

## Frequently Asked Questions

### **Q: What are InControl Products?**

**A:** InTone, InToneMV, Apex and ApexM are medical devices that allow you to treat your leakage using the most effective, non-invasive treatment strategies available in the comfort and privacy of your home.

### **Q: What Do InControl Products Do?**

**A:** Apex and ApexM use gentle muscle stimulation, combined with a customizable vaginal probe to strengthen the muscles of the pelvic floor. Strong pelvic floor muscles help you to avoid bladder leakage and stop worrying about finding the next restroom.

InTone and InToneMV use gentle muscle stimulation combined with voice-guided pelvic floor exercises and visual biofeedback to strengthen your pelvic floor to stop symptoms of leakage. Data from each home-based session is recorded, allowing your clinician to assist you to maximize your treatment gains. InTone was specifically designed for female urinary incontinence, while InToneMV is designed for fecal incontinence as well as male urinary incontinence.

Over 30 years of research has proven that pelvic floor exercises, biofeedback and muscle stimulation are extremely effective treatments for leakage and only InControl products combine them into home-use devices.

### **Q: How Do InTone and InToneMV Work?**

**A:** Your muscle stimulation will be customized by your clinician to ensure proper muscle activation. The muscle stimulation is delivered directly to your pelvic floor muscles and is a proven treatment for bladder and bowel leakage.

In addition to stimulation, InTone and InToneMV provide you with voice-guided pelvic floor exercises using visual biofeedback to improve your performance. Biofeedback assists you to gain control of the pelvic muscles. Information is gathered by a pressure sensor within the Insertion Unit and is used to “feedback” information about the activity in the pelvic muscles during exercise. The biofeedback feature uses an illuminated bar graph to show you the strength of your pelvic floor contractions during the exercise portion of your session.

InTone and InToneMV voice-guide your entire 12 minute session, using the same directions that a therapist would use during a clinic visit. You will strengthen your pelvic floor muscles by contracting as coached by the hand-held Control Unit in combination with the deep muscle stimulation provided by InTone and InToneMV.

**Q: What are InControl Products Made Out Of?**

**A:** InTone, InToneMV, Apex and ApexM are made from medical-grade silicone that is phthalate-free and latex-free.

**Q: How often do I Need to Return for Follow-Up Visits?**

**A:** Your InTone or InToneMV device will be customized by your clinician at the initial office visit. A follow-up will be scheduled two weeks later to assess your progress and adjust your stimulation level as needed.

Additional office visits are recommended at 30 day intervals based upon your specific diagnosis (14 weeks total for stress urinary incontinence and 26 weeks for urge/mixed urinary and/or fecal incontinence). Most patients continue with follow-ups every other month for the remainder of the year. Once maximum continence has been achieved, you will use InTone twice weekly to ensure no loss of functional gains.

**Q: What Happens at Follow-Up Visits?**

**A:** When using InTone or InToneMV you MUST bring your hand-held Control Unit and the Insertion Unit to each office visit. Your session data will be downloaded for review by your clinician. This data will assist your clinician to determine how InTone is working for you, and if any adjustments need to be made.

**Q: What Happens if I don't Use my Device Daily?**

**A:** If you do not complete your sessions daily as prescribed, you will not achieve optimal results. If you do not adhere to the treatment protocol the InTone and InToneMV performance guarantees will not apply.

**Q: What Happens if InTone or InToneMV Doesn't Work for Me?**

**A:** If you follow the appropriate protocol for your diagnosis (InTone sessions completed 6 times per week, attendance at follow-up visits and use for the appropriate time frame) without improvement in your symptoms, InControl Medical will refund you the cost of the device.

**Q: What is the Warranty of the Device?**

**A:** InControl Medical offers a 1 year warranty that covers defects in parts and workmanship and our customer service team will provide any assistance needed to ensure your satisfaction with the device.