

Kegel Core™

Extended User Guide



Thank you for purchasing your KegelCore™ Pelvic Floor Exerciser and Toner — you're just a few short steps from regaining pelvic floor muscle control! Over time and with regular use, you can improve and maintain better pelvic floor muscle tone; it only takes a few minutes a day.

STEP 1

Before You Begin

- Have water-based lubricant (recommended to ease insertion).
- Have your Smartphone ready, and ensure the Bluetooth® feature is turned on.
- Download the free KegelCore™ App to your Smartphone from either the App Store® (iPhone) or GooglePlay™ (Android).
- Select a comfortable location. We recommend doing your workouts on your back in a semi-reclined position.

STEP 2

Battery

- To activate the battery, gently pry open the battery tray located at the base of the plastic handle and remove the clear plastic tab.
- Insert battery as indicated (with the “+” sign facing up and the “-” sign flat in the tray slot). Slide tray closed and click into place.
- Your KegelCore™ uses a coin cell lithium battery, which will require replacement after approximately 1 year with recommended use and proper storage.



STEP 3

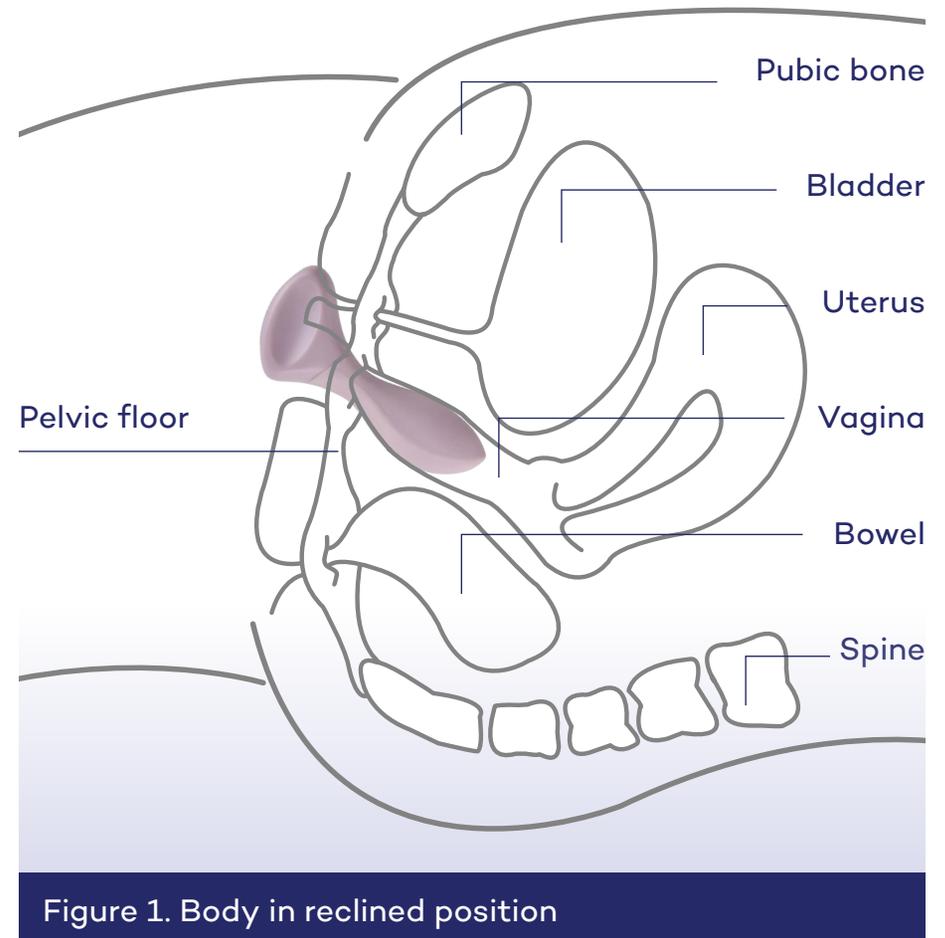
Clean

- Thoroughly wash hands with mild soap and warm water.
- Clean your KegelCore™ before and after every use with a cloth and mild soap and water.
- Do not immerse in water, as this can damage the battery.
- Make sure your KegelCore™ is dry before storing.

STEP 4

Getting Started

- Your KegelCore™ will turn on automatically when picked up.
- Open the KegelCore™ App and follow the onscreen prompts (See Coaching and Training section within this guide for comprehensive instructions). It will take you through all the necessary steps to pair your KegelCore™ with the App, calibrate the device to your body to get a baseline reading of your starting point, and how to select and navigate the exercise programs.
- For easier insertion, hold the plastic handle and apply a small amount of water-based lubricant to the insertable end of your KegelCore™.
- When you insert your KegelCore's flexible end into your vagina, make sure that the handle remains outside the vagina and that the front of the handle is pointing up (i.e., toward the ceiling when lying down).



Note: If you experience burning, itching, or any skin irritation after inserting your KegelCore™, please remove, discontinue use, and contact your healthcare professional.

STEP 5

When Not in Use

- Your KegelCore™ turns on automatically when picked up or moved. When not in use, store it in its box in a stationary, dry location to conserve battery life and to keep the device clean.
- Store at room temperature. Avoid extreme heat or cold as this may damage your KegelCore™.

STEP 6

For More Information

- For more information or if you have questions, please see the FAQ section on our website at kegelcore.com/FAQ or contact Customer Care.

Customer Care

+ 1 613 828-6678

+ 1 855 258-6678 (US and Canada)

care@attivia.life

KegelCore™ Pelvic Floor Exerciser and Toner

—
**Designed by Women
for Women**



Insertable End

Asymmetrical design to fit the contours of your body for easier insertion.

Pressure sensor detects pelvic floor muscle movement for accurate biofeedback.

Front of Handle

When your KegelCore™ is inserted, this should point upward when you are reclined.

Follow the directions, as seen in Figure 1.

Body-Safe Handle

Remains outside body.

Upward lifting feeling lets you sense when you perform the exercise correctly.

Battery Tray

Located in base of handle.

IMPORTANT SAFETY INFORMATION



PLEASE READ

Indications for Use

- KegelCore™ is a pelvic floor muscle toner and exerciser designed to treat mild to moderate stress, mixed, or urge urinary incontinence in women. Through exercise, KegelCore™ strengthens the pelvic floor muscles.
- The device is intended for use at home and provides biofeedback to the user via smartphone technology.
- The intended users of KegelCore™ are adult women.
- KegelCore™ is a medical device, but is not intended to make a diagnosis of stress urinary incontinence (SUI) or any other condition.
- KegelCore™ is intended for use by a sole user, and should not be shared with anyone.

Contraindications

DO NOT USE YOUR KEGELCORE™ IF YOU

- Have abnormal vaginal discharge or bleeding.*
- Are experiencing back pain for which you are taking pain relief medication.*
- Have recently had surgery.*
- Have symptoms of a bladder or vaginal infection.*
- Have a history of urinary retention (difficulty urinating).*
- Have vaginal anatomy or a build that doesn't permit proper insertion of your KegelCore™.*
- Have severe vaginal prolapse.*

Warnings and Precautions

- Keep your KegelCore™ safely out of the reach of infants and young children, as it may pose a choking hazard and the battery may pose both a choking and poison hazard.
- Keep your KegelCore™ safely out of the reach of all pets and animals.
- If your KegelCore™ becomes damaged, discontinue use and discard your KegelCore™. See section on Responsible Disposal in this Extended User Guide.
- Other than replacing the battery, do not alter, modify, or disassemble any parts of your KegelCore™. Doing so will nullify and void your warranty.
- Do not alter or modify your KegelCore™ Pelvic Floor Exerciser and Toner in any way. Doing so will nullify and void your warranty, and could lead to personal injury or damage your KegelCore.

* Consult your doctor before using your KegelCore™ if you have any of the conditions indicated with an asterisk (*), or if you have any other concerns regarding its use. Using your KegelCore™ in the presence of any of these may affect an underlying condition.

Do Not

- Do not use with silicone-based lubricants because they may damage your KegelCore™.
- Do not clean with products that contain alcohol, petrol, or acetone.
- Do not freeze, refrigerate, boil, bake, or microwave your KegelCore™, and do not put it in a dishwasher.
- Do not store in extreme temperatures or humid environments.
- Do not immerse any part of your KegelCore™ in water.

**DO NOT USE YOUR KEGELCORE™
IF THE DEVICE APPEARS TO BE BROKEN,
CRACKED, OR DAMAGED IN ANY WAY.**

Note: If you are pregnant, check with your doctor or midwife before using the KegelCore™.

Warranty

The one (1)-year warranty covers product replacement for manufacturing defects only. Visit kegelcore.com/warranty for product replacement and warranty information. No other warranties are expressed or implied. If there is a warranty claim, or any other damage, the user's sole remedy is product replacement. KegelCore™ is a medical device, but is not intended to make a diagnosis of stress urinary incontinence (SUI) or any other condition.

Always consult your healthcare professional if you have health questions or concerns.

Compliance

KegelCore™ by Attivia™ device is rated for indoor use from +10°C to +45°C.

This Class B digital apparatus complies with Canadian ICES-003.

This device complies with FCC Part 15 and Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This device complies with Health Canada's Safety Code. The installer of the device should ensure that RF radiation is not emitted in excess of Health Canada's requirement.

This product is in compliance with the essential requirements of Directives 2006/95/EC, 2004/108/EC, 2011/65/EU, and 1999/5/EC

Kegel Core by Attivia: Model 2000. Contains FCC ID ZUE2000, IC: 9804A-2000.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

For further compliance information, consult kegelcore.com/legal

Responsible Disposal

The crossed-out wheeled bin on the product indicates that this device should not be treated as household waste.

Electrical and electronic equipment contain hazardous substances that can be harmful to the environment and to human health if not disposed of properly. To reduce the impact on the environment, we encourage you to use the appropriate take-back systems when the product has reached end of life. Please contact your local or regional waste administration for details.

Contact us for more information on the environmental performance of our products.

Customer Care

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care@attivia.life



COACHING AND TRAINING

Leaking urine is NOT a normal part of life or aging.

Healthcare providers often prescribe exercises to help give your pelvic floor muscles better tone and help you to regain improved bladder control. However, without help, it can be difficult to isolate those muscles that are difficult to feel, as well as to use the correct lifting and squeezing movement necessary to properly tone those muscles. Your KegelCore™ Pelvic Floor Exerciser and Toner can help you take back control of your pelvic floor muscles by helping you see (in the App) and feel when you do the exercises correctly to strengthen, tone, or even relax your pelvic floor muscles.

Once you've successfully downloaded the KegelCore™ App and paired it to your KegelCore™ device, you'll be able to start regaining pelvic floor muscle control to help avoid and prevent embarrassing bladder leaks.

This Coaching and Training section will introduce you to your KegelCore™ pelvic fitness program and help you navigate its various phases and levels.

If you have any questions about set up or items you may need, please see Steps 1 through 4 in the first section of this User Guide, or read the User Guide that came with the device.

THE BASICS

- First, make sure you have all the recommended items in the User Guide’s STEP 1 “Before You Begin” section, and that you have cleaned the KegelCore™ by following the instructions in the User Guide’s STEP 3 “Clean” section. Set yourself up in a private, quiet place where you can lie on your back in a comfortable, semi-reclined position.
- The specially designed App takes a stepwise approach to using your KegelCore™; that is, you must learn some basic skills used to build the workouts before diving in. As the saying goes, you need to walk before you can run (or in this case, “skill” before you “squeeze”).
- Although we walk you through the training steps below, the App will guide you through each workout, so all you need to do once you select a workout is to follow the onscreen prompts. You can always consult this Coaching and Training section if you are not sure about something or you need more information.

Now let’s get you on your way to expecting more from your pelvic floor!

Before inserting your KegelCore™, it is recommended that you apply a small amount of water-based lubricant to the insertable end. This will make insertion easier.

When you insert the flexible body of the device into the vagina, make sure that the front of the handle remains outside the vagina and is pointing up toward the ceiling when lying down. Now you’re ready to calibrate!

ABOUT SQUEEZING AND BREATHING: BEFORE YOU BEGIN, TAKE A QUICK LOOK AT THESE HANDY TIPS AND TRICKS TO ENSURE SUCCESSFUL WORKOUTS

Squeezing

When squeezing, imagine that you are squeezing around the device while also lifting it up toward your belly button. It is a feeling of pulling up rather than simply a squeeze. Taking care not to tense the thighs, buttocks, or upper abdominal muscles to achieve the squeeze, try to “visualize” your pelvic floor muscles lifting and contracting, then releasing and relaxing.

Breathing

Relaxed breathing is an important part of performing the exercises correctly; don't hold your breath or "pant." Hold for the count on the screen (counted down for you) until the prompt says, "Get ready for your next rep." It will then start a between-rep countdown to show you when to start your next rep. While in this waiting phase, relax your muscles and focus on continuing to breathe normally. Inhale during the between-rep countdown and exhale as you squeeze your pelvic floor muscles during the rep. To understand why this part is important, consider this: Coughing, laughing, and sneezing are all different types of "exhales". To avoid bladder leaks, you need your pelvic floor muscles to work at all times, even during those sudden exhalations. Continue to breathe evenly as you hold the squeeze and relax. It may take some time to get the rhythm, but stick with it — you'll soon get the hang of it!

Establishing your baseline — Calibration

One of the most important steps in ensuring a successful workout and consistent results involves calibrating your device to your current pelvic muscle tone level. Before you begin your exercise program, you must have your KegelCore™ record your initial maximum squeeze force. This is your personalized baseline reading, or your starting point. All your workouts will be compared to your baseline so that you can track your progress. If you regularly follow your exercise program, you should eventually be able to do better than your baseline reading. If you need to change that calibration setting, you would "Recalibrate." For initial calibration:

- ▲ In your reclined position and once your KegelCore™ is properly inserted, from the App's Welcome screen on your smartphone swipe left until you reach the "Calibrate" screen, and tap it to select.
- ▲ Once in the calibration screen, tap the pink "Begin" bar when you are ready to start calibrating.
- ▲ You will see a purple and pink cloud on the screen. The prompt will tell you to squeeze your pelvic floor muscles as hard as you can and hold the squeeze for a count of 5, which you will see counting down on your screen.
- ▲ Once your baseline reading has been recorded, it will say "KegelCore™ Calibrated." Tap "Done."

Increase your workout — degree of difficulty

If you feel you would like an added challenge (e.g., you have successfully completed a level, or at any time when you feel you have mastered a given level), you have some options:

- ▲ You can choose to recalibrate at any time to give yourself a new baseline that includes your increased pelvic floor muscle strength, and/or
- ▲ You can change your workout position from reclined to standing. Stand comfortably with your feet shoulder width apart, knees slightly bent, and make sure that the handle of your inserted KegelCore™ is pointing forward. To start, however, we recommend lying down in a semi-reclined position on your back until you have achieved a comfortable degree of pelvic floor muscle control.

Now you're ready to begin learning the skills that comprise the various workouts:

About skills

Once calibrated, you need to practice the different skills* used as workout building blocks. In the “Kickoff” section, you'll have a chance to practice each of the 3 skillsets to see what is expected:

Strength (“Trigger” workouts)

Pelvic floor muscle strength is defined as the power with which you are able to squeeze and lift the device for short pulses.

Endurance (“Wheel” workouts)

Pelvic floor muscle endurance is defined as the length of time you are able to hold the contraction and lift of an exercise.

Relax (or “Cool Down”)

Learning to relax your pelvic floor muscles is key to ultimate control of your pelvic floor – otherwise, they remain continually tense and strained, which can lead to other health issues.

Practice your skills — Kickoff

To begin trying the different skills, swipe right in the App to move out of the Calibrate screen to the Kickoff screen.

* For all skills, remember to breathe normally throughout all phases and to squeeze/lift correctly.

About performing skills and workouts

- ▲ On the screen, you'll see a purple and pink cloud surrounded by a circle. You'll be prompted to squeeze until the cloud fills in the circle.
- ▲ Remember to squeeze as explained in the “squeezing” section.
- ▲ Remember to breathe normally, as explained in the “breathing” section.
- ▲ Repeat until you have achieved 10 perfect repetitions. After you do a complete set, the App will automatically forward you to the results screen, where you will see a brief overview of what you achieved: your KP strength reading, precision, and your reaction time.
- ▲ For a more in-depth look at your overall stats, badges, and other achievements, it will give you the options to tap either “Back to Training” or “See My Stats.” (See the “Interpreting My Stats” section on page XX for more information on this)

MEASUREMENTS OVERVIEW

About

To assess your performance of the various skills, the KegelCore™ App relies on specific measurements, which you will see in your “Results” screen after you complete each skill set or workout

Kegel Power (KP)	A unit of measure used to reflect your squeeze strength.
Precision	Tells you how accurately you did the exercises, measured in percentage.
Reaction time	Tells you how promptly you began each rep once you were told to squeeze, measured in seconds.
Endurance	Tells you how long you were able to hold the squeeze, measured in seconds.

Strength/Trigger

We will begin with the Strength skill used in the Trigger workouts.

- Tap the “Strength” screen.
- Follow the prompts in the App.
- Tap “Start.”
- On the screen, you will see a purple and pink cloud surrounded by a circle. You will be prompted to squeeze until the cloud fills in the circle.
- Hold until the prompt says, “Get ready for your next rep.” Relax between the reps and remember to breathe.
- Repeat until you have achieved 10 perfect repetitions. The App will automatically forward you to the results screen.

Endurance/Wheel

The next skill is the Endurance component used in the Wheel workouts.

- Tap the “Endurance” screen.
- Follow the prompts in the App.
- Tap “Start.”
- On the screen, you will see a purple and pink cloud surrounded by a circle. You will be prompted to squeeze until the cloud fills in the circle.
- Hold until the prompt says, “Get ready for your next rep.”
- Relax between the reps and remember to breathe.
- Repeat until you have achieved 10 perfect repetitions. The App will automatically forward you to the results screen.

Relax

In the Relax exercises, the focus is on relaxing your pelvic floor muscles between squeezes.

- Tap the “Relax” screen.
- Follow the prompts in the App.
- Tap “Start.”
- On the screen, you will see a purple and pink cloud surrounded by a circle. You will be prompted to squeeze until the cloud fills the circle.
- You will then be prompted to relax. Not squeezing at all, breathe into your belly and release all tension in your pelvis, hips, buttocks, legs, and feet. Focus on letting go. Maintain this relaxed state until the count is done and you are prompted to squeeze again.
- Repeat until you have achieved 10 perfect repetitions of the squeeze and relax phases. The App will automatically forward you to the results screen.

About the Relax or “Cool Down”

We recommend you do a set of Relax after every training session as a “cool down.”

Begin your workouts

Once you are comfortable with your mastery of the skills in the Kickoff,* you are ready to start working out! Swipe left to move out of the Kickoff screen to the Workout screen.

* Bear in mind that you can redo the Kickoff section (in whole or in part) as many times as you like until you feel comfortable with the skills. If you feel you need a skills refresher at any time, just revisit the section and proceed with your workout after.

Note: It's a good idea to include the “Strength” section of the kickoff into each of your daily workouts. This way, you're working the full range of pelvic floor muscles each day and getting the most out of your workout.

ABOUT UNLOCKING WORKOUTS AND LEVELING UP

Once you complete 10 perfect reps in Trigger, you will unlock the next Level 1 workout — “Wheel”

Once in Wheel, you have to perform 10 perfect reps to unlock the Level 1 Combo workout.

Only once you have unlocked and performed 10 perfect reps in either the Level 1 Wheel or Combo workouts, will you be able to move up to the Level 2 workouts.

WORKOUTS

Level 1 **TRIGGER** WORKOUT

- Tap on the “Level 1 Workout Builder” screen.
- At the top of the screen, you will see your customized goals based on your initial calibration reading.
- Your workout mode is automatically chosen for you at this stage. Remembering the previous terms, the workout name is “Trigger,” meaning this will be a strength workout to begin. The workout will use the skills learned in the Strength Kickoff. It will be 3 sets of 10 short-hold squeezes.
- Select Set 1 by tapping the “1,” then tap “Start Workout.”
- On the screen, you will see a purple and pink cloud surrounded by a circle. You will be prompted to squeeze until the cloud fills in the circle.
- Hold until the prompt says, “Get ready for your next rep.” Relax between the reps and remember to breathe normally.
- Repeat until you have achieved 10 perfect repetitions. The App will automatically forward you to the results screen.
- Repeat for Sets 2 and 3.

When you have successfully completed 3 sets of perfect reps for the “Level 1 Trigger Workout,” you will unlock the Level 1 Wheel Workout.”

Level 1 **WHEEL WORKOUT**

- Tap on the “Level 1 Workout Builder” screen.
- At the top of the screen, you will see your customized goals based on your initial calibration reading.
- Select the newly unlocked “Wheel” workout. Remembering the previous terms, the endurance workout name is “Wheel.” It will be 3 sets of 10 long-hold squeezes.
- Select Set 1 by tapping the “1,” then tap “Start Workout.”
- On the screen, you will see a purple and pink cloud surrounded by a circle. You will be prompted to squeeze until the cloud fills in the circle.
- Hold until the prompt says, “Get ready for your next rep.” Relax between the reps and remember to breathe normally.
- Repeat until you have achieved 10 perfect repetitions. The App will automatically forward you to the results screen.
- You have the option of doing 1, 2, or 3 sets

When you have successfully completed 3 sets of perfect reps for the “Level 1 Wheel Workout,” you will unlock the next level 1 workout: “Level 1 Combo Workout.”

Level 1 **COMBO WORKOUT**

- Tap on the “Level 1 Workout Builder” screen
- At the top of the screen, you will see your customized goals based on your initial calibration reading.
- Select the newly unlocked “Combo” workout. The workout will both use the skills learned in the “Wheel” (endurance) and “Trigger”(strength) sections. It will be one set of 10 long-hold squeezes and one set of 10 short-hold squeezes.
- Select Set 1 by tapping the “1,” then tap “Start Workout.”
- On the screen, you will see a purple and pink cloud surrounded by a circle. You will be prompted to squeeze until the cloud fills in the circle.
- Hold until the prompt says, “Get ready for your next rep.” Relax between the reps and remember to breathe normally.
- Repeat until you have achieved 10 perfect repetitions. The App will automatically forward you to the results screen.
- Repeat for Sets 2 and 3.

When you have successfully completed 3 sets of perfect reps for the “Level 1 Combo Workout,” you will unlock the next workout level: “Level 2 Trigger Workout.”

INTERPRETING MY STATS

Following each training session in the KegelCore™ Kickoff and Workout sections, you will be asked if you want to “See your stats.” If you wish to continue working out, tap the option for “Back to Training.” If you wish to view your stats and progress, tap the “See My Stats” box. Progress is tracked both daily and monthly.

If you need a reminder of the measurements used to track your progress, you can look at the Measurements Overview section in this guide, or in the App you can tap the “i” surrounded by a circle while in the “Stats” screen view.

View My History

Part of measuring your progress is to see how far you’ve come from your starting point. Because you will be doing daily workouts, you may not see or feel a dramatic difference from day to day; however, your stats don’t lie! At any time, you can view your past results and check your progress.

Badges and Achievements

To help keep you motivated and provide you with additional ways to track your progress, your KegelCore™ App allows you to earn badges and achievements. Achievements are recognized when you unlock new workouts or levels. Badges are awarded within each workout or level for various milestones. Try to see how many you can collect... there are always new ways to challenge yourself!

Badges

The following (page 22) is a partial list of some of the workout awards you can earn. See how many of these and other mystery achievements you can unlock!”

Badges

The Graduate	Awarded when you successfully complete the Kegel Kickoff or when you complete a level	Wheel X 5 or Trigger X 5 or Combo X 5	Awarded when you complete Wheel or Trigger or Combo 5 times
Inner Strength	A set of 3 badges awarded at the progress milestones of +10%, +20%, and +50% of gained “Inner Strength”	Wheel X 25 or Trigger X 25 or Combo X 25	Awarded when you complete Wheel or Trigger or Combo 25 times
Streak	Awarded when you work out three days in a row	Wheel X 50 or Trigger X 50 or Combo X 50	Awarded when you complete Wheel or Trigger or Combo 50 times
Hot Streak	Awarded when you work out five days in a row	Wheel X 100 or Trigger X 100 or Combo X 100	Awarded when you complete Wheel or Trigger or Combo 100 times
Super Streak	Awarded when you work out ten days in a row	Wheel X 250 or Trigger X 250 or Combo X 250	Awarded when you complete Wheel or Trigger or Combo 250 times
Winning Streak	Awarded when you work out 15 days in a row	Wheel X 500 or Trigger X 500 or Combo X 500	Awarded when you complete Wheel or Trigger or Combo 500 times
Workout Queen	Awarded when you pass 3 levels in three months		

ACHIEVING YOUR GOAL(S) AND MAINTAINING PELVIC FLOOR MUSCLE FITNESS

As with any long-term endeavor, set several shorter term goals rather than just aiming for the end result. Some of these goals are set for you by your KegelCore™ App in the form of badges and achievement awards. But you can set some of your own as well. For example, you may choose to master relaxed breathing one week and work on avoiding tensing your legs another week. You might also want to take note of times when your bladder control might have failed you in the past, and note improvements.

We recommend that you do one 5-minute workout daily for at least 3 months or until you've achieved your desired level of pelvic floor health. To avoid sliding down the same path that saw your pelvic floor muscles weaken in the first place, we recommend you follow a maintenance training program like you would any other muscle exercise program. Continue to perform a 5-minute workout 2 or 3 times per week to make sure that you preserve your progress and allow your pelvic floor muscles to stay in great shape so they can work when you need them to!

WE'RE HERE FOR YOU!

Don't forget: For more information or if you have questions, please see the FAQ section on our website at: kegelcore.com/FAQ or contact **Customer Care**, where our friendly, expert representatives will be happy to speak with you!

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