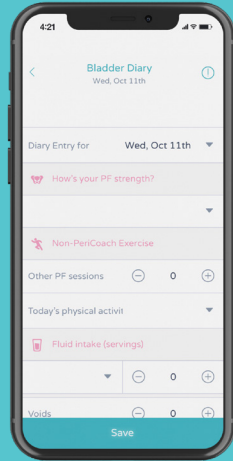


Other PeriCoach Features

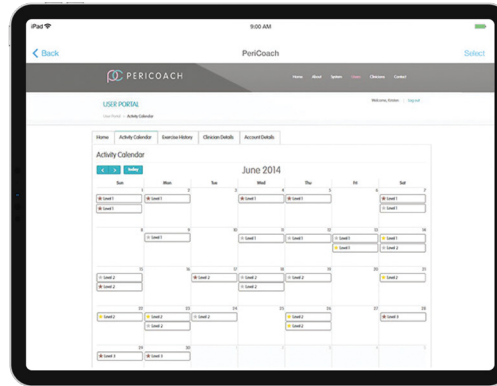
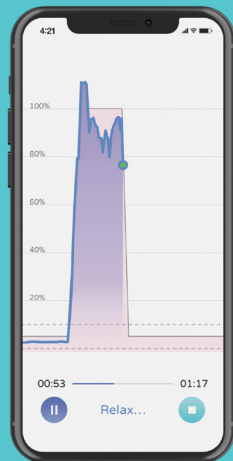
The Bladder Diary

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

Need to Contact Us?

Australia & New Zealand

help@pericoach.com

US

help-us@pericoach.com

UK & Outside UK

help-uk@pericoach.com

For more information visit www.pericoach.com

Introducing the Best Kegel Exerciser



Quickstart Guide for
The PeriCoach System



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. Download and install app

Go to Google Play Store or Apple App Store and search for PeriCoach. Once located, download and install.



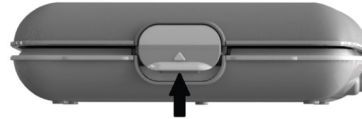
2. Charge your PeriCoach

Once you receive your device, charge it by plugging the USB cord into the port on the side of the case. The larger end of the cable plugs into either a USB port on your computer or a power outlet using an adapter.



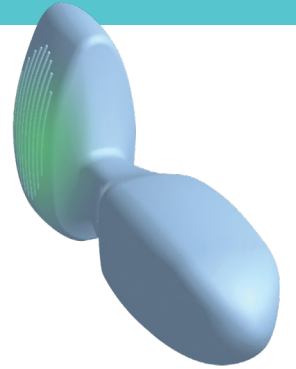
3. Open the case

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.



4. Turn on the 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.



5. Open app and complete registration

- Once you have opened the App, begin registration by tapping **on Register**.
- Follow the prompts to connect to device
- Enter your registration details and create password
- Complete registration by answering the login questions



6. Use the Start Up Wizard to guide you through the device set up.

