



NC^o Birth Control

From Natural Cycles^o

The only digital contraceptive clinically proven to be 93% effective with typical use.

The first & only FDA-cleared digital contraceptive on the market

93% effective with typical use,
98% effective with perfect use

Non-hormonal and
no side effects

Prescribe directly
to Alto Pharmacy

How it works

01

NC° Band collects
biomarker data



Other integrated
wearables include:

- Apple Watch
- Oura Ring
- Garmin

02

Data automatically
syncs with NC° app



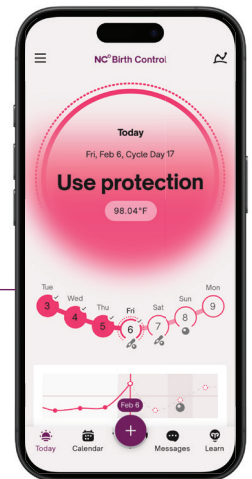
03

Daily fertility status is calculated
& displayed in NC° app



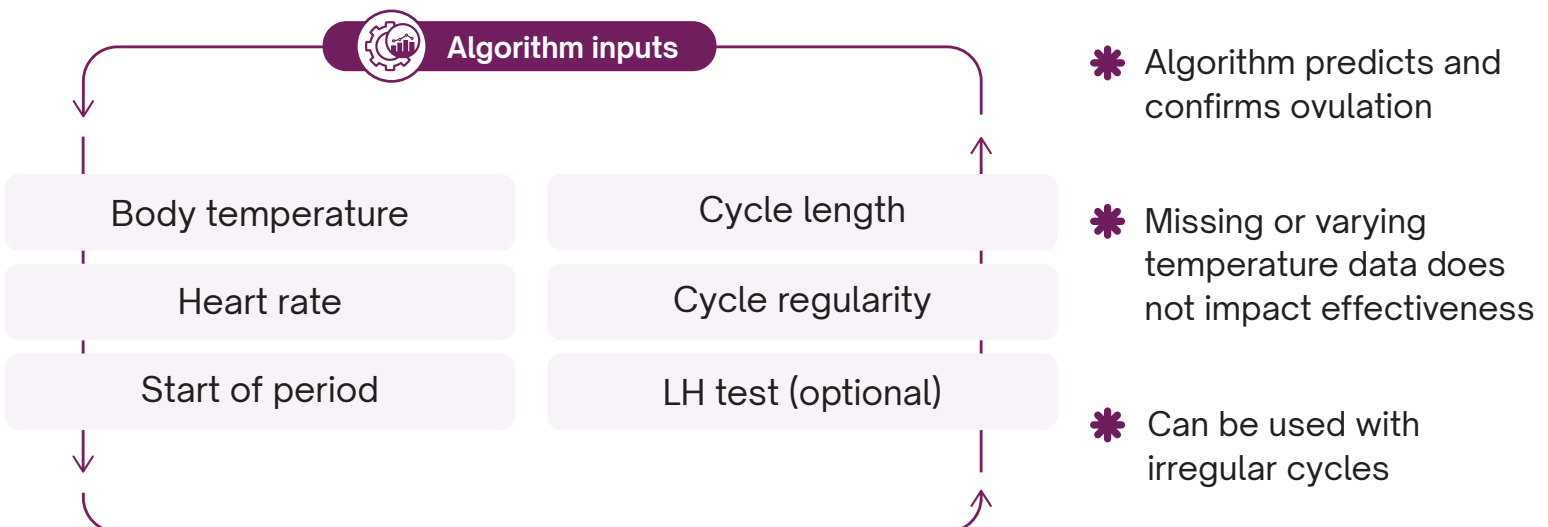
Green Days
represent "Not
Fertile" days

Red days
represent fertile
days. Users
prompted to
"Use Protection"
or abstain

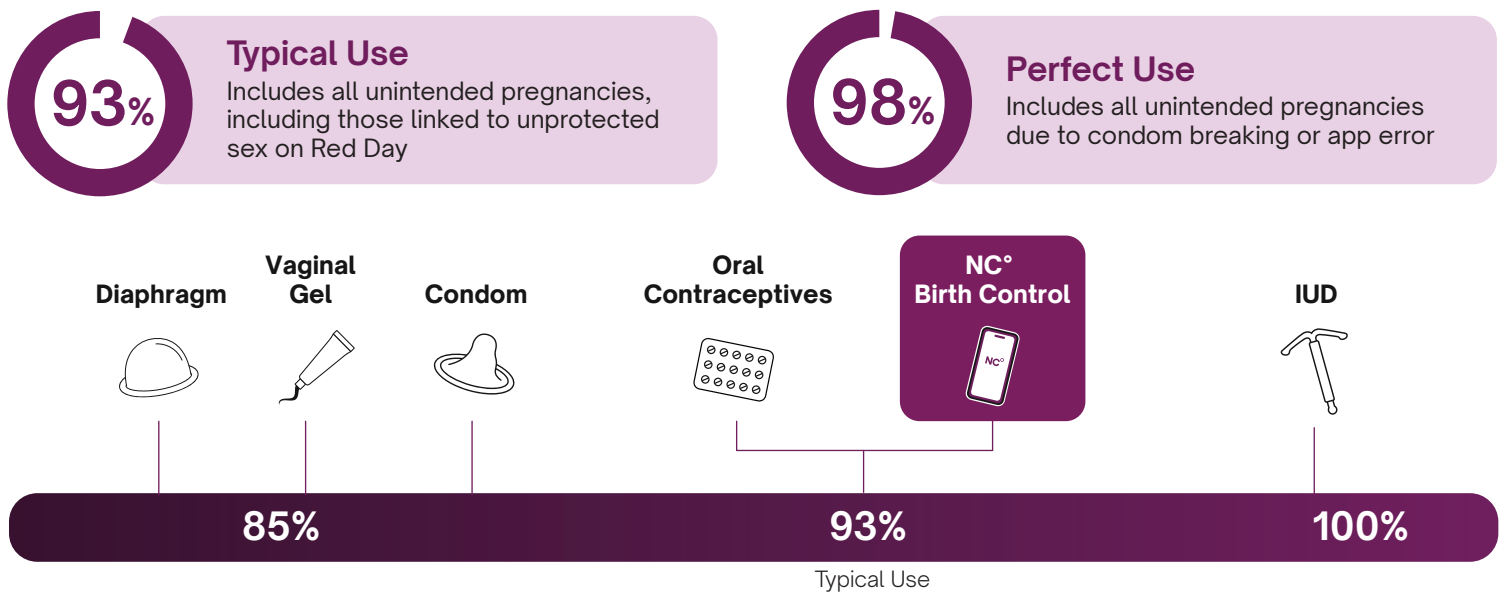


NC° Fertility Algorithm

Algorithm analyzes temperature, heart rate and cycle data for a personalized approach in determining fertility status.



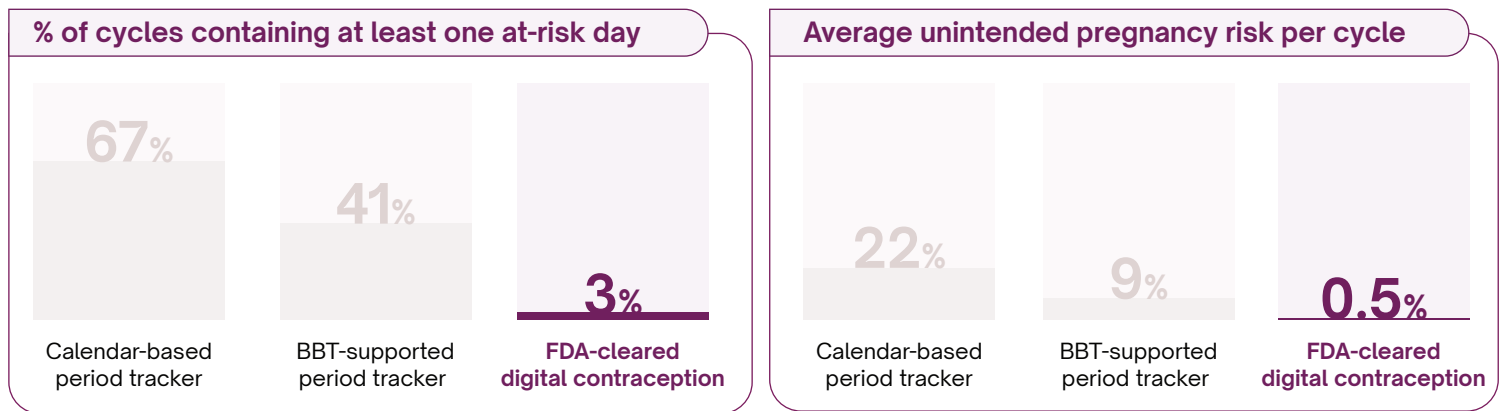
Proven typical and perfect use effectiveness rates consistent with oral contraceptives¹



¹ Contraceptive Technology (Table 5-2). 22nd Edition, 2023

Period Trackers vs. Regulated Digital Contraception²

Study Analysis: Over 540,000 menstrual cycles across 187,000 women in the US compared commonly used period-tracking methods and regulated digital contraception



Study Takeaway

Period-tracking methods frequently mislabel fertile days as “safe,” resulting in up to **44 times higher** unintended pregnancy risk per cycle compared to digital contraception.

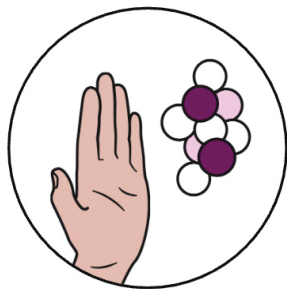
² Brondolin, Erica, et al. Fertile-Window Misclassification in Period-Tracking Applications and Associated Pregnancy Risk: A Large Observational Analysis. medRxiv, 2026

Scan QR code to learn more about the study and review the full manuscript



Suitable for a wide range of patients

Indicated for 18 years or older



Preferring to avoid, or are contraindicated for hormonal contraception



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



Currently not using any form of birth control or using pull out method to prevent pregnancy

Prescribe directly to the Pharmacy



alto
PHARMACY

- NC° Birth Control is covered by insurance
- Write an e-RX for Natural Cycles to Alto Pharmacy (select any location)
- 12 month subscription with NC° Band included
- Diagnosis code: z30.8 - Encounter For Other Contraception Management
- Patients can pay \$0 out-of-pocket

Natural Cycles°

**For more information,
scan the QR code**

