore™

### Pelvic Floor Exerciser and Toner — Designed by Women for Women

#### Insertable end

- Asymmetrical design to fit the contours of your body for easier insertion
- Pressure sensor detects pelvic floor muscle movement for accurate biofeedback

#### Front of handle

- When your KegelCore™ is inserted, this should point upward when you are reclined
- Follow the directions, as seen in Figure 1



#### Handle

- Remains outside body
- Upward lifting feeling lets you sense when you perform the exercise correctly

#### Battery tray

Located in base of handle

### IMPORTANT SAFETY INFORMATION — PLEASE READ

#### INDICATIONS FOR USE

- KegelCore™ is a pelvic floor muscle exerciser and toner designed to treat stress, mild-moderate urge and mixed urinary incontinence in women. Through exercise, KegelCore™ strengthens the pelvic floor muscles.
- The device is intended for use at home and provides biofeedback to the user via smart phone technology.
- The intended users of KegelCore™ are adult women.
- KegelCore™ is a medical device, but is not intended to make a diagnosis of stress urinary incontinence (SUI) or any other condition.
- KegelCore™ is intended for use by a sole user, and should not be shared with anyone.

#### CONTRAINDICATIONS

#### DO NOT USE YOUR KEGELCORE™ IF YOU

- Have abnormal vaginal discharge or bleeding\*.
- Are experiencing back pain for which you are taking pain relief medication\*.
- Have recently had surgery\*.
- Have symptoms of a bladder or vaginal infection\*.
- Have a history of urinary retention (difficulty urinating)\*.
- Have a vaginal anatomy or build that doesn't permit proper insertion of your KegelCore™\*.
- Have severe vaginal prolapse\*.

\* Consult your doctor before using your KegelCore™ if you have any of the conditions indicated with an asterisk (\*), or if you have any other concerns regarding its use. Using your KegelCore™ in the presence of any of these may affect an underlying condition.

#### WARNINGS AND PRECAUTIONS

- Keep your KegelCore™ safely out of the reach of infants and young children, as it may pose a choking hazard and the battery may pose both a choking and poison hazard.

- Keep your KegelCore™ safely out of the reach of all pets and animals
- If your KegelCore™ becomes damaged, discontinue use and discard your KegelCore™. See section on proper device and battery disposal in the Extended User Guide, available at [kegelcore.com/extended\\_user\\_guide](http://kegelcore.com/extended_user_guide)
- Other than replacing the battery, do not alter, modify or disassemble any parts of your KegelCore™ in any way. Doing so will nullify and void your warranty, and could also lead to personal injury or damage your KegelCore™.

#### DO NOT

- Do not use with silicone-based lubricants because they may damage your KegelCore™.
- Do not clean with products that contain alcohol, petrol, or acetone.
- Do not freeze, refrigerate, boil, bake, or microwave your KegelCore™, or put it in a dishwasher.
- Do not store in extreme temperatures or humid environments.
- Do not immerse any part of your KegelCore™ in water.

#### DO NOT USE THE KEGELCORE™ IF THE DEVICE APPEARS TO BE BROKEN, CRACKED, OR DAMAGED IN ANY WAY

**Note:** If you are pregnant, check with your doctor or midwife before using KegelCore™.

#### WARRANTY

The one (1) year warranty covers product replacement for manufacturing defects only. Visit [kegelcore.com/warranty](http://kegelcore.com/warranty) for product replacement and warranty information. No other warranties are expressed or implied. If there is a warranty claim, or any other damage, the user's sole remedy is product replacement. KegelCore™ is a medical device, but is not intended to make a diagnosis of stress urinary incontinence (SUI) or any other condition. Always consult your healthcare professional.

#### COMPLIANCE

KegelCore™ by Attivia™ device is rated for indoor use from +10° C to +45° C.

This Class B digital apparatus complies with Canadian ICES-003.

This device complies with FCC Part 15 and Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This device complies with Health Canada's Safety Code. The installer of this device should ensure that RF radiation is not emitted in excess of the Health Canada's requirement.

This product is in compliance with the essential requirements of Directives 2006/95/EC, 2004/108/EC, 2011/65/EU and 1999/5/EC.

Kegel Core™ by Attivia™: Model 2000. Contains FCC ID ZUE2000, IC: 9804A-2000

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. For further compliance information, consult [we-vibe.com/support/regulatory-compliance](http://we-vibe.com/support/regulatory-compliance).

#### RESPONSIBLE DISPOSAL

The crossed-out wheeled bin on the product indicates that this product should not be treated as household waste.

Electrical and electronic equipment contain hazardous substances that can be harmful to the environment and human health if not disposed of properly. To reduce the impact on the environment, we encourage you to use the appropriate take-back systems when the product has reached end of life. Please contact your local or regional waste administration for details.

Contact us for more information on the environmental performance of our products.

