

# Natural Cycles<sup>o</sup>



## Looking for hormone-free birth control?

The first app cleared by the FDA to prevent pregnancy, NC° Birth Control is a non-hormonal contraceptive option for women age 18 and above.

**NC° Birth Control is 93% effective with typical use and 98% effective with perfect use.**

# How does NC° Birth Control work?

There are only 6 days each cycle a woman can become pregnant. NC° Birth Control is powered by an algorithm that analyzes body temperature to determine each day if a user is fertile or not to provide them with a daily fertility status.



**Green day**

Not fertile

**Red day**

Fertile and must abstain from unprotected sex

## How do I use the NC° app?

- 1 Take or sync temperature
- 2 Open the NC° app
- 3 Check daily fertility status



## How do I measure?

**NC° Bluetooth Thermometer** Take your temperature as soon as you wake up

**Apple Watch** Wear to bed at night and measure while you sleep

**Oura Ring** Wear to bed at night and measure while you sleep

Natural Cycles has received additional FDA 510(k) Clearances to integrate with the above wearable devices.

# How is NC° Birth Control different from a traditional FABM?

Natural Cycles is built upon Fertility Awareness Based principles but works very differently from traditional FABMs. This is because NC° Birth Control is powered by a smart algorithm that:



**Is FDA Cleared:** The algorithm is backed by clinical studies and real-life user data that has been evaluated by the FDA.



**Uses personalized biometric data:** The algorithm never assumes a user ovulates on the same day every cycle.



**Reduces human error:** The algorithm helps by doing most of the work for the user, so they no longer have to chart themselves.



**Excludes temperatures automatically:** The algorithm is able to determine when a change in temperature is due to lifestyle factors rather than ovulation.

In addition, the app provides educational content that helps users learn about their bodies while maximizing effectiveness. From breast check reminders, to warning messages when a user logs unprotected sex on a Red Day, and so much more.

## How is NC° different from a period tracker?



**Unlike Period trackers which are not intended to prevent pregnancy, NC° Birth Control is an FDA Cleared form of birth control.**

What sets it apart is not only the regulatory validation, but how it works. Most period trackers rely on averages, often assuming a 28-day cycle (only 13% of all studied cycles are 28 days)<sup>1</sup>. They provide static predictions that don't adjust to real-time changes unique to your body. A period tracker won't catch shifts in your cycle or confirm your ovulation — making them unreliable for pregnancy prevention.

The advanced algorithm behind NC° Birth Control analyzes body temperature and unique cycle patterns to find your fertile days. Instead of guessing, it detects ovulation by identifying temperature shifts and providing a daily fertility status. The app gives a Green Day when you're not fertile and a Red Day when there's a risk of pregnancy. And because the Natural Cycles app detects ovulation, it can also help you get pregnant faster when you're ready — using the same science that helps you prevent pregnancy without hormones.















<sup>1</sup> Bull, J.R., Rowland, S.P., Scherwitzl, E.B. et al. Real-world menstrual cycle characteristics of more than 600,000 menstrual cycles. *npj Digit. Med.* 2, 83 (2019)

# How effective is my birth control?

Birth control can be measured using a percentage. For example, 98% effective means that during one year of use, 2 out of 100 individuals would become pregnant.

**Typical Use:** Includes all pregnancies and reflects the way a method is used in everyday life.

**Perfect Use:** Only includes pregnancies caused by the failure of the method, and so reflects effectiveness when used as instructed.

Non-hormonal		Hormonal	
Copper IUD		Hormonal IUD	
			
Typical Use: >99		Typical Use: >99	
Perfect Use: >99		Perfect Use: >99	
Protects against STIs? No		Protects against STIs? No	
Hormonal		Non-hormonal	
Implant		Tubal Ligation	
			
Typical Use: >99		Typical Use: >99	
Perfect Use: >99		Perfect Use: >99	
Protects against STIs? No		Protects against STIs? No	
Hormonal		Hormonal	
Shot		Vaginal Ring	
			
Typical Use: 96		Typical Use: 93	
Perfect Use: >99		Perfect Use: >99	
Protects against STIs? No		Protects against STIs? No	
Hormonal		Non-hormonal	
Patch		The Pill	
			
Typical Use: 93		Typical Use: 93	
Perfect Use: >99		Perfect Use: >99	
Protects against STIs? No		Protects against STIs? No	
Non-hormonal		Non-hormonal	
Birth Control App		Male Condom	
			
Typical Use: 93		Typical Use: 87	
Perfect Use: 98		Perfect Use: 98	
Protects against STIs? No		Protects against STIs? Yes	
Non-hormonal		Non-hormonal	
Standard Days Method		Pull Out Method	
			
Typical Use: 87		Typical Use: 80	
Perfect Use: 95		Perfect Use: 96	
Protects against STIs? No		Protects against STIs? No	
Non-hormonal		Non-hormonal	
Internal Condom		Spermicide	
			
Typical Use: 79		Typical Use: 79	
Perfect Use: 95		Perfect Use: 84	
Protects against STIs? Yes		Protects against STIs? No	

# Is the NC° app right for me?

When it comes to birth control, there's no one size fits all.

Check out the statements below and if you check multiple boxes, speak to your doctor about the NC° app today.

- ☒ I'm over the age of 18
- ☒ I'm willing to use protection or abstain on Red Days
- ☐ I'm looking for a non-hormonal birth control method
- ☐ I cannot tolerate hormonal birth control due to side effects or a medical condition
- ☐ I'm currently using a period tracker or less effective fertility awareness method to prevent pregnancy
- ☐ I'm looking to prevent pregnancy now but look to plan pregnancy in the future



It is important to note that Natural Cycles does not protect against sexually transmitted infections (STIs).

# FAQ

## **How is user data protected?**

*Data security is a top priority for Natural Cycles and NC° Birth Control is designed to protect user data. Natural Cycles Data Protection Officer and Team use advanced security protocols, including pseudonymization and encryption, as part of our comprehensive privacy program.*

*Users who need an extra layer of identity protection have the option to Go Anonymous. In this optional mode, personal identifying information is separated from fertility data. That means that no one — not even Natural Cycles — can link a user to their data.*

*Because Natural Cycles charge a subscription fee, it doesn't need to earn money by selling users' data like some "free" apps. As a regulated medical device, Natural Cycles is required to comply with the FDA's cybersecurity requirements. And as a Swedish company, the Natural Cycles app is designed to comply with European GDPR.*

## **Can Natural Cycles be used to plan pregnancy?**

*Yes. When you purchase a Natural Cycles subscription you have full access to NC° Birth Control, NC° Plan Pregnancy, and NC° Follow Pregnancy and NC° Postpartum. Research shows that couples using NC° Plan Pregnancy get pregnant in 3 cycles on average<sup>1</sup>.*

## **Does it work with irregular cycles?**

*NC° Birth Control is just as effective at when it comes to preventing pregnancy for those with irregular cycles. However, those users with irregular cycles may receive more Red Days.*

## **Do my measuring habits affect the effectiveness of NC° Birth Control?**

*No, changes in your sleep pattern, or forgetting to measure do not impact the effectiveness of NC° Birth Control, though we do recommend logging at least 5 temperatures per week for the optimal app experience. If the app's algorithm does not have enough data to confirm a user is not fertile, it will display a Red Day out of caution.*

<sup>1</sup> Source: Berglund Scherwitzl, E. et al. (2019), Short- and long-term effect of contraceptive methods on fecundity, Eur J Contracep Repr

# NC° Birth Control is covered by insurance!



Check your plan's member reimbursement benefits to find out about your coverage.

Go to [naturalcycles.com/insurance](https://naturalcycles.com/insurance) to learn more about how to get reimbursed after purchasing an annual subscription from [naturalcycles.com](https://naturalcycles.com).

**Natural Cycles°**

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

- 1 92% effective with typical use and 98% effective with perfect use
- 2 Non-hormonal, non-invasive
- 3 Must be 18 years or older
- 4 The method uses temperature band data from a compatible Apple Watch, Oura Ring, or Thermometer.

**Coverage:** Natural Cycles is an over-the-counter digital birth control. It is not a prescription drug. It is not a medical device. It is not a contraceptive. It is a software application. It is not a contraceptive. It is a software application. It is not a contraceptive. It is a software application.

**How to use Natural Cycles Birth Control**

- 1 Take or read temperature band data from the device.
- 2 Open the NC app. The app will show you the temperature band data and the predicted fertile window.
- 3 Check fertility status. If you are fertile, you should avoid sex or use a condom. If you are not fertile, you can have sex without a condom.

**Patient Information:**  
PATIENT NAME: Sofia Smith  
ADDRESS: [Redacted]  
CITY: [Redacted]  
STATE: [Redacted]  
ZIP: [Redacted]  
PHONE: [Redacted]  
EMAIL: [Redacted]

**Provider Information:**  
PROVIDER NAME: Kerry Kraus MD  
ADDRESS: [Redacted]  
CITY: [Redacted]  
STATE: [Redacted]  
ZIP: [Redacted]  
PHONE: [Redacted]  
EMAIL: [Redacted]





*Due to a medical condition I can't take hormonal birth control. I used to track my BBT manually but then my doctor recommended Natural Cycles. The app removed so much work and makes me feel confident in my journey to prevent pregnancy naturally.*

**- NC° User**



*As an OB-GYN, I love that Natural Cycles gives patients a reliable, non-invasive, hormone-free birth control option, and at the same time allows them to learn more about their bodies.*

**- Dr. Kerry Krauss, Senior Medical Advisor, MD FACOG**