

Natural Cycles

User Manual / Instructions for Use

Please read this manual before you start using Natural Cycles.

Indications for Use

Natural Cycles is a stand-alone software application, intended for women 18 years and older, to monitor their fertility. Natural Cycles can be used for preventing a pregnancy (contraception) or planning a pregnancy (conception).

Intended Target Population

The intended target group is women of reproductive age. The pediatric population <18 years of age is excluded from the target group. The user shall be capable of reading this User Manual and operating the Natural Cycles application.

Intended Use Environment

The device is intended for use in non-medical settings.

Contraindications

There are no known contraindications for use of Natural Cycles.

Side-Effects

The product has no known direct side effects on the human body.

Natural Cycles

User Manual / Gebrauchsanweisung

Liest w.e.g. dës Handbuch ier Dir ufänkt Natural Cycles ze benotzen.

Indikatiounen fir ze benotzen

Natural Cycles ass eng stand-alone Software Uwendung, geduecht fir Fraen 18 Joer a méi al,

Absicht Zilbevölkerung

Déi virgesinn Zilgrupp ass Frae vum reproduktive Alter. Déi pädiatresch Populatioun ënner 18 Joer ass vun der Zilgrupp ausgeschloss. De Benotzer soll fäeg sinn dës User Manual ze liesen an d'Natural Cycles Applikatioun ze bedreiwen.

Absicht Benotzung Ëmfeld

Den Apparat ass geduecht fir an net-medizineschen Astellungen ze benotzen.

Kontraindikatiounen

Et gi keng bekannt Kontraindikatiounen fir de Gebrauch vun Natural Cycles.

Side-Effekter

D'Produkt huet keng bekannte direkt Nebenwirkungen op de mënschleche Kierper.

Natural Cycles may not be right for you if

- You have a medical condition where pregnancy would be associated with a significant risk to the mother or the fetus. Using Natural Cycles does not guarantee 100% that you will not get pregnant. If pregnancy presents a significant risk, you should talk to your doctor about the best contraceptive option for you.
- You are currently taking hormonal birth control or undergoing hormonal treatment that inhibits ovulation. Natural Cycles will mainly provide red days if you do not ovulate. You can explore the app in Demo Mode until you discontinue your hormonal birth control or treatment.

Warnings

- ⚠ No method of contraception is 100% effective. Natural Cycles does not guarantee that you cannot get pregnant, it only informs you whether and when you can become pregnant based on the information that you enter into the application.
- ⚠ Even with using the app perfectly, you can still have an unintended pregnancy. Natural Cycles is 93% effective under typical use, which means that 7 women out of 100 get pregnant during 1 year of use. With using the app perfectly, i.e. if you never have unprotected intercourse on red days, Natural Cycles is 98% effective, which means that 2 women out of 100 get pregnant during 1 year of use.
- ⚠ On red days, you must either abstain or use protection, such as condoms or another form of barrier protection, to prevent pregnancy. If you have not been using a non-hormonal method of contraception before, make sure to have a method on hand to use during red days.
- ⚠ Our data show that women transitioning to Natural Cycles from hormonal contraception have a higher risk of becoming pregnant due to generally not yet being

Natural Cycles ass vläicht net richtig firlech wann

- Dir hutt e medizinesche Zoustand wou Schwangerschaft mat engem bedeitende Risiko fir d'Mamm oder de Fetus verbonne wier. Benotzt Natural Cycles garantéiert net 100% datt Dir net schwanger gëtt. Wann d'Schwangerschaft e bedeitende Risiko duerstellt, sollt Dir mat Ärem Dokter schwätzen iwwer déi bescht contraceptive Optioun firlech.
- Dir maacht de Moment hormonell Gebuertskontroll oder maacht eng hormonell Behandlung, déi d'Ovulation hemmt. Natural Cycles bitt haaptsächlech rout Deeg wann Dir net ovuléiert. Dir kënnt d'App am Demo Modus exploréieren bis Dir Är hormonell Gebuertskontroll oder Behandlung ophält.

Warnungen

- ⚠ Keng Kontraceptiounsmethod ass 100% effektiv. Natural Cycles garantéiert net datt Dir net schwanger ka ginn, et informéiertlech nëmmen ob a wéini Dir schwanger ka ginn op Basis vun der Informatioun déi Dir an d'Applikatioun gitt.
- ⚠ Och wann Dir d'App perfekt benotzt, kënnt Dir ëmmer nach eng onbedéngt Schwangerschaft hunn. Natural Cycles ass 93% effektiv ënner typesche Gebrauch, dat heescht datt 7 Fraen aus 100 während engem Gebrauchsjoer schwanger ginn. Wann Dir d'App perfekt benotzt, dat heescht wann Dir ni ongeschützt Geschlecht op roude Deeg hutt, ass Natural Cycles 98% effektiv, dat heescht datt 2 Fraen aus 100 während engem Gebrauchsjoer schwanger ginn.
- ⚠ Op roude Deeg musst Dir entweder ofhalen oder Schutz benotzen, sou wéi Kondomer oder eng aner Form vu Barrièreschutz, fir Schwangerschaft ze vermeiden. Wann Dir nach ni eng net-hormonell Kontraceptiounsmethod benotzt hutt, gitt sécher eng Method zur Verfügung ze hunn fir während roude Deeg ze benotzen.

accustomed to using other forms of protection, such as a condom or another form of barrier protection.

- ⚠ If you are discontinuing hormonal contraception, you may first experience a withdrawal bleed, which is much lighter than your true period. You will normally get your true period a few weeks later. Withdrawal bleeding should not be entered as "period". If you are unsure if you are experiencing withdrawal bleeding or a period, please consult your doctor.
- ⚠ Natural Cycles does not protect against sexually transmitted infections (STIs). Use a condom to protect against STIs.
- ⚠ Always check your fertility status for the day. Be aware that fertility predictions for upcoming days are only predictions and may change in the future. If you are unsure of your fertility status and can't access the app, abstain or use protection in the meantime.
- ⚠ If you are exploring the demo version of the app, this is for informational or instructional purposes only and does not display real data. Do not use the information displayed in Demo Mode for contraceptive purposes.
- ⚠ If you have taken the emergency contraceptive pill, you should indicate it in the app. You can then continue measuring as normal and the algorithm will take the additional hormones from the pill into account. Note that the bleeding you may experience a few days after taking emergency contraception is not the same as your regular period and should not be entered into the app. If your period is more than one week late after it normally would start you should take a pregnancy test.

Precautions

- As a contraceptive, Natural Cycles may be less suitable for you if you have irregular menstrual cycles (i.e. cycles

- ⚠ Eis Donnéeën weisen datt Fraen, déi op hormonell Verhënnerung op Natural Cycles iwwergoen, e méi héicht Risiko hunn, schwanger ze ginn, well se allgemeng nach net gewinnt sinn aner Forme vu Schutz ze benotzen, sou wéi e Kondom oder eng aner Form vu Barrièreschutz.
- ⚠ Wann Dir hormonell Verhënnerung ophält, kënnt Dir als éischt e Réckzuchsblutt erliewen, wat vill méi hell ass wéi Är richteg Period. Dir kritt normalerweis Är richteg Period e puer Woche méi spéit. Réckzuchsblutung sollt net als "Period" aginn ginn. Wann Dir net sécher sidd ob Dir Réckzuchsblutungen oder eng Period hutt, konsultéiert w.e.g. Ären Dokter.
- ⚠ Natural Cycles schützt net géint sexuell iwwerflësseg Infektiounen (STIs). Benotzt e Kondom fir géint STI ze schützen.
- ⚠ Préift ëmmer Ären Fruchtbarkeetstatus fir den Dag. Sidd bewosst datt Fruchtbarkeet Prognosen fir déi kommend Deeg nëmme Prognosen sinn a kënnen an der Zukunft änneren. Wann Dir net sécher sidd iwwer Äre Fruchtbarkeetstatus a kënnt net op d'App zougräifen, ofhalen oder de Schutz méttlerweil benotzen.
- ⚠ Wann Dir d'Demo Versioun vun der App exploréiert, ass dëst nëmme fir Informatiouns- oder Léierzwecker a weist keng richteg Donnéeën. Benotzt d'Informatioun net am Demo Modus fir contraceptive Zwecker ugewisen.
- ⚠ Wann Dir d'Noutkontraceptive Pille geholl hutt, sollt Dir et an der App uginne. Dir kënnt dann weider Är Temperatur moossen wéi normal an den Algorithmus hält déi zousätzlech Hormone vun der Pille Rechnung. Notéiert datt d'Blutungen, déi Dir e puer Deeg nom Noutkontraceptioun kënnt erliewen, net déiselwecht ass wéi Är regulär Period a sollten net an d'App aginn ginn. Wann Är Period méi wéi eng Woch spéit ass nodeems se normalerweis ufänkt, sollt Dir e Schwangerschaftstest maachen.

Virsiichtsmoosnamen

- Als Kontrazeptiv ass Natural Cycles manner gëeegent fir lech wann Dir onregelméisseg Menstruationszyklen hutt

with length less than 21 days or greater than 35 days) and/or fluctuating temperatures as predicting fertility is more difficult in these circumstances. Natural Cycles' effectiveness as a contraceptive is not affected by irregular cycles, but you will experience an increased number of red days, which can reduce your satisfaction with Natural Cycles. This can be the case:

- **If you discontinue hormonal contraception.** It can take several cycles after discontinuing hormonal contraception before becoming more regular again. You should expect more red days during these cycles and therefore expect to use protection or abstain more frequently.
- **If you have medical conditions that lead to irregular cycles such as polycystic ovary syndrome (PCOS) or thyroid-related conditions.**
- **If you experience symptoms of menopause.**
- After giving birth, we recommend that you start using Natural Cycles again when you get your first period back, regardless of whether you are breastfeeding or not. If you wish to start using Natural Cycles before, you should expect to have only red days until your first ovulation is confirmed. How long it may take to get your first period back can vary significantly from person to person, and it is generally longer for nursing mothers. Please note that you are at risk of becoming pregnant even before your first period comes back, and you should use some form of contraception if you wish to prevent a new pregnancy. If you are fully breastfeeding and you have given birth less than 6 months ago, LAM (Lactational Amenorrhea Method) can serve as an effective method of contraception postpartum.
- When you start using Natural Cycles, it can take some time to get to know your unique cycle, resulting in an increased number of red days during your first 1-3 cycles. This is to ensure that the app is effective from the first day of use, and once Natural Cycles has detected your ovulation you are likely to receive more green days. It is important to note that you can rely on the fertility status indicated by the app from the first day of use.
- Always make sure to update your software app, so that you have the latest version. Natural Cycles recommends that you set your smartphone to update the app automatically.

(dh Zyklen mat enger Längt manner wéi 21 Deeg oder méi wéi 35 Deeg) an/oder schwankende Temperaturen well d'Virusbezuellung virussoen ass an dësen Ëmstänn méi schwéier. Natural Cycles 'Effektivitéit als Kontrazeptiva gëtt net vun onregelméissegem Zyklen beaflosst, awer Dir wäert eng erhéicht Zuel vu roude Deeg erliewen, wat Är Zefriddenheet mam Natural Cycles reduzéiere kann. Dëst kann de Fall sinn:

- Wann Dir hormonell Verhënnerung ophält . Et kann e puer Zyklen daueren nodeems d'hormonell Verhënnerung gestoppt gëtt, ier et erëm méi reegelméisseg gëtt. Dir sollt méi rout Deeg während dësen Zyklen erwaarden an dofir erwaarden datt Dir Schutz benotzt oder méi dacks ofhale kënnt.
- **Wann Dir medizinesch Bedéngungen hutt, déi zu onregelméissegem Zyklen féieren, wéi zum Beispill polycystescht Eierstocksyzndrom (PCOS) oder Schildkrankheeten .**
- **Wann Dir Symptomer vun der Menopause erliewt.**
- No Gebuert, Mir recommandéieren dass Dir NC erëm ufänken benotzen wann Dir Är éischt kréien Period zréck, egal ob Dir Stillen oder net. Wann Dir wëllt ufänken ze benotzen NC virun, Dir sollt erwaarden nëmmen rout Deeg ze hunn bis Är éischt ovulation confirméiert ass. Wéi laang et dauert fir Är éischt Period zréck ze kréien, ka wesentlech vu Persoun zu variéieren Persoun, an et ass allgemeng méi laang fir Altersheem Mammen. Maacht weg datt Dir am Risiko sidd schwanger ginn och ier Är éischt Period kënnt zréck, an Dir sollt e puer benotzen Form vun Contraceptioun wann Dir wëllt eng nei Schwangerschaft verhënneren. Wann Dir sidd voll Stillen an Dir hutt Gebuert manner wéi 6 Méint, LAM (Lactational Amenorrhea Method) kann als effektiv Method vun der Verhënnerung postpartum déngen.
- Wann Dir ufänkt Natural Cycles ze benotzen, kann et e bëssen Zäit daueren fir Ären eenzegaartegen Zyklus kennen ze léieren, wat zu enger erhéicht Zuel vu roude Deeg während Ären éischten 1-3 Zyklen resultéiert. Dëst ass fir sécherzestellen datt d'App effektiv vum éischten Dag vun der Benotzung ass, a wann Natural Cycles Är Ovulatioun festgestallt huet, kritt Dir wahrscheinlech méi gréng Deeg. Et ass wichteg ze bemierken datt Dir op de Fruchtbarkeetsstatus vertraue kënnt, deen vun der App vum éischten Dag vum Gebrauch uginn ass.

- To ensure accurate data inputs to Natural Cycles, always use a thermometer or wearable that fulfils the specifications stated in the section 'Checklist'.
- Always follow the directions in the applicable sections 'Natural Cycles and Oura Ring', 'Natural Cycles and Apple Watch' or 'Natural Cycles and Thermometer' in order to increase the accuracy of ovulation detection.

Checklist

To get started with Natural Cycles you will need the following:

1. A Natural Cycles account

You can access Natural Cycles via your web browser, by visiting www.naturalcycles.com.

For access via the app, download the app on your Android, iPhone or iPad on Google Play or the App Store. Follow the registration steps to create your personal account. Make sure the device you use to access Natural Cycles is connected to the internet. Your Natural Cycles account is personal and should not be used by anyone except you.

2. A thermometer, an Oura Ring, or an Apple Watch

To get started you will need an oral basal thermometer. Basal thermometers are more sensitive than regular fever thermometers and they show two decimals (e.g. 36.72°C / 98.11°F).

You can alternatively use an Oura Ring (Gen2, Gen3 or Gen4) or an Apple Watch with temperature sensors (series 8, 9, 10, or Ultra)

3. Ovulation tests (optional)

Ovulation (LH) tests are urine test strips which detect the surge of luteinizing hormone that occurs 1-2 days before ovulation. It is optional to use LH tests with Natural Cycles,

- Vergewässert lech ëmmer Är Software App ze aktualiséieren, sou datt Dir déi lescht Versioun hutt. Natural Cycles recommandéiert datt Dir Äre Smartphone setzt fir d'App automatesch ze aktualiséieren.
- Fir präzis Dateninputen op Natural Cycles ze garantéieren, benotzt ëmmer en Thermometer oder e wearable deen d'Spezifikatioune erfëllt an der Rubrik 'Checklist'.
- Follegt ëmmer d'Uweisungen an den applicablen Sektione 'Natural Cycles an Oura Ring', 'Natural Cycles an Apple Watch' oder 'Natural Cycles an Thermometer' fir d'Genaukeet vun der Ovulationserkennung ze erhéijen.

Checklëscht

Fir mat Natural Cycles unzefänken braucht Dir déi folgend:

1. E Natural Cycles Kont

Dir kënnt Zougang zu Natural Cycles iwwer Äre Webbrowser kréien, andeems Dir www.naturalcycles.com besicht .

Fir Zougang iwwer d'App, download d'App op Ärem Android, iPhone oder iPad op Google Play oder am App Store. Follegt d'Aschreiwung Schrëtt fir Äre perséinleche Kont ze kreéieren. Gitt sécher datt den Apparat deen Dir benotzt fir Zougang zu Natural Cycles mam Internet ugeschloss ass. Ären Natural Cycles Kont ass perséinlech a soll vu jidderengem ausser Dir benotzt ginn.

2. En Thermometer, en Oura Ring oder eng Apple Watch

Fir unzefänken braucht Dir en Oralthermometer deen mat 2 Dezimaler moosst an deen eng Genaukeet vun +/- 0,10 (C) oder +/- 0,10 (F) huet. Dir kënnt d'Genaukeet vun Ärem Thermometer kontrolléieren an de Spezifikatioune, déi an den Thermometer d'Uweisungen opgezielt sinn. Dir kënnt alternativ en Oura Ring (Gen2, Gen3, oder Gen4) benotzen oder eng Apple Watch mat Temperatursensoren (Serie 8, 9, 10 oder Ultra).

3. Ovulationstester (fakultativ)

Sie (SH) Tester sinn Pipi Läische déi massiv vun luteinizing Hormon entdecken dass 1-2 Deeg ier sie existeiert. Et ass

but they can help to increase the accuracy of detecting ovulation and can, therefore, increase the number of green days you will see if you are preventing a pregnancy. Using LH tests will not affect the effectiveness of Natural Cycles as a contraceptive. If you are planning a pregnancy, we recommend using LH tests as they can help to find your most fertile days. You can purchase LH tests at shop.naturalcycles.com or from within the app itself.

Natural Cycles and Thermometer

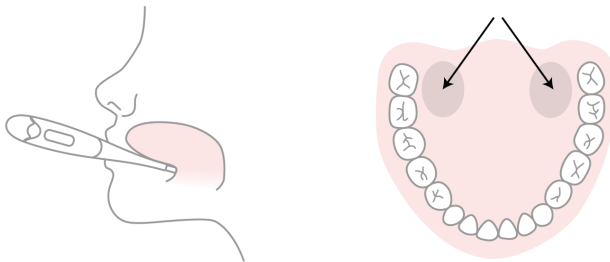
How to measure

Follow the user manual provided with your basal body temperature thermometer. If the thermometer was provided to you by Natural Cycles (**NC° Thermometer Gen1, Gen2, or Gen3**), we recommend that you follow the steps below for your thermometer when measuring your temperature.

Note that for **NC° Thermometer Gen2** and **Gen3** you need to pair the thermometer with the app before first use to be able to sync your temperatures. Instructions on how to pair are provided in the thermometer's instructions for use and in the Natural Cycles app.

How to measure with NC° Thermometer (Gen1)

1. Place the thermometer in your mouth and under your tongue, as far back as possible, next to the root of your tongue as depicted in the diagrams below.



2. Only press the power button once the thermometer is in your mouth and in place.

fakultativ SH Tester mat Natural Cycles ze benotzen, mä se kann hëllefen d'Richtigkeet vun fonnt sie gestiermt an kann, also, d'Zuel vun de grénge Deeg Erhéijung Dir gesinn gëtt wann Dir eng Schwangerschaft sinn Präventioun. Benutzt SH Tester wäert net d'Effikacitéit vun Natural Cycles als contraceptive Afloss. Wann Dir eng Schwangerschaft sinn Planung, recommandéiere mir SH Tester mat nodeems se hëllefen kann Är stäerkste fruchtbare Deeg ze fannen. Dir kënnt selwer SH Tester um shop.naturalcycles.com oder aus bannent der App Akaf.

Natural Cycles an Thermometer

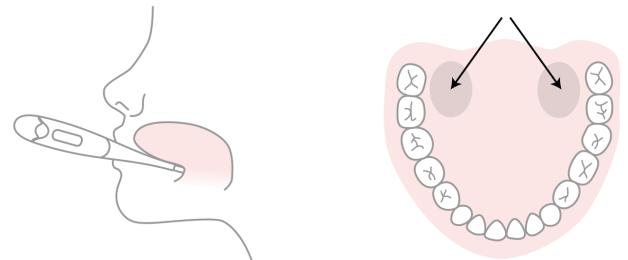
Wéi moossen

Follegt d'Benotzerhandbuch mat Ärem Basal Kierpertemperaturthermometer. Wann den Thermometer lech vun Natural Cycles geliwwert gouf (**NC° Thermometer Gen1, Gen2 oder Gen3**), empfeelen mir lech d'Schrëtt hei ënnen fir Ären Thermometer ze verfolge wann Dir Är Temperatur moosst.

Notéiert datt fir **NC° Thermometer Gen2 an Gen3** Dir musst den Thermometer mat der App virum éischte Gebrauch koppelen fir Är Temperaturen ze synchroniséieren. Instruktiounen fir ze koppelen ginn an der Gebrauchsanweisung vum Thermometer an an der Natural Cycles App geliwwert.

Wéi moosst mat NC° Thermometer (Gen1)

1. Plaz den Thermometer an Ärem Mond an ënner Ärer Zong, sou wäit zrëck wéi méiglech, nieft der Wuerzel vun Ärer Zong wéi an den Diagrammer hei ënnendrënner duergestallt.



2. Dréckt nëmmen den Power Button eemol den Thermometer an Ärem Mond ass an op der Plaz ass.

3. Try to keep still while measuring, close your mouth to keep any cool air out and breathe through your nose.
4. Wait until it beeps (approx. 30 seconds).
5. Once you have your reading, add the temperature into the app.

You can use the 'Measuring Training' and the 'Measuring Guide' in the app to check your measuring skills.

The thermometer will save your reading, so you can check your reading once again later. To do this press the "on" button once; the saved reading will appear for a few seconds before the temperature resets.

How to measure with NC° Thermometer (Gen2)

1. Press the power button on your Bluetooth thermometer NC° Thermometer (Gen2) and wait until you hear a beep and/or the backlight flashes. This is a signal from the thermometer that it's ready to start the measurement.
2. Place the thermometer in your mouth and under your tongue, as far back as possible, next to the root of your tongue as depicted in the diagram above.
3. Try to keep still while measuring, close your mouth to keep any cool air out and breathe through your nose.
4. Wait until you hear a long beep and/or the backlight flash (approx. 30 seconds).
5. The temperature should appear automatically in the app. You can also choose to add the temperature manually or sync it later.

You can use the 'Measuring Training' and the 'Measuring Guide' in the app to check your measuring skills.

The thermometer will save your reading so you can check it later. To do this press the "bluetooth" button for at least 5 seconds; the saved reading will appear on the screen in the memory mode.

How to measure with NC° Thermometer (Gen3)

1. Press the power button and then place the thermometer in your mouth to begin measuring.
2. Place the probe under the tongue as near as

3. Probéiert beim Stillen ze bleiwen, maacht Äre Mond zou fir eng cool Loft dobaussen ze halen an duersch d'Nues ze otmen.
4. Waart bis et piepelt (ongeféier 30 Sekonnen).
5. Wann Dir Är Liesung hutt, füügt d'Temperatur an d'App.

Dir kënnt den 'Measuring Training' an de 'Measuring Guide' an der App benotzen fir Är Messkompetenzen ze kontrolléieren.

D'missen, gött Är liesen retten, sou Dir Är liesen spéider nach eng Kéier kontrolléieren kann. Maachen dëst Press de "op" Knäppchen eemol; de gerett liesen wäert fir e puer Sekonnen virun der Temperatur resets erschéngen.

Wéi moosst mat NC° Thermometer (Gen2)

1. Dréckt den Power Button op Ärem Bluetooth Thermometer NC° Thermometer (Gen2) a waart bis Dir e Piep héiert an / oder d'Backlight blénkt. Dëst ass e Signal vum Thermometer datt et prett ass fir d'Messung unzefänken.
2. Plaz den Thermometer an Ärem Mond an ënner Ärer Zong, sou wäit zréck wéi méiglech, nieft der Wuerzel vun Ärer Zong wéi an den Diagrammer hei ënnendrënner duergestallt.
3. Probéiert beim Stillen ze bleiwen, maacht Äre Mond zou fir eng cool Loft dobaussen ze halen an duersch d'Nues ze otmen.
4. Waart bis Dir e laange Piep héiert an/oder d'Géigeliichtblitz (ongeféier 30 Sekonnen).
5. D'Temperatur soll automatesch an der App erscheinen. Dir kënnt och wielen d'Temperatur manuell ze addéieren oder se spéider ze synchroniséieren.

Dir kënnt den 'Measuring Training' an de 'Measuring Guide' an der App benotzen fir Är Messkompetenzen ze kontrolléieren.

D'missen, gött Är liesen retten, sou Dir Är liesen spéider nach eng Kéier kontrolléieren kann. Maachen dëst Press de "op" Knäppchen eemol; de gerett liesen wäert fir e puer Sekonnen virun der Temperatur resets erschéngen.

Wéi moosst mat NC° Thermometer (Gen3)

1. Dréckt den Power Button a setzt dann den Thermometer an Ärem Mond fir ze moossen.
2. Setzt d'Sond ënner der Zong sou no wéi méiglech un

possible to a heat pocket at the back of the mouth, as noted in the diagram above.

3. Hold the thermometer in place during the measurement; do not bite down on the thermometer. The mouth must remain closed to ensure accurate results. The reading should take approximately 40 seconds.
4. When the measurement is complete the thermometer will provide feedback. The feedback can be light and/or sound based on user settings. The final temperature value will be displayed on the thermometer screen.
5. After a measurement is completed, simply press the power button to turn the thermometer off or the thermometer will shut off automatically. The temperature should appear automatically in the app. You can also choose to add the temperature manually or sync it later.

The thermometer will save your reading so you can check it later. To do this press the “history” button; the last temperature will appear on the screen in the history mode.

When to measure

Measure your temperature once a day, on as many days as possible, so that the algorithm can quickly get to know your unique cycle. Aim to measure at least 5 days a week. A tip to help you remember is to place your thermometer on top of your phone before going to bed.

Measure first thing in the morning when you wake up, before you get up and out of bed. Ideally measure at around the same time every day (within +/- 2 hours).

When to exclude temperatures

Certain circumstances may affect your basal temperature. This can lead to varying temperatures and make it harder for the algorithm to track your cycle. To help our algorithm learn about your cycle and accurately find ovulation, use the “Exclude temperature” function in the app if you:

enger Hëtztasche um Réck vum Mond, wéi am Diagramm uewen uginn.

3. Halt den Thermometer während der Messung op der Plaz; bëss net op den Thermometer. De Mond muss zou bleiwen fir genee Resultater ze garantéieren. D'Liesung soll ongeféier 40 Sekonnen daueren.
4. Wann d'Miessung fäerdeg ass, gëtt den Thermometer Feedback. De Feedback kann Liicht an / oder Toun baséiert op Benotzer Astellung ginn. Den definitiven Temperaturwäert gëtt um Thermometerbildschirm ugewisen.
5. Nodeems eng Messung fäerdeg ass, dréckt einfach den Power Button fir den Thermometer auszuschalten oder den Thermometer schalt automatesch aus. D'Temperatur soll automatesch an der App erscheinen. Dir kënnt och wielen d'Temperatur manuell ze addéieren oder se spéider ze synchroniséieren.

Den Thermometer späichert Är Liesung sou datt Dir se spéider iwwerpréift. Fir dëst ze maachen, dréckt op de "Geschicht" Knäppchen; déi lescht Temperatur wäert um Écran am Geschicht Modus schéngen.

Wéini ze moossen

Moosnam Är Temperatur eemol wëssen, op wéi vill Deeg wéi méiglech, sou datt de Algorithmus séier Är eenzegaarteg Zyklus wëssen kréien kann. Zil op d'mannst 5 Deeg d'Woch ze moossen. A Tipp ze hëllefen lech erënneren ass Är missen op widdert Är Telefonsnummer ze Plaz virum Bett lass.

Maacht déi éischt Saach moies wann Dir erwächt, ier Dir op an aus dem Bett klëmmt. Ideal moossen op ongeféier déiselwecht Zäit all Dag (bannent +/- 2 Stonnen).

Wéini ausgeschloss Temperaturen

Verschidde Ëmstänn kënnen Är Basaltemperatur beaflossen. Dëst kann zu Variatiounen vun Temperaturen féieren an et méi schwéier maachen fir den Algorithmus fir Ären Zyklus ze verfolgen. Fir eisen Algorithmus ze hëllefen iwwer Ären Zyklus ze léieren a präzis d'Ovulation ze fannen, benotzt

- Feel hungover
- Slept differently (>2 hours more/less than usual)
- Feel sick

Remember that everyone is different with different routines and, for instance, little sleep might affect you more or less than others. Exclude your temperature only if you feel that something was out of the ordinary for you and you feel differently this morning because of it.

Medication can also affect your temperature. If you take regular medication or anti-pyretics (fever reducing substances), it's worth consulting with your doctor to discover its impact on your basal body temperature.

Changing your thermometer

If you need to replace your thermometer, do this at the start of your period. A basal thermometer is highly accurate, but from one thermometer to another, there can be a small difference in how each one measures. For example, if one thermometer is showing one temperature, the second can show a 0.1°C difference. As the app is looking for the smallest differences in temperatures to be able to locate where you are in your cycle, you should only use one thermometer at a time. Do not change these during the course of a cycle, instead wait until a new cycle has started before changing your thermometer.

Natural Cycles and Oura Ring

How to set up

After logging in to the Natural Cycles app for the first time, you are automatically directed to the connection flow which will help you set up the syncing between Natural Cycles and Oura. If you are transitioning from using Natural Cycles with a thermometer to using Natural Cycles with the Oura Ring, you should start with the Oura Ring at the start of your period.

d'Funktioon "Temperatur ausschléissen" an der App wann Dir:

- Fillt lech hongereg
- Anescht geschlof (> 2 Stonnen méi/manner wéi soss)
- Krank fillen

Denkt drun datt jiddereen anescht ass mat verschiddene Routinen an zum Beispill e kleng Schlof kéint lech méi oder manner beaflossen wéi anerer. Ausgeschloss Är Temperatur nëmmen wann Dir d'Gefill hutt datt eppes aussergewöhnlech fir lech war an Dir lech de Moien anescht fillt.

Medikamenter kënnen och Är Temperatur beaflossen. Wann Dir reegelméisseg Medikamenter oder Anti-Pyretika (Féiwerreduzéiert Substanzen) hëlt, ass et derwäert mat Ärem Dokter ze konsultéieren fir säin Impakt op Är basal Kierpertemperatur ze entdecken.

Äert Thermometer z'änneren

Wann Dir Är missen ersetzen brauchen, do dat am Ufank vun Ärer Zäit. A basal missen, ass absolut korrekt, mee aus ee missen zu engem aneren, kann do eng kleng Differenz zu wéi all ee Mesuren ginn. Zum Beispill, wann een Thermometer eng Temperatur weist, kann déi zweet en 0.1 °C Ënnerscheed weisen. Wéi d'App sicht déi klengst Differenzen an Temperaturen fir ze lokaliséieren wou Dir an Ärem Zyklus sidd, sollt Dir nëmmen een Thermometer gläichzäiteg benotzen. huet ugefaang ier Är missen änneren.

Natural Cycles an Oura Ring

Wéi opzemaachen

Nodeems Dir lech fir d'éischt Kéier an der Natural Cycles App ageloggt hutt, gitt Dir automatesch op de Verbindungsfloss geleet, deen lech hëlleft d'Synchroniséierung tëscht Natural Cycles an Oura opzestellen. Wann Dir iwwer d'Iwwergang vun Natural Cycles mat engem Thermometer benotzt fir Natural Cycles mam Oura Ring ze benotzen, sollt Dir mam Oura Ring am

How to use

Follow the user manual provided by Oura to measure temperature data trends during the night. In the morning, follow these steps to get your fertility status for the day:

1. Sync your Oura Ring with the Oura App. The reading will be automatically synced with your Natural Cycles app as soon as it is automatically uploaded to "Oura on the Web" cloud storage. When the reading has been registered, the Natural Cycles app will indicate the time at which it synced with Oura.
2. Open your Natural Cycles app and add any other data, like LH test results or period.
3. Check your updated fertility status for the day in the Natural Cycles app

Note: Oura Ring provides Natural Cycles with temperature trends which Natural Cycles processes into a single, absolute temperature value used by the Natural Cycles algorithm. Do not use these values to make medical decisions (ex: diagnose fever).

Note: If you have a condition that affects nocturnal skin temperature, using an Oura Ring as an input source to Natural Cycles is not recommended.

Note: If you need to change your Oura Ring for any reason, you should start using your new ring at the start of your period.

When to exclude temperature variation data

Certain circumstances may affect your data. This can make it harder for the algorithm to track your cycle. To help our algorithm learn about your cycle and accurately find ovulation, use the "Exclude temperature" function in the app if you:

Ufank vun Ärer Period ufänken.

Wéi benotzt Dir

d'Benotzerhandbuch vun Oura zur Verfügung fir Temperaturdatentrends an der Nuecht ze moossen. Moies, befollegt dës Schrëtt fir Äre Fruchtbarkeetsstatus fir den Dag ze kréien:

1. Synchroniséiert Ären Oura Ring mat der Oura App. D'Liesung gëtt automatesch mat Ärer Natural Cycles App synchroniséiert soubal se automatesch op "Oura on the Web" Cloud Storage an der Oura Cloud eropgeluede gëtt. Wann d'Liesung registréiert ass, wäert d'Natural Cycles App d'Zäit uginn wou se mat Oura synchroniséiert ass.
2. Öffnen Är Natural Cycles App a füügt all aner Daten un, wéi LH Testresultater oder Period.
3. Kuckt Ären aktualiséierte Fruchtbarkeetsstatus fir den Dag an der Natural Cycles App

Notiz: Oura Ring liwwert Natural Cycles Temperaturtrends, déi Natural Cycles zu engem eenzegem, absoluten Temperaturwäert veraarbecht, deen vum Natural Cycles Algorithmus benotzt gëtt. Benotzt dës Wäerter net fir medizinesch Entscheidungen ze treffen (zB: Féiwer diagnostizéieren).

Notiz: Wann Dir eng Bedingung hutt, déi d'Nuechttemperatur vun der Haut beaflosst, ass et net recommandéiert en Oura Ring als Inputquell fir Natural Cycles ze benotzen.

Bemierkung: Wann Dir Äre Rank aus irgend engem Grond muss änneren, sollt Dir Ären neie Ring am Ufank vun Ärer Period benotzen.

Wann Temperaturvariatiounsdaten ausgeschloss ginn

Verschidden Ëmstänn kënnen Är Donnéeën beaflossen. Dëst kann et méi schwéier maachen fir den Algorithmus Ären Zyklus ze verfolgen. Fir eisen Algorithmus ze hëllefen iwwer Ären Zyklus ze léieren a präzis d'Ovulatioun ze

- Feel hungover
- Feel sick

Exclude your temperature variation data only if you feel that something was out of the ordinary for you and you feel differently this morning because of it.

Medication can also affect your temperature. If you take regular medication or anti-pyretics (fever reducing substances), it's worth consulting with your doctor to discover its impact on your skin temperature.

Natural Cycles and Apple Watch

How to set up

After logging in to the Natural Cycles app for the first time, you are automatically directed to the connection flow which will help you set up the syncing between Natural Cycles and Oura. If you are transitioning from using Natural Cycles with a thermometer to using Natural Cycles with the Oura Ring, you should start with the Oura Ring at the start of your period.

How to use

Follow the user manual provided by Apple to measure temperature during the night. The temperature will be automatically transferred to Natural Cycles. In the morning, follow these steps to get your fertility status for the day:

1. Open your Natural Cycles app and add any other data, like LH test results or period.
2. Check your updated fertility status for the day in the Natural Cycles app
3. Check your updated fertility status for the day in the Natural Cycles app

Note: Do not use the temperature values provided by Apple Watch to make medical decisions (ex: diagnose fever).

fannen, benotzt d'Funktioen "Temperatur ausgeschloss" an der App wann Dir:

- Hunger fillen
- Krank fillen

Ausgeschloss Är Temperaturvariatiounsdaten nëmmen wann Dir mengt datt eppes fir lech aussergewöhnlech war an Dir lech de Moien anescht fillt dowéinst.

Medikamenter kënnen och Är Temperatur beaflossen. Wann Dir regelméisseg Medikamenter anti-pyretics (Féiwer reduzéieren Substanzen) huelen, ass et wäert mat Ärem Dokter ze consultéieren seng Impakt op Är Haut Temperatur ze entdecken.

Natural Cycles an Apple Watch

Wéi opzemaachen

Nodeems Dir lech fir d'éischt Kéier an d' Natural Cycles App ageloggt hutt, gitt Dir automatesch op de Verbindungsfloss geleet, deen lech hëlleft d'Synchroniséierung tëscht Natural Cycles an Apple Health opzestellen. Wann Dir den lwwergang vun Natural Cycles mat enger anerer Temperaturquell benotzt fir Natural Cycles mat Apple Watch ze benotzen, sollt Dir mat Apple Watch am Ufank vun Ärer Period ufänken.

Wéi benotzen

Follegt d'Benutzerhandbuch vun Apple fir d'Temperatur an der Nuecht ze moossen. D'Temperatur gëtt automatesch op Natural Cycles transferéiert. Moies, befollegt dës Schrëtt fir Äre Fruchtbarkeetsstatus fir den Dag ze kréien:

1. Öffnen Är Natural Cycles App a füügt all aner Daten un, wéi LH Testresultater oder Period.
2. Kuckt Ären aktualiséierte Fruchtbarkeetsstatus fir den Dag an der Natural Cycles App
3. Kuckt Ären aktualiséierte Fruchtbarkeetsstatus fir den Dag an der Natural Cycles App

Notiz: Benotzt d'Temperaturwäerter net, déi vun Apple Watch geliwwert ginn, fir medizinesch Entscheidungen ze treffen (zB: Féiwer diagnostizéieren).

Note: If you have a condition that affects nocturnal skin temperature, using Apple Watch as an input source to Natural Cycles is not recommended.

Note: If you need to change your Apple Watch for any reason, you should start using your new device at the start of your period.

When to exclude temperature data

Certain circumstances may affect your data. This can make it harder for the algorithm to track your cycle. To help our algorithm learn about your cycle and accurately find ovulation, use the “Exclude temperature” function in the app if you:

- Feel hungover
- Feel sick

Exclude your temperature data only if you feel that something was out of the ordinary for you and you feel differently this morning because of it.

Medication can also affect your temperature. If you take regular medication or anti-pyretics (fever reducing substances), it's worth consulting with your doctor to discover its impact on your skin temperature.

Natural Cycles products

Natural Cycles offers four modes for our users to choose from depending on their fertility goal:

- NC° Birth Control - for preventing pregnancy
- NC° Plan Pregnancy - for increasing chances of conception
- NC° Follow Pregnancy - for monitoring the course of a pregnancy
- NC° Postpartum - for recovering from childbirth

These four modes can be chosen by the user prior to signing up and then within the app, if the user would like to switch between modes.

Notiz: Wann Dir eng Bedingung hutt, déi d'Nuechttemperatur vun der Haut beaflosst, ass Apple Watch als Inputquell fir Natural Cycles net recommandéiert.

Notiz: Wann Dir Är Apple Watch aus irgend engem Grond muss änneren, sollt Dir Ären neien Apparat am Ufank vun Ärer Period benotzen.

Wann Temperaturvariatiounsdaten ausgeschloss ginn

Verschidden Ëmstänn kënnen Är Donnéeën beaflossen. Dëst kann et méi schwéier maachen fir den Algorithmus Ären Zyklus ze verfolgen. Fir eisen Algorithmus ze hëllefen iwwer Ären Zyklus ze léieren an d'Ovulatioun präzis ze fannen, benotzt d'Funktoun "Temperatur ausgeschloss" an der App wann Dir:

- Hunger fillen
- Krank fillen

Ausgeschloss Är Temperaturvariatiounsdaten nëmmen wann Dir mengt datt eppes fir Iech aussergewöhnlech war an Dir Iech de Moien anescht fillt dowéinst.

Medikamenter kënnen och Är Temperatur beaflossen. Wann Dir regelméisseg Medikamenter anti-pyretics (Féiwer reduzéieren Substanzen) huelen, ass et wäert mat Ärem Dokter ze consultéieren seng Impakt op Är Haut Temperatur ze entdecken.

Natural Cycles Produkter

Natural Cycles bitt véier Modi fir eis Benotzer ze wielen ofhängeg vun hirem Fruchtbarkeetsziel:

- • NC° Birth Control - fir d'Schwangerschaft ze vermeiden
- • NC° Plan Pregnancy - fir d'Chancen op Konzept ze erhéijen
- • NC° Follow Pregnancy - fir de Verlaf vun enger Schwangerschaft ze iwwerwaachen
- NC° Postpartum - fir d'Erhuelung vun der Gebuert

Dës véier Modi kënnen vum Benotzer gewielt ginn ier Dir Iech umellt an dann an der App, wann de Benotzer tëscht Modi wiessele wëllt.

Contraception: NC° Birth Control

How it works

Your daily morning routine with Natural Cycles is as follows:

1. With thermometer: Measure your temperature when you wake up as described in the 'Natural Cycles and Thermometer' section
With Oura Ring: Sync your data when you wake up as described in the 'Natural Cycles and Oura Ring' section.
With Apple Watch: Sync your data when you wake up as described in the 'Natural Cycles and Apple Watch' section.
2. Add your temperature (if using a thermometer) and whether you have your period into the app. The view to add data will automatically open, or you can press the '+' icon in the top right-hand corner. You can also add additional data, such as the result of ovulation (LH) test. Once you save today's data, the app will calculate your status for the day.
3. Check your fertility status for the day - every day. The app will provide your fertility status directly after your first set of data is entered. Your status for the day is displayed in red and green colors throughout the app.



Green = Not fertile

Green days indicate you are not fertile and can have sex without protection. Green days are indicated by a green outlined circle with the words "Not fertile" inside.



Red = Use protection

Red days indicate you are likely to be fertile and at risk of becoming pregnant. Use protection (such as condoms or

Contraception: NC° Birth Control

Wéi et funktionnéiert

Daagdeeglechen Moien Iddi mat Natural Cycles ass wéi follegt:

1. Mat Thermometer: Mooss Är Temperatur wann Dir erwächt wéi an der Rubrik "Natural Cycles and Thermometer" beschriwwen
Mat Oura Ring: Synchroniséiert Är Donnéeën wann Dir erwächt wéi an der Rubrik "Natural Cycles and Oura Ring" beschriwwen.
Mat Apple Watch: Synchroniséiert Är Donnéeën wann Dir erwächt wéi an der Rubrik "Natural Cycles and Apple Watch" beschriwwen.
2. Fügt Är Temperatur un (wann Dir en Thermometer benotzt) an ob Dir Är Period an d'App hutt. D'Vue fir Donnéeën ze addéieren gëtt automatesch op, oder Dir kënnt op d' '+' Ikon an der oberer rechter Ecke drécken. Dir kënnt och zousätzlech Donnéeën addéieren, wéi zum Beispill d'Resultat vun der Ovulation (LH) Test. Wann Dir d'Donnéeën vun haut späichert, berechent d'App Äre Status fir den Dag.
3. Préift Äre Fruchtbarkeetstatus fir den Dag - all Dag. D'App gëtt Äre Fruchtbarkeetstatus direkt nodeems Ären éischte Set vun Daten aginn ass. Är Statut fir den Dag ass an rout a gréng Faarwen uechter d'App ugewisen.



Green = Net fruchtbar

Gréng Deeg weisen datt Dir net fruchtbar sidd a Sex ouni Schutz hutt. Gréng Deeg gi mat engem gréng skizzéierte Krees ugewise mat de Wierder "Net fruchtbar" bannen.



Rot = Benotzt Schutz

Roude Deeg weisen datt Dir wahrscheinlech fruchtbar sidd a riskéiert schwanger ze ginn. Benotzt Schutz (sou wéi Kondomer oder eng aner Form vu Barrièreschutz) oder ofhalen fir eng Schwangerschaft ze vermeiden. Roude Deeg gi mat engem roude skizzéierte Krees ugewise mat de

another form of barrier protection) or abstain in order to prevent a pregnancy. Red days are indicated by a red outlined circle with the words "Use protection" inside.

The app will indicate your ovulation as well as when you have entered and are expected to have your period. The application also shows predictions for upcoming days and months. The predictions may change and should not be used as the final result, which is why you should check your status for the day - every day.

Summary of clinical studies - how effective is Natural Cycles for contraception?

Natural Cycles is 93% effective under typical use. Under perfect use, i.e. if you never have unprotected intercourse on red days, Natural Cycles is 98% effective.

Clinical studies have been conducted in order to evaluate the effectiveness of Natural Cycles for contraception. The current version of the algorithm (v.3) has been investigated on 15,570 women (on average 29 years old). At the end of the study, the following commonly used failure rates were determined:

1. The app has a method failure rate of 0.6, which is a measurement of how often the app incorrectly displays a green day when the woman is actually fertile and gets pregnant after having unprotected intercourse on this green day. This means that 0.6 out of 100 women who use the app for one year get pregnant due to this type of failure.
2. The app has a perfect use Pearl Index of 1, which means that 1 out of 100 women who use the app for one year and who get pregnant will do so either because:
 - a. They had unprotected intercourse on a green day that was falsely attributed as non-fertile (i.e., method failure); or
 - b. They had protected intercourse on a red day, but the chosen method of contraception failed.
3. The app has a typical use Pearl Index of 6.5, which means that in total 6.5 women out of 100 get

Wierder "Benotzt Schutz" bannen.

D'App gëtt weg Är sie grad wéi wann een agin hutt a sinn erwaart Är Zäit ze hunn. Der Applikatioun weist och Prognosen fir Upëff Deeg a Méint. D'Prognosen kann änneren an soll net als final Resultat benotzt ginn, dat ass firwat Dir Är Statut fir Dag kontrolléieren soll - all Dag.

Resumé vu klineschen Studien - wéi effektiv ass Natural Cycles fir d'Contraceptioun?

Natural Cycles ass 93% effektiv ënner typesche Gebrauch. Ënner perfektem Gebrauch, also wann Dir ni ongeschützt Geschlecht op roude Deeg hutt, ass Natural Cycles 98% effektiv.

Klinesch Studien goufen gemaach fir d'Effektivitéit vum Natural Cycles fir d'Contraceptioun ze bewäerten. Déi aktuell Versioun vum Algorithmus (v.3) gouf op 15,570 Fraen (am Duerchschnitt 29 Joer al) ënnersicht. Um Enn vun der Studie goufen déi folgend allgemeng benotzt Versoenquoten bestëmmt:

1. D'App huet eng Method Echec Taux vun 0.6, dat ass eng Moosse vun Wéi oft d'App weist mat engem grénge Dag wou d'Fra eigentlech fruchtbare ass a kritt schwanger no op dëser gréng Dag ongeschützt Residenz mussen. Dat heescht, datt 0.6 aus 100 Fraen déi de App fir ee Joer benotzen Schwangerschaft wéinst dëser Zort Echec.
2. D'App huet e perfekte Gebrauch Pearl Index vun 1, dat heescht datt 1 vun 100 Fraen déi d'App fir ee Joer benotzen an déi schwanger ginn, entweder well:
 - a. Si haten ongeschützt Geschlecht op engem gréngen Dag dee falsch als net fruchtbar zougeschriwwen gouf (dh Methodversoen); oder
 - b. Si haten geschützt Residenz op engem roude Dag, mä déi an dëse Match gaangen Method vun contraception gescheitert.
3. D'App huet en typesche Gebrauch Pearl Index vun 6.5, dat heescht datt insgesamt 6.5 Fraen aus 100 während engem Gebrauchsjoer schwanger ginn aus alle méigleche Grënn (z. d'Contraceptive Method benotzt op roude Deeg).

pregnant during one year of use due to all possible reasons (e.g. falsely attributed green days, having unprotected intercourse on red days, and failure of the contraceptive method used on red days).

Summary of clinical data from 15,570 women on the effectiveness of Natural Cycles of the current algorithm version.

Algorithm Version	v.3
Study Date Range	Sept 2017 - Apr 2018
# women	15,570
Exposure time (Women-years)	7,353
# pregnancies [worst-case]	475 [584]
Typical use PI (95% confidence interval) [worst-case]	6.5 (5.9-7.1) [7.9]
Method failure rate (95% confidence interval)	0.6 (0.4-0.8)

Effectiveness of Natural Cycles for two subgroups - women who used hormonal contraception within 60 days prior to using the app and women who did not use hormonal contraception within 12 months prior to using the app.

Subgroup	Typical Use PI (95% confidence interval)
Recent Hormonal Contraception 3779 women	8.6 % (7.2-10.0)
No Hormonal Contraception 8412 women	5.0 % (4.3-5.7)

You can find an overview of the effectiveness of different contraceptive methods in the Appendix of this manual. This

Resumé vu klinischen Donnéeën vun 15,570 Fraen iwwer d'Effektivitéit vum Natural Cycles vun der aktueller Algorithmus Versioun.

Algorithmus Versioun	v.3
Etude Datum Range	September 2017 - Abrëll 2018
#frauen	15,570
Beliichtungszäit (Frae-Joer)	7,353
# Schwangerschaften [Schlëmmste Fall]	475 [584]
Typesch Benotzung PI (95% Vertrauensintervall) [Schlëmmste Fall]	6.5 (5.9-7.1) [7.9]
Method Echec Taux (95% Vertrauensintervall)	0.6 (0.4-0.8)

Effektivitéit vum Natural Cycles fir zwou Ënnergruppen - Fraen déi hormonell Verhënnerung bannent 60 Deeg virum Gebrauch vun der App benotzt hunn a Fraen déi keng hormonell Verhënnerung benotzt hunn bannent 12 Méint ier se d'App benotzt hunn.

Ënnergrupp	Typesch Benotzung PI (95% Vertrauensintervall)
Rezent hormonell Contraceptioun 3779 Fraen	8.6 % (7.2-10.0)
Keng hormonell Contraceptioun 8412 Fraen	5.0 % (4.3-5.7)

Dir fannt en Iwwerbléck iwwer d'Effektivitéit vu verschiddene contraceptive Methoden am Anhang vun dësem Handbuch. Dëst wäert Iech hëllefen déi erwaart Effektivitéit vun all Formen vun Kontraceptioun ze verstoen.

will help you to understand the expected effectiveness of all forms of contraception.

Instructions if you are discontinuing hormonal contraception

Type of Contraception	When can you start Natural Cycles?
The Pill (Combined, Medium or Mini)	We recommend that you finish all the active pills of your packet. You can start using Natural Cycles as soon as you finish. You will have a high number of red days to begin with but this will improve over time.
Hormonal IUD (Intrauterine Device)	You can start using Natural Cycles the day after it has been removed.
Contraceptive Implant	You can start using Natural Cycles the day after it has been removed.
Hormonal Patch, Hormonal Contraceptive Ring	You can start using Natural Cycles the day after it has been removed. You will have a high number of red days to begin with this but this will improve over time.
Contraceptive Injection	You can start using Natural Cycles when the effect of the injection has worn off. This takes 8-13 weeks depending on which injection you had.

If you are discontinuing hormonal contraception you may first experience a withdrawal bleed, which is much lighter than your true period. You will normally get your true period a few weeks later. Withdrawal bleeding should **not** be entered in the app as "period".

Note: a copper IUD does not contain hormones and does therefore not inhibit ovulation. You can thus use Natural Cycles alongside a copper IUD to get insights on your body and menstrual cycle without having to use a barrier method on red days.

Uweisungen wann Dir hormonell Kontrazeptioun ophält

Zort Contraceptioun	Wéini kënnt Dir Natural Cycles ufänken?
D'Pill (kombinéiert, mëttel oder mini)	Mir recommandéieren, dass Dir all aktiv begruewen vun Ärer allen Véieren Arrivée. Dir kënnt soubal Dir virum benotzt Natural Cycles ufänken. Dir wäert eng héich Zuel vu roude Deeg hunn mat ze fänken mee dat wäert mat der Zäit verbessern.
Hormonell IUD (Intrauterin Gerät)	Dir kënnt ufänken Natural Cycles den Dag nodeems se ewechgeholl gouf ze benotzen.
Contraceptive Implantat	Dir kënnt ufänken Natural Cycles den Dag nodeems se ewechgeholl gouf ze benotzen.
Hormonell Patch, Hormonellen Contraceptive Ring	Dir kënnt ufänken Natural Cycles den Dag nodeems se ewechgeholl gouf ze benotzen. Dir wäert eng héich Zuel vu roude Deeg hunn fir mat dësem unzufänken awer dëst wäert mat der Zäit verbessern.
Contraceptive Injektioun	Dir kënnt ufänken Natural Cycles ze benotzen wann den Effekt vun der Injektioun verschwonnen ass. Dëst dauert 8-13 Wochen ofhängeg vun wéi enger Injektioun Dir hat.

Wann Dir hormonell Verhënnerung ophält, kënnt Dir als éischt e Réckzuchsblutt erliewen, wat vill méi hell ass wéi Är richtig Period. Dir kritt normalerweis Är richtig Period e puer Woche méi spët. Réckzuchsblutung sollt net an der App als "Period" aginn ginn.

Opgepasst: e Koffer IUD net liicht enthalen an et dofir net inhibiert sie. Dir kënnt also Natural Cycles nieft engem Koffer IUD benotzen Abléck op Äre Kierper ze kréien an menstrual Zyklus ouni Barrière Method op rout Deeg ze benotzen müssen.

If you become pregnant on Natural Cycles

If your period is overdue and your temperature does not drop, you may be pregnant and the app will encourage you to take a pregnancy test to confirm the pregnancy. If the test is positive, please talk to your doctor and indicate it in the app.

NC° Plan Pregnancy

When you are planning a pregnancy, select Natural Cycles° Plan Pregnancy while signing up in the app. If you are already signed into the app, you can go to the settings page and choose NC° Plan Pregnancy. In this mode, your fertility is displayed as a scale, so you can identify the days you are most likely to become pregnant. The same morning routine as in NC° Birth Control mode applies here as well - measure, add or sync data and check your fertility status.

-  Peak fertility
-  Very high fertility
-  High fertility
-  Medium fertility
-  Low fertility
-  Fertility unlikely
-  More data needed

Wann Dir schwanger sidd op Natural Cycles

Wann Är Period ze spéit ass an Är Temperatur net fällt, kënnt Dir schwanger sinn an d'App encouragéiert lech e Schwangerschaftstest ze maachen fir d'Schwangerschaft ze bestätegen. Wann den Test positiv ass, schwätzt w.e.g. mat Ärem Dokter a weist et an der App un.

NC° Plan Pregnancy

Wann Dir eng Schwangerschaft sinn Planung, wielt NC° Plan Pregnancy iwwerdeems an der App irth. Wann Dir schon an der App ugemellt sidd, kënnt Dir op d'Astellungen Säit goen an NC° Plan Pregnancy wielen. An dësem Mode, ass Är Fruchtbarkeetsklinik wéi enger Skala ugewisen, datt Dir d'Deeg identifizéiere kann Dir Wahrscheinlechkeet schwanger ze ginn. Déi selwecht Moien Iddi wéi an NC° Birth Control Modus gëllt hei och - Moosnam, Daten Foto an Är Fruchtbarkeetsklinik Status kontrolléieren.

-  Peak Fruchtbarkeit
-  Ganz héich Fruchtbarkeit
-  Héich Fruchtbarkeit
-  Mëttelméisseg Fruchtbarkeit
-  Niddereg Fruchtbarkeit
-  Fruchtbarkeit onwahrscheinlech
-  Méi Daten gebraucht
-  Net fruchtbar



Not fertile

When you're planning a pregnancy, we recommend taking LH tests since the occurrence of LH coincides with your most fertile days. If your period is overdue and your temperature does not drop, the app will encourage you to take a pregnancy test to confirm the pregnancy.

NC° Follow Pregnancy

Once you are pregnant, the app can be used as a pregnancy calendar and you can follow your weekly development and the development of your baby.

NC° Postpartum

After you have given birth, you have the option to enter NC° Postpartum mode. NC° Postpartum guides you through the physical and mental recovery of childbirth with resources tailored to help support your overall health and well-being during this temporary transitional phase. While taking your temperature is not required, measuring is encouraged as it helps our algorithm detect when your fertility returns so you can better prepare. Until the NC° app detects your ovulation, it will give you Red Days. You can exit the NC° Postpartum mode at any time.

Demo Mode

In Demo Mode you can see how the app could look with a few cycles of data, but you cannot add any of your own data. This is for demonstration purposes only, demo mode cannot provide you with any fertility information.

If you are currently on hormonal contraception you will access the app in Demo Mode. Once you stop using hormonal contraception you can then easily access the full version of the app. The app will now function for contraception or for planning a pregnancy.

Wann Dir eng Schwangerschaft plangt, empfeele mir LH Tester ze huelen zënter dem Optriede vum LH mat Äre fruchtbaren Deeg fällt. Wann Är Period eriwwe ass an Är Temperatur net fällt, encouragéiert d'App lech e Schwangerschaftstest ze maachen fir d'Schwangerschaft ze bestätegen.

NC° Follow Pregnancy

Wann Dir schwanger sidd, kann d'App als Schwangerschaftskalenner benotzt ginn an Dir kënnt Är wöchentlech Entwécklung an d'Entwécklung vun Ärem Puppelchen verfollegen.

NC° Postpartum

Nodeems Dir Gebuert hutt, hutt Dir d'Méiglechkeet fir den NC° Postpartum Modus anzeginn. NC° Postpartum guidéiert lech duerch déi kierperlech a mental Erhuelung vun der Gebuert mat Ressourcen ugepasst fir Är allgemeng Gesondheet a Wuelbefannen während dëser temporärer Iwwergangsphase z'ënnerstëtzen. Während Är Temperatur net erfuerderlech ass, ass d'Messung encouragéiert well et hëlleft eisem Algorithmus z'entdecken wann Är Fruchtbarkeet zréckkënnt, sou datt Dir besser kënnt virbereeden. Bis d'NC° App Är Ovulatioun erkennt, gëtt et lech Roude Deeg.

Dir kënnt zu all Moment den NC° Postpartum Modus ausgoen.

Demo Modus

Am Demo Modus kënnt Dir en Tour duerch d'App maachen. Dëst ass nëmme fir Demonstratiounszwecker, Demo Modus kann lech keng Fruchtbarkeet Informatioun ginn.

Wann Dir de Moment op hormonell Verhënnerung sidd, kritt Dir Zougang zu der App am Demo Modus. Wann Dir ophalen mat der hormoneller Verhënnerung ze benotzen, kënnt Dir einfach op déi voll Versioun vun der App zougräifen. D'App gëtt Funktioun elo fir contraception oder fir eng Schwangerschaft Planung.

Problems/ Troubleshooting

If you cannot access the application, the application is malfunctioning, or if you suspect something is wrong with your current fertility status, please follow the steps below:

1. Use protection, such as a condom or another form of barrier protection, until the error has been fixed.
2. Please contact our service desk via help.naturalcycles.com and our trained support agents will assist you.
3. Serious incidents involving this device should be reported both to Natural Cycles and to the competent authority in your country. A 'serious incident' means any incident that directly or indirectly led, might have led or might lead to any of the following:
 - a. the death of a patient, user or other person,
 - b. the temporary or permanent serious deterioration of a patient's, user's or other person's state of health,
 - c. a serious public health threat;

Application Overview

Your fertility status for the day is shown through different views within the app.

Calendar tab

This tab provides the overview of today's fertility and gives insights into the data logged in the past through various views as described below.

Today view

On this screen, you will get all of the info you need in one glance. A screen to enter your temperature pops up automatically when you open your app in the morning. Once you've entered your data, your fertility status will

Problemer/ Troubleshooting

Wann Dir net op d'Applikatioun kënnt, funktionnéiert d'Applikatioun, oder wann Dir mengt datt eppes falsch ass mat Ärem aktuellen Fruchtbarkeetstatus, befollegt d'Schrëtt hei ënnen:

1. Benotzt Schutz, sou wéi e Kondom oder eng aner Form vu Barrièreschutz, bis de Feeler fixéiert ass.
2. W.e.g. kontaktéiert eise Service Desk iwwer help.naturalcycles.com an eis trainéiert Support Agenten hëllefen Iech.
3. Eescht Tëschefäll mat dësem Apparat solle souwuel dem Natural Cycles wéi och bei der zoustänneger Autoritéit an Ärem Land gemellt ginn. E 'eeschte Tëschefall' heescht all Tëschefall deen direkt oder indirekt gefouert huet, kéint gefouert hunn oder zu engem vun de folgenden féieren:
 - a. den Doud vun engem Patient, Benotzer oder enger anerer Persoun,
 - b. déi temporär oder permanent sérioux Verschlechterung vum Gesondheetszoustand vum Patient, vum Benotzer oder vun enger anerer Persoun,
 - c. eng sérioux Gefor fir d'Gesondheet;

Applikatioun Iwwersiicht

Äre Fruchtbarkeetstatus fir den Dag gëtt duerch verschidde Vue an der App gewisen.

Kalenner Tab

Dësen Tab liwwert den Iwwerbléck iwwer d'Fruchtbarkeet vun haut a gëtt Abléck an d'Donnéeën, déi an der Vergaangenheet agelogg sinn duerch verschidde Vue wéi hei ënnen beschriwwen.

Haut Vue

Op dëser Kaart, kënnt Dir all vun der Infoen Dir an ee Bléck muss kréien. A Écran Är Temperatur Pops an automatesch ze gitt, wou Dir Äre App moies oppen. Wann Dir Äre Donnéeën kouw hunn, gëtt Är Fruchtbarkeetsklinik Status als faarweg Krees schéngen mat zousätzlech Informatiounen bannen. Ënnert dem Krees, wäert Dir

appear as a colored circle. Below the circle, you will see the weekly predictions and additional information. You can add or update your input data, such as temperature, period, or LH tests, at any time by tapping the '+' icon.

Month view

Tap the "Month" tab in the calendar view to access the monthly view. Here you can see your predicted red and green days for the month, as well as when you are predicted to ovulate and have your period. These may change over time, so you should only rely on the information provided in the "Today" view for contraceptive or pregnancy planning purposes. You can easily access your past data by tapping on any past day.

Graph view

The graph is a visualization of your temperature curve which will continue to develop as you measure throughout your cycle. Information about ovulation, period, and fertile days is also visible. Swipe from left to right to view your past cycles, and zoom in and out to compare them to each other. You can also access the compare mode to compare your period and cycle length, temperature variation, ovulation window and day, and tracker graph.

Top menu

Under the top menu, you can access and manage all the information regarding your personal profile, the app and privacy settings, and your account including subscriptions. Here you can also manage whether or not you will get reminders about when to use protection, take an LH test, expect PMS, measure your temperature and check your breasts. Note that you must enable Natural Cycles to send you push notifications in your device settings to receive these.

Offline mode

When you are offline you can continue to add your temperature and other data to the app. When offline, the app does not calculate your fertility status. Instead, the app will show an orange outlined circle indicating your status as

d'Wochenzeitung Prognosen gesinn. Dir kënnt Är Input Daten, wéi Temperaturen, Period, oder SH Tester, zu all Zäit vum Ausspionéieren de "+" icon Artikel oder update.

Mount Vue

Tippen op de Tab "Mount" an der Kalennervisioun fir op d'Monatlech Vue ze kommen. Hei kënnt Dir Är virausgesot rout a gréng Deeg fir de Mount gesinn, wéi och wann Dir virausgesot sidd ze ovuléieren an Är Period ze hunn. Dës kënne mat der Zäit änneren, also sollt Dir nëmmen op d'Informatioun vertrauen, déi an der "Today" Vue zur Verhënnerung oder Schwangerschaftplanungs zwecker gëtt. Dir kënnt einfach op Är vergaangen Donnéeën zougräifen andeems Dir op all vergaangenem Dag tippt.

Grafik Vue

D'Grafik ass eng Visualiséierung vun Ärer Temperaturkurve déi sech weider entwéckelt wéi Dir während Ärem Zyklus moosst. Informatioun iwwer Ovulatioun, Period a fruchtbar Deeg ass och sichtbar. Swipt vu lénks op riets fir Är vergaangen Zyklen ze gesinn, a tippt op "3 Zyklen" oder "6 Zyklen" fir se mateneen ze vergläichen. Dir kënnt och Zougang zum Verglachmodus kréien fir Är Period an Zyklusläng, Temperaturvariatioun an Ovulationsfenster an Dag ze vergläichen.

Top Menü

Ënnert dem Topmenü kënnt Dir all Informatioun iwwer Äre perséinleche Profil, d'App an d'Privatsphär Astellungen an Äre Kont abegraff Abonnementer zougräifen a verwalten. Hei kënnt Dir och verwalten ob Dir Erënnerunge kritt wéini Dir Schutz benotzt, e LH Test maachen, PMS erwaarden, Är Temperatur moossen an Är Broscht kontrolléieren. Notéiert datt Dir Natural Cycles aktivéiere musst fir Iech Push Notifikatiounen an Ären Apparatastellungen ze schécken fir dës ze kréien.

Offline Modus

Wann Dir offline sidd, kënnt Dir weider Är Temperatur an aner Daten an d'App addéieren. Wann Dir offline ass, berechent d'App Är Fruchtbarkeetsstatus net. Amplaz, wäert d'App en orange skizzéierte Krees weisen, deen Äre Status als "Benotzt Schutz" bezeechent. Benotzt Schutz (wéi Kondomer oder eng aner Form vu Barrièreschutz) oder

“Use protection”. Use protection (such as condoms or another form of barrier protection) or abstain until you are back online and the app has calculated today’s fertility status.

Platform description

Natural Cycles Application Version: 5.0.0 and onwards
Medical Device version: D

Devices that may be used to access the application:

- A mobile phone running Android OS (version 10 or above) or iOS (version 16 or above), 250 kbps or faster internet.
- A computer or tablet with an Internet browser: Google Chrome, Apple Safari. 250 kbps or faster internet.

Accessing the Instructions for Use

The Instructions for Use can be found online on the Natural Cycles website (<https://naturalcycles.app/IFU>) and in your app under the “Regulatory” page.

If you would like a paper copy of the Instructions for Use we will send you one at no cost. Contact customer support with your request.

Cease using Natural Cycles

When you sign up for Natural Cycles, whether it’s for a Monthly or Yearly subscription, you will need to cancel it if you don’t want your subscription to be automatically renewed for the next renewal period. Cancellation of your subscription must be done at least 24 hours before the subscription is scheduled to be renewed. Please refer to help.naturalcycles.com for a full description on how to cancel your subscription successfully. Please refer to our Privacy policy for further information on how Natural Cycles processes your data.

Security

Natural Cycles maintain a high security and data privacy level in our application. The application is monitored for

verhënnert lech bis Dir erëm online sidd an d'App den haitegen Fruchtbarkeitstatus berechent huet.

Plattform Beschreibung

Natural Cycles Applikatioun Versioun: 5.0.0 an weider
Medizinesch Gerät Versioun: D

Apparater déi benotzt kënnen fir Zougang zu der Applikatioun:

- En Handy mat Android OS (Versioun 10 oder méi héich) oder iOS (Versioun 16 oder méi héich), 250 kbps oder méi séier Internet.
- E Computer oder Tablet mat engem Internetbrowser: Google Chrome, Apple Safari. 250 kbps oder méi séier Internet.

Zougang zu de Gebrauchsanweisungen

D'Benutzungsinstruktiounen kënnen online op der Natural Cycles Websäit (<https://naturalcycles.app/IFU>) an an Ärer App ënner der "Reguléierender" Säit fonnt ginn. Wann Dir eng Pabeierkopie vun de Gebrauchsanweisung wëllt, schécken mir lech eng gratis. Kontakt Clientssupport mat Ärer Ufro.

Halt op mat Natural Cycles

Wann Dir lech fir Natural Cycles umellt, egal ob et fir e Mount oder Jores Abonnement ass, musst Dir et annuléieren wann Dir net wëllt datt Ären Abonnement automatesch fir déi nächst Erneierungsperiod erneiert gëtt. Kënnegung vun Ärem Abonnement muss op d'mannst 24 Stonnen virum Abonnement geplangt erneiert ginn. Weg kuckt an help.naturalcycles.com fir eng voll Beschreibung op wéi Abonnement erfollegräich ze annuléieren. W.e.g. kuckt op eis Privatsphär Politik fir weider Informatioun iwwer wéi Natural Cycles Är Donnéeën veraarbecht.

Sécherheet

Natural Cycles behalen en héije Sécherheets- an Dateschutzniveau an eiser Applikatioun. D'Applikatioun gëtt

security events and data breaches. If a security event or data breach should occur, the issue will be contained and resolved with urgency according to our established processes and you as a user will receive the information you need regarding your continued safe and secure use of the application.

It is strongly recommended that you choose a strong password to protect your account from unauthorized use. While not recommended, if you should choose to share your login with somebody, you do so at your own risk. Keep in mind that you can always revoke access by changing the password to your account and contacting support in order to close existing sessions.

Watch out for emails or messages asking you to provide your Natural Cycles login details. Natural cycles will not usually send you emails asking for your password, unless you have initiated this process yourself via support or a password reset.

General information

Explanation of symbols



Manufacturer

CE 0123 CE Mark



Caution



User Manual/Instructions for Use

EC Declaration of Conformity

Name of the Manufacturer:

NaturalCycles Nordic AB

Address of the Manufacturer:

St Eriksgatan 63b

iwwer Sécherheetsevenementer an Datenverstéiss iwwerwaacht. Wann e Sécherheet soll Event oder Daten rou geschéien, gëtt de Problem Texter a mat Kontext no eis etabléiert Prozesser an Dir als User geléist ginn d'Informatiounen Dir braucht iwwer Är weider sécher a sécher Notzung vun der Applikatioun kréien.

Et ass staark recommandéiert datt Dir e staarkt Passwuert wielt fir Äre Kont géint onerlaabten Notzung ze schützen. Och wann et net recommandéiert ass, wann Dir sollt wielen Äre Login mat engem ze deelen, maacht Dir dat op Ären eegene Risiko. Denkt drun datt Dir den Zougang ëmmer zrëckhuele kënnt andeems Dir d'Passwuert op Äre Kont ännert an d'Support kontaktéiert fir existent Sessiounen zou ze maachen.

Passt op E -Mailen oder Messagen op déi lech froen Är Natural Cycles Umeldungsdetailer ofzeginn. Natural Cycles schéckt lech normalerweis keng E -Maile fir Äert Passwuert ze froen, ausser Dir hutt dëse Prozess selwer via Support oder e Passwuert zrëckgesat ageleet.

Allgemeng Informatioun

Erklärung vu Symboler



Fabrikant

CE 0123 CE Mark



Opgepasst



User Manual/Gebrauchsanweisung

EG Konformitätserklärung

Numm vum Hiersteller

NaturalCycles Nordic AB

112 34 Stockholm Sweden Customer support: help.naturalcycles.com Device Name: Natural Cycles We declare that this product meets all applicable requirements of the Regulation (EU) 2017/745 for medical devices (MDR) and bears the mark CE0123. Date of publication: March 2025 Document version: EU v2.23	Adress vum Hiersteller: St Eriksgatan 63b 112 34 Stockholm Schweden Kundesupport: help.naturalcycles.com Geréitsnumm: Natural Cycles Mir erklären, datt dëst Produkt all applicabel Ufuerderunge vun der Regulatioun (EU) 2017/745 fir medizinesch Geräter (MDR) erfüllt a mat der Mark CE0123 gezeechent ass. Verëffentlechungsdatum: März 2025 Dokumentversioun: LB v2.23
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Onboarding information/Onboarding Informatioun

Englesch	Liezeburgesch
How would you like to use Natural Cycles? • Prevent pregnancy • Plan a pregnancy • Follow your pregnancy	Wéi wëllt Dir Natural Cycles benotzen? • Schwangerschaft verhënneren • Plan eng Schwangerschaft • Follegt Är Schwangerschaft
Set your date of birth You must be 18 years of age or older to use Natural Cycles	Setzt Äre Gebuertsdatum Dir musst 18 Joer oder méi al sinn fir Natural Cycles ze benotzen
Which measurements would you like to use in the app? Height and weight • Metric (kg / cm) • Imperial (lb / foot)	Wéi eng Miessunge géift Dir gär an der App benotzen? Héicht a Gewiicht • Metresch (kg / cm) • Imperial (lb / Fouss)

Temperature • Celsius • Fahrenheit	Temperatur • Celsius • Fahrenheit
Have you been diagnosed with any of the following? Certain medical conditions can affect your cycle so knowing about them helps us adapt and learn more about you. • Polycystic Ovary Syndrome (PCOS) • Endometriosis • A Thyroid-Related Condition	Sidd Dir mat enger vun de folgenden diagnostizéiert? Bestëmmte medizinesche Bedéngungen kënnen Ären Zyklus beaflossen, sou datt Dir iwwer si wësst hëlleft eis unzepassen a méi iwwer lech ze léieren. • Polycystescht Ovarial Syndrom (PCOS) • Endometriose • Eng Schilddrüs-Zesammenhang Conditoun
Have you experienced symptoms of Menopause? Menopause can affect your cycle so knowing about it helps us adapt and learn more about you. • Yes • No	Hutt Dir Symptomer vun der Menopause erlieft? Menopause kann Ären Zyklus beaflossen, sou datt Dir doriwwer wësst hëlleft eis unzepassen a méi iwwer lech ze léieren. • Jo • Nee
Have you recently used hormonal contraception? If you are currently, or recently have been, using hormonal contraception, we can optimise the app to best fit your needs. Learn more Effects on your menstrual cycle Hormonal contraception can inhibit your ovulation and cause irregularities in your cycle up to a year after you've stopped using it. If you haven't used it recently If you stopped using hormonal contraception a year ago and have your period again, then answer 'Not in the last 12 months'.	Hutt Dir viru kuerzem hormonell Verhënnerung benotzt? Wann Dir am Moment sidd, oder viru kuerzem, hormonell Verhënnerung benotzt, kënnen mir d'App optimiséieren fir Äre Besoinen am Beschten ze passen. Léier méi Effekter op Äre menstruellen Zyklus Hormonell Verhënnerung kann Är Ovulatioun hemmen an Onregelméissegkeeten an Ärem Zyklus verursaachen bis zu engem Joer nodeems Dir se gestoppt hutt ze benotzen. Wann Dir et net viru kuerzem benotzt hutt Wann Dir virun engem Joer gestoppt hutt hormonell Verhënnerung ze benotzen an Är Menstruatioun erëm hutt, dann äntwert "Net an de leschten 12 Méint".

Have you recently used hormonal contraception? • Yes, in the past 12 months • Yes, still on it • Not in the last 12 months • No, never	Hutt Dir viru kuerzem hormonell Verhënnerung benotzt? • Jo, an de leschten 12 Méint • Jo, nach ëmmer drun • Net an de leschten 12 Méint • Nee niemols
Using Natural Cycles while still on hormonal birth control When you use hormonal birth control (such as the Pill, an implant, or a vaginal ring), you don't ovulate. This means that Natural Cycles won't be able to track your menstrual cycle. While you are using hormonal birth control, we recommend you explore the demo version of the app. • Use in Demo Mode	Benotzt Natural Cycles während ëmmer nach hormonell Gebuertskontroll Wann Dir hormonell Gebuertskontroll benotzt (wéi d'Pille, en Implantat oder e vaginale Ring), hutt Dir net ovuléiert. Dëst bedeit datt Natural Cycles net fäeg sinn Äre menstruellen Zyklus ze verfolgen. Während Dir hormonell Gebuertskontroll benotzt, empfehlen mir lech d'Demo Versioun vun der App ze entdecken. • Benotzt am Demo Modus
Approximately how long does your cycle usually last? A cycle is the time span between one period and the next.	Ongeféier wéi laang dauert Ären Zyklus normalerweis? En Zyklus ass d'Zäitspann tëscht enger Period an der nächster.
How much does the length of your cycle vary? Understanding the regularity of your cycles helps the algorithm get to know you better. • 0-4 Days • 5-9 Days • 10+ Days • I don't know How many days are there between the longest and shortest cycle you've had in the last year? A cycle is the time span between one period and the next.	Wéi vill variéiert d'Längt vun Ärem Zyklus? D'Regularitéit vun Ären Zyklen ze verstoen hëlleft dem Algorithmus lech besser kennen ze léieren. • 0-4 Deeg • 5-9 Deeg • 10+ Deeg • Ech wees net Wéi vill Deeg sinn et tëscht dem längsten a kuerst Zyklus deen Dir am leschte Joer hat? En Zyklus ass d'Zäitspann tëscht enger Period an der nächster.

How long have you been on hormonal contraception? You might notice irregularities in your cycle after you've stopped using hormonal birth control. It can take time for things to balance out. • 0 - 1 Years • 1 - 5 Years • 5+ Years	Wéi laang sidd Dir op hormonell Verhënnerung? Dir kënn Onregelméissegkeeten an Ärem Zyklus bemierken nodeems Dir gestoppt hutt hormonell Gebuertskontroll ze benotzen. Et kann Zäit huelen fir d'Saachen auszegläichen. • 0-1 Joer • 1-5 Joer • 5+ Joer
What type of hormonal birth control did you use? What type of hormonal birth control are you using? The start of your journey with Natural Cycles might be a little different depending on the method you used. The start of your journey with Natural Cycles might be a little different depending on the method you're using. Hormonal IUD Implant Mini-pill Other Patch Pill Shot/Injection Vaginal ring	Wéi eng Zort hormonell Gebuertskontroll hutt Dir benotzt? Wéi eng Zort hormonell Gebuertskontroll benotzt Dir? Den Ufank vun Ärer Rees mat Natural Cycles kéint e bëssen anescht sinn ofhängeg vun der Method déi Dir benotzt hutt. Den Ufank vun Ärer Rees mat Natural Cycles kéint e bëssen anescht sinn ofhängeg vun der Method déi Dir benotzt. Hormonell IUD Implantat Mini-Pill Aner Patch Pëll Schoss / Sprëtz Vaginal Ring

Different types of hormonal birth control There are lots of different hormonal birth control methods out there. We've included a selection of the most commonly used options. If you can't see your option on the list, please select "other". The pill and the mini-pill The combined pill is commonly referred to as "the birth control pill" or "the pill". It contains both synthetic estrogen and progesterone and is typically taken for 3 weeks with a 1-week break. The mini pill (also known as the progestogen-only pill) contains only synthetic progesterone. It's taken every day without a break. If you are unsure what method you are using, check your pill packet or ask your doctor.	Verschieden Typen vun hormonellen Gebuertskontrolle Et gi vill verschidde hormonell Gebuertskontrollmethoden dobaussen. Mir hunn eng Auswiel vun de meescht benotzt Optiounen abegraff. Wann Dir Är Optioun net op der Lëscht gesitt, wielt w.e.g. "aner". D'Pille an d'Mini-Pill Déi kombinéiert Pille gëtt allgemeng als "d'Gebuertskontroll Pille" oder "d'Pille" bezeechent. Et enthält souwuel synthetesch Östrogen a Progesteron a gëtt normalerweis fir 3 Wochen mat enger 1-Woch Paus geholl. D'Mini Pille (och bekannt als Progestogen-nëmmen Pille) enthält nëmmen synthetesch Progesteron. Et gëtt all Dag ouni Paus geholl. Wann Dir net sécher sidd wéi eng Method Dir benotzt, kontrolléiert Äre Pille-Paket oder frot Ären Dokter.
• Transitioning from hormonal birth control to Natural Cycles • In most cases, hormonal birth control stops ovulation, meaning you don't get a cycle while you're using this type of method. • • This means that Natural Cycles won't be able to track your menstrual cycle or show you a fertility status until you've stopped taking hormonal birth control. • • Until it's time to stop using your current method, you can only access Natural Cycles in demo mode. We'll remind you on the date you set to start measuring. • • Enter demo mode	• Iwwergang vun hormonellen Gebuertskontrolle op Natural Cycles • An deene meeschte Fäll stoppt d'hormonell Gebuertskontroll d'Ovulatioun, dat heescht datt Dir kee Zyklus kritt wann Dir dës Aart vu Methode benotzt. • • Dëst bedeit datt Natural Cycles net fäeg sinn Äre menstruellen Zyklus ze verfollegen oderlech e Fruchtbarkeetsstatus ze weisen, bis Dir gestoppt hutt hormonell Gebuertskontroll ze huelen. • • Bis et Zäit ass Är aktuell Method opzehalen, kënnt Dir nëmmen op Natural Cycles an Demo Modus kommen. Mir erënnerenlech un den Datum deen Dir festgeluecht hutt fir ze moossen.

	• • Gitt Demo Modus
• Are you ready to start your hormone-free journey? • You must have stopped using your previous method before you can start using NC Birth Control/NC Plan Pregnancy • I'm ready • Go back	• Sidd Dir prett fir Är Hormonfräi Rees unzufänken? • Dir musst gestoppt hunn Är viregt Method ze benotzen ier Dir NC Gebuertskontrolle / NC Plan Schwangerschaft benotze kënnt • ech si prett • Géi zrëck
Have you bled since you removed your IUD? Have you bled since you removed your implant? Have you bled since you stopped the mini-pill? Have you bled since you stopped using hormonal birth control? Have you bled since you stopped using the patch? Have you either bled since you stopped taking the pill or in the final week of taking it? Have you bled since your shot/injection? Have you bled since you removed your vaginal ring? You might experience what's known as a withdrawal bleed when you come off hormonal birth control. This is usually heavier than spotting, but not as heavy as a regular period. Yes No	Hutt Dir Blut zënter Dir Ären IUD ewechgeholl hutt? Hutt Dir Blut zënter Dir Ären Implantat erofgeholl hutt? Hutt Dir Blut zënter Dir d'Mini-Pille gestoppt hutt? Hutt Dir geblutt zënter Dir gestoppt hutt hormonell Gebuertskontroll ze benotzen? Hutt Dir bluddeg zënter Dir gestoppt hutt de Patch ze benotzen? Hutt Dir entweder bluddeg zënter Dir gestoppt hutt d'Pille ze huelen oder an der leschter Woch vun der huelen? Hutt Dir bluddeg zënter Ärem Schéiss / Injektioun? Hutt Dir Blut zënter Dir Äre vaginale Ring ewechgeholl hutt? Dir kënnt erliewen wat als Entzugsblut bekannt ass wann Dir hormonell Gebuertskontrolle kënnt. Dëst ass normalerweis méi schwéier wéi Flecken, awer net sou schwéier wéi eng regulär Period. Jo Nee

• Getting your period back after the IUD • Getting your period back after the implant • Getting your period back after the pill • Getting your period back after hormonal birth control • Getting your period back after the patch • Getting your period back after the pill • Getting your period back after the shot/injection • Getting your period back after the vaginal ring • It looks like you've experienced a withdrawal bleed and your period has returned. This means you're on your way to finding your own natural cycle. • You've experienced a withdrawal bleed and the next bleed you get should be your period. This means you're on your way to finding your natural cycle. • The next bleed you experience is likely to be a withdrawal bleed. After that your period should be next. • • You can add withdrawal bleeding in the app, it won't be used by the algorithm in the same way as your period.	• Gitt Är Period zrëck nom IUD • Gitt Är Period zrëck nom Implantatioun • Gitt Är Period zrëck no der Pille • Gitt Är Period zrëck no hormonell Gebuerts kontroll • Gitt Är Period zrëck nom Patch • Gitt Är Period zrëck no der Pille • Gitt Är Period zrëck no der Schéiss / Injektioun • Gitt Är Period zrëck nom vaginale Ring • Et gesäit aus wéi wann Dir e Réckzuchsblut erlieft hutt an Är Period ass zrëck. Dëst bedeit datt Dir um Wee sidd fir Ären eegene natierlechen Zyklus ze fannen. • Dir hutt e Réckzuchsblut erlieft an déi nächst Blutung déi Dir kritt sollt Är Period sinn. Dëst bedeit datt Dir um Wee sidd fir Ären natierlechen Zyklus ze fannen. • Déi nächst Blutung déi Dir erliewt ass méiglecherweis e Réckzuchsblut. Duerno sollt Är Period als nächst sinn. • • Dir kënnt Réckzuchsblutungen an der App addéieren, et gëtt net vum Algorithmus benotzt wéi Är Period.
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Adding bleeding to the app When you discontinue hormonal birth control, you may first experience a withdrawal bleed, which is much lighter than your true period. You will normally get your true period a few weeks later. Withdrawal bleeding should not be entered as “period” into the app. If you are unsure if you are experiencing withdrawal bleeding or a period, please consult your doctor. Using protection on red days Our data show that women transitioning to Natural Cycles from hormonal birth control have a higher risk of becoming pregnant due to generally not yet being accustomed to using other forms of protection. On red days, you must either abstain or use protection, such as condoms (or another form of barrier protection), to prevent pregnancy. If you have not been using a non-hormonal based method of birth control before, make sure to have a method on hand to use during red days, such as condoms. It can take several cycles after discontinuing hormonal birth control before becoming more regular again. You should expect more red days during these cycles and therefore expect to use protection, such as condoms (or another form of barrier protection), or abstain more frequently.	Blutungen an d'App bäidroen Wann Dir hormonell Gebuertskontroll ophält, kënnt Dir als éischt e Réckzuchsblut erliewen, wat vill méi hell ass wéi Är richtig Period. Dir kritt normalerweis Är richtig Period e puer Woche méi spéit. Réckzuchsblutungen sollten net als "Period" an d'App aginn ginn. Wann Dir net sécher sidd ob Dir Entzugsblutungen oder Perioden erliewt, kuckt w.e.g. Ären Dokter. Benotzt Schutz op roude Deeg Eis Donnéeën weisen datt Frae, déi vun der hormoneller Gebuertskontroll op Natural Cycles iwwerginn, e méi héicht Risiko fir schwanger ze ginn, well se allgemeng nach net gewinnt sinn aner Forme vu Schutz ze benotzen. Op rouden Deeg musst Dir entweder ophalen oder Schutz benotzen, wéi Kondomer (oder eng aner Form vu Barrièreschutz), fir Schwangerschaft ze vermeiden. Wann Dir nach net eng net-hormonell baséiert Gebuertskontrollmethod benotzt hutt, gitt sécher datt Dir eng Method zur Hand hutt fir während roude Deeg ze benotzen, sou wéi Kondomer. Et kann e puer Zyklen daueren nodeems d'hormonell Gebuertskontroll gestoppt gëtt, ier et erëm méi reegelméisseg gëtt. Dir sollt méi rout Deeg während dësen Zyklen erwaarden an dofir erwaart lech Schutz ze benotzen, wéi Kondomer (oder eng aner Form vu Barrièreschutz), oder méi dacks ofhalen.
• How many times have you bled? • Knowing how many times you’ve bled helps us work out whether or not you’re getting a menstrual cycle.	• Wéi oft hutt Dir Blut? • Wësse wéi oft Dir geblut hutt hëlleft eis erauszefannen ob Dir e menstruellen Zyklus kritt oder net.

When did your last period start? • I don't know	Wéini huet Är lescht Period ugefaang? • Ech wees net
How many cycles have you had since you quit hormonal contraception? A cycle is the time span between one period and the next.	Wéi vill Zyklen hutt Dir zënter datt Dir mat hormonellen Verhënnerung opgehalen hutt? En Zyklus ass d'Zäitspann tëscht enger Period an der nächster.
Using Natural Cycles after hormonal contraception Our data show that women transitioning to Natural Cycles from hormonal contraception have a higher risk of becoming pregnant due to generally not yet being accustomed to using other forms of protection. On red days, you must either abstain or use protection, such as condoms (or another form of barrier protection), to prevent pregnancy. If you have not been using a non-hormonal based method of birth control before, make sure to have a method on hand to use during red days, such as condoms. When you discontinue hormonal birth control, you may first experience a withdrawal bleed, which is much lighter than your true period. You will normally get your true period a few weeks later. Withdrawal bleeding should not be entered as "period" into the app. If you are unsure if you are experiencing withdrawal bleeding or a period, please consult your doctor. It can take several cycles after discontinuing hormonal birth control before becoming more regular again. You should expect more red days during these cycles and therefore expect to use protection, such as condoms (or another form of barrier protection), or abstain more frequently.	Benotzt Natural Cycles no hormonellen Verhënnerung Eis Donnéeën weisen datt Fraen, déi vun der hormoneller Verhënnerung op Natural Cycles iwwergoen, e méi héicht Risiko fir schwanger ze ginn, well se allgemeng nach net gewinnt sinn aner Forme vu Schutz ze benotzen. Op rouden Deeg musst Dir entweder ophalen oder Schutz benotzen, wéi Kondomer (oder eng aner Form vu Barrièreschutz), fir Schwangerschaft ze vermeiden. Wann Dir nach net eng net-hormonell baséiert Gebuertskontrollmethod benotzt hutt, gitt sécher datt Dir eng Method zur Hand hutt fir während roude Deeg ze benotzen, sou wéi Kondomer. Wann Dir hormonell Gebuertskontroll ophält, kënnt Dir als éischt e Réckzuchsblut erliewen, wat vill méi hell ass wéi Är richteg Period. Dir kritt normalerweis Är richteg Period e puer Woche méi spéit. Réckzuchsblutungen sollten net als "Period" an d'App aginn ginn. Wann Dir net sécher sidd ob Dir Entzugsblutungen oder Perioden erliewt, kuckt w.e.g. Ären Dokter. Et kann e puer Zyklen daueren nodeems d'hormonell Gebuertskontroll gestoppt gëtt, ier et erëm méi reegelméisseg gëtt. Dir sollt méi rout Deeg während dësen Zyklen erwaarden an dofir erwaart lech Schutz ze benotzen, wéi Kondomer (oder eng aner Form vu Barrièreschutz), oder méi dacks ofhalen. • Ech verstinn

• I understand	
Have you been pregnant at any point in the past 12 months? If you have recently been pregnant we can optimise the app to best fit your needs. After pregnancy, your cycle may be irregular and you may not ovulate.	Sidd Dir an de leschten 12 Méint schwanger gewiescht? Wann Dir viru kuerzem schwanger sidd, kënne mir d'App optimiséieren fir Äre Besoinen am Beschten ze passen. No der Schwangerschaft kann Ären Zyklus onregelméisseg sinn an Dir kënnt net ovuléieren.
Have you had your period since your pregnancy ended? (not the initial bleeding) • Yes • No	Hutt Dir Är Period zënter Ärer Schwangerschaft eriwwer? (net den initialen Blutungen) • Jo • Nee
How many cycles have you had since your pregnancy?	Wéi vill Zyklen hutt Dir zënter Ärer Schwangerschaft?
When did your pregnancy end?	Wéini ass Är Schwangerschaft eriwwer?
Have you had your period since your pregnancy ended? (not the initial bleeding) If you have not had your period since your pregnancy then you haven't yet started your menstrual cycle. The initial bleeding after your pregnancy is caused by birth and is not a part of your menstrual cycle.	Hutt Dir Är Period zënter Ärer Schwangerschaft eriwwer? (net den initialen Blutungen) Wann Dir Är Period zënter Ärer Schwangerschaft net hutt, hutt Dir Äre menstruellen Zyklus nach net ugefaang. Déi initial Blutungen no Ärer Schwangerschaft ass duerch Gebuert verursaacht an ass net en Deel vun Ärem menstruellen Zyklus.
Select number of days	Wielt Zuel vun Deeg
Using Natural Cycles while breastfeeding For the first 4–6 months after giving birth, many women who are exclusively breastfeeding may not ovulate. Natural Cycles will detect your first ovulation 2 weeks before your first menstruation, but until then you will only see red days in the app. Even though you are not ovulating, it is still important to use contraception or abstain from intercourse on red days. • I understand	Benotzt Natural Cycles beim Stillen Fir déi éischt 4-6 Méint no der Gebuert kënne vill Fraen, déi exklusiv Stillen sinn, net ovuléieren. Natural Cycles erkennen Är éischt Ovulatioun 2 Woche virun Ärer éischter Menstruatioun, awer bis dohinner gesitt Dir nëmmen rout Deeg an der App. Och wann Dir net ovuléiert ass, ass et ëmmer nach wichteg d'Verhënnerung ze benotzen oder de Geschlecht op roude Deeg z'erhalen. • Ech verstinn

• Learn more	• Léier méi
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In-app information for safety and performance The following words and sentences in the app are related to the safety and performance of the device and are therefore provided in a translated version here in the User manual.	In-App Informatioun fir Sécherheet a Leeschtung Déi folgend Wierder a Sätz an der App bezéien sech op d'Sécherheet an d'Leeschtung vum Apparat a ginn dofir an enger iwwersat Versioun hei am Benotzerhandbuch geliwwert.
Englesch	Liezeburgesch
NC° Birth Control • Use protection • Not fertile • Emergency contraception and tests • Emergency contraception • Pill • IUD (Intrauterine Device) - Intrauterine Device	NC° Birth Control • Benotzt Schutz • Net fruchtbar • Noutverhënnerung an Tester • Noutverhënnerung • Pëll • IUD (Intrauterin Gerät) - Intrauterin Gerät
NC° Plan Pregnancy • Not fertile • Low fertility • Medium fertility • High fertility • Very high fertility • Peak fertility	NC° Plan Pregnancy • Net fruchtbar • Niddereg Fruchtbarkeet • Mëttelméisseg Fruchtbarkeet • Héich Fruchtbarkeet

• Fertility unlikely • More data needed	• Ganz héich Fruchtbarkeet • Peak Fruchtbarkeet • Fruchtbarkeet onwahrscheinlech • Méi Daten néideg
General • Confirmed ovulation • Ovulation • Today • Cycle day • Monday • Tuesday • Wednesday • Thursday • Friday • Saturday • Sunday • Predictions - do not take as result • Exclude temperature • Sick • Slept differently • Hungover • Bleeding • Period • Spotting • Sex • Protected • Unprotected • None • LH test • Positive • Negative • Compare • Pregnancy test • No longer pregnant • More • Less • Save • Done • Clear • Skip • Regulatory • Version	Allgemeng • Bestätegt ovulation • Ovulatioun • Haut • Cycle Day • Méindeg • Dënschdeg • Mëttwoch • Donneschdeg • Freides • Samschdeg • Sonndeg • Prognosen - huet se net als Resultat • Temperatur ausschléissen • Krank • Anescht geschlof • Hunger • Blutungen • Period • Spotting • Sex • Geschützt • Ongeschützt • Keen • LH Test • Positiv • Negativ • Vergläichen • Schwangerschaftstest • Net méi schwanger • Méi • Manner • Späicheren • Gemaach • Kloer • Iwwerpräiwen • Reguléierend • Versioun

APPENDIX: This table provides information about the effectiveness of different contraceptive methods ranging from least effective to most effective under typical use.

Reference: Contraceptive Technology (Table 26 - 1). 21st Edition, 2018.

Percentage of women experiencing an unintended pregnancy during the first year of typical use and the first year of perfect use of contraception and the percentage continuing use at the end of the first year. United States.			
Method	% of women experiencing an unintended pregnancy within the First Year of Use		% of women continuing use at one year³
	Typical use¹	Perfect use²	
No method ⁴	85	85	
Spermicides ⁵	21	16	42
Female Condom ⁶	21	5	41
Withdrawal	20	4	46
Diaphragm ⁷	17	16	57
Sponge	17	12	36
Parous Women	27	20	
Nulliparous Women	14	9	
Fertility awareness-based methods ⁸	15		47
Ovulation method ⁸	23	3	
TwoDay method ⁸	14	4	
Standard Days method ⁸	12	5	
Natural Cycles ⁸	8	1	
Symptothermal method ⁸	2	0.4	
Male condom ⁶	13	2	43
Combined and progestin-only pill	7	0.3	67
Evra patch	7	0.3	67
NuvaRing	7	0.3	67
Depo-Provera	4	0.2	56
Intrauterine contraceptives			
ParaGard (copper T)	0.8	0.6	78
Skyla (13.5 mg LNG)	0.4	0.3	
Kyleena (19.5mg LNG)	0.2	0.2	
Liletta (52mg LNG)	0.1	0.1	

Mirena (52mg LNG)	0.1	0.1	80
Nexplanon	0.1	0.1	89
Tubal occlusion	0.5	0.5	100
Vasectomy	0.15	0.1	100

Emergency Contraceptives: Use of emergency contraceptive pills or placement of a copper intrauterine contraceptive after unprotected intercourse substantially reduces the risk of pregnancy.

Lactational Amenorrhea Method: LAM is a highly effective, temporary method of contraception.⁹

1 Among typical couples who initiate use of a method (not necessarily for the first time), the percentage who experience an accidental pregnancy during the first year if they do not stop use for any reason other than pregnancy. Estimates of the probability of pregnancy during the first year of typical use for fertility awareness-based methods, withdrawal, the male condom, the pill, and Depo-Provera are taken from the 2006–2010 National Survey of Family Growth (NSFG) corrected for under-reporting of abortion. See the text for the derivation of estimates for the other methods.

2 Among couples who initiate use of a method (not necessarily for the first time) and who use it perfectly (both consistently and correctly), the percentage who experience an accidental pregnancy during the first year if they do not stop use for any other reason. See the text for the derivation of the estimate for each method

3 Among couples attempting to avoid pregnancy, the percentage who continue to use a method for 1 year.

4 This estimate represents the percentage who would become pregnant within 1 year among women now relying on reversible methods of contraception if they abandoned contraception altogether. See text.

5 150 mg gel, 100 mg gel, 100 mg suppository, 100 mg film.

6 Without spermicides.

7 With spermicidal cream or jelly

8 About 80% of segments of FABM use in the 2006–2010 NSFG were reported as calendar rhythm. Specific FABM methods are too uncommonly used in the U.S. to permit calculation of typical use failure rates for each using NSFG data; rates provided for individual methods are derived from clinical studies. The Ovulation and TwoDay methods are based on evaluation of cervical mucus. The Standard Days method avoids intercourse on cycle days 8 through 19. Natural Cycles is a fertility app that requires user input of basal body temperature (BBT) recordings and dates of menstruation and optional LH urinary test results. The Symptothermal method is a double-check method based on evaluation of cervical mucus to determine the first fertile day and evaluation of cervical mucus and temperature to determine the last fertile day.

9 However, to maintain effective protection against pregnancy, another method of contraception must be used as soon as menstruation resumes, the frequency or duration of breastfeeds is reduced, bottle feeds are introduced, or the baby reaches 6 months of age.