

# STOP Leaking and START LIVING ...

*The Time is Now!*

Did you know that the average woman with bladder leakage spends approximately \$750 per year on pads<sup>1</sup>? With the rising cost of healthcare, higher deductibles and inconsistent coverage it can be overwhelming to decide on a treatment option to STOP bladder leakage. Surgery is invasive, requires time off from work, and can cost \$2000-\$3000 out-of-pocket. Medications have significant side effects and typically cost more than \$1000 per year out-of-pocket<sup>2</sup>. InTone® is the most economical solution available whether or not you have insurance benefits.

- InTone is a revolutionary medical device designed to STOP female bladder leakage, **guaranteed**. InTone combines the most effective, non-invasive treatments for bladder leakage into a home-use device. No Pills, No Side-Effects, and No Surgery.
- Women may experience symptoms of leakage when they cough, laugh or exercise, (stress incontinence). Others may have symptoms of urinary frequency or urgency, often rushing to the restroom, (urge incontinence) or overactive bladder. Our combination therapy and customizable probe ensure that your treatment is tailored to address your specific needs, no matter your symptoms.



**Hand-Held Control Unit**  
Provides biofeedback and voice-guided pelvic floor strengthening program

**Insertion Unit**  
Muscle stimulation for building strength to stop symptoms of leakage when coughing, laughing or exercising. Stimulation also calms spasms of the bladder muscle that cause symptoms of urgency

**Customizable Probe:**  
Provides customized fit and ensures deep muscle stimulation

- Home-based sessions are private and require just 12 minutes per day / 6 days per week for 14 or 26 weeks depending upon your diagnosis. After achieving your desired result, sessions are completed 1-2 times per week.
- Voice-guided instruction, visual biofeedback and recorded session data assist you to complete your exercises most effectively. Muscle stimulation is modified throughout treatment to maximize gains.

- Our **performance guarantee** provides you with confidence in your treatment. If, after following the treatment protocol for your diagnosis, you have not demonstrated improvement, InControl Medical, LLC will refund you your out-of-pocket expense for the device.\*  
You have nothing to lose but the pads.

\*To learn more, visit: [www.incontrolmedical.com](http://www.incontrolmedical.com)

Subak, et al (April 2006). The "Costs" of Urinary Incontinence in Women. *Obstetrics and Gynecology* 107 (4) 908-916  
Shamliyan T, Wyman J, Kane RL. Nonsurgical Treatments for Urinary Incontinence in Adult Women: Diagnosis and Comparative Effectiveness. *Comparative Effectiveness Review No. 36*. (Prepared by the University of Minnesota Evidence-based Practice Center under Contract No. HHS 290-2007-10064-1.) AHRQ Publication No. 11(12)-EHC074-EF. Rockville, MD. Agency for Healthcare Research and Quality. April 2012. Retrieved February 5, 2013, from [www.effectivehealthcare.ahrq.gov/reports/final.cfm](http://www.effectivehealthcare.ahrq.gov/reports/final.cfm).

## Frequently Asked Questions

**Q: What is InTone?**

**A:** InTone is a medical device that treats bladder leakage using the most effective, non-invasive strategies available. InTone combines proven technologies to treat stress, urge and mixed incontinence and is designed to be used in the comfort and privacy of your home.

**Q: What Does InTone Do?**

**A:** InTone combines voice-guided pelvic floor exercises, visual biofeedback, and muscle stimulation to strengthen your pelvic floor and stop spasms of the bladder muscle. If you have a strong pelvic floor, you can do things such as cough, laugh, sneeze and run without leakage. Calming spasms of the bladder muscle allows you to avoid frequent trips to the bathroom and leakage associated with urgency. Over 30 years of research has proven that pelvic floor exercises, biofeedback and muscle stimulation are extremely effective treatments for stress, urge and mixed urinary incontinence and only InTone combines them into a home-use device.

**Q: How Does InTone Work?**

**A:** InTone voice-guides your entire 12 minute session, using the same directions that a therapist would use during a clinic visit. You will strengthen your pelvic floor muscles by contracting as coached by the hand-held Control Unit in combination with the deep muscle stimulation provided by InTone.

**Q: How Often Do I Need to Return for Follow-Up Visits?**

**A:** Your InTone will be customized by your clinician at the initial office visit. A follow-up will be scheduled 2 weeks later to assess your progress and adjust your stimulation level as needed. Additional office visits are recommended at 30 day intervals based upon your specific diagnosis (14 weeks total for stress incontinence and 26 weeks for urge / mixed incontinence.) Once maximum continence has been achieved, you will use InTone 1-2 times per week to ensure no loss of functional gains.



NO PILLS , NO PADS  
NO SIDE EFFECTS

CONTINENCE  
REDEFINED

[www.incontrolmedical.com](http://www.incontrolmedical.com)

1 in 3 Women Suffer  
From Unwanted Bladder  
Leakage



Get Your Life Back  
Today!