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## INTIMINA KegelSmart 2

# INTIMINA KegelSmart 2 Pelvic Floor Exerciser

User Manual

## INTRODUCTION

The INTIMINA KegelSmart 2 is an advanced pelvic floor exerciser designed to help women strengthen and tone their pelvic floor muscles. This device utilizes touch sensor technology to assess individual pelvic floor strength and automatically creates a personalized exercise routine. By following guided vibrations, users can effectively perform Kegel exercises, contributing to improved bladder control and overall pelvic health.

This manual provides essential information on how to set up, operate, maintain, and troubleshoot your KegelSmart 2 device to ensure optimal performance and user experience.



Image: The INTIMINA KegelSmart 2 device, a pink, egg-shaped exerciser with a retrieval cord, resting on a grey surface. The image highlights the device's purpose for pelvic floor strength.

# This is why KegelSmart 2 is a must

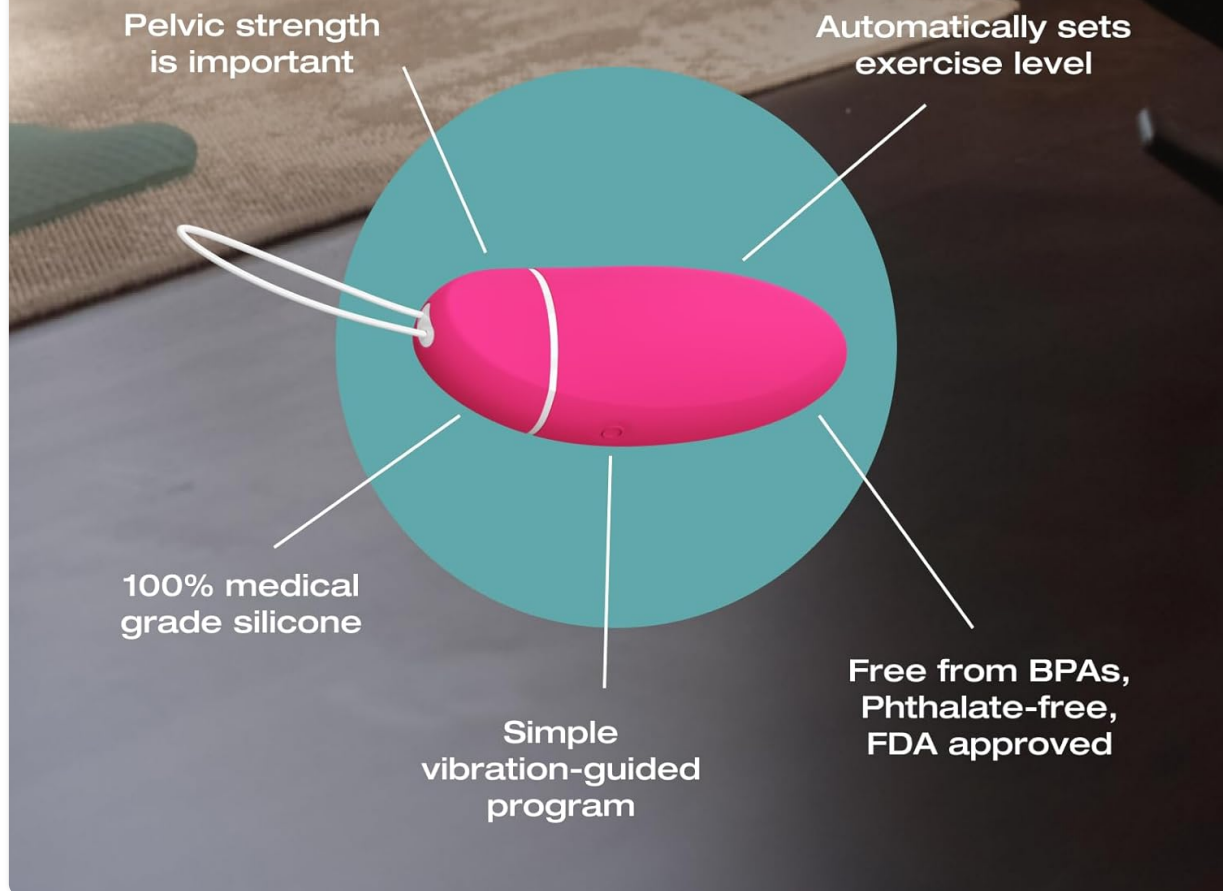


Image: A diagram illustrating the core benefits and features of the KegelSmart 2, including its automatic exercise level setting, medical-grade silicone, and guided program.

## PACKAGE CONTENTS

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Upon opening your INTIMINA KegelSmart 2 package, please verify that all the following items are included:

- 1 x KegelSmart 2 Pelvic Floor Exerciser
- 1 x Storage Pouch
- 1 x USB Charging Cable
- 1 x User Manual (this document)

## SETUP

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### 1. Initial Charging

Before first use, fully charge your KegelSmart 2 device. To charge:

1. Locate the charging port on the device. This is typically covered by a cap.
2. Gently twist and remove the charging port cap.

3. Insert the provided USB charging cable into the port.
4. Connect the other end of the USB cable to a compatible USB power source (e.g., computer, wall adapter).
5. Allow the device to charge until the indicator light signals a full charge (refer to the device's light indicators for specific charging status).
6. Once charged, disconnect the cable and securely replace the charging port cap.

**Note on Charging Port:** The charging port features a twist-off cap. Ensure this cap is properly sealed after charging to maintain hygiene and prevent moisture ingress. Always double-check for a tight fit to prevent any potential gaps.

## 2. Cleaning Before First Use

It is crucial to clean your KegelSmart 2 thoroughly before its initial use. Refer to the "Maintenance and Cleaning" section for detailed instructions.

## OPERATING INSTRUCTIONS

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### 1. Turning On/Off

To turn on the KegelSmart 2, press and hold the power button located on the side of the device until it vibrates briefly and the indicator light illuminates. To turn it off, press and hold the power button again until the device vibrates and the light turns off.



Image: Step 1 of use, showing a hand pressing the power button on the KegelSmart 2.

### 2. Insertion

For comfortable insertion, apply a water-based lubricant to the KegelSmart 2. Gently insert the device into the vagina, ensuring the retrieval cord remains outside the body. The device should be positioned comfortably within the pelvic floor muscles.



Image: Step 2 of use, illustrating the correct insertion of the KegelSmart 2.

### 3. Guided Exercise Routine

Once inserted and turned on, the KegelSmart 2 will begin its guided exercise program. The device uses touch sensor technology to assess your pelvic floor strength and automatically adjusts to one of five progressive exercise levels. Your routine will consist of a series of contractions and rests, indicated by vibrations:

- **Contract:** When the device vibrates, gently contract your pelvic floor muscles (as if stopping the flow of

urine).

- **Rest:** When the vibrations stop, relax your pelvic floor muscles.

Each session is designed to last approximately 5 minutes. Follow the vibrations for the entire duration of the exercise. Consistent daily use is recommended for noticeable results within 12 weeks.



Image: Step 3 of use, depicting the device in position during a Kegel exercise.

## 4. Removal

After completing your exercise session, turn off the device. Gently pull on the retrieval cord to remove the KegelSmart 2 from your body.

## MAINTENANCE AND CLEANING

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Proper cleaning and maintenance are essential for the longevity and hygiene of your KegelSmart 2.

1. **After Each Use:** Immediately after each session, wash the KegelSmart 2 with warm water and a mild, pH-balanced soap or a specialized intimate accessory cleaner.
2. **Rinse Thoroughly:** Rinse the device thoroughly under running water to remove all soap residue.
3. **Dry:** Pat the device dry with a lint-free cloth or allow it to air dry completely before storing.
4. **Charging Port Area:** Pay special attention to the area around the charging port. While the cap is designed to protect it, ensure this area is also cleaned. If the cap was removed for charging, clean the exposed area before replacing the cap. Ensure the cap is securely twisted back into place to prevent moisture from entering the electronics during subsequent cleaning.
5. **Storage:** Store the clean and dry KegelSmart 2 in its provided storage pouch in a cool, dry place, away from direct sunlight and extreme temperatures.

**Important:** Do not use harsh chemicals, alcohol-based cleaners, or petroleum-based lubricants, as these can damage the medical-grade silicone material.

## TROUBLESHOOTING

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If you encounter any issues with your KegelSmart 2, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device not properly activated.	Ensure the device is fully charged. Press and hold the power button firmly for a few seconds until it vibrates.
Difficulty sensing vibrations during use.	Improper insertion or individual sensitivity.	Ensure the device is inserted correctly and comfortably. Some users may have varying sensitivity; focus on the muscle contraction rather than solely the vibration intensity.

Problem	Possible Cause	Solution
Device feels uncomfortable or too large.	Individual anatomical differences.	Ensure adequate water-based lubricant is used. Try adjusting the position slightly. If discomfort persists, discontinue use and consult a healthcare professional.
Charging issues (not charging, loose connection).	Charging cable or port issue, or cap not removed correctly.	Ensure the charging cap is fully removed and the USB cable is securely inserted into the port. Try a different USB power source or cable if available. Ensure the cap is replaced correctly after charging.

If these solutions do not resolve the issue, please contact INTIMINA customer support for further assistance.

## SPECIFICATIONS

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- **Model:** KegelSmart 2
- **Brand:** INTIMINA
- **Material:** Medical-grade silicone
- **Color:** Pink
- **Dimensions (L x W x H):** 3.15 x 1.46 x 4.72 inches (80 x 37 x 120 mm)
- **Weight:** 1.6 ounces (45 grams)
- **Battery:** 1 Lithium Ion battery (included), rechargeable via USB
- **Exercise Levels:** 5 progressive levels
- **Routine Duration:** Approximately 5 minutes per session

## WARRANTY AND SUPPORT

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For detailed warranty information, please refer to the documentation included with your product or visit the official INTIMINA website. The manufacturer's warranty typically covers defects in materials and workmanship under normal use.

If you require further assistance, have questions not covered in this manual, or need to report a product issue, please contact INTIMINA customer support through their official website or the contact information provided in your product packaging.

**Manufacturer:** INTIMINA