

## Answers to Common Questions

ApexM™ and InTone™ are medical devices used to treat stress, urge and mixed incontinence.

ApexM™ is FDA cleared and available to purchase without a prescription. InTone™ is for those patients needing physician follow-ups and requires a prescription. Both devices perform the exact same stimulating therapy to strengthen pelvic floor muscles and calm the muscle that surrounds the bladder that causes that urgency feeling. Both are designed to **STOP** female bladder leakage, **guaranteed**.

Kegel exercises can be effective if done properly. Data indicates that 50% of women perform Kegels incorrectly leading to no improvement in bladder leakage reduction. Kegel sessions need to be performed 3 times a day for up to 20 weeks.

ApexM™ sessions are once a day for 10 minutes, performed 6 days per week.

Comfort levels will vary from patient to patient. Stimulation amplitudes need to be adjusted in order to feel the pelvic floor muscles contract without any discomfort.

## Benefits of ApexM™ and InTone™:

- FDA cleared, no meds or surgery required.
- Sessions performed in the privacy of your home at any convenient time of the day.
- Can be used in conjunction with and after physical therapy sessions.
- Eliminates costs, nuisance, discomfort and secrecy of pads and protective garments.
- Patient device support is provided.
- No more worrying about bladder leaking when laughing, coughing or sneezing.
- Get back to exercise and worry free travel.
- Money back performance guarantee if it doesn't work as long as the therapy protocol was completed as directed.
- Chronic exposure to urine-soaked pads and garments can result in contact dermatitis, skin break down and perineal infections.
- ApexM™ and InTone™ are battery powered.
- May be covered by insurance. If not, you still eliminate the expense of pads and garments that may not be covered either.

Visit our website for other medical products designed for men and women's incontinence and women's sexual health conditions.



Contact us at: 480-626-0020  
[www.betteroutcomeswithus.com](http://www.betteroutcomeswithus.com)

## Urinary Incontinence?



## Overactive Bladder?

*Is your bladder leakage keeping you from enjoying life?*

*Do you plan your work, travel, and personal activities around how close the bathrooms are?*



*Would you like to eliminate your bladder leakage and/or urge incontinence through a clinically proven at home therapy without any meds or surgery guaranteed?*



Stress and urgency (overactive bladder) incontinence affect millions of women between the ages of 25 to 84 resulting from numerous causes including: age, childbirth, unhealthy lifestyle, neurological disorders, and muscle atrophy.

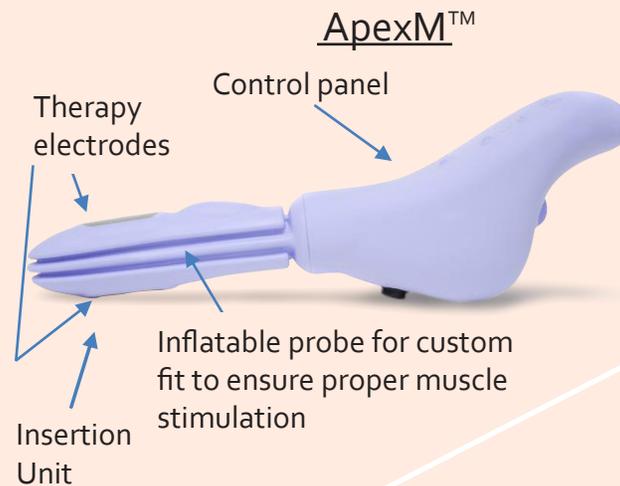
Patients need to be diagnosed by a physician as to the root cause of their urinary incontinence and discuss treatment options.

Treatments for urinary incontinence can include lifestyle changes, pelvic floor strengthening, medications, protective pads, and surgery. Pelvic floor muscles, like any muscle, can weaken and needs to be exercised to regain strength. A strong pelvic floor supports the internal organs and structures, prevents bladder leakage, and improves ones intimate experience.

ApexM™ and InTone™ stimulate the pelvic floor muscles directly and have clinically shown to eliminate bladder leakage from stress incontinence, as well as calm spasms of the detrusor muscle that surrounds the bladder causing urge incontinence. ApexM™ and InTone™ do this significantly more effectively than you can do on your own through Kegel exercises.

Urinary incontinence adversely affects a person's quality of life and health by fear of bladder leakage during sexual activity, keeping incontinence a secret, infections from chronic exposure to urine soaked pads, and altering work and leisure activities to avoid embarrassments.

Whether you are experiencing bladder leakage for the first time or a women who has worn pads for years, ApexM™ or InTone™ are your solution.



Same device as ApexM™ with added voice guide biofeedback control unit

ApexM™ is an FDA cleared over-the-counter medical device that treats stress, urge or mixed incontinence. ApexM™ is used intravaginally because the pelvic floor muscles are located at the base of the pelvis. This is the most effective approach to apply gentle muscle stimulation via the inflatable probe.

Muscle stimulation amplitudes can be adjusted for individual comfort levels.

ApexM™ sessions are easily completed in the privacy of your home. Each session is approximately 10 minutes and are completed 6 days a week. Upon achieving your desired result (i.e. unintentional leaks have stopped or not dependent on pads), sessions can be reduced to 1-2 times a week to maintain. ApexM™ is like taking your pelvic floor to the gym for strengthening. Treat the bladder leakage at the source, naturally.

ApexM™ & InTone™ are not replacements for seeing a physician for a proper pelvic exam and diagnosis.

InTone™ functions in the same therapeutic way as ApexM™. The main difference is that InTone™ can be programmed for voice assisted instructions and records feedback data for the physician to read and assess progress. InTone™ does require a prescription. The biofeedback control is custom programmed by your physician to deliver therapy and give voice instructions on what to do during the sessions. Follow-up visits with the physician are scheduled for any adjustments to the device.

Sessions are still performed privately at home and last about 12 minutes a day, 6 days a week for approximately 14-26 weeks depending on diagnosis for stress or urge incontinence. Once the desired results are achieved, the sessions can be reduced to 1-2 times a week.