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**100% GUARANTEED**

Looking for more answers?

These links will help you learn more:

[American Urological Association Foundation](#)

[National Association for Continence](#)

[National Kidney & Urologic Diseases Information Clearinghouse](#)

A Few Places InTone Has Been Featured



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## FAQs

### Patient FAQ

#### [What is InTone?](#)

InTone is a medical device that treats your 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.

#### [What Does InTone Do?](#)

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.

#### [How Does InTone Work?](#)

Your muscle stimulation will be customized by your clinician to ensure proper muscle activation. The muscle stimulation is delivered directly to your pelvic floor muscles and is a proven treatment for bladder leakage.

In addition to stimulation, InTone provides you with voice-guided pelvic floor exercises using visual biofeedback to improve your performance. Biofeedback assists you to gain control of the pelvic muscles. Information is gathered by a pressure sensor within the InTone Insertion Unit and is used to “feedback” information about the activity in the pelvic muscles during exercise. InTone’s biofeedback uses an illuminated bar graph to show you the strength of your pelvic floor contractions during the exercise portion of your session.

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.

Your session data is stored in the device after each completed session. Your clinician will review this data at follow-up visits and use it to guide your treatment and maximize your gains.

#### [What is InTone Made Out Of?](#)

InTone is made from medical-grade silicone that is phthalate-free and latex-free.

#### [What Happens at Follow-Up Visits?](#)

You MUST bring your hand-held Control Unit and the Insertion Unit to each office visit. Your session data will be downloaded for review by your clinician. This data will assist your clinician to determine how InTone is working for you, and if any adjustments need to be made.

#### [What Happens if I don't Use my InTone Daily?](#)

If you do not complete your InTone sessions daily as prescribed, you will not achieve optimal results. If you do not adhere to the treatment protocol your product guarantee will not apply.

#### [What is the Warranty of the Device?](#)

InTone offers a 1 year warranty that covers defects in parts and workmanship and our customer service team will provide any assistance needed to ensure your satisfaction with the device.

#### [How often do I Need to Return for Follow-Up Visits?](#)

Your InTone device will be customized by your clinician at the initial office visit. A follow-up will be scheduled two 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). Most patients continue with follow-ups every other month for the remainder of the year. Once

maximum continence has been achieved, you will use InTone twice weekly to ensure no loss of functional gains.

[Is InTone covered by insurance?](#)

- For insurance claims you must provide a [letter of medical necessity](#) from your physician and mail or fax to your insurance provider.

[What Happens if InTone Doesn't Work for Me?](#)

If you follow the appropriate protocol for your diagnosis (InTone sessions completed 6 times per week, attendance at follow-up visits and use for the appropriate time frame) without improvement, InControl Medical will refund you the cost of the device. Read our [guarantee](#) for more details.

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