

# Take care of your pelvic floor while taking care of your baby

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Address the symptoms of stress, mixed and urgency urinary incontinence, including overactive bladder, with our pelvic health program.



*leva*<sup>®</sup> | PELVIC HEALTH  
SYSTEM

At-home therapy for pelvic health.

**Just 5 minutes a day.**

# Treatment for UI is here when you're ready

Pelvic floor muscle training (PFMT), commonly known as Kegels, is widely recommended to strengthen the pelvic floor. But Kegels are hard to do. Only 25% of women with a pelvic floor disorder perform them, and many women who do perform Kegels aren't doing them correctly.<sup>5</sup> **Now there's a solution that can help.**

## Take care of your pelvic floor, with the *leva*<sup>®</sup> Pelvic Health System

Meet *leva*, a convenient, at-home, easy-to-use pelvic health program designed to help you strengthen your pelvic floor and reduce the symptoms of UI.



"Lots of women face pelvic floor issues postpartum, and *leva* is a great way to strengthen the pelvic floor with a limited level of effort, in the privacy of your home, and with great results. The evidence speaks for itself."

– Rebecca F., *leva* user, age 40



See how  
*leva* works



Meet  
Anna

# Pelvic floor health doesn't have to be overwhelming

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From sleepless nights to your body's recovery, you're getting used to life as a new mom. Your pelvic floor health is most likely not a priority. But if you're experiencing any form of urinary incontinence (UI), such as bladder leakage, you may want to consider caring for your pelvic floor along with your baby.

## What if UI isn't temporary?

UI affects roughly one-third of new moms postpartum.<sup>1</sup> It's a medical condition that, for some, may resolve on its own, but for many, can return later in life.



Postpartum UI is associated with chronic UI in later life<sup>2</sup>



Women with UI are more likely to report not being physically active<sup>3,4</sup>

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UI may be caused by weakened pelvic floor muscles. **The good news?** Pelvic floor muscles can be trained and strengthened to reduce UI.

# Get to know the *leva*® Program

*leva* is a non-drug, non-surgical solution that combines technology and coaching to help you perform pelvic floor muscle training correctly and consistently.

*"leva* has helped give me a peace of mind knowing I have control of my bladder again! I can be active with my little one and not worry about leakage or where the nearest restroom is."

– Cara F., *leva* user, age 30

## Here's how it works.



### Wand with motion sensors

- Inserted vaginally
- Measures movement when pelvic floor muscles lift and contract



### Smartphone app

- Communicates with the wand's sensors
- Provides real-time visual feedback



### *leva* Women's Center

- Coaches help you get started, set goals and track progress



### Patient report

- The app tracks your progress over time
- Reports share essential information with you and your healthcare provider, so they stay involved in your care



## Why the *leva* System?



At-home  
therapy



Non-drug,  
non-surgical



Only 2.5 minutes  
2x/day, ideal for  
busy new moms



FSA-/HSA-eligible,  
with risk-free,  
money-back  
guarantee

Most importantly, *leva* can help enhance your day-to-day quality of life by improving your UI symptoms, allowing you to enjoy your moments as a new mom and beyond.

“I didn’t want to call the doctor because I’d heard this is what happens to women postpartum. But leakage was robbing me of moments. After three weeks with *leva*, I can go out for a run, pick up my daughter, and laugh. It’s pure freedom.”

– Anna G., *leva* user, age 36



## Get the support you need to take care of your pelvic health.

Talk to your healthcare provider about urinary incontinence and ask about the *leva* System.

For more information or to talk to a member of our team, visit [levatherapy.com](http://levatherapy.com) or call **1.855.538.2594**.

1. Pizzoferrato AC, Fauconnier A, Quiboef E, Morel K, Schaal JP, Fritel X. Urinary incontinence 4 and 12 years after first delivery: risk factors associated with prevalence, incidence, remission, and persistence in a cohort of 236 women. *Neurourol Urodyn*. 2014;33(8):1229-1234. doi:10.1002/nau.22498 2. Komesu YM, Schrader RM, Ketai LH, Rogers RG, Dunivan GC. Epidemiology of Mixed, Stress & Urgency Urinary Incontinence in Mid-Aged/Older Women: Importance of Incontinence History. *Int Urogynecol J*. 2016;27(5):763-772. doi:10.1007/s00192-015-2888-1. Epidemiology 3. Erekson EA, Ciarleglio MM, Hanissian PD, Strohbehne K, Bynum JP, Fried TR. Functional disability and compromised mobility among older women with urinary incontinence. *Female Pelvic Med Reconstr Surg*. 2015;21(3):170-175. doi:10.1097/SPV.0000000000000136. 4. Ca Corrêa L, Pirkle CM, Vafaei A, Curcio CL, Câmara SM. Urinary incontinence is associated with physical performance decline in community-dwelling older women: results from the International Mobility in Aging Study (IMIAS). doi:10.1177/0898264318799223. 5. Moen MD, Noone MB, Vassallo BJ, Elser DM. Pelvic floor muscle function in women presenting with pelvic floor disorders. *Int Urogynecol J*. 2009;20(7):843-846. doi:10.1007/s00192-009-0853-6.

**Disclaimer regarding patient testimonials:** Testimonials are collected or recorded via surveys, emails and interviews and reflect real-life experiences from real patients. However, each individual's results will vary and included testimonials are not intended to represent or guarantee that any one patient will achieve the same or similar results. Please also note that some patients may be paid for their testimonials.

The *leva*® Pelvic Health System is intended for: (i) strengthening of the pelvic floor muscles; and (ii) rehabilitation and training of weak pelvic floor muscles for the treatment of stress, mixed and mild to moderate urgency urinary incontinence (including overactive bladder) in women. This product interacts with the user via smartphone technology.

**Important Safety Information for *leva* Pelvic Health System:** Do not share the *leva* system. *leva* is a single-user medical device. Do not use the *leva* Pelvic Health System while pregnant, or if you think you may be pregnant, unless authorized by your healthcare provider. Do not leave the *leva* wand in your body for longer than necessary to complete the training session. Remove the wand after each training session. Do not use the *leva* Pelvic Health System in any other place in your body. Do not have sexual intercourse while the *leva* wand is inserted. If you experience odor, fever, vomiting, diarrhea, any signs of infections or any flu-like symptoms, contact your doctor immediately. If you experience redness or swelling near the insertion area, or signs of an allergic reaction, contact your healthcare provider immediately. For a complete summary of the risks and instructions for *leva*, see its Instructions for Use, available at Renovia's website. Treatment with the *leva* Pelvic Health System is prescribed by your healthcare provider. This treatment is not for everyone. Please talk to your healthcare provider to see if it is right for you. Your healthcare provider should discuss all potential benefits and risks with you.