

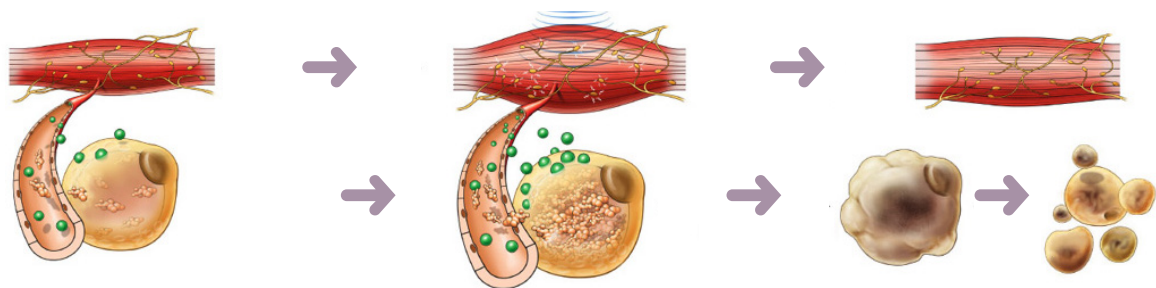
Informed Consent Protocol

Build muscle and burn fat with EMSculpt®

Consuming too many calories combined with low physical activity is considered the main cause of fat accumulation, especially in the lower body area, leading to an undesirable aesthetic appearance. To improve this, people often try to reduce excess fat through dietary restrictions, lifestyle changes, or increased physical activity. However, sustainable fat reduction requires significant effort and commitment, and the desired results usually become visible only after a longer period and not to the expected extent.

EMSculpt® is a training device that allows you to progress further with your existing training and achieve your desired figure more quickly. EMSculpt® offers a completely new approach to body shaping and supports you in treating rectus diastasis, weak abdominal muscles, core instability, weak gluteal muscles, and other conditions resulting from muscle weakness.

Innovative, efficient, and safe treatment method



How does the treatment work?

EMSculpt® is a non-invasive treatment for fat reduction as well as strengthening, tightening, and firming of various muscle groups. Using applicators placed directly on the skin, an electromagnetic field is generated that causes intense muscle contractions in the target area. The energy induces nearly 20,000 supramaximal muscle contractions per session—something that cannot be achieved in a gym. To energize the muscles, the surrounding fat cells are strongly activated and „burned out“ (apoptosis). In most cases, you can immediately return to your daily activities—no downtime or muscle soreness!

We recommend at least 4 sessions of 30 minutes each, spaced at a minimum of 2 days and a maximum of 14 days apart. Longer intervals between sessions do not produce optimal effects. For best results, a complete series of treatments is necessary; depending on your goals, additional sessions may be beneficial.

Please ensure good fluid intake before treatment. Wear comfortable clothing on the day of treatment that allows proper placement of the applicators. Remove all metallic accessories and electronic devices beforehand. Metallic accessories such as piercings or jewelry or clothing with metal fibers must not be worn during treatment.

Treatment is not possible if you have metallic or electronic implants (e.g. IUDs).

Recommendations

A special diet is not required on the day of treatment; however, generous fluid intake and physical activity can positively influence treatment outcomes.

Treatment with EMSculpt® is not permitted during pregnancy. Treatment during menstruation is permitted, but may be less pleasant, as the electromagnetic waves can worsen menstrual pain and increase the amount of bleeding.

The treatment is considered low-risk. Nevertheless, muscle discomfort, temporary muscle cramps, joint or tendon pain as well as local redness and a feeling of warmth may occur. Treatment over injured skin and / or muscles is not permitted.

Prices EMSculpt® treatments in CHF:

Single treatment	☐	240
Package of 4 treatments	☐	890
Package of 8 treatments	☐	1'780

PRAXIS

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Please answer the following questions about your current health status:

Are you pregnant?	☐ NO	☐ YES
Do you have a pacemaker?	☐ NO	☐ YES
Do you have other electronic implants?	☐ NO	☐ YES
Do you have implanted devices (e.g. defibrillator, neurostimulator, medication pump)?	☐ NO	☐ YES
Do you have orthopedic implants (e.g. hip or knee protheses)?	☐ NO	☐ YES
Do you have metallic implants?	☐ NO	☐ YES
Do you have metal fragments in your body?	☐ NO	☐ YES
Do you have clips from tissue biopsies (breast or lymph nodes)?	☐ NO	☐ YES
Do you have lung or heart conditions?	☐ NO	☐ YES
Are you taking blood-thinning medications?	☐ NO	☐ YES
Do you have injured or otherwise impaired muscles?	☐ NO	☐ YES
Do you have a copper or gold IUD?	☐ NO	☐ YES
Do you have psoriasis, dermatitis, or eczema at the planned treatment site?	☐ NO	☐ YES
Do you have epilepsy?	☐ NO	☐ YES
Have you recently undergone surgery (muscle contractions caused by EMSculpt® may impair healing)	☐ NO	☐ YES
Have you ever given birth?	☐ NO	☐ YES
If YES: ☐ birth via C-section? ☐ vaginal delivery? ☐ both?		

Treatment of the abdominal muscles is only possible six months after a C-section and two months after vaginal delivery. Treatment of the gluteal muscles is only possible two months after a C-section or vaginal delivery.

The cost of treatment is not covered by health insurance.

By signing below, I confirm that I have been informed about the upcoming treatment by my treating physician. This form is part of the informed consent; further information was provided during a personal consultation.

I have no further questions, feel sufficiently informed, and wish to proceed with the treatment.

The costs must be paid immediately after treatment in cash or by credit card. If a package has been selected, payment for the entire package is due after the first session.

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Place, Date

.....
Patient's name

.....
Patient's signature