femometer

Kegel Exerciser

Femometer Lilac

Intended use

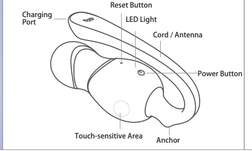
It is designed for women to practice vaginal muscles after experiencing childbirth or the decrease of vaginal muscle strength. It can help to improve the contractility of pelvic floor muscles, relieve stress urinary incontinence, bulging or prolapse of vaginal uterus and other organs.

Warning

This product is only suitable for adult women who have sexual experience. Keep out of children's reach. Please stop using the appliance if you experience any

Features

This product has a built-in pressure sensor. When the device is under certain pressure, it will generate vibration feedback. This product can be used with the Femometer App for online pelvic floor muscle training. You can also use the vibration feedback function to take the training offline.



Button Description

Button Name	Operation	Function
Power Button	Short / Long Press	Power On / Off
Reset Button	Short Press	Restore Settings

Indicator Light Description

State	State Description
Light on	The device is turned on and connected to App successfully. / The device is in a low power state.
Light flashing	The device is turned on but not connected to the App.
Light off	The device is off. / The device is out of power.

Specification

Product Name	Lilac Kegel Exerciser
Model	FM-LILAC-101
Maximum Noise Value	<85dB
Rated Voltage	5V
Rated Current	<200mA
Material	Body-safe silicon /ABS
Size	Length: 101.7 mm. Diameter: 35 mm
Weight	61g
Battery Capacity	300mAH Li-Ion Polymer
Vibration Frequency	7200 RPM
Operation Time	3 Hours
Pressure Sensor	Φ10mmX3
Waterproof	IPX6

Contains

Lilac Kegel Exerciser	X1
USB Cable	X1
Quick Guide	X1
User Guide	X1
Storage Bag	X1

Usage Procedures

Step 1: Downlaod the App

Go to the App Store or Google Play, search for "Femometer". Or, scan the QR code to download.

Download on the App Store

GET IT ON Google Play

Step 2: Connect to the Device

Press the Power button on your Lilac. The device is on when the light is flashing.

Open the App and follow the instruction to connect to your device.

When a connection message pops up on the phone, it means that the device is successfully connected. The light on the device is on and stops flashing.

Step 3: Enjoy the firmness brought by Lilac

Insert the Lilac into the body slowly with the indicator light facing up, and start exercising (It is recommended to use water-soluble lubricant or condom).

*Note: Please leave the cord of Lilac outside the body, at least 4 cm length, to keep good signal without barrier.

Step 4: Power Off

The device will turn off after pressing power button for 3 seconds. The indicator light will turn off to indicate turn-off status.

*Note: Lilac will turn off automatically 5 mins after disconnected from App.

Non-App Mode

Turn on Lilac and squeeze the pelvic floor muscles to control the vibration strength of the device.

Charging Battery

Step1:

Insert the charging cable into the bottom of the charging port.

*Note: Please make sure the whole part of the USB cable is fully inserted.

Step2:

Connect USB port to smartphone power adapter or computer.

Step3:

Indicator light is on to show the device is charging normally. The light will turn off when the charging is finished.

*Note: Please leave the cord of Lilac outside the body, at least 4 cm length, to keep good signal without barrier.

Cleaning

Please clean Lilac with water-soluble detergent or anti-bacterial soap and let it dry.

Storage

Keep Lilac in a cool and ventilated place. Avoid direct sunlight and keep it away from children.

*Note: It is not recommended to use the device during menstruation. If the

Q&A

Q: My phone cannot connect to the App. Why?

A: First, please ensure that the Femometer App is permitted to access to Bluetooth. Second, check whether the Bluetooth of your phone is turned on and whether your device is turned on (the indicator light will flash after turning on). If all the above conditions are satisfied, please restart the device by pressing the power button or 3 seconds and then pressing the power button again.

Q: Why is it disconnected during use?

A: The cord of Lilac is the antenna. Please ensure the cord is at least 4 cm outside your body to ensure that the normal signal connectionl.

Q: Though much strength was applied, there was still no change in the pressure generated by the device. Why?

A: The device may be placed in the wrong position, resulting in the pelvic floor muscles not exerting force on the sensor. Please adjust the angle of Lilac to ensure the indicator light is facing upward and

Precautions for the Safe Use of the Built-in Battery

1. Please use the USB cable to charge the product battery.
2. If the battery liquid comes into contact with your skin, please wash with water and seek for medical assistance.
3. Please dispose of used batteries according to local (national or regional) regulations.
4. Do not drop the battery from any height. Avoid any collision by heavy objects or any scratches by sharp objects so as not to cause any damage to the battery.
5. Do not expose the battery to any metal objects (including coins). This can avoid short circuit, discharge, heat generation or leakage.
6. Do not try to disassemble the battery. This will lead to risks that may damage the device.
7. Do not heat the battery or drop it into the fire so as to avoid explosion.
8. Do not store in high temperatures and in strong direct sunlight.
9. If overheating occurs while charging or using the product, please stop charging or using it immediately.

Cleaning and Maintenance

After turning off the device, please clean it with water-soluble detergent or anti-bacterial soap and let it dry. Do not place in direct sunlight, high temperatures, heavy pressure, or humid places.

Fault Diagnosis

1. In the independent mode, turn on the product and press the pressure sensing area. If the product does not vibrate, check if it needs recharging.

2. In the phone control mode, turn on the product, if you are unable to establish a connection with the app, please check the phone and power.

Customer Service

E-mail: support@femometer.com

Warranty Terms & Conditions

1.Femometer warrants this product for a period of ONE (1) YEAR, after the date of original purchase, against defects due to faulty workmanship or materials. If you discover any defect and notify magic motion during the warranty period, magic motion will, as its discretion, replace the product free of charge.
2.The warranty covers working parts that affect the function of the product. It does NOT cover cosmetic deterioration caused by fat wear and tear or damage caused by accident, misuse or neglect. Any attempt to open or take apart the product (or its accessories) will void the warranty.
3.Claims under warranty must be supported by reasonable evidence that the date of the claim is within the warranty period. To validate your warranty, please keep your original purchase receipt together with these warranty conditions for the duration of the warranty period.

PURCHASING RECORD

Model Prchased: FM-Lilac-101

Name: _____

Serial Number: _____

Phone Number: _____

Data of Purchase: _____

E-Mail Address: _____

FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.