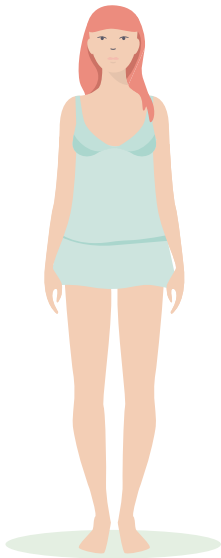




This is a short guide
on how to use Elvie.

Please download the
Elvie app for more
detailed instructions.



Hello

Welcome to Elvie, your most personal trainer. Designed by women for women, Elvie makes it possible to get more out of your kegel exercises.

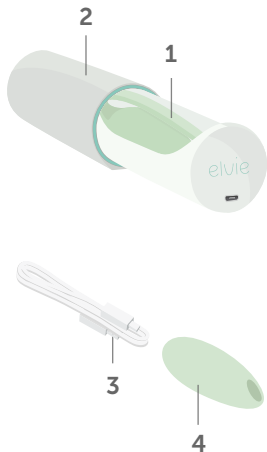
Download the Elvie app to begin our interactive five minute workouts. As you exercise, the Elvie gem will move up and down on the screen and you will be able to see your LV score increase as you improve. We are always adding more workouts and levels, so please let us know how we can keep improving the experience for you.

Congratulations on joining the growing Elvie community. Enjoy!

Tania Boler, CEO Elvie
questions@elvie.com

For other languages,
visit elvie.com/languages

What's inside



What's inside

In the box you will find:

1. Elvie

Use to track your pelvic floor exercises.

2. Carry case

Keeps Elvie safe and doubles up as a charger. Push to open.

3. Micro USB cable

Connects the carry case to a USB power supply for charging.

4. Extra cover

Provides custom sizing for extra comfort.

Charging Elvie

- 1.** Place Elvie in the carry case and close it. The tail needs to be on top, pointing towards the USB port. If using the extra cover, please remove before charging.
- 2.** Use the cable provided to connect the carry case to a USB power source, such as your computer or phone plug.
- 3.** Check that the light above the cable on the carry case turns on. The light will turn off when Elvie is fully charged.

When using Elvie, the app will alert you when it needs charging.



Before you start

Before first use, please remember to:

1. Charge Elvie before first use

See p.5 for details.

2. Download the Elvie app

Elvie only works with the Elvie app. Download the app through iTunes or Google Play. Once installed, open it and follow the on-screen instructions.

The app is available on the iPhone 4S and newer models (iOS7 and above) and Android phones version 4.3 or newer that support Bluetooth Low Energy.

3. Get comfortable!

Change into loose, comfortable clothes, and make sure to wash your hands and Elvie (see p.15 for details).

4. Switch on the bluetooth on your phone

Using Elvie for the first time

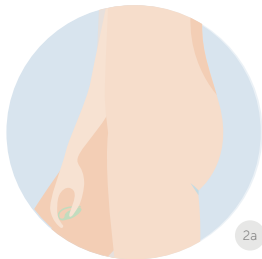
Open the Elvie app to be guided on how to use Elvie for the first time.

1. Connect Elvie

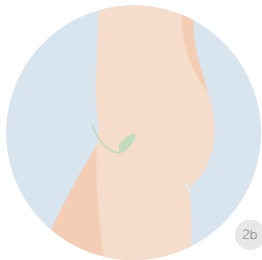
Elvie has a sensor inside that tries to connect to your phone when you squeeze it (with your hand or pelvic floor muscles). To connect your Elvie for the first time, simply squeeze it in your hand for 3 seconds.

2. Insert Elvie

Elvie is easy to insert; similar to using a tampon, the pebble shaped part goes inside your vagina and the tail remains outside, facing forward. (images 2a & 2b). Be sure to fully insert the pebble shaped part, but not too high up. If you pull down gently, you will feel a slight resistance against the vaginal opening. If Elvie doesn't feel comfortable, try using water-based lubricant.



2a



2b



Using Elvie for the first time

3. Find the right fit

Elvie can feel too small or loose for many women. Try with and without the cover to see what feels best. To put on the extra cover, simply thread the Elvie tail through the cover and pull over the pebble-shaped part (image 3).

4. Pick exercise position

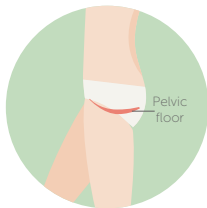
We recommend you try exercising standing up with your legs shoulder width apart (image 4a). If this doesn't feel comfortable, try lying down, knees up, legs apart (image 4b). For best results, please set your targets and keep on exercising in the same position over time.



How to exercise

The pelvic floor is a powerful little set of muscles that stretches like a hammock between your pubic bone and your tailbone. When healthy and toned, they lift up your pelvic organs for a strong core and great control.

If you aren't sure what it feels like to exercise your pelvic floor, imagine that you are trying to keep yourself from passing gas. This muscle movement is what you need to master. (But don't keep doing it while you're peeing!)



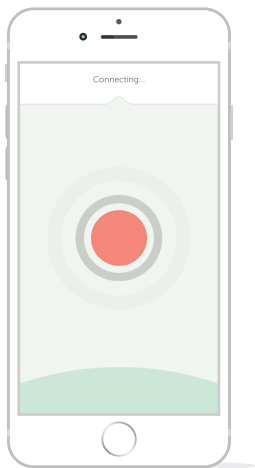
How to exercise

When exercising, remember to:

- Make sure your stomach, buttocks and thighs remain relaxed and don't hold your breath
- Take a deep breath to relax and as you breathe out squeeze your pelvic floor inwards and upwards

The Elvie app provides more guidance as you exercise. You can also check out [elvie.com](https://www.elvie.com) for videos and more information on how to perfect your exercise technique.

Connectivity



Elvie works the best when the tail is not obscured by clothing or flesh. Always keep your legs open when exercising and your phone in the line of sight with Elvie, as detailed in p.10.

At the beginning of each exercise, you need to squeeze your Elvie to make it start trying to connect to your phone. It can take up to 15 seconds to connect Elvie, depending on your phone's connectivity.

If Elvie disconnects during the exercise, it should reconnect automatically. If you are having troubles reconnecting, try squeezing Elvie for 3 seconds. If that doesn't work, take out Elvie and try squeezing it in your hand.

Taking care of your Elvie

Cleaning

Clean Elvie before and after every use with warm, soapy water. Remember to rinse thoroughly.

It is important that Elvie is completely dry before you put it back in the carry case.

Don't

- Wash it in boiling water
- Sterilize
- Use cleaning agents
- Microwave
- Clean it in a washing machine
- Leave it trapped under anything
- Use Elvie in the bath



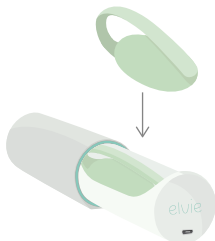
Taking care of your Elvie

Storing

- Keep Elvie clean, dry and snug in its carry case
- Make sure the tail is on top and facing outwards as per the diagram below

Things to avoid

- Extreme heat
- Extreme cold
- Sustained pressure



Safety & technical specifications

Do not use Elvie if

- You are in the first trimester of pregnancy
- You have given birth within the last 6 weeks
- You experience persistent pain when inserting or using Elvie, even with water-based lubricant
- You have a medical condition affecting your pelvic health (for example, abnormal vaginal discharge or severe prolapse)

Elvie is not a medical device; it is an exercise tracker for core muscle strengthening. It must not be used to treat or prevent any medical condition. If you are unsure whether or not you should use Elvie, please consult a qualified medical professional.

For hygiene reasons, do not share your Elvie.

Do not leave your Elvie in for more than four hours at a time.

Safety & technical specifications

For further questions, please refer to the FAQs on the Elvie app or drop us an email: questions@elvie.com

Elvie:

IC: 20167-EL0115

FCC: 2AEHI-EL0115

Carry Case:

IC: 20167-EL0215

FCC: 2AEHI-EL0215



Certification markings can be found under the Elvie tail and inside the carry case.

For all certification & approval,
visit elvie.com/certification

Warranty

Elvie is made from medical grade silicone and is backed by a limited manufacturer's warranty against any defects in materials and/or workmanship, for 1 year from the date of purchase.

Defects discovered within the warranty period should be reported to Chiaro. Chiaro reserves the right to exercise its discretion in determining whether or not to replace the defective Elvie free of charge.

This warranty does not cover cosmetic deterioration or damage caused by general wear and tear; physical or natural destruction; accident; misuse; neglect or other external causes.

Any attempt to take Elvie apart will invalidate this warranty.

Warranty

Any warranty claims must be supported with reasonable evidence including proof of date of purchase, alongside these warranty conditions. Chiaro must be notified of any defective Elvies. We will then provide you with a Return Merchandise Authorisation number, which must be displayed on the outside packaging. In the event that Chiaro decides to replace your Elvie any replacement Elvies will not extend the life of this warranty.

Disclaimer:

Users of Elvie do so at their own risk. Neither Chiaro nor its retailers assume any responsibility or liability associated with or for the use of this product. Chiaro reserves the right to revise and/or update this manual without being obliged to notify any users.

