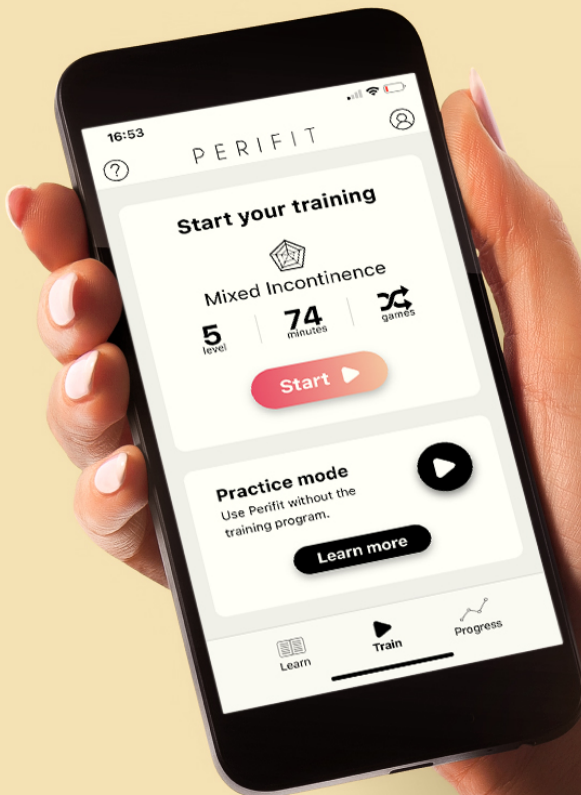




PERIFIT

CONFIDENCE FROM THE INSIDE OUT



The revolutionary solution
for pelvic healing and
strength training.

Part app, part exerciser, Perifit gives Kegel exercises a modern upgrade using exciting gamified technology.

PELVIC FLOOR HEALTH IS OUR PRIORITY

More than 1 billion women have pelvic floor disorders such as incontinence or prolapse. Kegel exercises strengthen the pelvic floor to combat these issues. Developed with top pelvic floor experts, the Perifit solution consists of a connected probe and a smartphone app which users use to successfully strengthen and heal their pelvic floor autonomously and from the comfort of their own home.

Thanks to our biofeedback technology, Perifit allows the user to visualize their contractions in action, with a focus on the quality of contractions, so that each step of the training is efficient and safe. The user's training journey is adapted to one of our six programs depending on their specific symptoms and needs and the app then tracks and monitors their progress.

With a unique gamification approach, Perifit challenges the user to level up and stay motivated by offering 9 different games.

Women at every stage of their life no longer have to live with the painful effects of incontinence, prolapse, and weak pelvic function anymore.



Results in as little
as 2 weeks



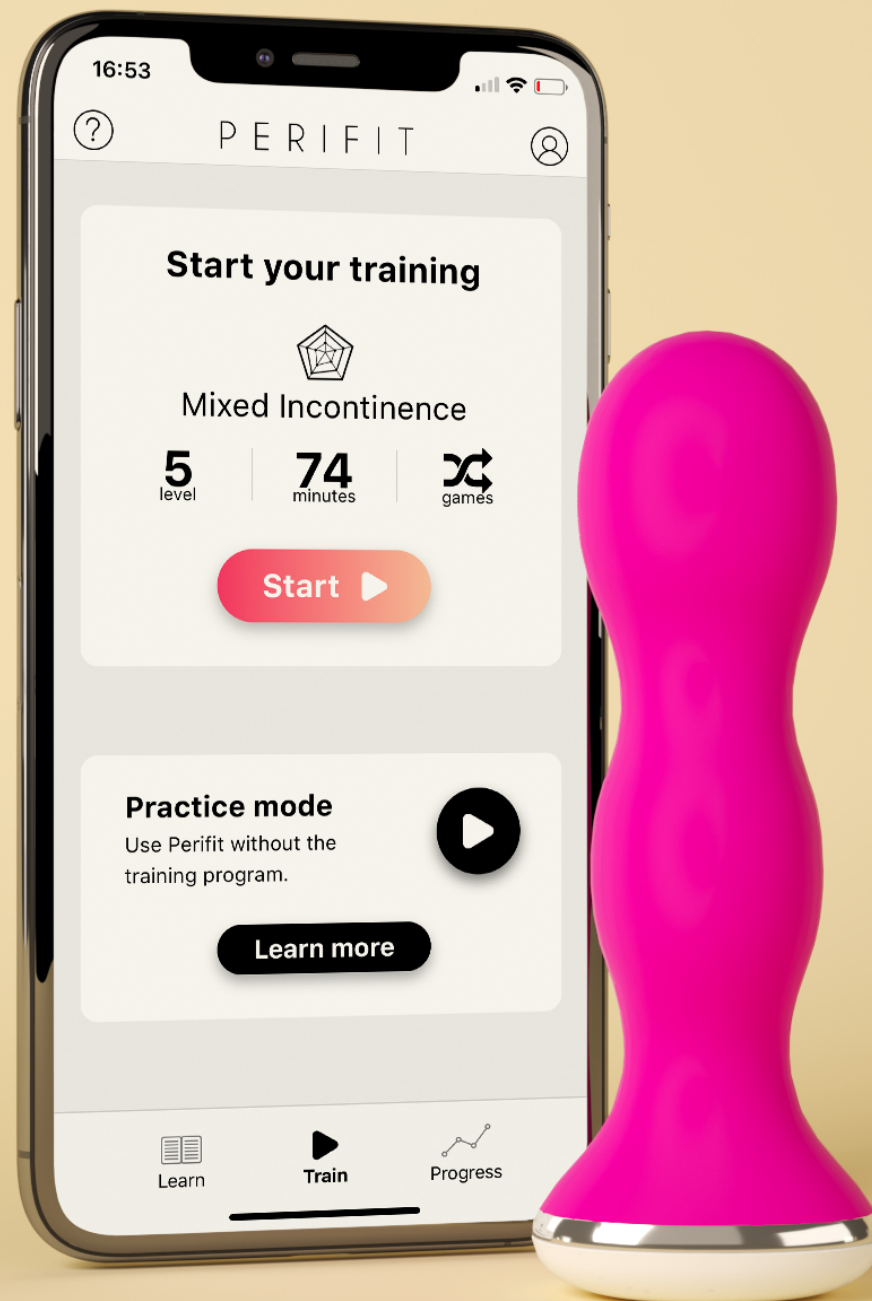
Recommended
by 1000+ health
professionals



Rated Excellent by
our customers



Free App available
on Android and iOS



THE PROBE

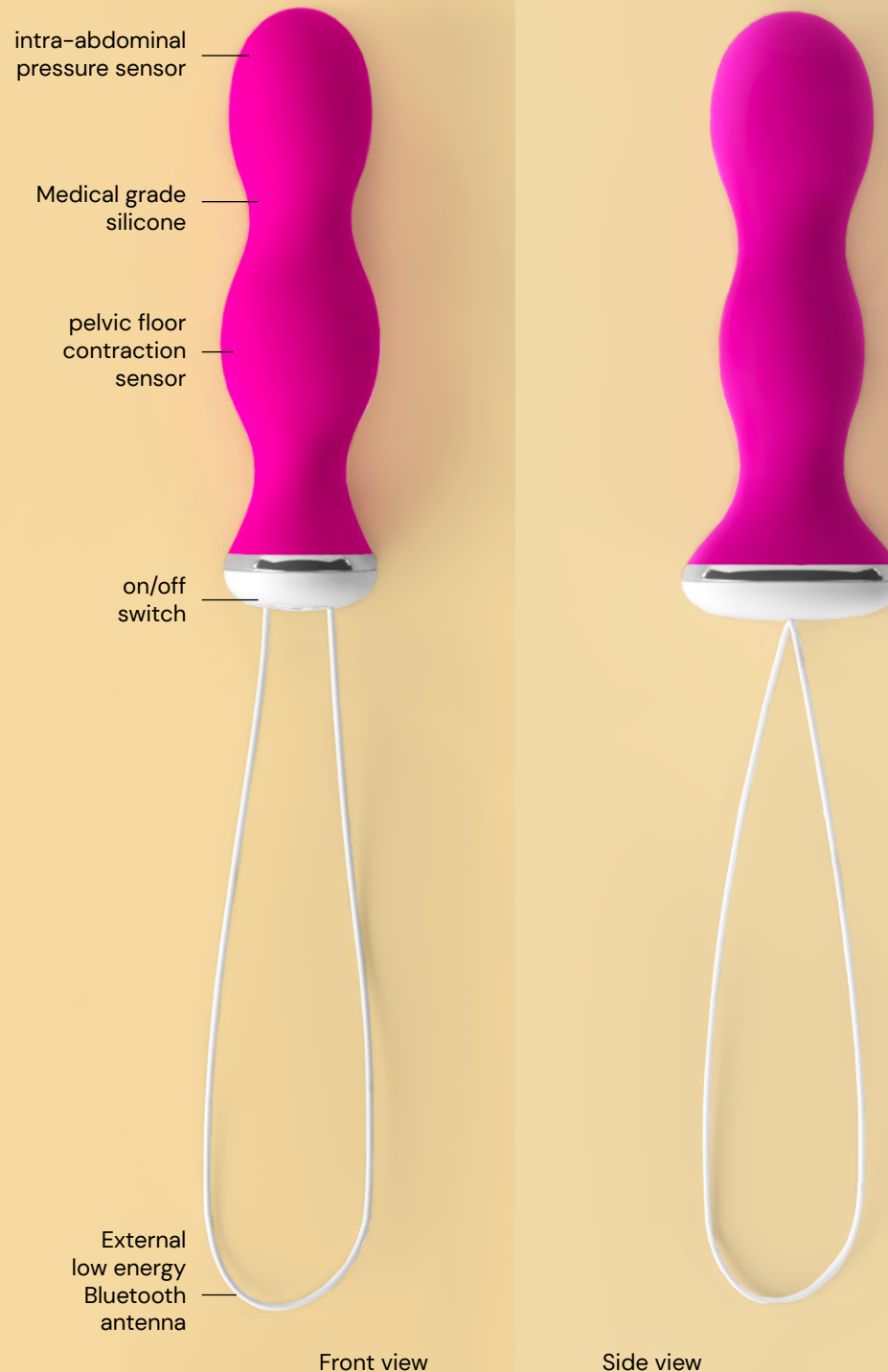
Biofeedback

The biofeedback technology leveraged by Perifit has been clinically proven to increase the efficiency of pelvic floor rehabilitation by allowing the user to visualize their contractions in real-time on their screen.

Unique double sensor technology

It is estimated that nearly 30% of women perform Kegel exercises that are inaccurate and/or potentially damaging. Thanks to a unique patented double-sensor technology, Perifit is able to track both pelvic contractions and abdominal contractions, ensuring that each and every contraction is safe, healthy, and effective.

- Developed with top pelvic floor doctors
- Clinically proven biofeedback technology
- Innovative patented solution
- Recommended by 1000+ doctors
- Perifit is a Class I Medical device, CE and FDA declared



Innovative, smooth, and comfortable design

The Perifit probe has been designed to comfortably fit all body types and to accurately measure lift strength.

No need to charge it: the battery is guaranteed to last for 5 years on a recommended use of 15 min per day, 3 times a week. It will be replaced free of charge if it goes flat during that period.

After each use, users will simply wash the 100% waterproof Perifit probe with soap and water.

- Flexible probe for comfort
- Bluetooth emitting through the end of the external antenna
- Connectivity Bluetooth Low Energy 5.0
- No charging required
- 2 colors for the probe: pink and green
- Discreet packaging

Technical information

Perifit device: 11.5 cm x 4.5 cm

Antenna length: 13 cm

Perifit Weight: 55 g

Packaging: 14 x 8 x 4 cm - 165 g

Bluetooth Low Energy 5.0

2 x CR2032 Lithium Batteries

2 x directional Force Sensitive sensors

Medical Grade silicone - USP Class VI and ISO-10993-5 compliant.

THE APP

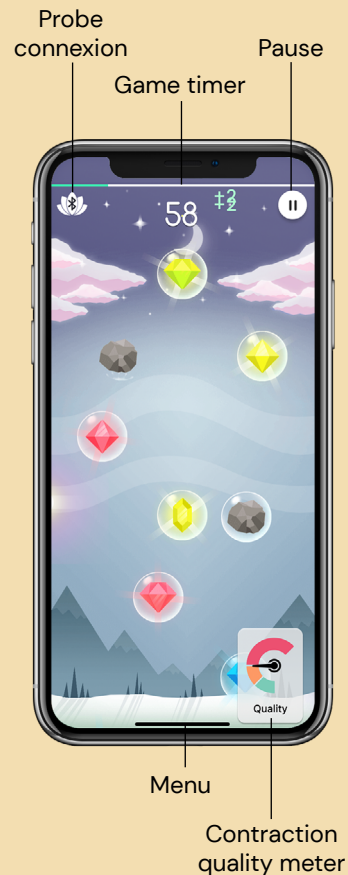
Kegels made easy and fun

Kegel exercises can be both confusing and repetitive. The Perifit app gently guides users through their training by providing clear and simple explanations for each exercise, as well as advice for a perfect workout. The app is free but can only be used when owning a Perifit device.

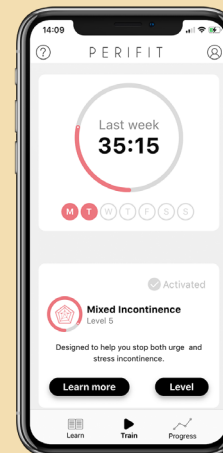
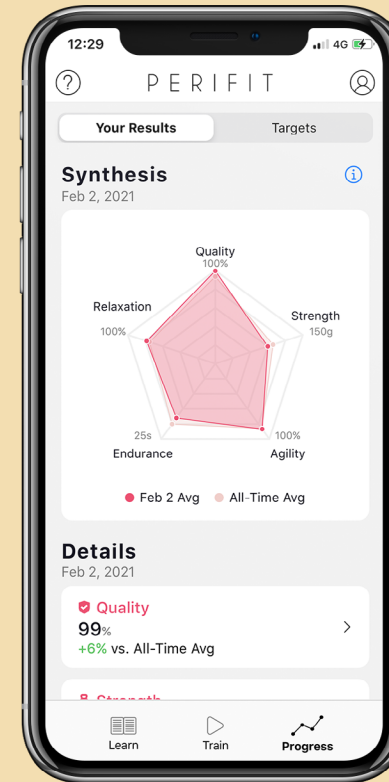
Our Perifit exercises are a series of fun smartphone games that users play by utilizing their pelvic floor muscles. Every level is carefully designed by world-class specialists in pelvic floor disorders to provide the quickest relief from symptoms.

9 Perifit games exist, but not all will be available to a new Perifit user. Most games need to be unlocked by the user: one per day of training starting with Golden Lotus and Cloud Gate on day 1. Then one game will be unlocked per day with at least one game played.

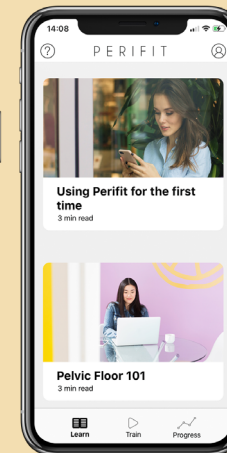
- Free to download
- Available on Google play and Apple Store
- Available in 7 languages (En Fr De Es Ru It Nl)
- 9 games currently and more to come
- Several articles on pelvic health



Progress tab



Train tab



Learn tab

Useful functionalities

- **Knowledge center** The Perifit app not only offers games but also hosts a deep knowledge center about pelvic health for users to train and learn at their own pace. It includes a Q&A button to quickly browse through everything a user would like to know about pelvic health.
- **Practice mode** allows users to simply visualize their contraction and to exercise freely while leveraging the biofeedback Contraction Quality Meter in real-time.
- **Contraction Quality Meter** provides real-time feedback on the quality of a user's Kegel technique and is a tremendous boost for training effectiveness (users cannot cheat) and safety (users are immediately informed if they are not doing it right).
- **5D chart** provides users with a clear vision of their pelvic floor strength and weaknesses. Perifit uses proprietary algorithms to assess a user's personal pelvic floor performance against five key metrics: strength, endurance, frequency, release and accuracy.
- **Symptom test** to assess a user's original symptoms and their progress toward a symptom-free pelvic health. The test should be taken at the beginning of a training journey to help select the most relevant program.
- **Reminder notifications** can be set up (select frequency, time, and day of the week) with discreet wording: "Why not work out?"

Customized programs

Users can choose from one of our six customized Kegel programs, all designed by pelvic floor specialists.



Urge incontinence

For people suffering from an overactive bladder or for people willing to slow down a prolapse. Urge Incontinence is our program designed to regulate urges and provide pelvic organs support. With this program, users can expect peace of mind, a good night's rest, and a newfound comfort and confidence in their body.



Mixed Incontinence

For people who just want to laugh, sneeze, and workout with confidence. With this program, users can expect fewer leaks, dryer workouts, and increased confidence.



Intimate Well-being

For people ready to rediscover their sexual wellness, Intimate Well-being is the Perifit program designed to increase sensations during intercourse. With this program, users can expect enhanced sexual pleasure and intensified orgasms.



Post-pregnancy

For new mothers willing to shorten the road to their postnatal recovery, Post-Pregnancy is the Perifit program designed to help users heal and regain their pelvic fitness. With this program, users can expect to return to the activities they love within weeks.



Prevent Disorders

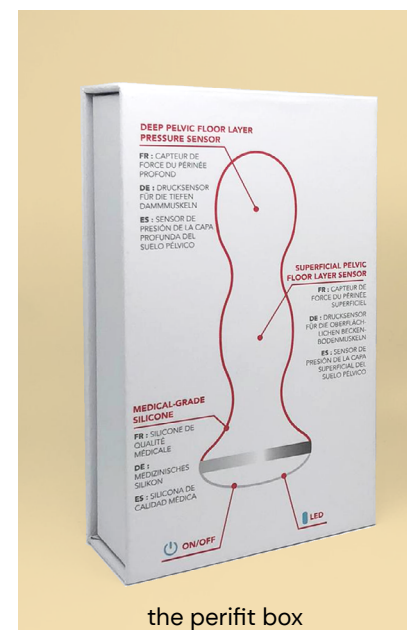
For people who believe that preventing disorders is the best protection and that a better relationship with one's pelvic floor starts now. Perifit's Prevent Disorders training program is designed to create a strong and healthy pelvic floor today that the user's body will thank them for tomorrow.



Stress Incontinence

For people who just want to laugh, sneeze and workout with confidence. With this program you can expect fewer leaks, dryer workouts, and increased confidence.

WHAT'S IN A PERIFIT BOX?





Want to learn more?

Contact us at :
sales@perifit.co

or check our Q&A on
eu.perifit.co

