

INTIMINA™

KegelSmart™ 2

USER MANUAL





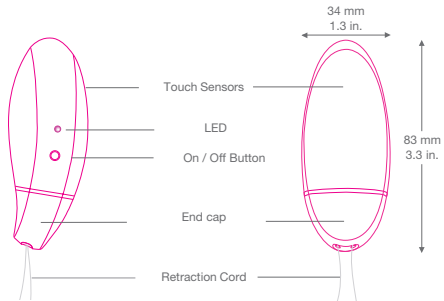
KegelSmart™ 2 Personal Pelvic Trainer

Thank you for choosing INTIMINA. Before using your KegelSmart™ 2 Personal Pelvic Trainer, please take a moment to look through this user manual. You can also obtain more detailed information, and download an electronic copy of this document, by visiting www.intimina.com

The Next Evolution in Kegel Training has Arrived

Regain pelvic tone with the first Kegel exerciser that thinks for you. KegelSmart™ 2 uses touch sensors to register your pelvic strength and determine your exercise level. The intelligent program will then automatically adjust the level as your strength improves over time. Let KegelSmart™ 2 guide you through each contraction with gentle vibrations for the easiest and most effective pelvic floor workout.

This product is intended for personal use by adult women. No modification of this equipment is allowed.



Materials: Medical grade silicone /ABS/PVC cord

How to use your KegelSmart™ 2

Before the first use, charge your KegelSmart™ 2 for 2 hours.

Turning on and off

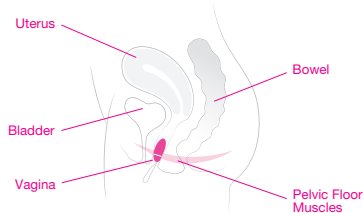
To turn on KegelSmart™ 2 press the O button. KegelSmart™ 2 will turn off automatically at the end of each routine. To manually turn off, press and hold the O button until the LED light turns off. Once turned on, KegelSmart™ 2 is in continuous operation; device will operate until the end of the routine and then turn off.

Getting started

Always wash the device before and after each use to ensure complete hygiene, it is 100% waterproof. Find a comfortable position for your exercise. Most women find reclining or lying down best. Lubricate the device to allow for easy insertion.

- 1 Turn the device on by pressing the O button; the exercise routine will start automatically after 30 seconds.
- 2 Fully insert the device into your vagina, keeping the retraction cord outside the body.
- 3 You will feel a series of 3 quick vibrations which will signal the start of the exercise routine.

How to position KegelSmart™ 2



PRECAUTIONS: If you have confirmed you are pregnant or have given birth within the past 12 months, consult your healthcare provider about the safety of exercising with KegelSmart™ 2. Use only as directed - inserted vaginally to guide you through pelvic floor exercising. Don't use if you have symptoms of a sexually transmitted disease, pelvic infection or any inflammation of the pelvic area.

CHARGING YOUR KEGEL SMART™ 2

1. Remove the bottom part of KegelSmart™ 2.
2. Gently insert the USB plug into the matching socket on your USB extension cord. Alternatively, you can connect it directly to a USB socket on your computer.
3. The LED will pulse to indicate KegelSmart™ 2 is charging. When it's fully charged, the LED will emit a steady white glow.

When the battery is running low, the LED on your KegelSmart™ 2 will emit a blinking light glow. This appliance contains batteries that are non-replaceable.



The appliances must only be supplied at Safety Extra Low Voltage (SELV).

ONLY USE CHARGERS WHICH COMPLY TO IEC 60601 STANDARD WITH YOUR KEGELSMART™ 2.

SPECIFICATIONS

MATERIALS

Body-safe silicone, ABS silicone

FINISH

Smooth

SIZE

82 x 32 x 34 mm / 3.22 x 1.26 x 1.34 in

BATTERY

3.7V lithium battery with 200mAh

CHARGING

Up to 2 h at 5.0 V 70 mA

USER TIME

Up to 1.5 h

STANDBY TIME

Up to 90 days

FREQUENCY

183 Hz

MAX. NOISE LEVEL

60 dB

INTERFACE

1 buttons and 1 LED

USB cable: 1 set, 0.51 m, unshielded, DC power

Mode of operation: continuous operation

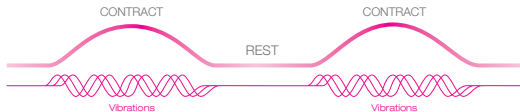
Cycle life: 300 cycles

Type: BF applied parts

How to exercise with KegelSmart™ 2

Just 2 simple steps:

- 1 When you feel the vibration, lift and squeeze your pelvic floor muscles, hold the contraction for the duration of the vibration.
- 2 When the vibration stops, release your pelvic floor muscles and rest.



- Each exercise routine will begin with a warm-up of short contract-rest motions; followed by the main workout of longer contract-rest motions suited to your pelvic floor strength level. Routines are between 3 and 5 minutes long.
- A series of 3 quick vibrations will signify the end of the exercise routine and the device will turn off automatically.
- To remove your trainer, relax your pelvic muscles, grip the retraction cord and slowly pull out the device.

For best results, complete one KegelSmart™ 2 exercise routine daily. Once you have reached your goal you can maintain your pelvic floor strength by exercising a few times a week. If you experience any discomfort, remove the exerciser immediately. If discomfort continues to occur, consult your healthcare provider. Daily Kegel exercising should never exceed 60 minutes..

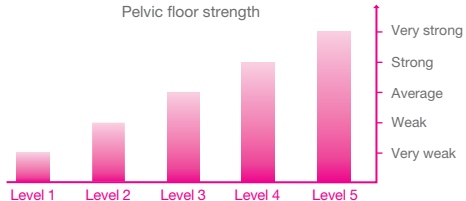
Progressing to the next level

KegelSmart™ 2 will progress you through 5 levels, each with an exercise routine designed to build both muscle strength and tone. At each use, KegelSmart™ 2 will have selected a level for you based on the contraction strength it registered in the previous session. KegelSmart™ 2 will adjust the level up, or down, based on your performance.

How to check your level

Each time you turn on KegelSmart™ 2, an LED light located above the O button will flash to indicate your current level of pelvic strength: 1 flash for level 1; 5 flashes for level 5. Turn on the device at any time to check your progress and then turn off manually before the routine begins.

5 levels of pelvic floor strength



Visit www.intimina.com to learn more about easy-to-follow pelvic floor training with KegelSmart™ 2.

Cleaning and storage

Always wash your trainer before and after each use with antibacterial soap or purpose-made products such as our Intimate Accessory Cleaner. Never use cleansers containing alcohol, petrol or acetone as they may interfere with your body's natural balance and damage the silicone of the trainer. Store in the provided antibacterial pouch.

INTIMINA recommends a water-based lubricant, such as INTIMINA's Feminine Moisturizer. Avoid using a silicone-based lubricant as this could make the silicone permanently sticky.

Disclaimer: Users of this INTIMINA product do so at their own risk. Neither INTIMINA nor its retailers assume any responsibility or liability for the use of this product. INTIMINA reserves the right to revise this publication without obligation to notify any person. Model may be changed for improvements without notice.

Environmental conditions: For use: 10° - 40° Celsius, humidity 40% - 80%, atmospheric pressure 800 - 1060 hPa. For storage and shipping: -10° - 50° Celsius, humidity 30% - 80%, atmospheric pressure from 500 - 1060 hPa.

Warranty information

INTIMINA prides itself on developing the best quality intimate health products that are 100% waterproof, made from medical grade silicone and backed by a full 1-year warranty for INTIMINA devices such as KegelSmart™ and KegelSmart™ 2.

Please consult our customer care pages for any purchase issues.

Making a Warranty Claim

To activate your warranty for Intimina device, please contact our Customer Care at customercare@intimina.com.

Keep your original purchase receipt as evidence that the date of your claim is within the warranty period.

Warranty terms and conditions

Intimina warrants KegelSmart™ 2 for a period of ONE (1) YEAR, after the date of original purchase, against defects due to faulty workmanship or materials.

We will replace your KegelSmart™ 2 free of charge for all claims made within the warranty period.

The warranty covers working parts that affect the function of the KegelSmart™ 2. It does not cover cosmetic deterioration caused by fair wear and tear or damage caused by accident, misuse or neglect. Any attempt to open or take apart the KegelSmart™ 2 will render the warranty invalid.

All warranty claims need to be supported by reasonable evidence that the date of the claim is within the warranty period and that the device has a fault.

The KegelSmart™ 2 needs to be returned to us to the designated location and the warranty process completed before we can replace it. Shipping costs are non-refundable.

For all claims resolved within the 1-year warranty period, the replacement KegelSmart™ 2 warranty is calculated from the original purchase date. We don't offer a refund clause, store credit in exchange, or a satisfaction guarantee, only a refund for unopened products purchased on intimina.com within 14 days of receipt.

This undertaking is in addition to consumers' statutory rights and does not affect those rights in any way.

For more information, please visit our Customer Care section on www.intimina.com.

Compliance statement

a. WARNING: Please take note that changes or modifications not expressly approved in writing by the party responsible for compliance could void the user's authority to operate the equipment and/or void any relevant warranties.

b. FCC and IC statements:

This device complies with Part 15 of the FCC Rules and Industry Canada license-exempt RSS.

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.

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

b. Déclarations de la FCC et de l'IC :

Cet appareil est conforme à l'article 15 des règles de la FCC et aux normes RSS exemptes de licence d'Industrie Canada.

Son fonctionnement est soumis aux deux conditions suivantes :

- (1) cet appareil ne doit pas causer d'interférences nuisibles, et
- (2) doit accepter toute interférence reçue, notamment celles susceptibles d'entraîner un fonctionnement non désiré.

Cet appareil numérique de classe B est conforme à la norme canadienne NMB-003.

c. 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.

The equipment conforms to this IEC 60601-1-2: 2014 + AMD1: 2020 standard for both immunity and emissions. Nevertheless, special precautions need to be observed:

The equipment with Following ESSENTIAL PERFORMANCE is intended to be used in Home healthcare environment.

ESSENTIAL PERFORMANCE:

Press "+" or "-" button can control the motor speed.

WARNING: The use of accessories, transducers and cables other than those specified or provided by INTIMINA of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation. Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of this product, including cables specified by LELO. Otherwise, degradation of the performance of this equipment could result.

STATEMENT: For the purpose of its operation, the equipment has wireless communication function, it includes RF transmitter and receiver, 2.4GHz, Pulse modulation.

EMI Compliance Table (Table 1)

Table 1 - Emission

Phenomenon	Compliance
RF emissions	CISPR 11, Group 1, Class B

EMS Compliance Table (Table 2-5)

Table 2 - Enclosure Port

Phenomenon	Basic EMC standard	Immunity test levels
		Home healthcare environment
Electrostatic Discharge	IEC 61000-4-2	±8 kV contact ±2kV, ±4kV, ±8kV, ±15kV air
Radiated RF EM field	IEC 61000-4-3	3V/m 80MHz-2.7GHz 80% AM at 1kHz
Proximity fields from RF wireless communications equipment	IEC 61000-4-3	Refer to table 3
Proximity fields from RF wireless communications equipment	IEC 61000-4-8	30A/m 50Hz or 60Hz

Table 3 – Proximity fields from RF wireless communications equipment

Test frequency (MHz)	Band (MHz)	Immunity test levels
		Home healthcare environment
385	380-390	Pulse modulation 18Hz, 27V/m
450	430-470	Pulse modulation 18Hz, 28V/m
710	704 - 787	Pulse modulation 217Hz, 9V/m
745		
780		
810	800 - 960	Pulse modulation 18Hz, 28V/m
870		
930		
1720	1700 -1990	Pulse modulation 217Hz, 28V/m
1845		
1970		
2450	2400-2570	Pulse modulation 217Hz, 28V/m
5240	5100 - 5800	Pulse modulation 217Hz, 9V/m
5500		
5785		

Table 4 – Proximity magnetic fields

Test frequency	Modulation	Immunity test levels
		Home healthcare environment
30 kHz	CW	8 A/m
134.2 kHz	Pulse modulation 2,1 kHz	65 A/m
13.56 MHz	Pulse modulation 2,1 kHz	7.5 A/m

Safety & Disposal information

This appliance can be used by People aged 18 years and over and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved. Minors should not play with the appliance. Minors should not clean and use the appliance unsupervised.

Disposal of old electronic equipment (applicable in the EU and other European countries with separate waste collection systems):

The crossed-out dustbin symbol indicates that this pelvic trainer should not be treated as household waste, but rather be brought to the appropriate collection point for the recycling of electrical and electronic equipment.



This product will not cause electromagnetic interference with other electrical appliances.

If you have any questions or concerns and wish to find out more information about Intimina products, please visit www.intimina.com or send an email directly to customercare@intimina.com.

SN

SERIAL NO.



MANUFACTURER DATE



FOLLOW INSTRUCTION FOR USE



CLASS BF DIGITAL APPARATUS



IPX 7

ENVIRONMENTAL REQUIREMENTS:

Emission Test	Operation	Storage and Transport
Temperature	5 to 40 °C	-10 to 50 °C
Humidity	15% RH~93%RH	≤93%RH
Pressure	700hPa to 1060hPa	700hPa to 1060hPa

WARNING

1. Do not use or store your Kegel Smart™ 2 where it is exposed to extreme heat, such as under the car window in direct sunlight. Otherwise, the battery may be overheated. This can also reduce battery performance and/or shorten service life.
2. If the battery leaks and electrolyte gets in your eyes, do not rub them. Instead, rinse them with clean running water and immediately seek medical attention. If left as is, electrolyte can cause eye injury.
3. Use the battery only according to the specification sheet? Failure to do so can result in reduced performance or a shortened service life.
4. For reasons of hygiene, we do not recommend sharing your Kegel Smart™ 2 with anyone else.

©2023 LELOi AB. All rights reserved.

Manufacturer: Suzhou Armocon Technology CO., LTD.

3-5 / F 77 SuHong Middle Road,

SIP, 215027 Jiangsu, China

Distributed in the EU by LELOi AB Karlavagen 41, 114 31 Stockholm, Sweden.

Distributed in the US by LELO Inc., 5799 Fontanoso Way,

San Jose, CA 95138, USA.

Distributed in Australia by LELO Oceania 6 Prohasky Street,

Port Melbourne, VIC 3207, Australia.

Designed and developed by LELO Sweden.

Made in China.

www.intimina.com