

Cynthia finds inner
strength in unlikely places.
Like her pelvic floor.



Strengthen your pelvic floor muscles
to improve stress, mixed and urgency urinary
incontinence, including overactive bladder,
as well as chronic accidental bowel leakage

Leva[®] | PELVIC HEALTH
SYSTEM

For stronger women. Everywhere.

www.Levatherapy.com | 1-855-FOR-LEVA







UI can and should be treated

Pelvic floor muscle training (PFMT), commonly known as Kegels, is widely recommended to strengthen the pelvic floor. The problem? Kegels are hard to do. Now there's a solution that can help.

Strengthen your pelvic floor with *Leva*®

Meet *Leva* – a convenient, remote, easy-to-use pelvic health treatment designed to help you reduce the symptoms of UI.

-  Remote therapy
-  Only 2.5 minutes 2x/day for 12 weeks
-  Non-drug, non-surgical
-  Benefits verification provided



Watch how *Leva* works

Pelvic floor health is everything

Maybe it happens when you laugh. Maybe you can't quite make it to the restroom, or it's keeping you up at night. If you're experiencing urinary incontinence (UI), it's important to get help, and soon.

You're not alone.

Over 60% of women in the U.S. experience UI.¹ It's common, but not normal. Why? UI is a serious medical condition that can worsen over time if you don't take action.

Women with UI are more likely to:



Report not being physically active^{2,3}



Be admitted to a nursing facility⁴

UI may be caused by a **weakened pelvic floor**, a group of muscles under the bladder. **The good news?** Like any muscle, pelvic floor muscles can be trained and strengthened to reduce UI.

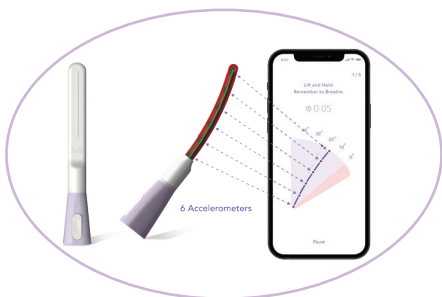
Get to know the **Leva**[®] System

Leva provides patented technology, which is also supported by coaching, to help you perform pelvic floor muscle training correctly and consistently.

"Leva holds me accountable because I have a coach and an app that tracks my progress. It's great to have a visual that allows me to see progress and improvement."

**– Shannon P., age 45
UI Patient**

Here's how *Leva* works.



Flexible *Leva* Wand with Motion Sensors + App

Inserted vaginally, *Leva* measures movement when pelvic floor muscles contract and lift, providing precise, real-time visual feedback



***Leva* Women's Center**

Checks your insurance and helps you get started, set goals and stay motivated



Patient Reports

Reports share essential symptom improvement information with your healthcare professional

Strong clinical data

Fewer leaking episodes and significant UI symptom improvement with *Leva*⁵

An 8-week clinical study found that *Leva* was better in treating UI than Kegels alone.⁵

Leva users saw a **decrease in UI leaking** episodes from nearly 2 leaks per day



to about 2 leaks per week.

Leva users saw a **significant UI improvement** as early as **4 weeks** into treatment.

In a 6- & 12-month follow-up study, *Leva* users who completed their treatment,

continued to see **UI symptom improvement** lasting **at least a year**.⁶

Leva[®] | PELVIC HEALTH SYSTEM

By improving your UI symptoms,
Leva can help you return to the activities and lifestyle you enjoy and deserve.

Don't wait to prioritize your pelvic health. Get started today.

Talk to your healthcare provider about UI and request the *Leva* System today.

For more information or to talk to a member of our team, visit [Levatherapy.com](https://www.levatherapy.com) or call 1-855-FOR-LEVA.



Important Safety Information for *Leva* Pelvic Health System:

The *Leva* Pelvic Health System is intended for: (1) strengthening of pelvic floor muscles, (2) 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 and (3) rehabilitation and training of weak pelvic floor muscles for the first-line treatment of chronic fecal incontinence (*>3-month uncontrolled passage of feces*) in women. Treatment with the *Leva* System is by prescription and is not for everyone. Please talk to your prescriber to see if *Leva* System is right for you. Your prescriber should discuss all potential benefits and risks with you. Do not use *Leva* System while pregnant, or if you think you may be pregnant, unless authorized by your doctor. For a complete summary of the risks and instructions for the *Leva* System, see its Instructions for Use available at www.levatherapy.com.

Sources: 1. Patel UJ, Godecker AL, Giles DL, Brown HW. Updated Prevalence of Urinary Incontinence in Women: 2015-2018 National Population-Based Survey Data [published online ahead of print, 2022 Jan 12]. *Female Pelvic Med Reconstr Surg*. 2022;10.1097/SPV.0000000000001127. doi:10.1097/SPV.0000000000001127. 2. Erekson EA, Ciarleglio MM, Hanissian PD, Strohbehn 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.000000000000136. 3. 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. 4. Thom DH, Haan MN, Van Den Eeden SK. Medically recognized urinary incontinence and risks of hospitalization, nursing home admission and mortality. *Age Ageing*. 1997;26(5):367-374. doi:10.1093/ageing/26.5.367. 5. Weinstein, MM, Dunivan, G, Guaderrama, NM, Richter, HE. Digital Therapeutic Device for Urinary Incontinence: A Randomized Controlled Trial [published online ahead of print, 2022 March 10]. *Obstet Gynecol*. doi: 10.1097/AOG.0000000000004725. 6. Weinstein, Milena M. MD; Dunivan, Gena C. MD; Guaderrama, Noelani M. MD; Richter, Holly E. PhD, MD. Digital Therapeutic Device for Urinary Incontinence: A Longitudinal Analysis at 6 and 12 Months. *Obstetrics & Gynecology* 141(1):p 199-206, January 2023. DOI: 10.1097/AOG.0000000000005036. 7. Weinstein MM, Pulliam SJ, Keyser L, Richter HE. Use of a motion-based digital therapeutic in women with chronic fecal incontinence: A pilot study. *NeuroUrol Urodyn*. 2022;41(1):475-481. doi:10.1002/nau.24854. 8. Keyser LE, McKinney JL, Pulliam SJ, Weinstein MM. A Digital Health Program for Treatment of Urinary Incontinence: Retrospective Review of Real-World User Data. *Int'l Urogynecol J*. 2022 epub August 15, 2022 doi: 10.1007/s00192-022-05321-3. 9. Axena data on file.

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.