

QUICK START GUIDE

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Before You Start

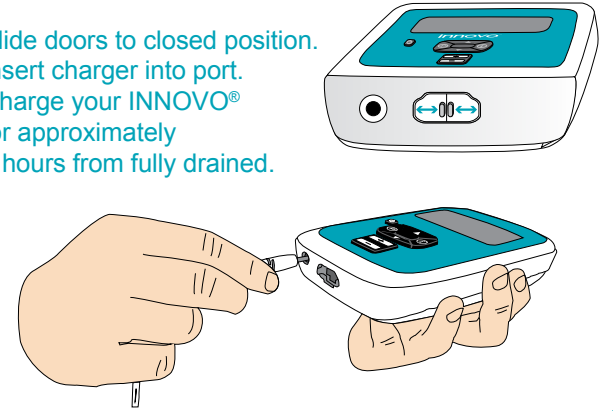
- 1 a  • Read the instruction manual and watch the instructional video on myinnovo.com
- b  • Charge the battery.
- c  • It is recommended to wear thong underwear or no underwear with INNOVO®.
- d • Prior to treatment, always use the restroom and empty your bladder.



- Included with your INNOVO®.
- 1. INNOVO® Controller
- 2. Charger
- 3. INNOVO® Shorts
- 4. Spray
- 5. INNOVO® Cable
- 6. Neck Strap
- 7. Instruction Manual
- Before you begin, read the INNOVO® Contraindications and Warnings in the instruction manual

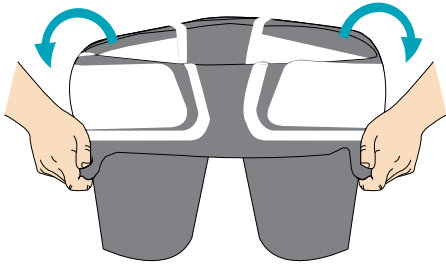
Charging INNOVO®

- 3 • Slide doors to closed position.
- Insert charger into port.
- Charge your INNOVO® for approximately 5 hours from fully drained.

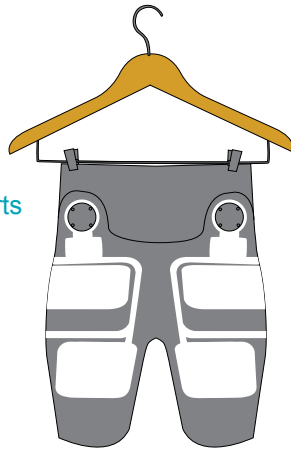


Preparing INNOVO®

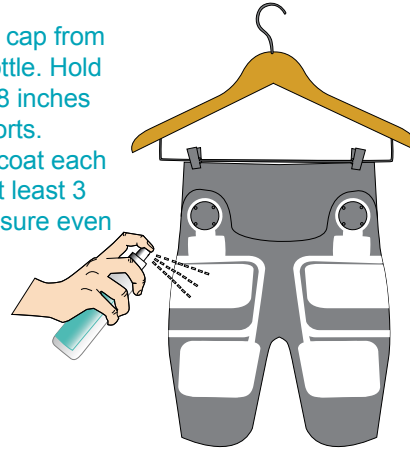
- 4 • Turn the Shorts inside out so the electrodes are visible.



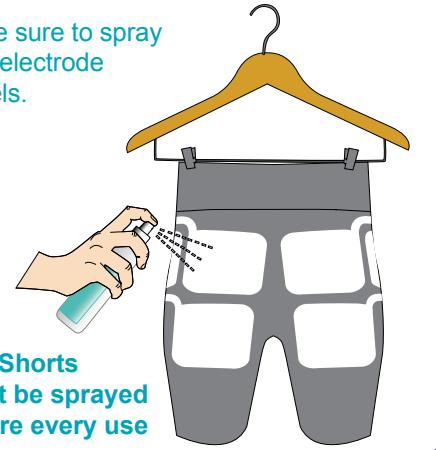
- 5 • Hang Shorts up prior to using the spray.



- Remove the cap from the spray bottle. Hold the bottle 6-8 inches from the Shorts. Thoroughly coat each panel with at least 3 sprays to ensure even coverage.

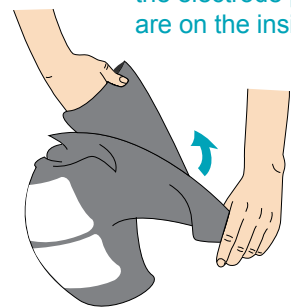


- 6 • Make sure to spray all 8 electrode panels.

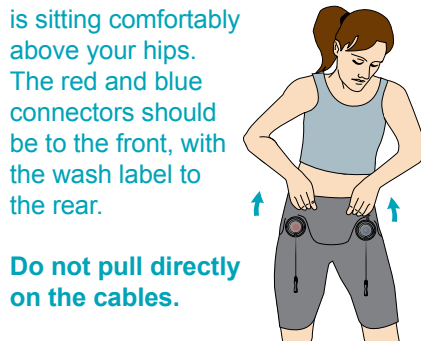


Put On The Shorts

- 7 • Reverse the Shorts so the electrode panels are on the inside.

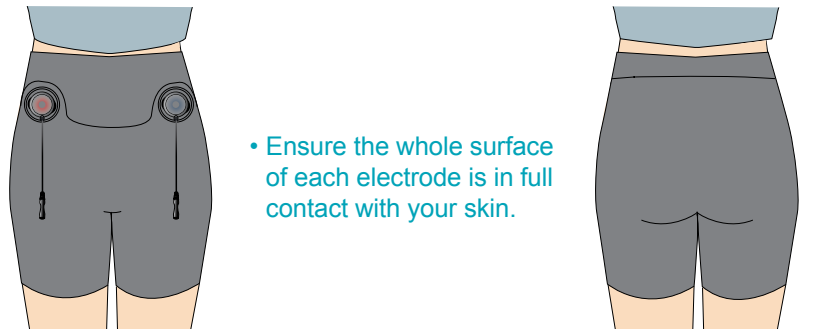


- 8 • Pull on the Shorts until the waistband is sitting comfortably above your hips. The red and blue connectors should be to the front, with the wash label to the rear.



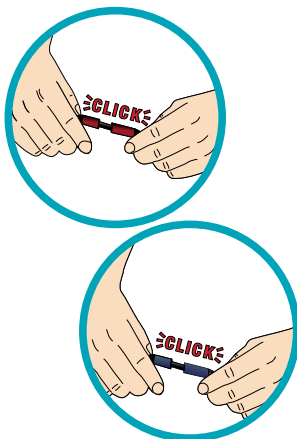
Do not pull directly on the cables.

- 9 • Ensure the whole surface of each electrode is in full contact with your skin.



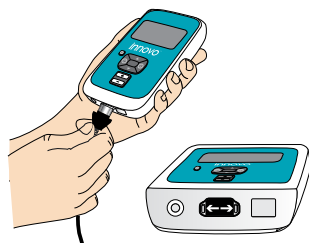
Before Using INNOVO®

- 10 • Connect both ends of red cables together.
- Connect both ends of blue cables together.

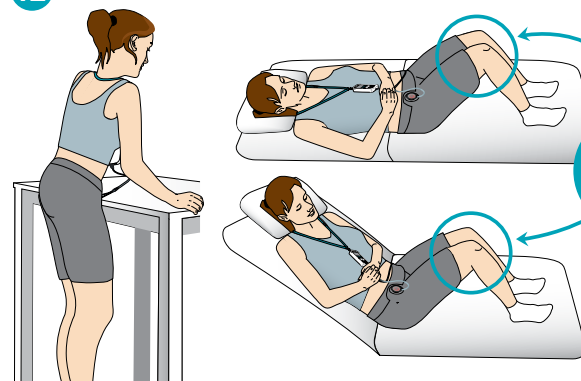


Important: You will hear the cables click together when securely connected.

- 11 • Connect the cable to the controller. You may need to slide the doors open.



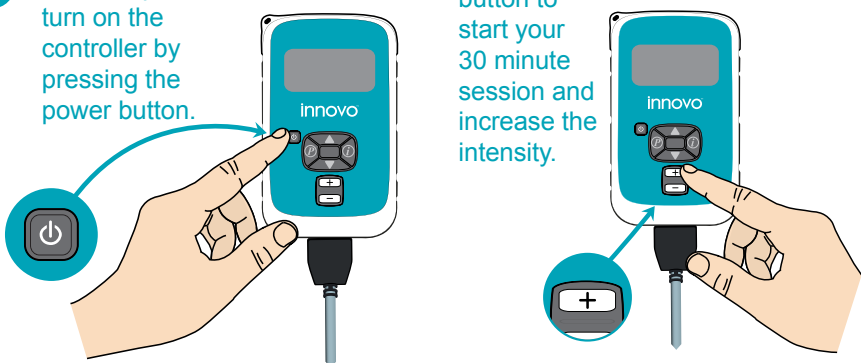
- 12 • Choose whether you will carry out your session in the standing, reclining or lying position.



For best results, we recommend you use INNOVO® in the standing position. For more information please see Step 4 of manual.

Using The Controller

- 13 • When in position, turn on the controller by pressing the power button.
- 14 • Press the + button to start your 30 minute session and increase the intensity.



- 15

INNOVO® Size	2	3	4	5	6	7	8	9	10
Minimum Target Intensity	38	42	46	50	54	58	62	66	70

• As you increase the intensity on the controller you will start to feel your pelvic floor contracting. With an effective pelvic floor contraction you will feel a sensation of "squeezing", "tightening" and / or "lifting up" between your legs.

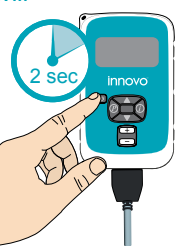
The sensation changes as you increase the intensity:

1. Low intensity - gentle tingling;
2. Moderate intensity - contraction of the buttocks;
3. Therapeutic intensity - contraction of the pelvic floor.

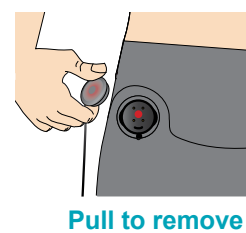
It is important to experience a pelvic floor contraction to benefit from the therapy, and you should aim to use INNOVO® at the strongest intensity you can comfortably tolerate.

During And After Your Session

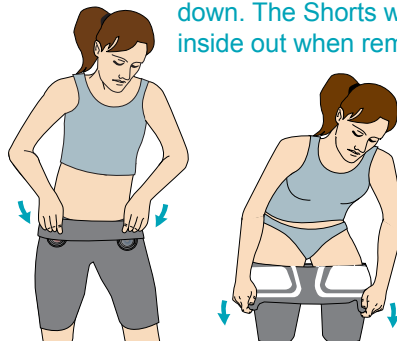
- 16 • Attach neck strap if needed for hands free option during your 30 minute treatment.
- 17 • If you need to move during your treatment, pause the treatment by pressing the on/off button briefly. Ⓜ will appear on screen.
- After your session, press the on-off button for 2 seconds to switch the controller off.



- 18 • Remove the cables from their sockets.



- 19 • Remove the Shorts by pulling the waistband down. The Shorts will be inside out when removed.



- 20 • While inside out, fold the Shorts per the figure below ensuring the electrodes remain flat.
- Store the product for your next treatment session.

