

# vfit<sup>®</sup>Gold

# vfit<sup>®</sup>Gold<sup>+</sup>

USER GUIDE  
VFIT GOLD: VF-1600-02-01



Download the Joylux app to activate your warranty, improve your intimate health journey and get the most out of your vFit Gold or vFit Gold PLUS.

Welcome to Joylux and thank you for joining our growing family. Our company has one goal in mind—helping you improve your intimate wellness. From our revolutionary products to our uniquely personal customer service, our top priorities are your trust and health.

vFit Gold and vFit Gold PLUS are our latest vFit models, upgraded to include Bluetooth connectivity and a mobile app to help you better manage your intimate wellness journey. With the purchase of a device, you get the first 12 months of the app free. App features include:

- Device controls
- Pre-programmed usage sessions
- Usage calendar with alerts and reminders
- Diary with progress tracker
- Educational content and more!

For additional support, call us, email us or visit [joylux.com](http://joylux.com). We love to hear from you. We are passionate about improving women's lives and honored that you have entrusted your health to Joylux.

**Colette Courton**  
CEO and Founder

844 872 8578  
[info@joylux.com](mailto:info@joylux.com)

## WHY REGISTER?

We offer a one-year warranty on all devices that are registered.

vFit is intended to last two years when used according to our recommended protocol.

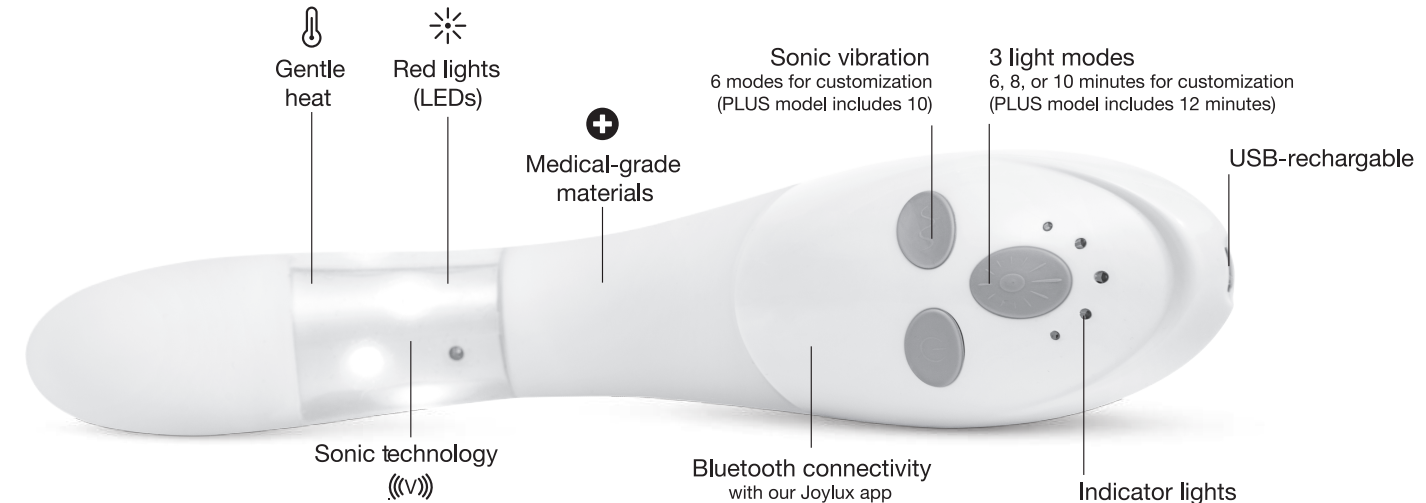
**When you download the Joylux app, you are automatically registered.**

If you do not have a smartphone, you can register your device today at [www.joylux.com](http://www.joylux.com) or call 844 872 8578 to activate your one-year warranty.

Your serial number is located on the top portion of your device, near the charging port. The serial number contains 8 digits XXXX-XXXX.

If you purchased a vFit Gold PLUS, you must scan the unique QR code on your vFit Gold PLUS box with your mobile phone to activate the additional power and features. Easy-to-follow instructions are provided after you scan the code.

## vFIT GOLD AND vFIT GOLD PLUS FEATURES



## SAFETY AND TECHNICAL SPECIFICATIONS

vFit is not a medical device; it is designated a Low-Risk General Health and Wellness 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.

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.

Do not use if you have autonomic neuropathy, sensory neuropathy or pseudomotor dysfunction.

The device should not be used in the presence of an active sexually transmitted infection.

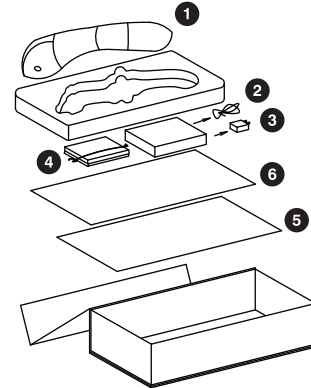
## WHAT'S IN THE BOX

Besides renewed confidence, in this box you will find:

1. vFit Gold or vFit Gold PLUS device
2. USB charging cable
3. Power cube
4. Storage sachet
5. User guide
6. Quick-start guide

## ACCESSORIES

We have a full suite of complementary products to accelerate your wellness. Visit [www.joylux.com](http://www.joylux.com) to learn more.



## vFIT FEATURES

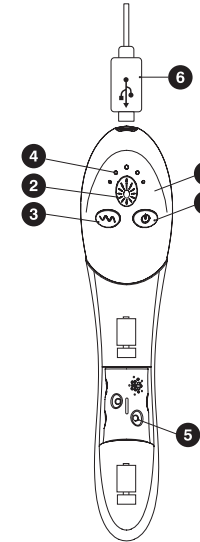
vFit offers two models, vFit Gold and vFit Gold PLUS. Both models are represented in this user guide and features may vary.

### Legend

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

### Light Modes

1. 6 minutes
2. 8 minutes
3. 10 minutes
4. 12 minutes\* (PLUS model only)



## CHARGING vFIT

**Please charge your vFit 24 hours** prior to first use to ensure proper operation and full battery life. While the battery should last 3 uses between charges, we recommend charging your device after each use.

1. Attach the USB charging cable to the vFit handle and plug into the USB power source provided. Plug into an electrical outlet.
2. If this is your first charge, it may take longer for vFit to detect power.
3. Once power is detected, a red light will illuminate and vibrate 2 times. If you are unsure if it's charging, wait for 10 minutes, unplug the device and try again.
4. The center red indicator light will remain illuminated while your device is charging.
5. Once fully charged, the red indicator light will turn solid green. vFit is now ready for use.

# WHAT TO EXPECT

vFit uses 6 high-powered red LED lights that shine brightly when turned on. While safe for the eye, we recommend that you do not stare directly into the red lights.

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, make sure the device light window is fully inserted into the vagina. Our external vulvar tissue is more sensitive to heat than our internal vaginal tissue. If it still feels too warm once fully inserted, ease into usage and start with a lower session time until you are comfortable with the gentle heat.

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

Like anything new, we recommend taking your time and gradually introducing vFit by starting off slowly (6 minutes) and ramping up session times until your body is ready. This allows you to become familiar and comfortable with vFit and its modes and settings.

# GETTING STARTED IS EASY

1. **Charge vFit for 24 hours.**
2. Download the Joylux app in your app store. The device is controlled by the app, which will guide you through how and when to use, track your progress, provide health-related education, and much more. You get the first 12 months of app benefits free with any new vFit purchase.
3. Make sure the device is turned on.
4. Follow the instructions on the app for usage.
5. To help with insertion, we recommend our Photonic Gel, made specifically for vFit. Apply the desired amount of gel; a nickel-sized amount is a good starting point.

Please note:

- 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. You may continue to use vFit in vibration mode only while lights are disabled.

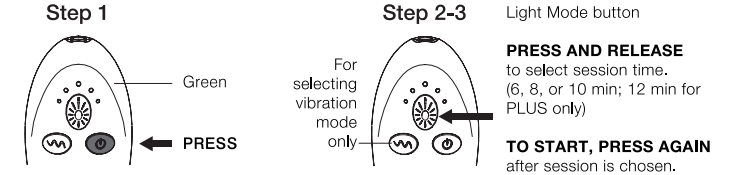
## Manual Operation (without app use)

1. Turn on vFit by pressing the power button until the center green light appears.
2. Press and release the light mode button to select your preferred time.
3. Once selected, press and hold the same light button again (not the vibration button to the left of the light button) to turn on the lights and vibration.

- By default, constant low-intensity vibration will begin, together with the lights. The vibration mode is independent of the light session; you can change the vibration pattern and intensity at any time.

- The lights will illuminate to solid red, and the time is activated. The time cannot be changed.

4. Insert vFit into the vagina until the light window is completely inside.
5. Lie back and relax, knowing you are improving your vaginal health.



# GETTING STARTED IS EASY (CONTINUED)

## Using vFit in sonic vibration mode only

vFit Gold 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 Gold 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

- The Joylux app allows you to easily select a vibration mode.
- If you are using vFit in manual mode, 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 its memory. The next time vFit is turned on, your preferred sonic vibration mode will be initiated.

# APPLICATION SESSIONS

These sessions are pre-programmed into the app to help manage your vFit journey. Not sure which one to use? Start with the Beginning Plan. If your body is comfortable with the heat and vibration, move to Intermediate. Advanced is only available to those who have the vFit Gold PLUS model.

## Beginning Plan — 10 weeks

Week 1 to 2: Use for 6 minutes every other day

M	T	W	T	F	S	S
	● 6m		● 6m		● 6m	

Week 3 to 6: Use for 8 minutes every other day

M	T	W	T	F	S	S
	● 8m		● 8m		● 8m	

Week 7 to 10: Use for 10 minutes every other day

M	T	W	T	F	S	S
	● 10m		● 10m		● 10m	

## Intermediate — 8 weeks

Week 1: Use for 6 minutes every other day

M	T	W	T	F	S	S
	● 6m		● 6m		● 6m	

Week 2: Use for 8 minutes every other day

M	T	W	T	F	S	S
	● 8m		● 8m		● 8m	

Week 3: Use for 10 minutes every other day

M	T	W	T	F	S	S
	● 10m		● 10m		● 10m	

Week 4 to 8: Use for 10 minutes (or 12 minutes with PLUS) every other day

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

APPLICATION SESSIONS (CONTINUED)

Advanced — 6 weeks (PLUS Model only)

Week 1: Use for 6 minutes in session 1 and 8 minutes in sessions 2 and 3.

M	T	W	T	F	S	S
	● 6m		● 8m		● 8m	

Week 2: Use for 10 minutes every other day

M	T	W	T	F	S	S
	● 10m		● 10m		● 10m	

Week 3: Use for 12 minutes every other day

M	T	W	T	F	S	S
	● 12m		● 12m		● 12m	

Maintenance Plan

After you have completed your preprogrammed sessions, we recommend using your device 1 to 2 times per week for either 10 or 12 (PLUS only) minutes to maintain results

M	T	W	T	F	S	S
					● 10-12m	

If at any point during use the device becomes too warm, stop using it. Resume use on the next programmed day.

If you have not achieved your goals by the end of the plan, keep using at the last session time in manual mode until desired results are achieved.

CARING FOR YOUR vFIT

vFit is made with body-safe, medical-grade silicone and is easy to clean. We recommend our Joylux Photonic Wipes for proper cleansing of unwanted bacteria and to help maintain the longevity and performance of your device.

Alternatively, use a soft, nonabrasive cloth to 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.

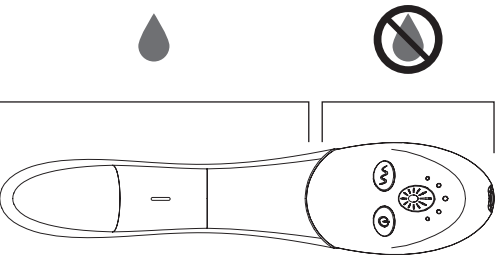
With proper care, your vFit device will operate for up to two years, at which time it will need to be replaced. Contact us for more information on exclusive trade-up offers on a new device.

Do not immerse vFit in water.

Do not place vFit in a dishwasher or sterilizer.

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

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



# SUPPORT

## Warranty and Product Registration

Activate your one-year warranty against manufacturer defect-related problems resulting from normal use of the product by either downloading our app, or registering your vFit today at [joylux.com/warranty](http://joylux.com/warranty).

## 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, try these steps.

**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, perform a reset.

**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."
- In the app, make sure a time session has been selected and press Start.
- If in manual mode: Press and hold down on the Light Mode Button. Make sure you aren't selecting the vibration button.
- If the lights still do not turn on, perform a reset.

# 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."
- In the app, make sure a time session has been selected. See "Getting Started."
- If in manual mode: Press and hold the Sonic Vibration Mode Button.
- If the vibration does not turn on, perform a reset.

## RESETTING YOUR DEVICE

Please charge your device for 24 hours, then reset your device by following the below instructions. Once the reset is complete, please charge your device for another 24 hours.


Unplug the device from the charging port. Press and hold all three buttons down at the same time for 10 seconds (Power Button, Light Treatment Mode Button, and the Vibration Mode Button). After 10 seconds, release the buttons. Your device will vibrate and all five of the green indicator lights will blink twice. Your device is reset.

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


# 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.

# PRECAUTIONS (CONTINUED)

• 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.

• Do not use if you have autonomic neuropathy, sensory neuropathy or pseudomotor dysfunction.

# 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.



(WEEE CONTINUED)

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.joylux.com](http://www.joylux.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.

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

[info@joylux.com](mailto:info@joylux.com)  
844 872 8578  
[www.joylux.com](http://www.joylux.com)

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About Joylux, Inc.

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

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



Joylux app (Visit the Apple App Store or Google Play Store to download)

Designed and engineered in North American, manufactured in China  
vFit® is a registered trademarks of Joylux, Inc.  
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CA US and International Patents Issued and Pending.  
For a complete list, visit [joylux.com/patents](http://joylux.com/patents)

vFIT ACCESSORIES

To enhance performance and protect your vFit investment, try our specially-formulated Photonic accessories. We offer a range of premium intimate care and wellness products on joylux.com to help you find *delight* in all phases of menopause.



PHOTONIC GEL™

For optimal performance, use vFit with Joylux Photonic Gel. Infused with hyaluronic acid, aloe vera and other light-reflecting ingredients, we’ve scientifically proven this gel increases light power by 45%\* —making it a must-have for anyone using a vFit device!



PHOTONIC WIPES™

Help ensure optimal device maintenance and longevity with our Photonic Wipes. The ingredients are 99.5%\* effective in removing the most common germs that can easily collect from vaginal use, while protecting the silicon, lights and electronics from chemical or water damage.

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\*Study results on file