Pelvic Health Assessment

This assessment is designed to help you recognize common bladder and bowel symptoms. Please discuss your results with your clinician.

In the past 3 months, have you accidentally leaked urine, even a small amount?

❑ Yes ❑ No

If yes, when did urine leakage happen most often?

- ❑ During physical activity, such as coughing, sneezing, laughing, lifting or exercising
- ❑ With a sudden, strong urge to urinate when I could not reach the bathroom in time
- ❑ About equally often with physical activity and urgency

How often do these symptoms occur?

- ❑ Daily or almost daily
- ❑ Several times each week
- ❑ About once a week
- ❑ Less than once a week

In the past 3 months, have you experienced any of the following bowel-control symptoms? (Select all that apply.)

- ❑ Accidental leakage of solid or liquid stool
- ❑ Staining or smearing in your underwear
- ❑ Difficulty controlling gas
- ❑ A strong bowel urge that is difficult to control
- ❑ None of the above

How much do these symptoms affect your daily activities, routines or peace of mind?

- ❑ Not at all.
- ❑ A little: I notice them, but they rarely change what I do.
- ❑ Moderately: I take precautions or sometimes avoid certain activities.
- ❑ A lot: They frequently affect my plans, activities or confidence.

How *Leva* works

One connected treatment experience

Leva Device

Senses your pelvic floor movement to help guide your training

Leva App

Visualizes your pelvic floor movement in real time and helps you track your progress

Leva Women's Center

Provides one-on-one support to guide you from start to finish

Clinician Oversight

Progress reports keep your prescribing clinician informed about your symptoms and how you're progressing throughout treatment

Questions? We're here. Call or visit:
1-855-FOR-LEVA (367-5382) | Levacares.com

Important Safety Information for *Leva* Pelvic Health System:
The *Leva* Pelvic Health System is intended for treatment of stress, mixed, and mild to moderate urgency urinary incontinence (including overactive bladder), treatment of chronic fecal incontinence (>3-month uncontrolled passage of feces), and strengthening pelvic floor muscles in women. This device interacts with the user via smartphone technology. Talk to your provider to see if the *Leva* System is right for you. Do not use the *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.*Leva*cares.com**.

Leva® PELVIC HEALTH SYSTEM

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