



**NC<sup>o</sup> Birth Control**  
From Natural Cycles<sup>o</sup>

# The first & only FDA-cleared digital contraceptive



- \* Non-hormonal
- \* No side effects
- \* Offers daily fertility status



## NC° Birth Control is suitable for those who:



Prefer to avoid or can't use hormonal contraception



Are using a period tracker, or less effective fertility awareness based method



Are not using birth control or rely on the pull-out method

Indicated with people 18 years and older

# Natural Cycles<sup>o</sup> is in the same effectiveness category as other FDA-regulated methods



Effective  
Typical Use



Effective  
Perfect Use

Condom



87%

The Pill



93%

NC<sup>o</sup> Birth  
Control



93%

IUD



>99%

Typical use effectiveness rates. Source: Contraceptive Technology (Table 5-2). 22nd Edition, 2023

## What sets Natural Cycles<sup>o</sup> apart from period trackers?

- \* FDA-cleared medical device
- \* Predicts & confirms ovulation
- \* Plan or prevent pregnancy — all in one app

Period trackers have up to:

44x

Higher risk of unintended pregnancy per cycle<sup>1</sup>

<sup>1</sup> Natural Cycles AB. Effectiveness of a temperature-based digital contraceptive vs. calendar-based period tracking.

# How NC° Birth Control works



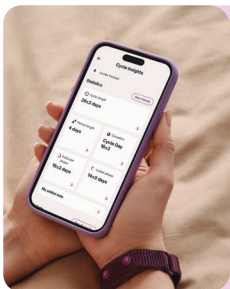
01

Temperature data captured while you sleep



02

Data automatically syncs to the NC° app



03

Check NC° app for your daily fertility status

Other integrated wearables include:  
Apple Watch, Oura, and Garmin

# One app for lifelong wellness — from birth control to perimenopause



## NC° Birth Control

Prevent pregnancy naturally



## NC° Plan Pregnancy

Pinpoint your peak fertility



## NC° Follow Pregnancy

Monitor your pregnancy



## NC° Postpartum

Support your recovery after birth



## NC° Perimenopause

Navigate the menopausal shift

## Trusted by over 6 million users worldwide<sup>2</sup>

**99%** of users

said they are **happy** about making the switch to Natural Cycles

**98%** of users

said Natural Cycles helped them **understand their body** better

<sup>2</sup> Natural Cycles User Survey (February 2024), N: >2200 Cyclers.

# Get Started with NC° Birth Control Today!

- \* You can get started for as little as \$0 out of pocket
- \* Ask your doctor for a Natural Cycles prescription sent directly to Alto Pharmacy
- \* Alto Pharmacy will send 12-month activation code to get started

