

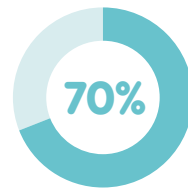


The PeriCoach is an easy to use, home device and app designed to treat stress, mild-moderate urge and mixed urinary incontinence in women by strengthening the pelvic floor muscles through exercise. PeriCoach provides biofeedback via smartphone technology.



The American College of Physicians (ACP) recommends pelvic floor muscle training as first-line treatment for women with stress UI.

<http://annals.org/article.aspx?articleid=1905131>



Studies have shown up to 70% improvement in symptoms of stress incontinence across all age groups following appropriately performed pelvic floor exercise.

[http://www.nursingcenter.com/Inc/journalarticle?Article\\_ID=507289](http://www.nursingcenter.com/Inc/journalarticle?Article_ID=507289) \ "P84

### Questions to Ask Your Clinician

Here are questions to ask about bladder leakage:

- Why do I experience leakage as often as I do?
- What causes the leaking?
- Why can't I control this loss of urine?
- Can I make it stop?

Here are questions to ask about PeriCoach:

- Is PeriCoach right for me?
- How often should I use PeriCoach?  
Once a day for 3 minutes?

### Rx for PeriCoach

FOR \_\_\_\_\_ DATE \_\_\_\_\_

CLINICIAN SIGNATURE \_\_\_\_\_

CLINICIAN NAME/PRACTICE \_\_\_\_\_

Submit this form or Rx from your clinician during the purchase process on [www.pericoach.com](http://www.pericoach.com).

You can submit via fax to **888-276-4225** or email to [help-us@pericoach.com](mailto:help-us@pericoach.com)

If you have questions regarding the product or submission of this form contact the US Help Desk (toll-free): **844-205-0767**