Natural Cycles

User Manual / Instructions for Use

Please read this manual before you start using Natural Cycles.

Intended Purpose Including Indications for Use

Natural Cycles is a stand-alone software application, intended for women 18 years and older, to monitor their fertility. Natural Cycles can be used for preventing a pregnancy (contraception) or planning a pregnancy (conception).

Intended User

Women of reproductive age. The pediatric population <18 years of age is excluded from the target group. The user shall be capable of reading this User Manual and operating the Natural Cycles application.

Intended Use Environment

The device is intended for use in non-medical settings.

Contraindications

There are no known contraindications for use of Natural Cycles.

Side-Effects

The product has no known direct side effects on the human body.

Natural Cycles may not be right for you if

- You have a medical condition where pregnancy would be associated with a significant risk to the mother or the fetus. Using Natural Cycles does not guarantee 100% that you will not get pregnant. If pregnancy presents a significant risk, you should talk to your doctor about the best contraceptive option for you.
- You are currently taking hormonal birth control or undergoing hormonal treatment that inhibits ovulation. Natural Cycles will mainly provide red days if you do not ovulate. You can explore the app in Demo Mode until you discontinue your hormonal birth control or treatment.

Warnings

⚠ No method of contraception is 100% effective. Natural Cycles does not guarantee that you cannot get pregnant, it only informs you whether and when you can become pregnant based on the information that you enter into the application.

⚠ Even with using the app perfectly, you can still have an unintended pregnancy. Natural Cycles is 93% effective under typical use, which means that 7 women out of 100 get pregnant during 1 year of use. With using the app perfectly, i.e. if you never have unprotected intercourse on red days, Natural Cycles is 98% effective, which means that 2 women out of 100 get pregnant during 1 year of use.

⚠ On red days, you must either abstain or use protection, such as condoms or another form of barrier protection, to prevent pregnancy. If you have not been using a non-hormonal method of contraception before, make sure to have a method on hand to use during red days.

⚠ Our data show that women transitioning to Natural Cycles from hormonal contraception have a higher risk of becoming pregnant due to generally not yet being accustomed to using other forms of protection, such as a condom or another form of barrier protection.

⚠ If you are discontinuing hormonal contraception, you may first experience a withdrawal bleed, which is much lighter than your true period. You will normally get your true period a few weeks later. Withdrawal bleeding should not be entered as “period”. If you are unsure if you are experiencing withdrawal bleeding or a period, please consult your doctor.

⚠ Natural Cycles does not protect against sexually transmitted infections (STIs). Use a condom to protect against STIs.

⚠ Always check your fertility status for the day. Be aware that fertility predictions for upcoming days are only predictions and may change in the future. If you are unsure of your fertility status and can’t access the app, abstain or use protection in the meantime.

⚠ If you are exploring the demo version of the app, this is for informational or instructional purposes only and does not display real data. Do not use the information displayed in Demo Mode for contraceptive purposes.

⚠ If you have taken the emergency contraceptive pill, you should indicate it in the app. You can then continue measuring as normal and the algorithm will take the additional hormones from the pill into account. Note that the bleeding you may experience a few days after taking emergency contraception is not the same as your regular period and should not be entered into the app. If your period is more than one week late after it normally would start you should take a pregnancy test.

Precautions

- As a contraceptive, Natural Cycles may be less suitable for you if you have irregular menstrual cycles (i.e. cycles with length less than 21 days or greater than 35 days) and/or fluctuating temperatures as predicting fertility is more difficult in these circumstances. Natural Cycles’ effectiveness as a contraceptive is not affected by irregular cycles, but you will experience an increased number of red days, which can reduce your satisfaction with Natural Cycles. This can be the case:

    - **If you discontinue hormonal contraception**. It can take several cycles after discontinuing hormonal contraception before becoming more regular again. You should expect more red days during these cycles and therefore expect to use protection or abstain more frequently.
    - **If you have medical conditions that lead to irregular cycles such as Polyendocrine Metabolic Ovarian Syndrome (PMOS) or thyroid-related conditions**.
    - **If you experience symptoms of (peri)menopause.**
- After giving birth, we recommend that you start using Natural Cycles again when you get your first period back, regardless of whether you are breastfeeding or not. If you wish to start using Natural Cycles before, you should expect to have only red days until your first ovulation is confirmed. How long it may take to get your first period back can vary significantly from person to person, and it is generally longer for nursing mothers. Please note that you are at risk of becoming pregnant even before your first period comes back, and you should use some form of contraception if you wish to prevent a new pregnancy. If you are fully breastfeeding and you have given birth less than 6 months ago, LAM (Lactational Amenorrhea Method) can serve as an effective method of contraception postpartum.
- When you start using Natural Cycles, it can take some time to get to know your unique cycle, resulting in an increased number of red days during your first 1-3 cycles. This is to ensure that the app is effective from the first day of use, and once Natural Cycles has detected your ovulation you are likely to receive more green days. It is important to note that you can rely on the fertility status indicated by the app from the first day of use.
- Always make sure to update your software app, so that you have the latest version. Using the latest version will help keep your app safe from cybersecurity threats and vulnerabilities. Your app is updated via your app store. Natural Cycles recommends that you set your smartphone to update the app automatically.
- Always make sure to keep the operational system (OS) on the device you use to access the Natural Cycles app up to date. Using the latest OS version will help keep your app safe from cybersecurity threats and vulnerabilities.
- To ensure accurate data inputs to Natural Cycles, always use a thermometer or wearable that fulfils the specifications stated in the section ‘Checklist’.
- Always follow the directions in ‘Natural Cycles and Measuring Device’ in order to increase the accuracy of ovulation detection.

Checklist

To get started with Natural Cycles you will need the following:

1. A Natural Cycles account

For access via the app, download the app on your Android, iPhone or iPad on Google Play or the App Store. Follow the registration steps to create your personal account. Make sure the device you use to access Natural Cycles is connected to the internet. Your Natural Cycles account is personal and should not be used by anyone except you.

2. Measuring Device

To get started you will need a compatible wearable device or an oral basal thermometer. Compatible wearable devices are: NC° Band, NC° Ring, an Oura Ring (Gen2, Gen3, Gen4, or Gen 5), an Apple Watch with temperature sensors (Series 8, Series 9, Series 10, Series 11, Ultra, Ultra 2, Ultra 3, or SE3), a Garmin wearable (Enduro™ 3, Enduro™ 4, fēnix® 8, fēnix® 8

Pro, fēnix® 9, fēnix® 9 Pro, tactix® 8, quatix® 8, quatix® 8 Pro, Forerunner® 570, Forerunner® 970, Venu® 3, Venu® 3S, Venu® 4, Venu® X1, CIRQA™ Smart Band, MARQ® (Gen 3), or Approach® S72), or a WHOOP (MG or 5.0).

If you choose to measure with a thermometer, please note that you must use a basal thermometer which is more sensitive than regular fever thermometers and shows two decimals (e.g. 36.72°C / 98.11°F).

Note: Do not use the wearable temperature data shown in the app to make medical decisions (ex: diagnose fever).

Note: If you have a condition that affects nocturnal skin temperature, using a wearable measuring device as an input source to Natural Cycles is not recommended.

Note: If you need to change your measuring device for any reason, you should start using your new device at the start of your period.

3. Ovulation tests (optional)

Ovulation (LH) tests are urine test strips which detect the surge of luteinizing hormone that occurs 1-2 days before ovulation. It is optional to use LH tests with Natural Cycles, but they can help to increase the accuracy of detecting ovulation and can, therefore, increase the number of green days you will see if you are preventing a pregnancy. Using LH tests will not affect the effectiveness of Natural Cycles as a contraceptive. If you are planning a pregnancy, we recommend using LH tests as they can help to find your most fertile days. You can purchase LH tests at shop.naturalcycles.com or from within the app itself.

Natural Cycles and Measuring Device

How to measure

Follow the user manual provided with your measuring device to either measure overnight (for wearables) or in the morning (for basal body thermometers)

When to measure - wearable device

If you are using a wearable device for overnight measuring, your temperature syncs according to wearable device manufacturer instructions. There may be steps required to sync your temperature from the wearable to NC° app - see in app messaging for additional details. Aim to measure at least five days a week.

When to measure - basal body thermometer

Measure your temperature once a day, on as many days as possible, so that the algorithm can quickly get to know your unique cycle. Refer to thermometer manufacturer instructions for information regarding how to use your thermometer. Aim to measure at least 5 days a week. A tip to help you remember is to place your thermometer on top of your phone before going to bed.

Measure first thing in the morning when you wake up, before you get up and out of bed. Ideally measure at around the same time every day (within +/- 2 hours).

When to exclude temperature data

Certain circumstances may affect your data. This can make it harder for the algorithm to track your cycle. To help our algorithm learn about your cycle and accurately find ovulation, use the “Exclude temperature” function in the app if you:

- Feel hungover
- Feel sick
- Slept differently (>2 hours more/less than usual- only applicable if using thermometer)

Exclude your temperature data only if you feel that something was out of the ordinary for you and you feel differently this morning because of it.

Medication can also affect your temperature. If you take regular medication or anti-pyretics (fever reducing substances), it’s worth consulting with your doctor to discover its impact on your temperature.

Natural Cycles products

Natural Cycles offers five modes for our users to choose from depending on their fertility goal:

- NC° Birth Control - for preventing pregnancy
- NC° Plan Pregnancy - for increasing chances of conception
- NC° Follow Pregnancy - for monitoring the course of a pregnancy
- NC° Postpartum - for supporting recovery after childbirth
- NC° Perimenopause - for decoding and navigating the menopausal shift

These five modes can be chosen by the user prior to signing up and then within the app, if the user would like to switch between modes.

Contraception: NC° Birth Control

How it works

Your daily morning routine with Natural Cycles is as follows:

1. Measure or sync your data when you wake up as described in the ‘Natural Cycles and Measuring Device’ section.
2. Add or sync your temperature and whether you have your period into the app. Tap the temperature field on the Today tab to add, exclude, or edit (for thermometer users only) a temperature. To log a period, LH test, sex, or other trackers, tap the plus button (“+” icon). Once you add or update your data, the app will recalculate your status for the day.

3. Check your fertility status for the day - every day. The app will provide your fertility status directly after your first set of data is entered. Your status for the day is displayed in red and green colors throughout the app.



Green = Not fertile
Green days indicate you are not fertile and can have sex without protection. Green days are indicated by a green circle with the words “Not fertile” inside.



Red = Use protection
Red days indicate you are likely to be fertile and at risk of becoming pregnant. Use protection (such as condoms or another form of barrier protection) or abstain in order to prevent a pregnancy. Red days are indicated by a red circle with the words “Use protection” inside.

The app will show predicted and confirmed ovulation, as well as predicted period days. The application also shows fertility status predictions for upcoming days and months. It is important to be aware that the predictions can change and should not be used as the final result, which is why you should check your status for the day - every day.

Summary of clinical studies - how effective is Natural Cycles for contraception?

Natural Cycles is 93% effective under typical use. Under perfect use, i.e. if you never have unprotected intercourse on red days, Natural Cycles is 98% effective.

Clinical studies have been conducted in order to evaluate the effectiveness of Natural Cycles for contraception. The current version of the algorithm (v.3) has been investigated on 15,570 women (on average 29 years old). At the end of the study, the following commonly used failure rates were determined:

1. The app has a method failure rate of 0.6, which is a measurement of how often the app incorrectly displays a green day when the woman is actually fertile and gets pregnant after having unprotected intercourse on this green day. This means that 0.6 out of 100 women who use the app for one year get pregnant due to this type of failure.
2. The app has a perfect use Pearl Index of 1, which means that 1 out of 100 women who use the app for one year and who get pregnant will do so either because:
    a. They had unprotected intercourse on a green day that was falsely attributed as non-fertile (i.e., method failure); or
    b. They had protected intercourse on a red day, but the chosen method of contraception failed.
3. The app has a typical use Pearl Index of 6.5, which means that in total 6.5 women out of 100 get pregnant during one year of use due to all possible reasons (e.g. falsely attributed green days, having unprotected intercourse on red days, and failure of the contraceptive method used on red days).

Summary of clinical data from 15,570 women on the effectiveness of Natural Cycles of the current algorithm version.

Algorithm Version	**Study Date Range**	**# women**	**Exposure time** (Women-years)	**# pregnancies** [worst-case]	**Typical use PI** (95% confidence interval) [worst-case]	**Method failure rate** (95% confidence interval)

v.3	Sept 2017 - Apr 2018	15,570	7,353	475 [584]	6.5 (5.9-7.1) [7.9]	0.6 (0.4-0.8)

Effectiveness of Natural Cycles for two subgroups - women who used hormonal contraception within 60 days prior to using the app and women who did not use hormonal contraception within 12 months prior to using the app.

Subgroup	**Typical Use PI (95% confidence interval)**
Recent Hormonal Contraception 3779 women	8.6 % (7.2-10.0)
No Hormonal Contraception 8412 women	5.0 % (4.3-5.7)

You can find an overview of the effectiveness of different contraceptive methods in the Appendix of this manual. This will help you to understand the expected effectiveness of all forms of contraception.

Instructions if you are discontinuing hormonal contraception

Type of Contraception	**When can you start Natural Cycles?**
The Pill (Combined, Medium or Mini)	We recommend that you finish all the active pills of your packet. You can start using Natural Cycles as soon as you finish. You will have a high number of red days to begin with but this will improve over time.
Hormonal IUD (Intrauterine Device)	You can start using Natural Cycles the day after it has been removed.
Contraceptive Implant	You can start using Natural Cycles the day after it has been removed.
Hormonal Patch, Hormonal Contraceptive Ring	You can start using Natural Cycles the day after it has been removed. You will have a high number of red days to begin with this but this will improve over time.
Contraceptive Injection	You can start using Natural Cycles when the effect of the injection has worn off. This takes 8-13 weeks depending on which injection you had.

If you are discontinuing hormonal contraception you may first experience a withdrawal bleed, which is much lighter than your true period. You will normally get your true period a few weeks later. Withdrawal bleeding should **not** be entered in the app as “period”.

Note: a copper IUD does not contain hormones and does therefore not inhibit ovulation. You can thus use Natural Cycles alongside a copper IUD to get insights on your body and menstrual cycle without having to use a barrier method on red days.

If you become pregnant on Natural Cycles

If your period is overdue and your temperature does not drop, you may be pregnant and the app will encourage you to take a pregnancy test to confirm the pregnancy. If the test is positive, please talk to your doctor and indicate it in the app.

NC° Plan Pregnancy

The Natural Cycles of Plan Pregnancy mode brings the direct benefit to users of assisting with conception, with median time to pregnancy in 2 cycles for the majority of women without subfertility.[1] When you are planning a pregnancy, select Natural Cycles° Plan Pregnancy while signing up in the app. If you are already signed into the app, you can go to the settings page and choose NC° Plan Pregnancy . In this mode, your fertility is displayed as a scale, so you can identify the days you are most likely to become pregnant. The same routine as in NC° Birth Control mode applies here as well - measure or sync your temperature, add or sync data and check your fertility status.



Peak fertility | Very high fertility | High fertility | Medium fertility | Low fertility | Fertility unlikely | More data needed | Not fertile

When you're planning a pregnancy, we recommend taking LH tests since the occurrence of LH coincides with your most fertile days. If your period is overdue and your temperature does not drop, the app will encourage you to take a pregnancy test to confirm the pregnancy.

NC° Follow Pregnancy

Once you are pregnant, the app can be used as a pregnancy calendar and you can follow your weekly development and the development of your baby.

NC° Postpartum

After you have given birth, you have the option to enter NC° Postpartum mode. NC° Postpartum guides you through the physical and mental recovery of childbirth with resources tailored to help support your overall health and well-being during this temporary transitional phase. While taking your temperature is not required, measuring is encouraged as it helps the NC° algorithm detect when your fertility returns. Until the NC° algorithm detects your ovulation, it will give you Red Days. You can exit NC° Postpartum at any time.

[1] Source: Favaro, C., et al. (2021). Time to pregnancy for women using a fertility awareness-based mobile application. Journal of Women's Health

NC° Perimenopause

As you approach the menopause transition, you have the option to enter NC° Perimenopause mode. When users enter this mode, the NC° Menopause Algorithm will analyze data to help users discover what stage of perimenopause they are most likely to be in. NC° Perimenopause offers daily check-ins for users to track their symptoms, bleeding, temperatures, and other data so it can provide daily insights based on the user's input. Cycle changes and trends can be seen in this mode and data can be downloaded in PDF form to share with doctors. NC° Perimenopause can be accessed by users regardless of their birth control needs.

Demo Mode

In Demo Mode you can see how the app could look with a few cycles of data, but you cannot add any of your own data. This is for demonstration purposes only, demo mode cannot provide you with any fertility information.

If you are currently on hormonal contraception you will access the app in Demo Mode. Once you stop using hormonal contraception you can then easily access the full version of the app. The app will now function for contraception or for planning a pregnancy.

Problems/ Troubleshooting

If you cannot access the application, the application is malfunctioning, or if you suspect something is wrong with your current fertility status, please follow the steps below:

1. Use protection, such as a condom or another form of barrier protection, until the error has been fixed.
2. Please contact our service desk via help.naturalcycles.com and our trained support agents will assist you.
3. Serious incidents involving this device should be reported both to Natural Cycles and to the competent authority in your country. A 'serious incident' means any incident that directly or indirectly led, might have led or might lead to any of the following:
    a. the death of a patient, user or other person,
    b. the temporary or permanent serious deterioration of a patient's, user's or other person's state of health,
    c. a serious public health threat;

Application Overview

Your fertility status for the day is shown through different views within the app.

Today view

This is your main view, with everything you need at a glance. It shows a colored circle with your fertility status for the day. Below it, you'll find predictions for upcoming days and more information about your current cycle phase.

Adding Data

Your temperature data will sync automatically or can be added manually, depending on your device. Tap the temperature field on the Today tab to add, exclude, or edit (for thermometer users only) a temperature. To log a period, LH test, sex, or other trackers, tap the plus button ("+" icon).

Calendar view

See your predicted Red and Green Days, ovulation, and period for the month. These predictions can change as more data is added, so always rely on the Today tab for daily contraceptive or pregnancy planning. You can easily access past data in the calendar as well, by tapping on individual days.

Graph view

A visualization of your unique temperature curve, you can use your graph to see how your fertile window and period line up as your temperature varies during your cycle. Swipe from left to right to easily view your past cycles, and zoom in or out to change the time interval. Use the stacked view to compare cycles and see how your logged trackers align with your data.

Offline mode

You can still log data while offline, but the app cannot calculate your fertility status. During this time, the Today tab will show an orange circle and the status "Use protection." Use a barrier method (like condoms) or abstain from sex until you are back online and your status is updated.

Fertility Algorithm Overview

Algorithm Description

The Natural Cycles fertility algorithm (used in NC° Birth Control and NC° Plan Pregnancy Modes) was developed using advanced machine learning techniques to predict and detect ovulation, enabling it to identify your fertile window. The algorithm uses daily temperature measurements (from a basal body thermometer or compatible wearable), menstruation information, and optional LH-tests to provide your daily fertility status.

Algorithm Clinical Evaluation

The clinical evaluation of the machine learning enabled Natural Cycles fertility algorithm is conducted by analyzing data from Natural Cycles application users who provided informed consent for their anonymized data to be used for research and algorithm development purposes. A total of 111,446 users and a total of 1,031,706 complete cycles is included in the final testing dataset. The performance of the Natural Cycles fertility algorithm is compared with the performance of a previous version of the Natural Cycles Fertility Algorithm (Statistical Algorithm v3.6.0) and evaluated according to pre-specified key performance indicators (KPIs).

The validation confirmed that this version of the Natural Cycles fertility algorithm is as safe and effective as the previous version of the Natural Cycles fertility algorithm.

Platform description

Natural Cycles Application Version: 5.3.14 and onwards
Medical Device version: E
Devices that may be used to access the application:

- A mobile phone running Android OS (version 11 or above) or iOS (version 17 or above), 250 kbps or faster internet.

Accessing the Instructions for Use

The Instructions for Use can be found online on the Natural Cycles website (https://naturalcycles.app/IFU) and in your app under the “Regulatory” page.
If you would like a paper copy of the Instructions for Use we will send you one at no cost. Contact customer support with your request.

Cease using Natural Cycles

When you sign up for Natural Cycles, whether it’s for a Monthly or Yearly subscription, you will need to cancel it if you don’t want your subscription to be automatically renewed for the next renewal period. Cancellation of your subscription must be done at least 24 hours before the subscription is scheduled to be renewed. Please refer to help.naturalcycles.com for a full description on how to cancel your subscription successfully. Please refer to our Privacy policy for further information on how Natural Cycles processes your data.

Security

Natural Cycles maintains a high level of security and data privacy in the application. The application is continuously monitored for security events and data breaches. If a security event or data breach occurs, it will be addressed promptly according to established processes, and you will receive information necessary for your continued safe use of the application.

Despite these measures, some cybersecurity risks remain.

Unauthorized access to your account
If your login credentials are compromised, an unauthorized person may gain access to your account and personal data.To reduce this risk, you should use a strong password and keep your login details confidential.

Phishing and fraudulent communication
Attackers may attempt to obtain your login details through emails or messages that appear to come from Natural Cycles. Natural Cycles will not request your password unless you have initiated a password reset or support request. You should not share your login details in response to unsolicited messages.

Access from shared or compromised devices
If you use your account on shared or unsecured devices, your data may be accessed by others. You can reduce this risk by logging out after use and ensuring your device is secure.

If you suspect unauthorized access, you should change your password immediately and contact support to terminate active sessions.

Regulatory Compliance

NC° Birth Control and NC° Plan Pregnancy are Medical Device Software modes under Regulation (EU) 2017/745 for medical devices (MDR). All other modes in the Natural Cycles application are designated as wellness modes based on their functionality.

General information

Explanation of symbols

 Manufacturer

 CE Mark

 Caution

 User Manual/Instructions for Use

EC Declaration of Conformity

Name of the Manufacturer:
NaturalCycles Nordic AB

Address of the Manufacturer:
St Eriksgatan 63b
112 34 Stockholm
Sweden

Customer support:
help.naturalcycles.com

Device Name:
Natural Cycles

We declare that this product meets all applicable requirements of the Regulation (EU) 2017/745 for medical devices (MDR) and bears the mark CE0123.

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EU v2.31

APPENDIX: This table provides information about the effectiveness of different contraceptive methods ranging from least effective to most effective under typical use.
Reference: Contraceptive Technology (Table 26 - 1). 21st Edition, 2018.

Percentage of women experiencing an unintended pregnancy during the first year of typical use and the first year of perfect use of contraception and the percentage continuing use at the end of the first year. United States.

Method	% of women experiencing an unintended pregnancy within the First Year of Use		% of women continuing use at one year[3]
	Typical use[1]	Perfect use[2]	
No method[4]	85	85	
Spermicides[5]	21	16	42
Female Condom[6]	21	5	41
Withdrawal	20	4	46
Diaphragm[7]	17	16	57
Sponge	17	12	36
Parous Women	27	20	
Nulliparous Women	14	9	
Fertility awareness-based methods[8]	15		47
Ovulation method[8]	23	3	
TwoDay method[8]	14	4	
Standard Days method[8]	12	5	
Natural Cycles[8]	8	1	
Symptothermal method[8]	2	0.4	
Male condom[6]	13	2	43
Combined and progestin-only pill	7	0.3	67
Evra patch	7	0.3	67
NuvaRing	7	0.3	67
Depo-Provera	4	0.2	56
Intrauterine contraceptives			
ParaGard (copper T)	0.8	0.6	78
Skyla (13.5 mg LNG)	0.4	0.3	
Kyleena (19.5mg LNG)	0.2	0.2	
Liletta (52mg LNG)	0.1	0.1	
Mirena (52mg LNG)	0.1	0.1	80
Nexplanon	0.1	0.1	89

Tubal occlusion	0.5	0.5	100
Vasectomy	0.15	0.1	100

Emergency Contraceptives: Use of emergency contraceptive pills or placement of a copper intrauterine contraceptive after unprotected intercourse substantially reduces the risk of pregnancy.

Lactational Amenorrhea Method: LAM is a highly effective, temporary method of contraception.[9]

1 Among typical couples who initiate use of a method (not necessarily for the first time), the percentage who experience an accidental pregnancy during the first year if they do not stop use for any reason other than pregnancy. Estimates of the probability of pregnancy during the first year of typical use for fertility awareness-based methods, withdrawal, the male condom, the pill, and Depo-Provera are taken from the 2006–2010 National Survey of Family Growth (NSFG) corrected for under-reporting of abortion. See the text for the derivation of estimates for the other methods.

2 Among couples who initiate use of a method (not necessarily for the first time) and who use it perfectly (both consistently and correctly), the percentage who experience an accidental pregnancy during the first year if they do not stop use for any other reason. See the text for the derivation of the estimate for each method

3 Among couples attempting to avoid pregnancy, the percentage who continue to use a method for 1 year.

4 This estimate represents the percentage who would become pregnant within 1 year among women now relying on reversible methods of contraception if they abandoned contraception altogether. See text.

5 150 mg gel, 100 mg gel, 100 mg suppository, 100 mg film.

6 Without spermicides.

7 With spermicidal cream or jelly

8 About 80% of segments of FABM use in the 2006-2010 NSFG were reported as calendar rhythm. Specific FABM methods are too uncommonly used in the U.S. to permit calculation of typical use failure rates for each using NSFG data; rates provided for individual methods are derived from clinical studies. The Ovulation and TwoDay methods are based on evaluation of cervical mucus. The Standard Days method avoids intercourse on cycle days 8 through 19. Natural Cycles is a fertility app that requires user input of basal body temperature (BBT) recordings and dates of menstruation and optional LH urinary test results. The Symptothermal method is a double-check method based on evaluation of cervical mucus to determine the first fertile day and evaluation of cervical mucus and temperature to determine the last fertile day.

9 However, to maintain effective protection against pregnancy, another method of contraception must be used as soon as menstruation resumes, the frequency or duration of breastfeeds is reduced, bottle feeds are introduced, or the baby reaches 6 months of age.

Version History (external)

VERSION	DATE	DESCRIPTION
2.19	2023-07-25	Updated iOS version requirement for Apple Watch users. Updated medical device version. Updated app version. Updated date of release. Added instructions on how to use Natural Cycles together with Apple Watch. The change is not necessary for safety reasons.
2.20	2024-05-02	Added information about NC° Postpartum Mode. The change is not necessary for safety reasons.
2.21	2024-09-24	Added Apple Watch 10 as a compatible temperature source for the Natural Cycles application. The change is not necessary for safety reasons.
2.22	2024-10-24	Added Oura Ring Gen 4 as a compatible temperature source for the Natural Cycles application. Updated minimum system operating requirements to Version 10 and above for Android OS and version 16 and above for iOS. The change is not necessary for safety reasons.
2.23	2025-03-07	Added URL for accessing Natural Cycles IFU. The change is not necessary for safety reasons.
2.24	2025-05-16	Added instructions on how to use Natural Cycles with NC° Band hardware option. The change is not necessary for safety reasons.
2.25	2025-09-11	Added information about NC° Perimenopause Mode. Updated minimum system operating requirements to Version 11 and above for Android OS. The change is not necessary for safety reasons.
2.26	2025-12-03	Added newer models of Apple Watch (Apple Watch 11, Ultra 2, Ultra 3, or SE3) as compatible temperature sources for the Natural Cycles application. Updated minimum system operating requirements to Version 17 and above for iOS. Updated NC° Birth Control and NC° Plan Pregnancy fertility colors. Added clarification which modes of the Natural Cycles app are medical devices and which are wellness functionality. The change is not necessary for safety reasons.
2.27	2026-03-02	Added instructions on how to use Natural Cycles with select Garmin watches. Updated wording in the 'Application Overview' section. The changes are not necessary for safety reasons.
2.28	2026-03-04	Added one additional compatible Garmin watch model. The change is not necessary for safety reasons.
2.29	2026-07-20	Added Oura Ring Gen 5 and CIRQA bands as a compatible temperature source for the Natural Cycles application. Removed reference to Natural Cycles Web application as this is being depreciated. The change is not necessary for safety reasons.
2.30	2026-07-27	Consolidated 'Natural Cycles and thermometer' and section covering Natural Cycles and each wearable into one 'Natural Cycles and Measuring Device' section to streamline content across measuring devices. Added WHOOP MG and 5.0 as compatible wearables. Updated PCOS to PMOS to align with name change of the condition. The change is not necessary for safety reasons.
2.30_R1	2026-09-10	Added NC° RIng as a compatible measuring device. The change is not necessary for safety reasons.
2.31	2026-11-10	Added information about the machine learning-enabled Natural Cycles fertility algorithm and its clinical evaluation. Added NC° Ring as a compatible measuring device across all language versions. Added additional compatible Garmin wearable models (Enduro™ 4, fēnix® 9, fēnix® 9 Pro, MARQ® (Gen 3), Approach® S72). Updated minimum application version to 5.3.14. Updated the Intended Purpose heading and perimenopause wording, and updated precautions related to app and system security updates. The change is not necessary for safety reasons.