

What is ActiCuf™?

The breakthrough ActiCuf™ is a disposable, undetectable pouch designed to help men treat and manage light to moderate urinary incontinence. When placed on the penis, this padded closure gently presses down on the urethra to control urinary flow. Any leakage is immediately absorbed by the ActiCuf™, so you can take charge of your day and enjoy life on your terms...It's a new way of life.



ActiCuf™

- A Protective Absorbent Shield
- It's Discreet and easy to remove
- The padded closure comfortably prevents leaks.

This information was provided by:
wellness partners, llc
your partner in the quest for wellness

Wellness Partners, LLC
26 South Main Street,
PMB #162
Concord, NH 03301
800-840-9301
customer.service@seekwellness.com

ActiCuf™
FREEDOM EVERY DAY
Your Life Your Way
Active Male Incontinence Control



ACTICUF™ INSIGHT

Edited by Diane K. Newman, RNC,
MSN, CRNP, FAAN

Purchase your ActiCuf™ from



www.seekwellness.com



Will people notice I'm wearing the Acticuf™?

Rest Assured, the ActiCuf™ disposable pouch was engineered and carefully tested with this very concern in mind. It's unique shape forms naturally to your body. Plus, it's small enough to carry with you confidentially—even in your pocket!

How long can I wear the Acticuf™?

Acticuf™ can be worn for up to four hours. Though rare, instances of skin irritation may occur with prolonged exposure to urine. ActiCuf™ should not be worn while sleeping.

Can I use public urinals with the Acticuf™?

Absolutely! Because the Acticuf™ is so discreet, you can take it off and put it on again quickly and effortlessly without anyone noticing.

YOU MUST RELEASE THE CLAMP EVERY 1-2 HOURS TO URINATE, WHETHER YOU FEEL YOU HAVE TO OR NOT.

How can I purchase the Acticuf™?

Go to www.seekwellness.com/store and click on the incontinence category or you can order over the phone by calling toll-free 800-840-9301.

NOTE: Individuals with urinary incontinence should always visit their physician for a thorough evaluation.

Is a Prescription required?

No. Any male affected by urinary incontinence who desires a renewed lifestyle is invited to experience the freedom of Acticuf™. When seeking insurance reimbursement however, a prescription is required.

Who do I contact if I have any questions regarding the Acticuf™?

Call toll-free 800-840-9301 to speak directly with a customer service representative. If you would like additional information on this product, you can also visit the continence center at www.seekwellness.com.



How To Use Acticuf™

1. Hold the Acticuf™ with your thumb and forefinger.



2. Squeeze the Acticuf™ until the end is completely open and round in shape. Insert the penis as far as possible into the opening of the device.
3. Release pressure so the Acticuf™ fits snugly around the penis. Adjust it as necessary to achieve the greatest comfort and ultimate leakage protection.
4. Using public urinals is convenient again. Simply remove the Acticuf™ by following these steps:
 - Squeeze the shaft of the penis to stop any urinary flow.
 - Remove the ActiCuf™ to urinate.
 - Replace the ActiCuf™ by repeating Steps 1-3 above.

TIP: Although the ActiCuf™ is engineered for the greatest ease of use, it's not uncommon for accidents to occur. Keep an extra ActiCuf™ close at hand in case of sudden leaks until you learn to take it on and off like a pro.

You must release the clamp every 1-2 hours to urinate, whether you feel you have to or not.