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(S.R. South Australia)

“Since using the PeriCoach I am back at the gym without the worry of wetting my pants! I no longer have accidents in pump class, I can jump on the trampoline with my children, and I don't have to worry about stocking up on pads.”

(Cate NSW)

“The best part of the PeriCoach is the feedback and the ability to actually visualize your strength of contractions...”

(Rebecca QLD)

“PeriCoach really takes the guesswork out of pelvic floor training!”

(Danielle NSW)

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Leak when you laugh?

Strengthen and tone your way back to confidence with PeriCoach[®], your pelvic floor personal trainer.



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Exercise your way back to confidence.

Find out how at: pericoach.com  PERICOACH

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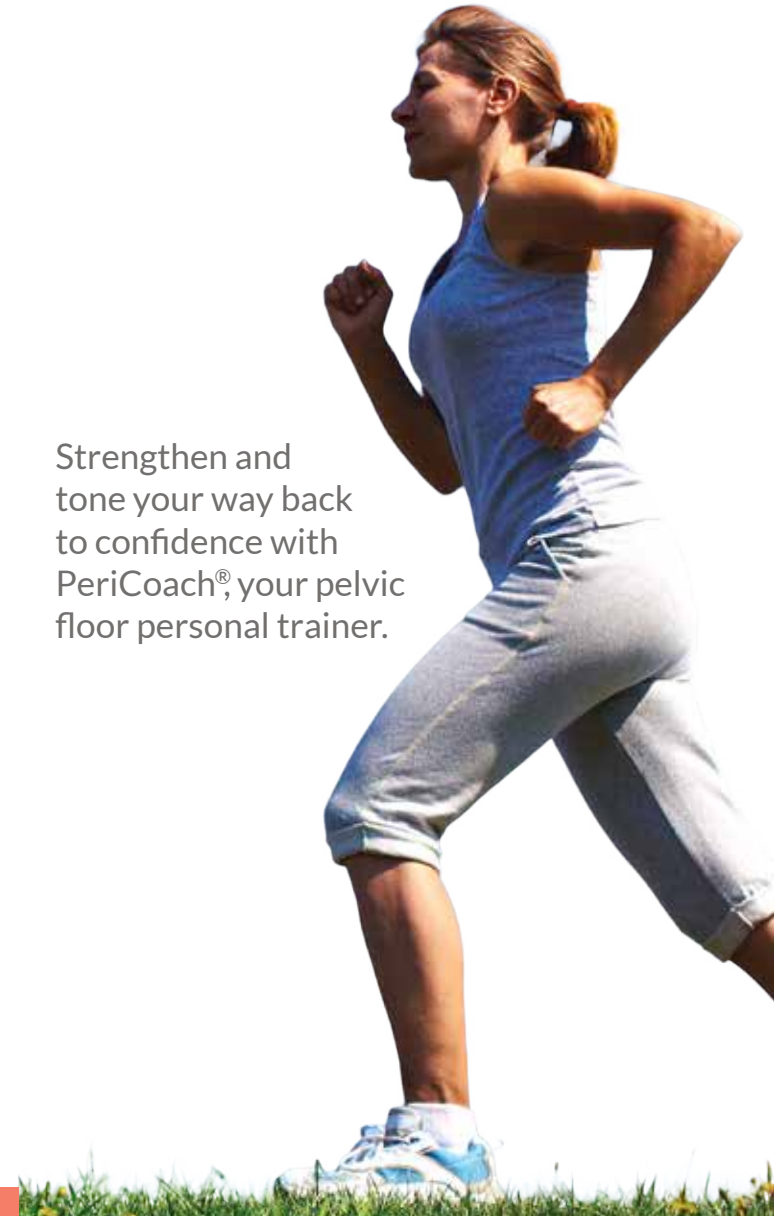
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Leak when you run?

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99%

of women know what Kegel exercises are



50%

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

Device



Smart Phone App

PeriCoach is an easy-to-use home personal trainer device and app to help manage and motivate pelvic floor exercises to reduce or eliminate leaking from UI.

pericoach.com



01. The Device

Small, discreet and easy to use and clean. The device has patent-pending sensors to monitor the PF muscles directly.



02. The App

A free app that manages data and provides real time audio and visual feedback during exercises.



03. User and Clinician Portals

A secure website - my.pericoach.com - where women and their clinicians can access their account information, exercise history and news.



04. Charging Case

A robust, discreet, and highly mobile recharging and storage case for the device.

