



PERICOACH

QuickStart Guide for  
The PeriCoach® System



## TABLE OF CONTENTS

1. Before you begin
2. Introduction
3. Setting up PeriCoach
4. Doing your exercises
5. Maintenance
6. Troubleshooting
7. The Portal

## 1. BEFORE YOU BEGIN

Items included:

- Case
- Sensor
- USB Cable

If anything is missing please contact the manufacturer.

Your PeriCoach device will require charging prior to first use.

### Charging the PeriCoach Battery



1. Place the sensor in the charging case.
2. Plug the USB cable that came with the kit into the port on the side of the case (this accepts the smaller end of the cable and plug in to either a USB port on your computer, or to mains power using an adaptor).

The end of the sensor will glow purple during charging. When the light no longer glows purple charging is complete (approximately 3-4 hours for first time full charge). The sensor is now ready for use.

Make sure you read this guide carefully and refer to the Instructions For Use (IFU) for any additional information.

## WE DO NOT RECOMMEND USING THE PERICOACH IN THE FOLLOWING CIRCUMSTANCES:

- If you have an abnormal vaginal discharge.
- You have back pain severe enough for painkillers.
- If you are experiencing vaginal irritation or inflammation.
- If symptoms of bladder infection are present.
- If you have a history of urinary retention or symptoms thereof.
- If you have recently undergone surgery.
- If you have an anatomical vaginal morphology and / or structure that does not permit proper insertion of the probe.
- There is an issue with the covering of the sensor.
- The PeriCoach has been used by others – this could cause a risk of infection and corruption of the data.

## FOR THE SAFETY OF YOURSELF AND OTHERS WE ALSO RECOMMEND THAT YOU:

- Store the PeriCoach out of reach of children, infants and pets.
- Do not disassemble the sensor or charging case.
- Seek advice from your doctor if you experience any skin irritation.
- Store the sensor in the case and within the environmental limits explained in the IFU.
- Do not immerse the charging case in water, only the sensor is waterproof.
- Do not subject the sensor to lengthy periods of direct sunlight or store in excessive heat or cold..
- Ensure that you always wash your hands and the sensor before use. Refer to cleaning instructions.
- Store the PeriCoach sensor in the carry case to prevent dust buildup.
- Refer to IFU for full list of contraindications and precautions.

### Opening the case:

Place the case on a flat surface with the PeriCoach label facing up. With your hand placed over the lid of the case, use your thumb to firmly press on the top half of the contoured section of the release mechanism. Once you have heard a click, pull the lid upwards with the same hand, to open.

## 2. INTRODUCTION

The PeriCoach System is designed to treat stress, urge and mixed urinary incontinence in women, by strengthening of the pelvic floor muscles through exercise. The device provides feedback via smartphone technology, guiding and monitoring your exercise sessions.

### The PeriCoach has the following indicator lights:

- Green – power is on
- Flashing Blue – Bluetooth discoverable mode
- Continuous Blue – connected to Bluetooth
- Purple – charging

### Essential extra items:

- Android Smartphone or Tablet, iPhone or iPad\*

\* If your Smartphone was purchased after 2010, it should be compatible with the PeriCoach system. The phone must be Bluetooth communication capable and run version 2.3 of the Android operating system (or later) or for iPhone, 4S or later (iOS operating system version 7.0 and later).

### Recommended extra items:

- Power Adaptor with USB port
- Computer with spare USB port

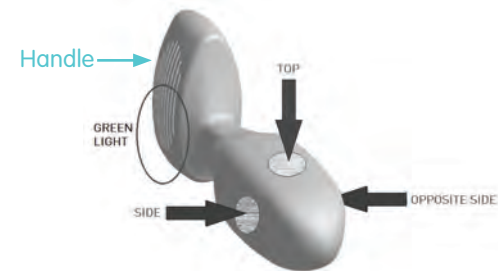
## 3. SETTING UP PERICOACH

Installing the PeriCoach App:

- Download the App from the Google Play Store or the Apple App Store.
- Tap install and follow the instructions for download and installation.

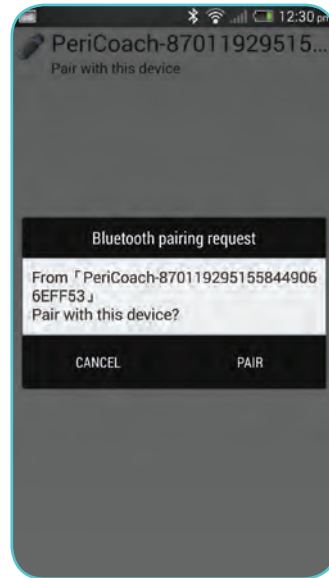
Once the App is installed open it to pair the sensor.

Turn on the probe by simultaneously pressing down on the top and both sides of the probe as shown. Keep pressing down on the three points until a green light comes on in the base of the probe. Continue to press on points until the blue light in the base of the probe starts flashing.



## Connect to DevicePair

Open the PeriCoach app and select Connect to Device. In the available list one of the items should have a name similar to "PeriCoach-12345678901234" as shown in Figure 5. Tap on the name to initiate pairing and connection. Select Pair when prompted.



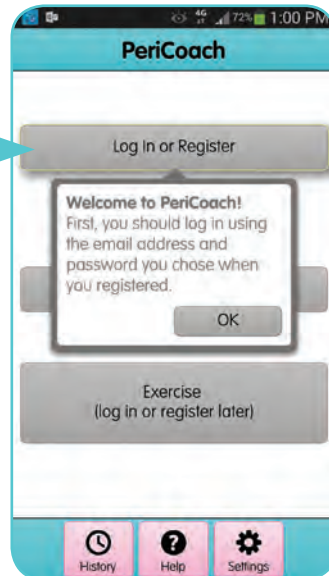
Tap [Log in or Register](#) on home screen.

Enter your username and password provided in your welcome email.

Tap [Register](#).

Follow the instructions provided.

The Start Up Wizard will guide you through the device set up.



## 4. DOING YOUR EXERCISES

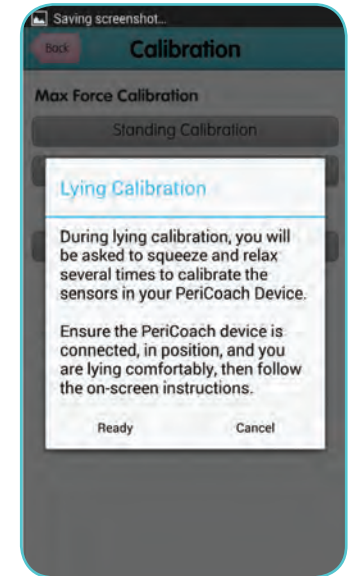
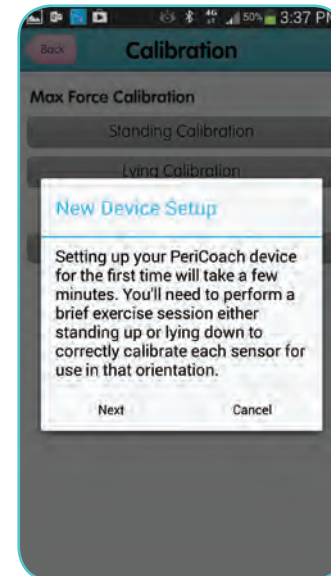
Refer to the "Before you begin" section and the IFU for a list of conditions that make using the PeriCoach unsuitable.

- Wash your hands and the sensor thoroughly before each use to minimise the risk of infection.
- Inspect sensor device for cracks before each use. If cracks present, do not use - contact the help desk for further instruction.
- Use of a water based lubricant is recommended for ease of insertion.
- You can use the sensor while lying down or standing up. If you insert it while lying down, the top of the handle must be pointing upwards. If you insert it while standing up, the top of the handle must be pointing frontwards.

### Calibration

Before you exercise, you will need to customise your sensor to your ability. You can do this both lying and standing as exercising with The PeriCoach System can be performed in either orientation.

1. Ensure that the sensor and your hands are clean.
2. Turn on the sensor and connect it to your phone.
3. Insert the sensor into your vagina using a small amount of water based lubricant.
4. On your phone, tap [Settings > Calibration > New Device Setup](#). Follow the setup wizard (includes choosing orientation here).
5. Choose the orientation for performing calibration (lying or standing).

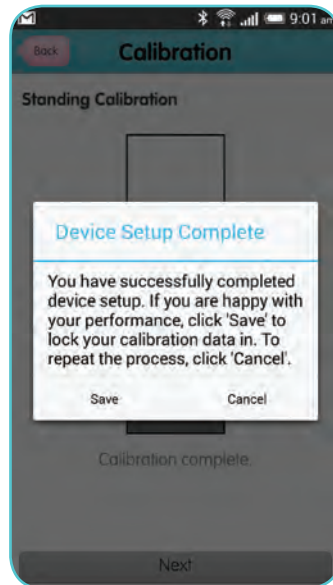
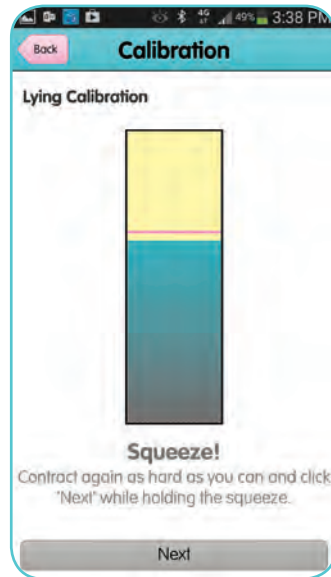


6. Follow the onscreen instructions that guide you through your calibration exercises.

Press **Save** if you are satisfied that you correctly followed the on-screen instructions. Press **Cancel** if you want to try again.

Tap **Back** to return to the home page of the PeriCoach app. You are now ready to begin your exercise regime.

You should not need to perform New Device Setup again. Once you have successfully completed Advanced Level 3 for 3 consecutive sessions, you can perform a new Calibration, which can be found on the same page as New Device Setup.



## Beginning Exercise

Vast evidence suggests Pelvic Floor Muscles Exercises should be performed at least 3 times a day. The PeriCoach can be used to perform all or some of these exercise sessions.

PeriCoach offers a range of exercise programs and levels. These are fully described in the IFU.

These programs and levels vary according to squeeze time, rest time and number of reps.

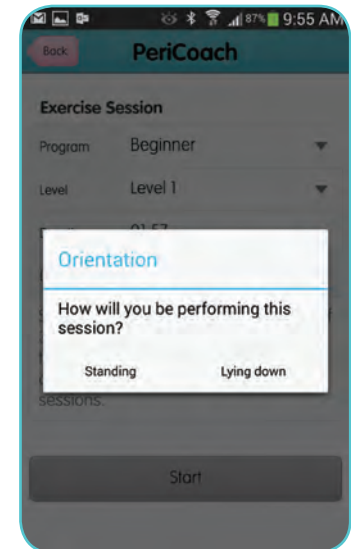
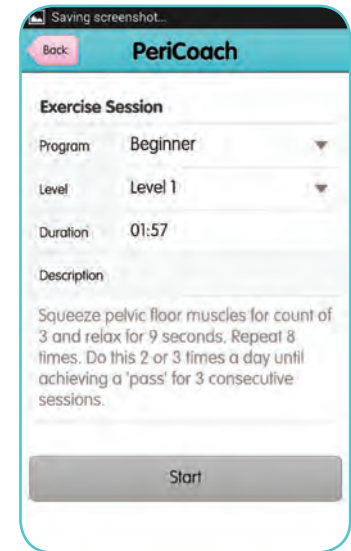
You will need to select Exercise from the home screen.

When you begin your exercise session you will be prompted to choose a program, level and orientation.

It is recommended to begin with Beginner Level 1 and only move up to the next level once you have successfully achieved a pass 3 sessions in a row on each level (full description in IFU). Continue moving up levels, moving from Beginner Level 3 to Intermediate Level 1, and so on until you have completed Advanced Level 3.

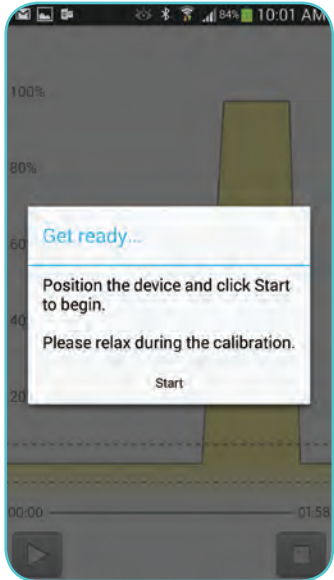
The phone or tablet should be positioned so you can see it easily, as well as within close range of the sensor. Anywhere around the belly button area is recommended. See the IFU for the best Bluetooth range locations.

Your phone will emit a sound and vibrate when you need to squeeze and relax in most training modes, so you don't need to time these.





The following 'Get Ready' message will appear prompting you to relax for the calibration – tap **Start** when you're ready, then follow the instructions in the program.



You will receive a warning if the sensors pick up any unusual readings – for more information on these consult the IFU.

At the end of the session you will be given results for the session as compared to your previous exercise session.



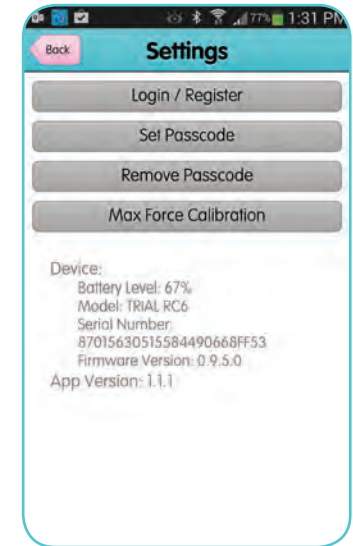
1. After use, wash the probe with warm water and a mild soap or detergent.
2. Rinse by wiping with a clean damp cloth.
3. Allow to dry before returning to the charging case.

### Maintaining Power

- Always recharge the battery if the level reading falls below 20%.
- The battery is not replaceable, if it won't recharge contact the relevant help desk for your geography (see below under troubleshooting).

### Checking Battery Power

1. Open the PeriCoach App on your Smartphone/Tablet.
2. Turn on the sensor.
3. Tap Settings – this should bring up a setting window. Towards the bottom of this window is a battery level reading.
4. Tap back to return to the main page of the App.



Once your session is complete the sensor will turn itself off after 2 minutes of inactivity.

## 5. MAINTENANCE

### Cleaning the Sensor

Wash the sensor before and after EACH use.

- Use cleaning products designed for cleaning hands and lightly soiled kitchen items – Do not use harsh cleansing agents such as bleach.
- Use a soft cloth – Avoid abrasive materials such as scouring pads and steel wool as these can damage the covering of the sensor.
- Do not place the sensor in the dishwasher.
- Do not submerge the charging case.

## 6. TROUBLESHOOTING

For Troubleshooting instructions refer to the IFU (Instructions for Use).

**Australia/NZ** - help@pericoach.com  
ph - 1800 016 794 **NZ** - 08 0045 0926

**US** - help-us@pericoach.com  
ph - 844-205-0767

**UK** - help-uk@pericoach.com  
ph UK - 01905676560

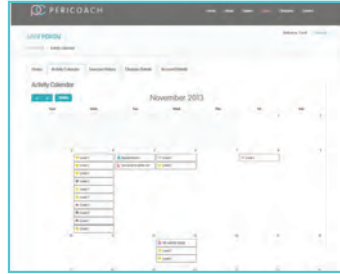
**Outside UK** - +44 1 905676560  
help-uk@pericoach.com

# 7. THE PORTAL

You will need to use the username and password that you created when you purchased the PeriCoach to access the portal. This information will be in your welcome email (make sure you check your Junk folder if you didn't receive your Welcome Email). Contact the relevant help desk if you are unable to find your welcome email.

The portal contains:

- An activity calendar that allows you to track your exercise activity.



- A history page that details all exercise sessions and progress.



Your clinician will be able to track and see the information from these pages in the same way that you do if you have granted access to them.

The portal also allows for your clinician to send you messages to encourage you in your exercises or offer advice.

Information that is stored in the PeriCoach portal is secure and de-identified. Only you and your clinician will be able to see your health data. Please note, connecting to a clinician is optional.

 PERICOACH

ANALYTICA

320 Adelaide St Brisbane QLD Australia 4000

[www.pericoach.com](http://www.pericoach.com)

ANA/PER058