

“PeriCoach guides my muscle strength and provides feedback so I can see what I’m doing. I love it; I feel wonderful.”

(Penny C., Illinois)

“I feel confident my patients are doing their exercises correctly and consistently using the PeriCoach under my guidance. The clinician portal is invaluable for follow through and accountability.”

(Dawn Sandalcidi, Physical Therapist, RCMT, BCB-PMD)

“I don’t get out of bed until I have done my PeriCoach. I now have confidence to run a 5k with my daughter!”

(Kerrie, Centennial, CO)

“With PeriCoach, treatment is professional and empowering.”

(Dr. Beth Shelly, PT, DPT, WCS, BCB-PMD)

“PeriCoach is discreet, and you can use it at your own convenience, anytime and privately. That’s what makes it great.”

(Christina Lewicky-Gaupp, MD, Assistant Professor, Department of Obstetrics and Gynecology, Division of Female Pelvic Medicine and Reconstructive Surgery, Northwestern University Feinberg School of Medicine)

“It’s the simplicity of design and the informational feedback to you and your healthcare provider that makes PeriCoach effective and exciting for women.”

(Missy Lavender, founder and executive director, Women’s Health Foundation)

“PeriCoach keeps you compliant. That’s what makes it unique.”

(Lori Cornelius, RN, BSN, CURN, program coordinator, Rush University)



Ask your clinician about



Leak when you laugh?

Strengthen and tone your way back to confidence with PeriCoach®, an FDA-cleared home personal trainer device and app to help manage and monitor pelvic floor exercises.



PeriCoach® System is FDA-cleared and available by prescription only from your healthcare provider. Find out more at www.PeriCoach.com.

Find out how at: pericoach.com



Helpline: 844-205-0767

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If you're leaking, you're not alone.

One in three women will experience bladder leaks at some point in their lives. This is common but not normal.

There are many reasons the pelvic floor may weaken - childbirth, menopause or strenuous exercise over time like running and jumping.

Experts recommend pelvic floor muscle training as first-line treatment for bladder leaking.

— BUT —

50% do not correctly contract their pelvic floor muscles with verbal or written instructions alone.



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

pericoach.com

Introducing PeriCoach® System:



The Device

Three biofeedback sensors built into the PeriCoach device do most of the work. Once you insert the device and contract your pelvic floor muscles, the sensors detect the contractions and send a report to your smartphone via Bluetooth, providing a constant flow of information to show the progress you are making.



User and Clinician Portals

A secure website—my.pericoach.com—shows you and your clinician your progress. Restoring strength to pelvic floor muscles is associated not only with treatment of bladder leaking but is also known to improve sexual function.



The App

The downloadable app, which is available from iTunes or Google Play, provides real time audio and visual feedback during the exercises and also sends regular reminders to keep your motivation high.



Charging Case

The PeriCoach comes in a discreet and highly mobile recharging and storage case.

 PERICOACH®
pericoach.com