

vfit<sup>+</sup>

vfit



# USER GUIDE

VFIT PLUS MODEL: VS1170

VFIT MODEL: VS1120

*Lighting the way to vWellness™*

Register your product  
at [www.getvfit.com](http://www.getvfit.com)

To learn more about vFit or vFit PLUS and gain access to  
exclusive information and product news, visit [www.getvfit.com](http://www.getvfit.com).

Welcome to vFit and vFit PLUS, and thank you for joining our growing family. Designed by a team of wickedly smart women just like you, vFit will help you take control of your vWellness.

This user guide comes from one eternally busy woman to another, in an effort to share a few pointers with you on your device.

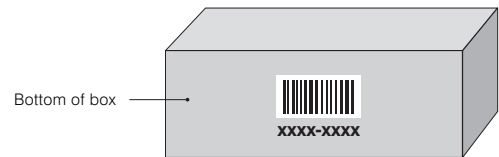
We are thrilled to partner with you in your wellness journey.

Colette Courton  
CEO and Founder  
hello@getvfit.com

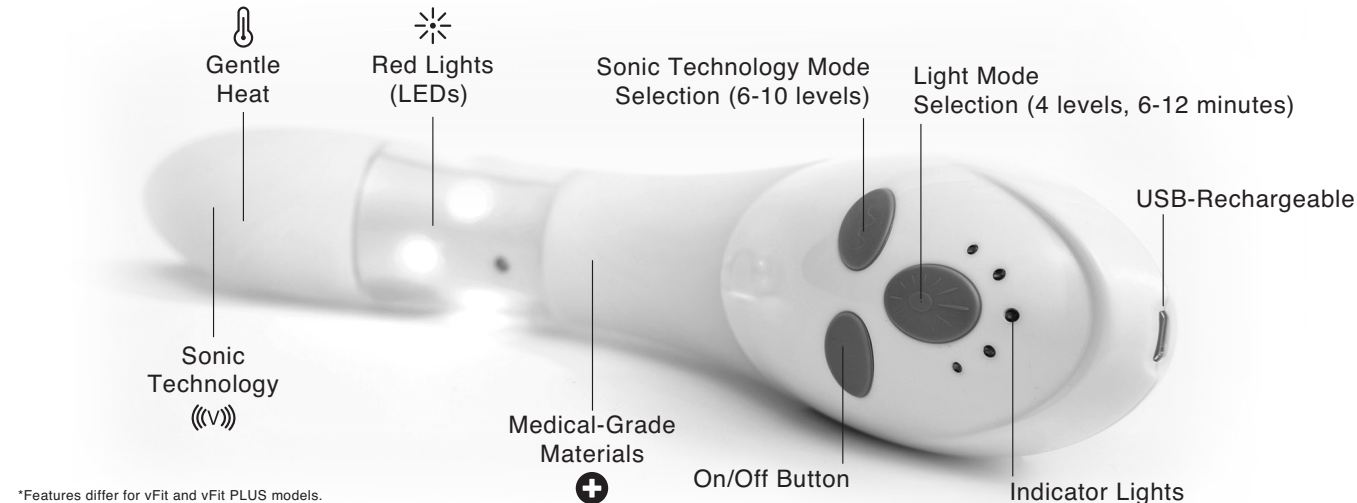
## REGISTER

Register your device today at [www.getvfit.com](http://www.getvfit.com) to activate your warranty, receive educational information on women's wellness and gain exclusive information and product news.

Your serial number is located on the sleeve (outer box/packaging). It's located on the back panel, near the company information/logo and box contents. The serial number contains 8 digits XXXX-XXXX.



## VFit AND VFit PLUS FEATURES



\*Features differ for vFit and vFit PLUS models.

## SAFETY AND TECHNICAL SPECIFICATIONS

vFit is not a medical device; it is a vWellness device. It is not intended to treat or prevent any medical condition. If you are unsure whether or not you should use vFit, please consult your physician.

### Consulting Your Physician

If you are under a doctor's care for any pelvic floor-related conditions, please consult your physician before using vFit.

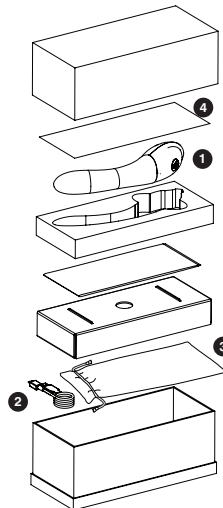
Do not use if you are pregnant or believe you may be pregnant.

Do not use if you are using cancer-fighting drugs, medications, or topical creams that increase photosensitivity.

## vACCESSORIES

We have designed complementary products to accelerate your vWellness. Visit [www.getvfit.com](http://www.getvfit.com) regularly to learn more.

## WHAT'S IN THE BOX



Besides renewed confidence, in this box you will find:

1. vFit device – use to improve your vWellness
2. USB charging cable – connects to any USB power supply for charging
3. Storage sachet – stores your vFit and works great as a travel bag
4. Quick start guide

## vFit FEATURES

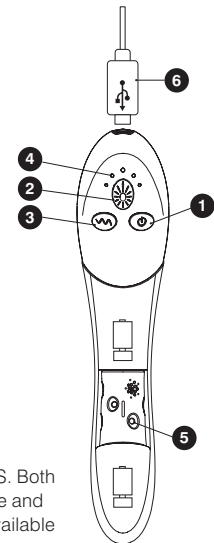
### Legend

1. On/off button
2. Light mode button
3. Sonic vibration mode button
4. Indicator lights
5. Red lights
6. USB charger connection

### Light Modes

1. 6 minutes
2. 8 minutes
3. 10 minutes
4. 12 minutes\*

vFit offers two models, vFit and vFit PLUS. Both models are represented in this user guide and features may vary. \*12 minute session available on vFit PLUS



## CHARGING vFit

1. Please charge your vFit 12 hours prior to first use to ensure proper operation and battery life. While the battery lasts 3 uses, we recommend charging your device after each use.
2. Attach the USB charging cable to the vFit handle and plug into any universal USB-certified power source that is plugged into an electrical outlet.
3. vFit will detect power and vibrate 2 times.
4. The center red indicator light will illuminate, letting you know vFit is charging.
5. Once fully charged, the red indicator light will turn solid green.

## WHAT TO EXPECT

Wondering what it will feel like to use vFit? Here are a few things that you may experience with our patented technology:

vFit emits a gentle heat, which is very pleasant to many women. Each of us is unique and experiences things differently. If it feels too warm, ease into it by starting with the 6-minute session and move up from there until you are comfortable with the longer sessions.

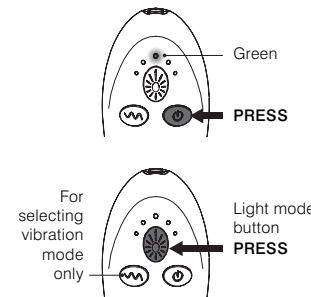
vFit uses 6 LED lights. The 6 red LED lights are bright and are supposed to be. The beautiful red glow you'll see means your vFit is working exactly like it should.

vFit has 6 vibration patterns and vFit PLUS has 10 vibration patterns for your customization. \*Play around and choose the pattern that you most enjoy.

We recommend taking your time and gradually introducing vFit by slowly ramping up session times until your body gets used to things. This allows you to become familiar and comfortable with vFit and its modes and settings. Reconnecting is worth the wait.

## GETTING STARTED IS EASY

1. Charge vFit.
2. We recommend you use a clear, water-based gel to help with insertion of the device. Apply desired amount—a dime-sized amount is a good starting point.
3. Turn on vFit by pressing the power button until the center green light appears.
4. Press the light mode button to select your preferred time. Once selected, press and hold the same light button again to turn on the lights and vibration.
5. Lie back and relax, knowing you are improving your pelvic floor wellness.



- The lights will illuminate to solid red, and the time is activated. The time mode now cannot be changed.
- By default, vibration will come on with constant low-intensity vibration, together with the lights. The vibration mode is independent of the light session; you can change the vibration pattern and intensity at any time.
- Insert vFit into the vagina until the light window is completely inside.
- vFit automatically turns off when your session is complete. After your session, the lights are disabled for 2 1/2 hours to give your body a rest. We wouldn't want you to exercise too much.
- The sonic vibration mode is able to operate independently after the light session. If you use a sonic vibration mode for more than 1 minute, the next session will adjust to your preferred vibration mode. You may continue to use vFit in vibration mode only while lights are disabled.

## GETTING STARTED IS EASY (CONTINUED)

### Using vFit in sonic vibration mode only

vFit has 6 sonic vibration modes:

1. Constant on—low intensity
2. Constant on—high intensity
3. Slow wave—low intensity
4. Slow wave—high intensity
5. Fast wave—low intensity
6. Fast wave—high intensity

vFit PLUS has 10 sonic vibration modes:

1. Constant on—low intensity
2. Constant on—high intensity
3. Slow wave—low intensity
4. Slow wave—high intensity
5. Fast wave—low intensity
6. Fast wave—high intensity
7. Pulse—low intensity
8. Pulse—high intensity
9. Fast Pulse—low intensity
10. Fast Pulse—high intensity

- Scroll through the sonic vibration modes until desired vibration is reached. To turn vibration off, simply press and hold the sonic vibration mode button.
- Preferred sonic vibration mode: If your selected sonic vibration mode was used for more than 1 minute, vFit will store this mode in memory. The next time vFit is turned on, your preferred sonic vibration mode will be initiated.

We recommend gradually introducing vFit by slowly ramping up session times. This allows you to become familiar and comfortable with vFit and its modes and settings.

## APPLICATION SESSIONS

We suggest using vFit or vFit PLUS every other day for **45 to 60 days**. Follow a gradual introduction to vFit or vFit PLUS by increasing your session duration over two weeks.

### Induction Plan

**WEEK 1:** Beginning session (**6 minutes first session, then 8 minutes thereafter**), 3 times weekly with 1 day between sessions.

M	T	W	T	F	S	S
	● 6m		● 6-8m		● 6-8m	

### Wellness Plan

**WEEK 2:** Intermediate session (**8 to 10 minutes**), 3 times weekly with 1 day between sessions. If the heat is tolerable, you can move up to 10 minutes.

M	T	W	T	F	S	S
	● 8m		● 8-10m		● 8-10m	

**WEEK 3-8:** Advanced session (**10 to 12 minutes**), 3-4 times weekly with 1 day between sessions.

M	T	W	T	F	S	S
● 10-12m		● 10-12m		● 10-12m		● 10-12m

### Maintenance Plan

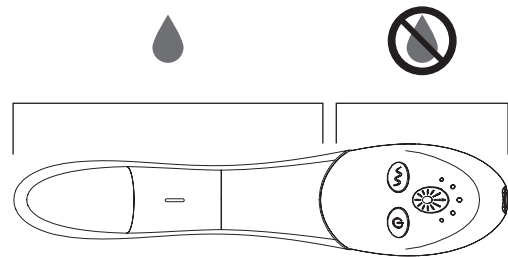
After you have completed your primary application sessions, we recommend using your vFit or vFit PLUS 1 to 2 times weekly for 10-12 minutes. This will help maintain your results.

M	T	W	T	F	S	S
● 10-12m				● 10-12m		

## CARING FOR YOUR vFit

vFit is made with body-safe, medical-grade silicone and is easy to clean. Using a soft, nonabrasive cloth, gently clean vFit with warm water and antibacterial soap prior to first use and after each subsequent use. Rinse vFit thoroughly to ensure all soap residue is removed. Let vFit air dry and store in a cool, dry location protected from dirt or dust.

With proper care, your vFit device will operate for a minimum of two years.



**Do not** immerse vFit in water.

**Do not** place vFit in a dishwasher or sterilizer.

**Do not** use other cleaning solutions which may damage vFit and its electronics.

**Do not** allow the electronic controls and charging port to get wet.

## SUPPORT

### Warranty and Product Registration

One-year warranty against manufacturer defect-related problems resulting from normal use of the product. Register your vFit today at [www.getvfit.com](http://www.getvfit.com) to activate your warranty. Sign up for email and gain exclusive access to information and product news.

### Warranty Exclusions

Not covered under the one-year warranty: damage caused by misuse, abuse, neglect, alterations, or unauthorized repair; normal wear and tear, including chips, scratches, abrasions, discoloration, or fading.

### Troubleshooting Guide

We hope you don't experience any trouble with your vFit, but if you do, we hope this helps.

#### PROBLEM: vFit won't turn on. Try one or more of the following:

- Make sure your vFit is charged. See "Charging" section of user guide.
- Make sure you are pressing and holding the On/Off button.
- If it still doesn't turn on, contact vFit Customer Care at [customer care@getvfit.com](mailto:customer care@getvfit.com).

#### PROBLEM: The red lights won't turn on. Try one or more of the following:

- Make sure your vFit is charged. See "Charging."
- Make sure your vFit is on. See above or "Getting Started."
- Make sure a time session has been selected. See "Getting Started."
- Press the Light Mode Button.
- If the lights still do not turn on, contact vFit Customer Care.

## SUPPORT (CONTINUED)

### **PROBLEM: The vibration won't turn on. Try one or more of the following:**

- Make sure your vFit is charged. See “Charging.”
- Make sure your vFit is ON. See “Getting Started.”
- If using in Light Mode, make sure a time session has been selected. See “Getting Started.”
- If using in Sonic Vibration Mode only, press and hold the Sonic Vibration Mode Button.
- If the vibration does not turn on, contact vFit Customer Care.

If you continue to experience problems, please contact customer care at [customercare@getvfit.com](mailto:customercare@getvfit.com).

Do not attempt to disassemble vFit as this may cause damage, malfunction, electrical shock, fire, or personal injury. There are no user-serviceable parts inside the unit. If vFit is malfunctioning, contact customer care.

Never operate vFit if the USB charging cable is damaged. If vFit is not working properly, or if it has been dropped, damaged, or submerged in water, contact customer care.

### **Contact Information**


[customercare@getvfit.com](mailto:customercare@getvfit.com)  
1-844-872-8578  
[www.getvfit.com](http://www.getvfit.com)  
1430 34th Avenue  
Seattle, WA 98122  
USA

### **About Joylux, Inc.**


Joylux, Inc. is a global technology company creating innovative products to transform women's intimate wellness and empower women to live their best lives. For more information, please visit us at [www.getvfit.com](http://www.getvfit.com).


## PRECAUTIONS

Please read the following safeguards before using. Please use caution and good judgment when using vFit.

 This Warning Symbol appears next to information about possible safety risks. Be sure to read and follow all the warnings and safety information.

- Use this product only for its intended use as described in these directions.
- This device is not intended for use by anyone under the age of 18, and close adult supervision is necessary if children under the age of 18 are near the device.

 **This device is not waterproof and should not be submerged. It can be cleaned with a damp cloth.**

 Only connect vFit with the USB cable provided and to USB power adapters certified in compliance with IEC 60950-1 or IEC 60601-1 based national standards.

 No modification of this equipment is permitted.

 Do not disassemble this equipment.

 Do not attempt to charge device while using the device.

 Mobile RF communications equipment can affect electrical equipment.

- vFit is designed for individual use only. Please do not share.
- After each use, the device should be thoroughly cleaned.
- The device should not be used in the presence of an active sexually transmitted infection, as an active infection may have symptoms that are aggravated by use of the device.
- Do not use the device if you are using cancer-fighting drugs, medications, or topical creams that increase photosensitivity. These may cause an adverse reaction.
- This device is intended for vaginal insertion only.
- **Do not use silicone-based lubricants with the device.**
- Do not stare directly into the device lights.
- Do not use if you are pregnant or believe you may be pregnant.

## Waste Electrical and Electronic Equipment Directive (WEEE)

Joylux, Inc complies with Directive 2012/19/EU OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL of 27 January 2003 on waste electrical and electronic equipment (WEEE).

vFit contains a lithium-ion battery. This product has required the extraction and use of natural resources for its production. It may contain hazardous substances that could impact health and the environment if not properly disposed of. In order to avoid the dissemination of those substances in our environment and to diminish the pressure on natural resources, we encourage you to use the appropriate take-back systems for product disposal. Those systems will reuse or recycle in a sound way most of the materials of the product you are disposing of.

The crossed-out wheeled bin symbol informs you that the product should not be disposed of along with municipal waste and invites you to use the appropriate separate take-back systems for product disposal.

If you need more information on the collection, reuse, and recycling systems, please contact your local or regional waste administration.

You may also contact your retail store, supplier, or local government for more information on the environmental performances of this product.

For instructions on how to dispose of this device, please visit [www.getvfit.com](http://www.getvfit.com).

## RoHS Compliant

The European Union has established requirements for Restriction of Hazardous Substances (RoHS) in all Electrical and Electronics Equipment (EEE). Please see Directive 2011/65/EU that entered into force 21 July 2011 becoming effective 2 January 2013.

## Federal Communications Commission Power Input (FCC)

This device complies with Part 15 of the FCC Rules. 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.

## GLOSSARY OF SYMBOLS



Accompanying User Guide



Catalog Number



Caution



Humidity Limits



Keep Dry



Light Mode Button



Manufactured for Joylux Inc.



ON/OFF (Push Button)



Restriction of Hazardous Substances



Serial Number



Sonic Vibration Mode Button



Temperature Limits



Type BF Applied Parts



Waste Electrical and Electronic Equipment (WEEE) compliant



Vfit<sup>+</sup> Vfit<sup>™</sup>

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JOY-1286 REV 04



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