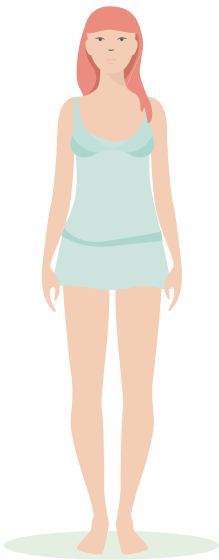


# elvie

This is a short guide  
on how to use Elvie.

Please download the  
Elvie app and see the  
help section for more  
detailed instructions.

**English**



# 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.

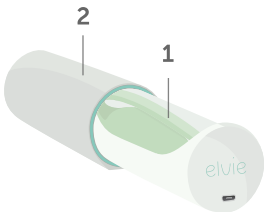
Download the Elvie app to begin the fun, five minute workouts. As you exercise, the gem will move up and down on the screen. You will be able to track your progress and move up the levels in no time!

Congratulations on joining the growing Elvie community. We love to hear your feedback so please let us know how we can keep improving the Elvie experience.

Tania Boler, CEO  
[questions@elvie.com](mailto:questions@elvie.com)

**For other languages,**  
visit [elvie.com/languages](http://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. Optional cover**

Provides custom sizing for a better fit.

# 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. Please charge Elvie horizontally rather than vertically, as in the image below.

**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.



# Starting

**Before first use, please remember to:**

**1. Charge Elvie**

See p.5 for details.

**2. Get the Elvie app**

Download the app through the App Store (for iPhone) or Google Play (for Android). Once installed, open the app and follow the on-screen instructions.

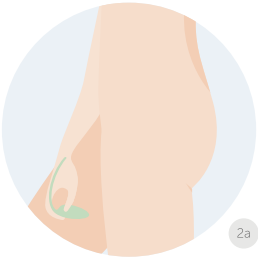
The app is available on phones that support Bluetooth Low Energy. iPhones must have iOS7 or above (recommended devices are iPhone 5 and later). Android phones must have version 4.3 or newer.

**3. Clean Elvie**

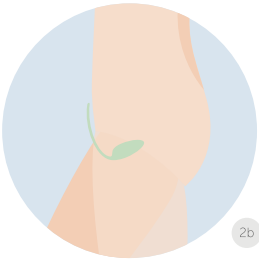
Please remember to wash your hands and Elvie with warm, soapy water before use, rinsing thoroughly.

**4. Switch on Bluetooth on your phone**

Go to your phone settings to turn on Bluetooth.



2a



2b



# Using Elvie for the first time

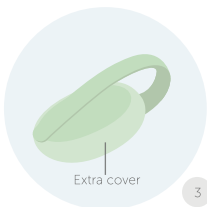
Open the Elvie app to be guided on how to use Elvie for the first time.

## **1. Connect Elvie**

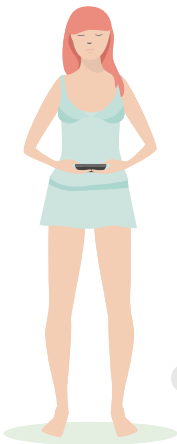
Elvie connects to your phone using Bluetooth. To connect your Elvie for the first time, simply squeeze it gently in your hand for 3 seconds.

## **2. Insert Elvie**

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



3



4a

# Using Elvie for the first time

## 3. Find the right fit

Many women prefer to use the optional cover to prevent Elvie falling out or moving about inside. Try with and without the cover to see what feels best. Thread the Elvie tail through the small hole in the cover and pull over Elvie (image 3). Always remember to take the cover off when charging.

## 4. Pick exercise position

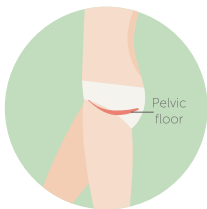
Most women prefer to exercise standing. Simply stand with your legs shoulder width apart (image 4a) and hold your phone centrally by your midriff. If this doesn't feel comfortable, try lying down, legs apart (image 4b). For best results please set your targets and keep exercising in the same position 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 stop yourself peeing mid-flow. This muscle movement, lifting inwards and upwards, is what you need to master. (But don't keep doing it while you're peeing!)

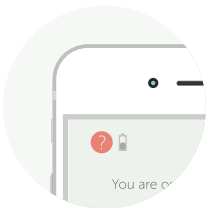


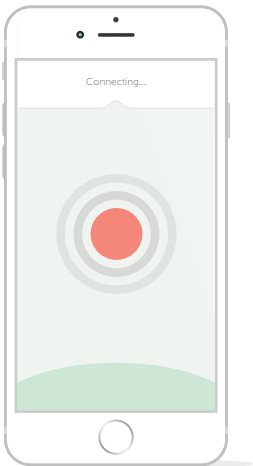
# How to exercise

## **When exercising, remember to:**

- Keep your stomach, buttocks and thighs 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 during your workouts. Tap the help icon in the top left corner for information on how to perfect your exercise technique.





# How to connect

Elvie works best when it is able to connect easily with your phone. This means not obscuring the tail too much (for example by crossing your legs). Try to keep your legs open when exercising and your phone in the line of sight with Elvie, as detailed in p.9 and 10.

At the beginning of each exercise, gently squeeze your Elvie so that it starts searching for the phone. It can take up to 30 seconds to connect.

If Elvie disconnects during an exercise it should reconnect automatically. If it doesn't, please follow the on-screen instructions, remembering to squeeze Elvie for at least 3 seconds when trying to connect.

# Taking care of Elvie

## **Cleaning**

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

It is important Elvie is completely dry before storing in the carry case.

## **Don't**

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





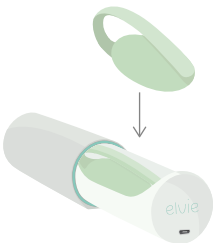
# Taking care of Elvie

## 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



# Precautions

## **Do not use Elvie if**

- You have given birth within the last six 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)

You can use Elvie during pregnancy as long as you are not suffering from any complications. Elvie 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 one hour at a time.

# Certification

## **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 and approval, visit [elvie.com/certification](https://www.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 two years from the date of original 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.



For further questions, please refer to the help section on the Elvie app or drop us an email: **[questions@elvie.com](mailto:questions@elvie.com)**