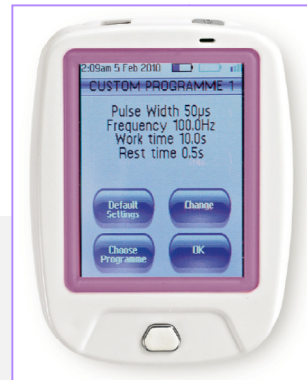


## PROGRAMME SETTINGS

Prog	Hz	Pulse Width (µS)	Ramp Up & Down (Sec)	Plateau (Sec)	Off (Sec)	Default Program Duration (Min)
STRES	50	300	1	5	10	20
URGE	10	200	1	5	10	20
MIXED	20	250	1	5	10	20
TONE	35	250	1	3	6	20
CUST 1	2	300	1	5	5	20
CUST 2	2	300	1	1	0.5	20

### CUSTOM PROGRAMME SETTING RANGE:

Hz	: 1 - 110 in steps of 1
µS	: 50 - 300 in steps of 10
Work	: 0.5 - 30 in steps of 0.5
Rest	: 0.5 - 60 in steps of 0.5



Max Strength Setting	50V zero to peak.
OC cutout	0-100 in steps of 0.5 above 10-20 k Ohm.
Constant Charge	0-500 Ohm
Constant voltage	>500 Ohm
Channels	Single
Waveform	Asymmetrical rectangular
Max Pulse energy	Total output limited to 50µC per pulse
Power Control unit:	2 x AA
Trainer:	CR2 Lithium battery 3V
Battery life	Around 15 hours at 50mA 300µs 50Hz
Adjustable Timer	1-60 min in steps of 1. Defaults to 20 min
Output plug	None
Dimensions Control unit:	93 x 72 x 17 mm
Trainer:	100mm x 27mm diameter

## A WIRELESS PERSONAL TRAINER FOR YOUR PELVIC FLOOR



Viva provides a simple, safe and effective method of helping leakage problems for women of all ages.

## Is it for you?

40% of women who have had a baby will experience leakage problems at some time in their lives. This can vary from a small leak when you cough or laugh to something more serious that limits your social contacts and stops you enjoying life.

Many of these problems can be improved by strengthening the pelvic floor muscles which have been stretched during childbirth. The ideal approach is to do regular pelvic floor (Kegel) exercises. However many women find it difficult to do these exercises properly without one-to-one training and, if you have very weak pelvic floor muscles, it can be very difficult to re-learn how to control them.

Strengthening the pelvic floor muscles may also help to improve sexual response for both you and your partner

## How does it work?

The **Viva** uses gentle electrical stimulation via a discreet tampon shaped trainer to locate and exercise the pelvic floor muscles for you using proven programme settings.

**Viva** works your muscle for you and helps to develop your own muscle control and is a perfect complement to voluntary pelvic floor (Kegel) exercises.

If used for 20 minutes a day over just a few weeks, the **Viva** may improve most levels of leakage and improve sexual intimacy.

**Viva should not be used in cases of severe prolapse, or vaginal infection.**

**Viva may not be suitable for users with a pacemaker or a history of epilepsy.**

**If in doubt contact your medical adviser before using the Viva.**

## Select the right personal training programme for you:

**Stress** describes the involuntary leakage of urine when a person coughs, sneezes, strains or makes sudden movements. It is particularly common in women and occurs when the bladder neck and the other mechanisms that act to hold urine in the bladder are not working properly.

**Urge** describes an overactive bladder. A person may experience a strong and sudden urge to go to the toilet but are not always able to hold on, or have to go so frequently that it becomes inconvenient.

**Mixed** is a combination of both Stress and Urge

## Advantages of using the viva

- It can be a Cure – not simply containment
- It is Drug Free with no side effects
- It is Safe and Easy to use
- It is Discreet
- It may help to avoid surgery and
- It may improve sexual intimacy

## Why choose the viva?

The **Viva** is a pelvic floor trainer designed specifically for home use.

Its simple and clear controls ensure that you feel comfortable from the very first use.

The **Viva** has unique features designed for your comfort:



## Unique

- Easy to use colour touch screen
- Full control of Trainer during use
- Replaceable Trainer battery

## Wireless

- **Absolutely discreet using wireless technology.** **Viva** is stored in a “make up bag” style pouch, and is styled not to look clinical.
- You can change **Viva** settings during use but, once started, the trainer can also carry out a full exercise session without further control – so no-one need know you are using it
- **Simple and safe.** **Viva** uses secure radio control with built-in features to eliminate interference.

## Control

- **Comfort strength control** adjusts the strength in small steps allowing you to achieve the best results.
- **Preset treatment settings.** Uses programme settings that have been shown in trials to help Stress, Urge, and Mixed problems and sexual intimacy.
- **Hands Free Mode with Start Delay** An intelligent memory enables the **Viva** to remember the last programme and strength of setting used. At the press of just one button the **Viva** waits 30 seconds for you to insert the trainer, then gradually increases the strength level over 90 seconds to 80% of the last level used. You can stop this increase, or adjust the strength, at any time.
- **Wide choice of custom settings.** If you want to make adjustments in the settings, you can use one of the manual programmes.

## Personal progress diary

- In addition to a detailed usage memory, **Viva** allows you to record your leakages and toilet routines in a standard format. You can download this record to your PC using standard USB cable. **Viva** analysis software will present your record in a clear and simple form that you and your medical advisor or insurance company will find easy to interpret

