

Harmony™ – The first manual Breastpump with 2-Phase Expression Technology

*No. 1 choice
of hospitals
& mothers*

More than half of all Mothers buy a manual Breastpump



Harmony™

The manual Breastpump with
2-Phase Expression Technology.
Ideal for occasional use; perfect
for every Mother.



Why do mothers buy it?	Harmony is one of the most popular manual breastpumps in the world. It offers mothers an easy-to-use, hygienic and compact solution for occasional and discreet pumping.	Page 5
What are the benefits?	Efficient, convenient, mobile, easy to use.	Page 6
Who buys it?	Mainly mothers who stay with their baby most of the time, or mothers with breastfeeding difficulties like inverted or flat nipples.	Page 7
Why is it better?	The Medela 2-Phase Expression Technology delivers mothers more milk in less time. Plus, all parts that come into direct contact with breastmilk are (and have always been) free of BPA.	Page 8
Everything a breastfeeding mother needs	Medela offers a full range of products for all the needs of a breastfeeding mother.	Page 9
Calma: the right feeding solution	Calma is the right feeding solution for mothers who pump.	Page 10
Who is behind it?	Medela is your leading partner when it comes to breastfeeding. Learn more about how you can profit with Medela solutions.	Page 11

Harmony™ Specifications & why a Mother would choose it



	Harmony	Advantage
Technology	Research-based 2-Phase Expression Technology	2-Phase Expression guarantees efficiency and comfort.
Handling	Manual	Manual handling and the swivel handle provide a discreet and comfortable pumping session.
Dimension Pump	24 x 19 x 8.5cm	Harmony is small, light and therefore easy to hold and transport.
Weight	118g	
Material	PE, PP, TPE	All parts can be cleaned very easily in every possible way – boiling, microwave bags, sterilising, etc.
Content	Pump consists of only 5 parts	It is intuitive and easy to assemble, use and clean.
Breastshield	Individual sized PersonalFit, soft and gentle SoftFit	More comfort due to the choice of two different breastshields, depending on the mother's individual preference.
Vacuum (Stimulation) Vacuum (Expression)	0-150mmHg 0-230mmHg	Adjustable vacuum levels offer a comfortable pumping session.
BPA	All materials that come into contact with breastmilk are BPA-free	Mothers benefit from a safe solution.

What are the Benefits of using Harmony™?

Breastfeeding generally gives babies the healthiest start in life.

Breastmilk contains everything the baby needs – in just the right combination; it varies not just over the months, but within the day. At times when a mother needs to be away from her baby – or when the nipples need a rest – expressing breastmilk, using the unique research-based Medela technology, makes feeding breastmilk by bottle the next best option.

Harmony is one of the most popular manual breastpumps in the world.

- | Efficiency: More milk in less time due to our 2-Phase Expression Technology
- | Tailored: ideal for occasional use
- | Convenient: ergonomic swivel handle provides easy manual pumping
- | Mobility: as a real lightweight it is easy to transport; ideal for discreet pumping on the go
- | Easy: intuitive to assemble, use and clean

Who is likely to buy a Harmony™?



Harmony is the best solution for mothers who stay with their baby most of the time, and need to express milk occasionally. Whether they want to have an evening out, go shopping for a while, or involve the partner in feeding times, the manual breastpump is a convenient solution for almost every mother.

We also recommend Harmony for mothers who are having difficulties with breastfeeding, e.g. with flat or inverted nipples.

How can you identify Harmony mothers?

We have collected a handful of questions that will help you find out if Harmony is the best solution for the mother in front of you:

- | What is your main reason for looking for a breastpump?
- | How long do you plan to breastfeed?
- | Do you need to overcome breastfeeding difficulties?
- | Do you intend to go back to work – part-time or full-time?
- | Would you like to share feeding times with your partner?
- | Would you like to have some more free time for yourself?

What sets Harmony™ apart from other Pumps?

Harmony is based on our unique 2-Phase Expression Technology:

Over many years of research at the University of Western Australia we investigated the natural sucking pattern of newborn full term babies. What we found was that babies initially use short, fast sucks to stimulate the milk ejection reflex. Once the milk begins to flow, they change to a slower, deeper rhythm to actually feed. We at Medela translated this knowledge into technical know-how – and professional products that help mothers to get more milk in less time.

Thanks to our 2-Phase Expression Technology the breastpump simulates the natural infant sucking behaviour at the mother's breast. Using the manual breastpump feels very comfortable – almost like breastfeeding. In addition, with the 2-Phase Expression Technology the pumping time is reduced.



What else is needed for successful Pumping?



Harmony contains everything a mother needs to start expressing breastmilk. The package contains:

- | 1x Connector
- | 1x swivel handle
- | 1x Breastmilk Bottle
- | 1x PersonalFit Breastshield
- | 1x SoftFit Breastshield
- | 1x Stand, Lid, Disc and Cap

All parts that come into contact with breastmilk are completely BPA-free!

Other products your customers might find helpful:

- | **Breastmilk Bottles:** BPA-free bottles to collect breastmilk.
- | **PureLan:** natural lanolin to treat sore nipples.
- | **Disposable Bra Pads:** to absorb milk leakage.
- | **Contact Nipple Shields:** for temporary use on sore or cracked nipples.



Calma: the right feeding Solution



Suggest Calma for feeding breastmilk!

This breastfeeding-friendly, revolutionary feeding solution is the only scientifically-based bottle feeding device that helps maintain the unique breastfeeding behaviour of a baby: the baby can feed, pause and breathe regularly; milk will not flow unless a vacuum is created, and flow immediately stops when the baby relaxes to pause and breathe. Thus, a baby's natural feeding behaviour will be maintained – enabling mothers to switch from bottle to breast easily.

For the breastfeeding and pumping mother, Calma means...

- ... she needs just one type of teat throughout her breastfeeding duration.
- ... the baby can feed, pause and breathe regularly.
- ... milk will not flow unless a vacuum is created.
- ... milk flow stops when the baby relaxes to pause and breathe.
- ... her baby's natural sucking rhythm will be maintained, enabling easy transition back to the breast.

This is absolutely unique!

For further information visit our homepage www.ready-4-calma.com

Who is behind Harmony™?



Medela is a leading breastfeeding partner in hospitals: we have been contributing to babies' welfare for almost fifty years. We provide mothers with advice and support as well as innovative and research-based products throughout their breastfeeding period, in order to enrich and simplify lives.

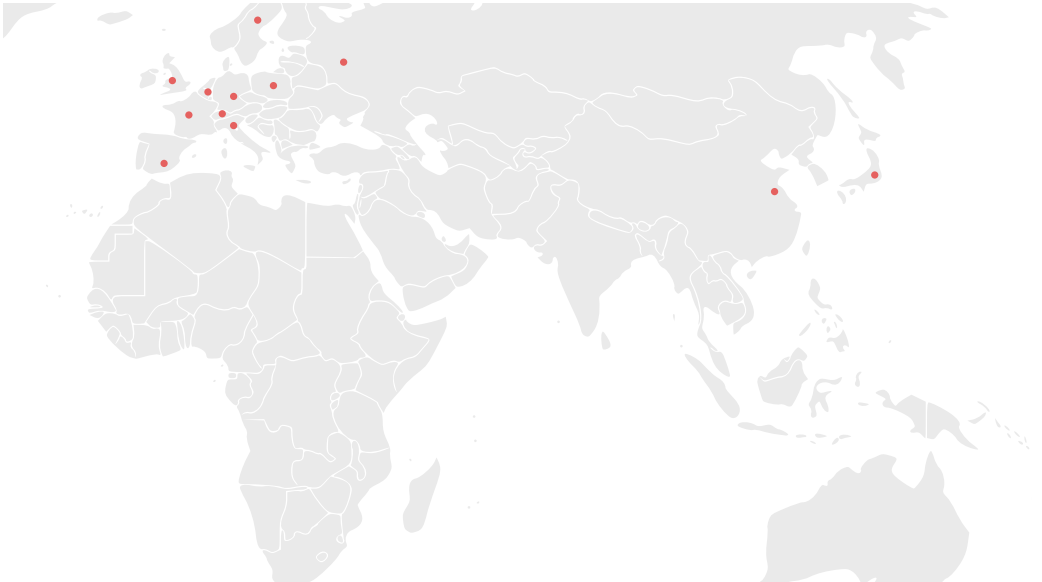
Now, we can offer you and your customers a complete and fully co-ordinated range of breastfeeding solutions – including Harmony, the manual breastpump with research-based 2-Phase Expression Technology.

Practical for mothers and profitable for you:

- I Hospitals and professionals recommend Medela products.
- I Stand out by offering high-quality breastpumps with a unique and outstanding research-based technology.
- I Offer a complete and tailor-made solution for every need a breastfeeding mother might have.
- I Make your customers 100% satisfied – by offering them easy-to-use, adaptable and proven products.

If you have questions or for further information, visit us at www.medela.com.
We are here to help!

www.medela.com



Order Details

Harmony Breastpump

Languages

EN DE FR IT NL

EN SV DA NO PL

EN ES PT EL HE

EN RU HU CS TR

EN JA KO TW ZH

Article Number

005.2019

005.2020

005.2021

005.2022

005.2025

**Medela has offices in
several countries all over
the world**

INTERNATIONAL SALES

Medela AG, Medical Technology
Lättichstrasse 4b

6341 Baar / Switzerland

Phone +41 (0)41 769 51 51

Fax +41 (0)41 769 51 00

ism@medela.ch

www.medela.com