

# Natural Cycles<sup>o</sup>

**NC<sup>o</sup> Birth Control is a hormone-free FDA Cleared contraception app that can be used to prevent pregnancy**



**Reimbursed by most US commercial health insurance plans**

**NC<sup>o</sup> Birth Control is 93% effective with typical use & 98% effective with perfect use**

The app collects personal biometric data, such as body temperature, historical period data, and optional LH tests. The advanced algorithm behind the app analyzes this data to confirm each user's daily fertility status.

The NC<sup>o</sup> Birth Control app integrates with the NC<sup>o</sup> Bluetooth Thermometer or select wearable devices, such as the Oura Ring or Apple Watch, to measure temperature trends.

**How is NC<sup>o</sup> Birth Control different from traditional Fertility Awareness Based Methods?**



## **It's FDA Cleared**

The app is backed by clinical studies and real-life user data.



## **Uses personalized biometric data**

The algorithm does not assume a user ovulates the same day every cycle, or that every cycle is regular.



## **Reduces human error**

The convenience of the app interface and integration with wearable devices makes for an easier user experience.



## **Excludes temperatures automatically**

The algorithm is able to determine when a change in temperature is due to lifestyle factors than fertility shifts.

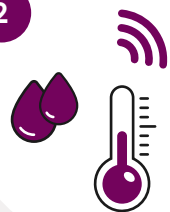
## **How it works:**

1



Temperature is measured in the morning with the NC<sup>o</sup> Thermometer or overnight with a select wearable device

2



Biometric data is automatically logged in the Natural Cycles app

3



User checks the Natural Cycles app to confirm fertility status:  
**Green Day** (not fertile)  
**Red Day** (fertile, use protection)

# Natural Cycles<sup>®</sup>

**NC<sup>®</sup> Birth Control  
may be a good option  
for women who are:**

Age 18 and older



Willing to use condoms  
or abstain on Red Days



Looking for a non-hormonal  
birth control method



Cannot tolerate hormonal  
birth control due to side  
effects or a medical condition



Looking to prevent pregnancy  
now but look to plan pregnancy  
in the future



Currently using a period tracker  
or less effective fertility awareness  
method to prevent pregnancy<sup>1</sup>



<sup>1</sup>Reference: *Contraceptive Technology (Table 5-2).*  
22nd Edition, 2023.

**While there are no known  
contraindications, NC<sup>®</sup> Birth Control  
may not be right for women who:**

Have a medical condition where  
pregnancy would be associated  
with a significant risk to the  
mother or the fetus



Currently taking hormonal birth  
control or undergoing hormonal  
treatment that inhibits ovulation



Highly irregular menstrual cycles  
(i.e. cycles with length less than  
21 days or greater than 35 days)



NC Secure<sup>®</sup> provides advanced data  
protection, including encryption and  
pseudonymization.

The optional Go Anonymous feature  
separates personal information from  
fertility data, meaning that no one —  
not even Natural Cycles — can link  
a user to their data.



**For more information  
or to contact us, visit:**  
[www.naturalcycles.com/hcp](http://www.naturalcycles.com/hcp)



Natural Cycles provides **personalized  
health education and cycle insights  
(with downloadable PDF)** that allows  
women to be more aware of their sexual,  
reproductive, and holistic health.

While all users must agree to abstain from  
unprotected sex on fertile days before  
signing up, if a user logs unprotected sex  
on a fertile day, NC<sup>®</sup> Birth Control will alert  
them of potentially risky behavior and  
educate them of the risks.