Natural Cycles°




# Looking for hormone-free birth control?

Natural Cycles is the first app that's been cleared by the FDA that can be used to prevent pregnancy in women over the age of 18. It's a technologically advanced fertility awareness method that helps women prevent or plan pregnancy naturally without hormones.

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

# How does the NC° app work?

There's only 6 days each cycle a woman is fertile and can get pregnant. The NC° app is powered by an algorithm that uses body temperature to determine each user's unique 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 fertility status**




# How do I measure?

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

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

**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 the NC° app different from other FAMs?

While Natural Cycles is a Fertility Awareness Method (FAM), it works very differently from traditional FAMs. This is because the NC° app 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

**Removes human error -** The algorithm does all the work for each individual 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 fertility shifts

In addition, the app provides educational content that helps users make the most out of Natural Cycles. From breast check reminders, to warning messages when a user logs unprotected sex on a Red Day, and so much more.

# How effective is the NC° app?

No method of birth control is 100% effective. Natural Cycles is more effective than condoms alone but less effective than long-lasting birth control methods such as IUDs. It's 93% effective with typical use and 98% effective with perfect use.

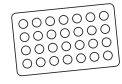
Typical use includes all reasons for an unintended pregnancy including having unprotected sex or using withdrawal on a Red Day.

Perfect use only includes pregnancies while using the product as intended, such as a condom breaking on a Red Day. The app can also assign a "false" Green Day - this method failure rate is monitored closely in clinical studies, and the research shows it to be 0.5%.

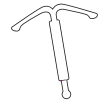
**The best thing to do to prevent pregnancy while using the NC° app is to avoid having unprotected sex on Red Days.**

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

**Hormonal:**



93%
Contraceptive Pill



99%
Hormonal IUD



93%
NuvaRing

**Non-hormonal:**




93%
Natural Cycles



99%
Copper IUD



87%
Male Condom

# Is the NC° app right for me?

When it comes to birth control, there's no one size fits all and only you can decide if Natural Cycles is right for you before signing up on **NaturalCycles.com**.

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

- [x] **I'm over the age of 18**
- [x] **I'm willing to use protection or abstain on Red Days**
- [ ] **I'm looking for a natural alternative to hormonal birth control**
- [ ] **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).

**Note:** There is no prescription required to sign up for Natural Cycles.

# FAQ

**How is my data protected?**
*Natural Cycles has always been committed to protecting our users and their data. We never have and never will sell user data and use advanced security protocols such as encryption to keep data secure. Learn more about our NC° Secure privacy protection program at naturalcycles.com/secure.*

**What makes Natural Cycles different from other fertility apps?**
*Natural Cycles is the first app that has been cleared by the FDA to be used as birth control. Period trackers and other fertility apps have not been properly vetted by regulatory bodies and should not be used to prevent pregnancy.*

**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. You'll also have access to other experiences in the app, including postpartum recovery.*

**Does it work with irregular cycles?**
*Natural Cycles is just as effective when it comes to preventing pregnancy for those with irregular cycles but those users may receive more Red Days.*

**Do my measuring habits affect the effectiveness of NC° Birth Control?**
*Changes in your sleep pattern, or forgetting to measure doesn't affect how effective NC° Birth Control is at preventing pregnancy. However, if the app doesn't have enough data due to poor sleep or forgetting to measure, you might get more Red Days.*

# Natural Cycles is now covered by insurance!

Natural Cycles is covered by most health insurance companies with $0 out-of-pocket costs.

Go to **naturalcycles.com/insurance** to learn more about how to get reimbursed after purchasing an annual subscription from naturalcycles.com.



*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.*



*Natural Cycles has not only helped me prevent pregnancy for two years but when I was ready to start a family, I got pregnant the first month I switched to NC° Plan Pregnancy.*

*I wish I had learned about Natural Cycles sooner.*



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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, MD, FACOG*