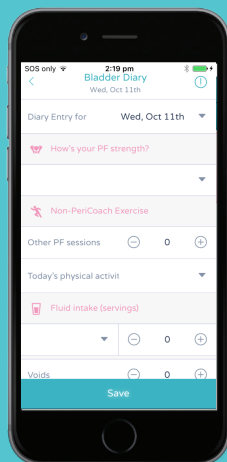


## Other PeriCoach Features

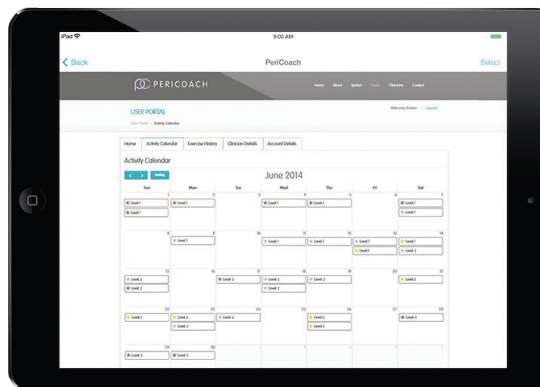
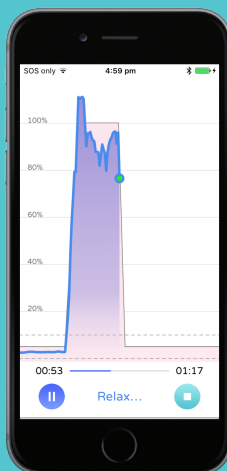
### The Bladder Diary

The PeriCoach App has an included Bladder Diary that allows you to record water consumption, pad usage and other behaviours to monitor progress over time.



### Exercise Sessions

PeriCoach offers a range of exercise programs and levels that vary according to squeeze time, rest time and number of reps. It is recommended to move up through the levels starting at Beginner Level 1.



### The Portal

The PeriCoach Portal contains an activity calendar that allows you to track your exercise activity and a history page that details all exercise sessions and progress. To access the Portal you will simply need the login details used to login to your app, and navigate to [my.pericoach.com](http://my.pericoach.com)

Introducing the Best Kegel Exerciser



## Quickstart Guide for The PeriCoach System



## Need to Contact Us?

**Australia & New Zealand**  
[help@pericoach.com](mailto:help@pericoach.com)

**US**  
[help-us@pericoach.com](mailto:help-us@pericoach.com)

**UK & Outside UK**  
[help-uk@pericoach.com](mailto:help-uk@pericoach.com)

For more information visit [www.pericoach.com](http://www.pericoach.com)

## Welcome to PeriCoach!

Let's get you started and enjoying the benefits of exercising with PeriCoach. Whether you are seeking greater bladder control, sexual satisfaction (both!), or just improving your confidence, consistency is the key. Commit just 5 minutes a day, and experience progress within just a few weeks like many of our other loyal users.

## Useful Tips Before you Begin

- Make sure the sensor is fully charged before using it.
- Always wash your hands and clean the sensor with soap and water before using it to reduce risk of infection.
- Always use water based lubricant when using the sensor.



## Setting up PeriCoach in 6 easy steps



### 1. Complete your registration

Make sure to locate your registration link in the email sent after making your PeriCoach purchase so you can log in to your app to track your activity and view your progress in the PeriCoach Portal.



### 2. Open the case

Open the PeriCoach case by placing one hand on the lower half of the case and use your thumb on other hand to lift up the latch. You will hear a click to know its unlocked.



### 3. Charge your PeriCoach

Charge the PeriCoach sensor by placing it in the charging case and plugging the USB cord into the port on the side of the case. The larger end of the cable plugs into to either a USB port on your computer or a power outlet using an adapter.



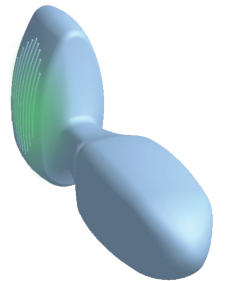
### 4. Open App and Log In

Once you have downloaded and opened the App, log in by tapping on **Log In or Register**. Enter your username and password provided in your **Welcome To PeriCoach** email. Follow the instructions provided and use the Start Up Wizard to guide you through the device set up.



### 5. Turn on your PeriCoach

When prompted by App, turn on the sensor by removing it from the case. A green light will appear as shown in the diagram. If the light does not appear give the sensor a quick firm shake with your hand.



### 6. Connect to Device

When prompted, select Connect to Device and look for device named PeriCoach 12345678901234 (numbers will change). Tap on it to initiate pairing and connection.

“If you're waiting for  
the right time, it's now”

the PeriCoach Team