Natural Cycles°

What is Natural Cycles?

Natural Cycles is the first and only FDA Cleared software application for contraception.

- **93% effective with typical use and 98% effective with perfect use**

- **Non-hormonal, non-invasive**

- **Must be 18 years or older**

- **The method uses temperature trend data from a compatible Apple Watch, Oura Ring, or thermometer**

Coverage: Natural Cycles is an over-the-counter digital form of contraception that is covered by most health insurance companies with $0 out-of-pocket costs when obtained with a prescription.

You can reference Natural Cycles by the HCPCS Level II code A9293, "Fertility cycle (contraception & conception) tracking software application, FDA Cleared, per month, includes accessories (e.g., thermometer)".

Majority of Natural Cycles users activate an Annual Subscription so it's recommended to prescribe "12 months".

How to use Natural Cycles Birth Control

1

Take or sync temperature

Measure either overnight or in the morning.

2

Open the NC° app

The algorithm behind the app analyzes hormone-driven temperature changes.

3

Check fertility status

At a glance, know if today is a Green Day (not fertile) or a Red Day (use protection).

PATIENT NAME: _____

PATIENT AGE: _____

ADDRESS: _____

RX: Prescription for Natural Cycles

Billing code: A9293

Diagnosis code: z30.8

Units: 12 months

Natural Cycles is a stand-alone software application for contraception, intended for women 18 years and older, to be used as birth control. Natural Cycles is FDA Cleared as a class IIb medical device. We declare that this product meets all applicable requirements of the Directive 93/42/EEC for medical devices (MDD) and bears the mark CE0123.

PROVIDER NAME: _____

NPI: _____

ADDRESS: _____

DATE: _____

PROVIDER SIGNATURE: _____