

Pelvic Floor Exerciser

User Manual

Model: PF01, PF02, PF03

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1. Instructions for Use

Thank you for purchasing the Pelvic Floor Exerciser manufactured by Hunan Accurate Bio-Medical Technology Co., Ltd. ("Accurate").

In order to use the Pelvic Floor Exerciser, please carefully read and fully understand this manual prior to use.

After reading, properly keep the manual handy for future reference.

Intellectual Property

Accurate owns the copyright of this non-published user manual and may treat it as confidential information. This manual serves as reference information for operation, maintenance and repair of the product.

Nobody is allowed to use, disclose or allow others to obtain information of this manual, in part or in whole, in any manner whatsoever without the written permission of Accurate.

Accurate reserves the right of final interpretation of this manual.

Accurate reserves the right to modify the content of this manual without prior notice.

Accurate reserves the right to make technical alterations without prior notice.

Accurate reserves the right to change the product specifications without prior notice.

Statement

Accurate does not provide any form of warranty for this manual, including (but not limited to) any implied warranties of merchantability and fitness for a particular purpose of the product.

Accurate will be responsible for the safety, reliability and performance of the device only under the following conditions:

- The device is repaired by persons authorized by Accurate;
- The operator uses the device according to the manual. Accurate will assume no liability for the safety, reliability or operation condition of the device in the following situations:
 - The device is repaired or modified by persons not authorized by Accurate;
 - The device is not properly used according to the User Manual.

Repair Service

The customer is entitled to one-year free services if the device complies with Accurate's regulations on warranty services.

Scope of Paid Services

If the device does not comply with Accurate's regulations on warranty services, Accurate will provide paid services.

Even within the warranty period, repair of the device has to be charged if caused by the following

reasons: man-made damage; force majeure events such as natural disasters.

Accurate will assume no liability for any direct, indirect or consequential loss, damage or delay caused by the following situations, including (but not limited to): improper use; replacement with parts not accepted by Accurate, or repair of the device by persons without Accurate's authorization.

Return

Please observe the following steps if it is indeed necessary to return your product to Accurate:

Obtain the return merchandise authorization (RMA). Contact Accurate's User Service Department or your local dealer, and provide the product serial number (marked on the product packaging boxes). Please indicate the device model and serial number, and briefly describe the reason for return.

Transportation expense: The expense for transporting the device to Accurate for repair shall be on user's account.

Device Transport

When it is needed to return the device to the manufacturer or dealer, in order to prevent damage to the device during transport, the device should be properly packaged in the original package whenever possible, and a qualified transport company should be employed. If the original package is lost, a proper packaging box should be chosen and adequate protective measures taken to prevent damage to the device during transport. For long-distance transport, please properly package the device. Accurate will assume no liability for any damage to the device caused during transport.

Product Information

Product Name: Pelvic Floor Exerciser

Product Model: PF01, PF02, PF03

Mobile device application name and Release version: Peflex, V1

Manufacturer: Hunan Accurate Bio-Medical Technology Co., Ltd.

Address: Accurate Industrial Park, No.108, Zhixian Road, Xuelian Community, Xueshi Street of Yuelu District, 410208 Changsha, Hunan Province, PEOPLE'S REPUBLIC OF China

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CE Marking



The product bears CE mark indicating its conformity with the provisions of the Regulation (EU) 2017/745 of THE EUROPEAN PARLIAMENT AND OF THE COUNCIL. and fulfils the essential requirements of Annex I of this directive.

Revision History

This manual has a revision number. This revision number changes whenever the manual is updated due to software or technical specification change.

Contents of this manual are subject to change without prior notice.

- Revision number: 1.0

- Release time: 2025-4

2. Intended use, Intended user description

2.1. Intended use

Pelvic Floor Exerciser is a perineometer designed to treat stress, mild-moderate urge and mixed urinary incontinence in women, by strengthening of the pelvic floor muscles through exercise. This device provides biofeedback via smart phone technology.

2.2. Intended Users

Pelvic Floor Exerciser is intended for vaginal use by adults. The body of the probe is meant to be inserted into the user's vagina. The Pelvic Floor Exerciser is intended for a single user only and is not to be shared. The PATIENT is an intended OPERATOR.



READ ALL INSTRUCTIONS BEFORE USE. Failure to follow the instructions and safety information can lead to injury or damage to the device.

3. Safety Information



Pelvic Floor Exerciser is not intended to diagnose any medical condition. If you are unsure of whether or not you should use Pelvic Floor Exerciser, please consult a qualified healthcare professional.

3.1. Contraindications

Do not use Pelvic Floor Exerciser if:

- you have abnormal vaginal discharge (bleeding or otherwise) including bleeding after sexual intercourse, hematuria (blood in your urine), bleeding from the anus,
- you are experiencing back pain severe enough for you to need pain-killers,
- you have recently undergone surgery,
- you have symptoms of bladder, vaginal, or urinary tract infection are present,
- you have a history of urinary retention or symptoms thereof,
- you are pregnant,
- you have given birth within the last 6 weeks,
- you have neurological issues such as difficulties controlling your muscles, numbness, loss of sensitivity,
- you have severe pelvic pain or muscle spasms, new pain after menopause, or the appearance of a mass or lump in the pelvis,
- you have hypertonic pelvic floor (muscles in the pelvic floor becoming too tense and are unable to relax), vaginismus,
- you have moderate to severe prolapse, and you have not yet consulted a medical professional,
- you are allergic to medical-grade silicone.

Using Pelvic Floor Exerciser in these situations may affect an underlying condition. Consult a medical professional before using the Pelvic Floor Exerciser for any of these situations.

3.2. Warnings and risks

Please be aware that in rare cases, you may experience the following:

- Before use the device, Please check the device to ensure it is undamaged to prevent device malfunction and electric shock to the user.
- If the device is obviously damaged or software fails, stop using it immediately and please contact our after-sales service department immediately. Only our company or dealers can check the device. Our company will provide technical support or upgrade services for product and software operation.
- Performing too many pelvic floor contractions may cause muscle fatigue which may result in muscle soreness, and in some rare cases may cause muscle damage. Limit your sessions by the duration and frequency specified in Section 4.2
- Although Pelvic Floor Exerciser is made with medical grade silicone, in very rare cases some particularly sensitive users may experience allergic reaction, Please read and carefully follow the instructions in Section 4.5 of this User Guide.

- If Pelvic Floor Exerciser causes you a feeling of dryness, burning or itching, please stop using Perifit Care. If the feeling persists, please reach out to a qualified health professional.
- In rare cases, insertion of an external object such as Pelvic Floor Exerciser into your vaginal cavity may result in vaginal bleeding. In this case, please stop using your device immediately and reach out to a qualified health professional.

3.3. Precautions

In order to avoid risk of contamination or infection:

- Wash your hands and your Pelvic Floor Exerciser before and after every use with warm, soapy water. Read Section 4.5 of this User Guide carefully and follow all cleaning instructions.
- Do not share Pelvic Floor Exerciser with others. Even with proper cleaning, sharing the probe increases your risk of infection.
- Do not leave Pelvic Floor Exerciser in the vagina for more than one hour at a time.
- Keep the Pelvic Floor Exerciser out of reach of infants and children, and away from dogs, cats, and other pets. In case of animal contamination or damage to the probe, do not use the Pelvic Floor Exerciser as this may increase the likelihood of infection.

In order to reduce risks of irritation, allergy, or burns:

- The Pelvic Floor Exerciser is made of medical grade silicone. However, if skin irritation occurs, stop using the device and seek medical advice.
- Do not try to sterilize your Pelvic Floor Exerciser, or use detergents or alcohol-based cleaning agents on the Pelvic Floor Exerciser. Refer to section 4.5 for proper cleaning instructions.
- Do not use Pelvic Floor Exerciser if some of its electronic parts are visible.
- Do not use the Pelvic Floor Exerciser if it feels hot to the touch.
- Do not use Pelvic Floor Exerciser if you experience persistent pain when inserting or using Pelvic Floor Exerciser, even with water-based lubricant.

In order to avoid muscle pain:

- Do not use Pelvic Floor Exerciser anally
- Do not exceed 15 minutes in a single training session. The device should be removed when not in use. Read Section 4.2 for guidelines on training session duration.
- If you feel muscle soreness after using Pelvic Floor Exerciser, please reduce the duration and frequency of your sessions.
- If the pain worsens or persists, please reach out to a qualified health professional for advice
- Make sure you have inserted the Pelvic Floor Exerciser correctly. Read Section 4.6 before beginning to train.

In order to protect your device and reduce risk of explosions:

- No modifications to the Pelvic Floor Exerciser should be made.
- Do not take apart the Pelvic Floor Exerciser nor use the Pelvic Floor Exerciser if it has been re-assembled by any person other than a technician authorized by the manufacturer. Doing so may lead to injury.
- If necessary, our company will provide circuit diagrams, component part lists, descriptions assist to service personnel in parts repair.
- Do not boil, microwave, or clean Pelvic Floor Exerciser in the dishwasher.
- Do not use Pelvic Floor Exerciser in the bath or shower.
- Avoid extreme heat (above 40°C/104°F), extreme cold (below 0°C/32°F).

- Avoid high pressure (above 1060 hPa) and low pressure (below 700 hPa) by training in your typical home environment.
- DO not store the device in a hot, humid, dusty, lint-filled place or under direct sunlight; it can shorten the device's lifespan and possibly cause contamination.
- Do not cut the Bluetooth Antenna of your Pelvic Floor Exerciser
- If you experience any of the symptoms mentioned above or have any questions, please reach out to support in the app by clicking on the "?" or via email to pm-01@accbiomed.com

4. Product Information

4.1. Your Device

Pelvic Floor Exerciser contains **two battery** and is not chargeable.**PF01\PF03** it allows for 5+ years of training. **PF02** it allows for 3+ years of training. Please refer to the Warranty section of your User Guide for further information. Pelvic Floor Exerciser is made from medical grade silicone.

Battery voltage: 3V/ Battery capacity: 225mAh.

Technical Data		
Dimensions		About: 120.5mm x 30.2mm x 51mm
Weight		About:42g
Minimum applied pressure		10g
Applied pressure range		10g-2kg
Type of communication with the Smartphone		Bluetooth
Bluetooth range for best performance		2 meters (6 feet)
Smartphone application name		Pelvic Floor Exerciser
Operation and Storage condition	Humidity	15%-80%
	Pressure	700hPA-1060hPA
	Temperature	0°C~+40°C
Effective radiated power		0 dBm (1 mW)

4.2. How often and how long should I train?

Frequency and duration of use depends on each individual. A recommendation is to start by doing 3 to 5 ten-minute sessions per week. Do not exceed this training time.

4.3. Setting up

1. Download the app on the App Store or Google Play
2. Enable Bluetooth on your phone
3. Open Pelvic Floor Exerciser App
4. Follow the instructions on the screen

Ensure the Bluetooth function on your phone is enabled. However do not use your phone's Bluetooth settings to connect! Connection should be done through the Pelvic Floor Exerciser App. Need Help? Click on "?" in the Pelvic Floor Exerciser App, or reach out to pm-01@accbiomed.com

4.4. Before you begin

4.4.1. Reminder of Contraindications

Since purchasing the Pelvic Floor Exerciser, you may have developed a condition for which pelvic floor training is not recommended. Please review Section 3.1 before beginning to use your Pelvic Floor Exerciser. If you have any doubt as to whether is suitable for your condition, please consult medical professional before use.

4.4.2. Device Use Life

Your Pelvic Floor Exerciser battery is intended to last for at least 5 years of regular training as detailed in section 4.6. (PF01\PF03 the battery is intended to last at least 5 years. PF02 the battery is intended to last at least 3 years.)

When the battery is almost exhausted, the power indicator light will dim, but you can continue to use it normally until the battery is exhausted.

Once the device stops working after approximately 5 years, you can dispose of the device in accordance with local regulations.Refer to section 6.3.

If you wish to dispose of the device, log in to your device account and initiate the account deletion process. Deleting your account will permanently remove all stored data associated with it.A chart showing your cumulative training time can be visualized in the 'Train' tab by clicking on the Time Goal section.

4.4.3. Inspecting your Pelvic Floor Exerciser

You should inspect your probe before each use. If you see any damage such as a cracked or torn outer surface, visible electronics,stains, discoloration, peeling and cracked seals, corrosion, or any other indication of damage do not use the Pelvic Floor Exerciser and contact customer service.

4.5. Cleaning Pelvic Floor Exerciser

4.5.1. Before using Pelvic Floor Exerciser for the first time

The device must be thoroughly cleaned before first use and after each use. Thoroughly cleaning your Pelvic Floor Exerciser removes bacteria and reduces the risk of infection, Failing to thoroughly clean your Pelvic Floor Exerciser increases the risk of bacterial growth and subsequent infection.

Do not clean the probe in an autoclave or dishwasher. Do not use detergent or alcohol-containing cleaning agents on Pelvic Floor Exerciser.

1. Wash your hands thoroughly with soap and water before touching Pelvic Floor Exerciser.
2. Rinse the Pelvic Floor Exerciser under a stream of warm water.
3. Use a mild household soap to thoroughly scrub all surfaces.You may use your hands or a soft cloth but do not use abrasive material.
4. Scrub all surfaces of the device thoroughly the probe surface and the curved antenna.
5. Rinse the Pelvic Floor Exerciser under warm running water.
6. Dry with a soft clean cloth or let air dry on a clean surface.
7. Visually inspect the device, and if the device is not visually clean, repeat the cleaning process.

4.5.2. After each use

The device must be thoroughly cleaned after each use. Thoroughly cleaning your Pelvic Floor Exerciser removes bacteria and reduces the risk of infection. Failing to thoroughly clean your Pelvic Floor Exerciser increases the risk of bacterial growth and subsequent infection. Do not clean the probe in an autoclave or dishwasher. Do not use detergent or alcohol-containing cleaning agents on Pelvic Floor Exerciser.

1. Wash your hands thoroughly with soap and water before touching Pelvic Floor Exerciser.
2. Rinse the Pelvic Floor Exerciser under a stream of warm water.
3. Use a mild household soap to thoroughly scrub all surfaces. You may use your hands or a soft cloth but do not use abrasive material.
4. Scrub all surfaces of the device thoroughly the probe surface and the curved antenna.
5. Rinse the Pelvic Floor Exerciser under warm running water.
6. Dry with a soft clean cloth or let air dry on a clean surface.
7. Visually inspect the device, and if the device is not visually clean, repeat the cleaning process.

4.6. Using Pelvic Floor Exerciser



1. Start by cleaning your hands and your Pelvic Floor Exerciser with warm, soapy water



2. Turn Pelvic Floor Exerciser ON by clicking on the ON/OFF button



3. The recommended training posture is to lie flat on your back with your legs apart. To achieve the best results, set a goal and maintain the same posture for a certain period of time during your exercise.

4. Insert the probe into your vagina, with its tail directed towards your belly. Make sure that both egg-shaped sensors are inserted, Don't worry about its exact depth: your Pelvic Floor Exerciser will naturally find its position after a couple of contractions. Use water-based lubricant if needed. Underwear may be worn during your session if you feel more comfortable.



5. Follow the app instructions



6. When you are done, turn your Pelvic Floor Exerciser off by clicking on the ON/OFF button



7. Clean your Pelvic Floor Exerciser with warm soapy water, dry it completely and store it in a safe, clean and dry environment for future use (see next Section)

at a training duration and training frequency specified in the Section 4.2. If you have any questions, please reach out to support in the app by clicking on "?" or via email at the address pm-01@accbiomed.com

4.7. Tracking Progress

You can visualize your pelvic floor training statistics in the 'Progress' tab of the app. If you have been training regularly for 8 to 12 weeks and have not seen any improvement in symptoms, we recommend that you consult a medical professional as your leak symptoms may be due to another underlying issue.

4.8. Proper Kegel Technique

If you are having difficulty or are unsure of your Kegel technique, we recommend that you reach out to our support team (pm-01@accbiomed.com or by clicking on the '?' in the app) or consult a pelvic health practitioner.

4.9. Other precautions

Pelvic Floor Exerciser is water-resistant, and can thus be placed in a stream of water, but it should not be submerged or used in the bathtub.

Avoid storing your Pelvic Floor Exerciser in a place that is either too hot or cold (lower than 0°C (32°F) or higher than 40°C (104°F)). Take special care do not to leave the system in a car during summer, as extreme temperatures may damage the internal circuitry of the probe.

Also we recommend you to:

Avoid dust by storing the device in its box after uses.

Do not drop the probe, subject it to strong forces or to continual vibration. Doing so may damage its outer covering or its internal circuitry.

Do not freeze or microwave the probe, nor place it in an oven. Before inserting the probe, feel the body of the probe. The temperature should feel comfortable. If the probe feels too hot, run the body of the probe under clean cool water for a few minutes before checking the temperature again. If the probe feels too cold, run the body of the probe under clean warm water for a few minutes before checking the temperature again. Hold the probe in your hand when running under the water so that you can feel when the temperature is right for you.

Keep Pelvic Floor Exerciser away from direct sun, radiators and naked flames.

The Pelvic Floor Exerciser is not sterile and is not intended to be sterilized

5. Key features of the Pelvic Floor Exerciser

Pelvic Floor Exerciser probe uses sensors to detect the pressure exerted by contractions of your pelvic floor muscles(including levator ani)

- Pelvic Floor Exerciser also detects variations in your intra-abdominal pressure.
- The contraction data registered by the probe is displayed live on your smartphone, and even allows you to control video game characters with your pelvic floor
- The app helps you to remain motivated by sending you regular reminders, showing your training history, displaying your stats, allowing you to interact with other users and much more.

6. Other information

6.1. Operating systems and smartphone requirements

The Pelvic Floor Exerciser device system currently works only with Smartphones running the Android operating system (version 8 and later) or iOS operating system (version 15 and later). An internet connection (4G, LTE or Wi-Fi®) is needed.

It is also able to be used with Android tablets or iPads with the previously mentioned operating systems. If your Smartphone was purchased after 2010, it should be compatible with the Pelvic Floor Exerciser system. The phone must be Bluetooth communication capable and run version 8 of the Android operating system (or later) or for iPhone, iOS 15 or later.

The Pelvic Floor Exerciser utilizes BLE (Bluetooth Low Energy) for wireless communication with the associated mobile application. Bluetooth communication has a limited range. For best performance, place the Smartphone you are using within two meters (6 feet) of the Pelvic Floor Exerciser device.

In the event of failure to pair the Pelvic Floor Exerciser device with your smartphone, you will not be able to use the Pelvic Floor Exerciser device.

To keep your data safe, we recommend you to:

- Regularly check the notifications of the Pelvic Floor Exerciser application for available firmware and software updates. If updates are available, follow the on-screen instructions to download and install them.
- Ensure your device is connected to a secure and stable internet connection during this process. After the updates are installed, restart your device to apply the changes effectively.
- Ensure that the application of Pelvic Floor Exerciser is regularly updated to the latest versions.
- Use strong passwords, avoid using easily guessable passwords like "password123"
- Ensure your Wi-Fi network is password-protected and encrypted (WPA3 or WPA2) to prevent unauthorized access.
- Be cautious with email attachments and links, especially from unknown or suspicious senders.

The Pelvic Floor Exerciser is equipped to detect various cybersecurity events, including unauthorized access attempts, data breach attempts, and firmware/software tampering.

In the event of any such incident, users will be promptly informed through the mobile app with real-time alerts.

These alerts will provide clear instructions on recommended actions to ensure the security of your device and data. Cybersecurity support for this device will continue as long as Accurate is in operation,

If Accurate ceases its operations, cybersecurity support for the device will end. Please be aware that any continued use of the device beyond this point will be at the sole risk of the customer.

If you suspect or identify a cybersecurity issue with your Pelvic Floor Exerciser, please follow these steps:

Immediately stop using the Pelvic Floor Exerciser and disconnect it from any network connections, including Wi-Fi or cellular data, to isolate it from potential external threats.

Contact our support team at pm-01@accbiomed.com, providing detailed information about the issue you encountered. please include any error messages or unusual behavior you observed.

Our support team will guide you through the necessary steps to address the issue. This may include providing software updates, patches, or further instructions for remediation. For a comprehensive list of software components used in this device, you can contact our customer support team to request the full Software Bill of Materials (SBOM).

6.2. Electromagnetic compatibility (EMC)

The Pelvic Floor Exerciser device complies with the IEC 60601-1-2:2021.

It has no essential performance; however, electronic and mobile communications equipment may transmit electromagnetic energy through the air and there is no guarantee that interference will not occur in a particular usage or environment. If this occurs, it may be beneficial to temporarily turn off the Wi-Fi feature on your Smartphone while using Pelvic Floor Exerciser.

Interferences might create delays with the Bluetooth communication and the connection with the Pelvic Floor Exerciser device, Environments for use that are suitable for the use of the Pelvic Floor Exerciser device include: the home and indoor environment.

Hereby, [Hunan Accurate Bio-Medical Technology Co., Ltd.], declares that this product is in compliance with the essential requirements and other relevant provisions of RE Directive 2014/53/EU.

NOTE

- Using accessories, transducers and cables other than those specified may result in increased electromagnetic emission or decreased electromagnetic immunity of the person monitoring equipment.
- The device or its components should not be used adjacent to or stacked with other equipment. If adjacent or stacked use is necessary, the device or its components should be observed to verify normal operation in the configuration in which it will be used.
- The device needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided below.
- Other devices may affect this device even though they meet the requirements of CISPR.
- When the inputted signal is below the minimum amplitude provided in technical specifications, erroneous measurements could result.
- Portable and mobile communication equipment will have impact on the performance of the device.

The equipment complies with the requirement of standard EN 60601-1-2:2015+A1:2021 “Electromagnetic Compatibility – Medical Electrical Equipment”.

Wireless technology	
Wireless Functionality	Bluetooth Low Energy technology
Operating Frequency Range	2402.0-2480.0(MHz)
Modulation type	GFSK (Gaussian Frequency Shift Keying)

Guidance and Declaration - Electromagnetic Emissions		
The device is suitable for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.		
Emission tests	Compliance	Electromagnetic environment - guidance
Radio frequency (RF) emissions CISPR 11	Group 1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
Radio frequency (RF) emissions CISPR 11	Class B	Suitable for use in all establishments, including domestic environment.
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations/flicker emissions 61000-3-3	Not applicable	

Guidance and manufacturer's declaration – electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should ensure that it is used in such an environment.			
Immunity test	IEC 60601-1-2 test level	Compliance level	Electromagnetic environment – guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	±4 kV, ±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	The device is suitable for use in home and indoor environment.
Electrical transient/burst fast IEC 61000-4-4	±2 kV power supply lines ±1 kV signal input/output 100 kHz repetition frequency	Not applicable	Not applicable
Surge IEC 61000-4-5	±0.5 kV, ±1 kV differential mode ±0.5 kV, ±1 kV, ±2 kV common mode	Not applicable	Not applicable
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	< 5% UT, lasting 0.5 cycles (On UT, > 95% dip) 40% UT, lasting 5 cycles (On UT, 60% dip) 70% UT, lasting 25 cycles (on UT, 30% dip) < 5% UT for 5s (On UT, > 95% dip)	Not applicable	Not applicable

Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30 A/m 50Hz/60Hz	30 A/m 50Hz/60Hz	Power frequency magnetic fields should be at levels characteristic of atypical location of home and in door environment.
Conducted RF IEC61000-4-6	3 V 0,15 MHz – 80 MHz 6 V in ISM bands between 0,15 MHz and 80 MHz 80 % AM at 2 Hz	3 V 0,15 MHz – 80 MHz 6 V in ISM bands between 0,15 MHz and 80 MHz 80 % AM at 2 Hz	The device is suitable for use in home and indoor environment
Radiated RF IEC61000-4-3	10 V/m 80 MHz – 2,7 GHz 80 % AM at 2 Hz	10 V/m 80 MHz – 2,7 GHz 80 % AM at 2 Hz	The device is intended for use in home and indoor environment.
NOTE U_T is the a.c. mains voltage prior to application of the test level.			

(Continued)

Guidance and manufacturer's declaration – electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should ensure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms 150 kHz to 80 MHz	Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = \left[\frac{3,5}{V_1} \right] \sqrt{P}$ $d = \left[\frac{3,5}{E_1} \right] \sqrt{P}$ 80MHz to 800MHz $d = \left[\frac{7}{E_1} \right] \sqrt{P}$ 800MHz to 2.7 GHz
Radiated RF IEC 61000-4-3	10 V/m 80 MHz to 2,7 GHz	10 V/m	
Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey,^a should be less than the compliance level in each frequency range.^b Interference may occur in the vicinity of equipment marked with the following symbol: 			
NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.			
NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			

FCC Warning

FCC ID: 2AZDV-PF0X

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.

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

NOTE: 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.

Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction

6.3. Disposing of Pelvic Floor Exerciser

Pelvic Floor Exerciser is an electronic device. Please refer to your country and state law for the disposal of Pelvic Floor Exerciser.

Please properly dispose of the device in accordance with applicable national requirements, and scrap it if the conditions for scrapping .

6.4. Symbols



This is a medical device certified CE class 1.



This packaging contains a printed user guide(as you can see).



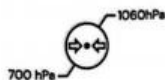
Type BF applied part - Electrical classification of the device part that contacts the patient.



This device should be kept between 0°C and 40°C (32°F and 104°F).



This device should be kept between 15% and 80% humidity.



Indicate the range of atmospheric pressure to which the medical device can be safely exposed (between 700 hPa and 1060 hPa)



Pelvic Floor Exerciser is an electronic device. Please refer to your country and state law for the disposal of Pelvic Floor Exerciser.



This device receives and transmits RF electromagnetic energy for the purpose of its operation.

RoHS

This device is compliant with the RoHS directive about hazardous substances.

IP57

Pelvic Floor Exerciser can be temporarily submerged in water.



Indicates the manufacturer's serial number so that a specific medical device can be identified.



Indicates a carrier that contains unique device identifier information.



Indicates the manufacturer's batch code so that the batch or lot can be identified.



This item is a medical device.



Indicates the date when the medical device was manufactured.



Indicates the name of the Medical Device Manufacturer.

6.5. Your Device

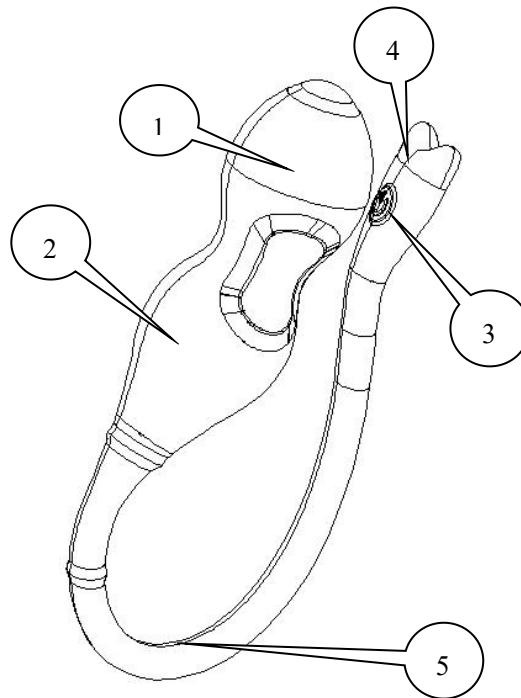


Figure 1-1 Product schematic diagram and instructions for use

Number	Product Name	Funtion
1	DEEP SENSOR	INTRA-ABDOMINAL PRESSURE
2	SUPERFICIALSENSOR	PELVIC FLOOR CONTRACTIONS
3	Power button	Press and hold for 2 seconds to turn on the power, and press and hold for more than 2 seconds to turn off the power.
4	LED	indicator light
5	probe tail	Connect the probe and the power switch, Note: Do not bend it by 180 degrees.

7. Troubleshooting, Feedback and Complaint

Customer support can be reached by clicking on "?" directly in the app or via email at the address pm-01@accbiomed.com.

If you have any technical issue, please first refer to the Help articles of the App.

If you notice any change in device performance or any malfunction please turn off your Pelvic Floor Exerciser and contact us.

If you have any complaint, please contact us. Any feedback is welcome.

Common faults and troubleshooting methods of Pelvic Floor Exerciser are shown in the following table:

Problem	Possible cause	Solution
Unable to turn on	The ON/OFF button is not pressed long enough	1. Press and hold the ON/OFF button for more than 2 seconds. 2. If the device still cannot be turned on after long pressing, please contact after-sales customer service.
The APP cannot search for the device	1. Pelvic Floor Exerciser is not turn on. 2. Bluetooth is not turned on on the mobile device 3. The mobile device is too far away from the Pelvic Floor Exerciser.	1. Check whether the device is turned on. If the indicator light is on, it means that the boot is complete. 2. Check whether the Bluetooth and positioning services of the mobile device are turned on. 3. Check the distance between the device and the mobile device, and bring the mobile device closer to the device.
Bluetooth interruption	The mobile device is too far away from the Pelvic Floor Exerciser.	Check the distance between the device and the mobile device, and bring the mobile device closer to the device.

DISCLAIMER:

Users of Pelvic Floor Exerciser do so at their own risk.

Neither Accurate nor its retailers assume any responsibility or liability associated with or for the use of this product.

Accurate the right to revise and/or update this manual without being obligated right to revise and/or update this manual without being obligated to notify any users.

8. Warranty

You do not need to charge Pelvic Floor Exerciser . It is not chargeable. PF01\PF03 the battery is intended to last at least 5 years.PF02 the battery is intended to last at least 3 years. except for low battery defects for which the guarantee is 5 years.

The Following Circumstances are Not Covered By the Warranty.

Fault caused by failure to operate the product according to the instructions in the manual.

Fault caused by knock against or drop of the product due to carelessness during use or handling.

Fault caused by lack of proper maintenance (see the Precautions for Use) or use in an unsatisfactory environment.

Fault caused by improper connection with other equipment.

Fault caused by disassembly, modification or repair without Accurate's permission.

Fault caused by use of parts not meeting Accurate's technical requirements without Accurate's permission.

Fault caused by accidents.

Transportation expense for repair or replacement of the product.

The product circuit diagram, component list and other materials necessary for repair or maintenance of the device are only furnished to technical maintenance personnel who have been trained and recognized by Accurate.

When warranty or repair service is needed, please directly contact your supplier by phone, telegram, mail, fax or other means.