



## Loved by professionals and patients

For me being a woman is about all sorts of wonderful and selfless things but it is also about taking care of you. A healthy, well-coordinated and strong pelvic floor can help prevent the development of incontinence, pelvic organ prolapse and sexual dysfunction and although these symptoms are not life threatening they do hugely impact on the joy in life. Elvie Trainer has helped to normalise the topic and raise the profile of pelvic floor health - encouraging women to speak up, supporting them and giving them the knowledge to access help and take control for themselves.

### Miss Clare Pacey

Specialist Women's Health Physiotherapist  
Kings College Hospital NHS Foundation Trust, London, UK

Elvie Trainer is a great tool for helping women to feel educated about their bodies, and this in itself is a great place to start. Psychosexual Therapy is very Psycho-Educational and it should not be underestimated how little conversations and education about intimate, sexual and pelvic health happen and so anything that challenges that in a neutral and beneficial way is a step forward in the right direction. The vulva and vagina should be talked about in the same way as any other part of the body, and not excluded from the conversation about all round physical and psychological health.

### Kate Moyle BSc PGDip MA COSRT

Psychosexual & Relationship Psychotherapist  
Kate Moyle Psychotherapy; Founder of & Director  
at The Thought House Partnership, London, UK

**I think for years now female health has taken a back seat and now is the time for change. The Elvie Trainer is at the forefront of the application of technology to this sector and I strongly believe that all healthcare professionals should be supportive of this.**

**Dr Hannah Allen** - General Practitioner and Associate Medical - Director babylon health, London, UK

I've been using the Elvie Trainer for few months straight and have to express my deep gratitude to the makers of this wonderful product. I see the results, I feel the results and it shows - my confidence level went up! I'm not afraid anymore to laugh hard, to jump, to sneeze!  
Can't thank you enough!

Tanya

I'm a new mum and I love my Elvie Trainer!  
I've told pretty much everyone I know about how great the product is. Thank you for making a product that actually makes pelvic floor exercises fun.

Sophia

I purchased an Elvie Trainer 2 weeks ago and I'm loving it... my physio recommended your product... I'm 58 and have had 3 kids. I have a vaginal ring to help the effects of a recotocele and cytocele and this is working.

Fiona

I've used Elvie's Trainer every day for two weeks and it's so easy to fit into my hectic routine.

Margarita

I have only been using my Elvie Trainer for a month or so and I can already feel a difference! The app is fantastic, and to have a visual, tangible goal during exercises makes it all the more fun and lets you know if you are doing it correctly!

Rebecca