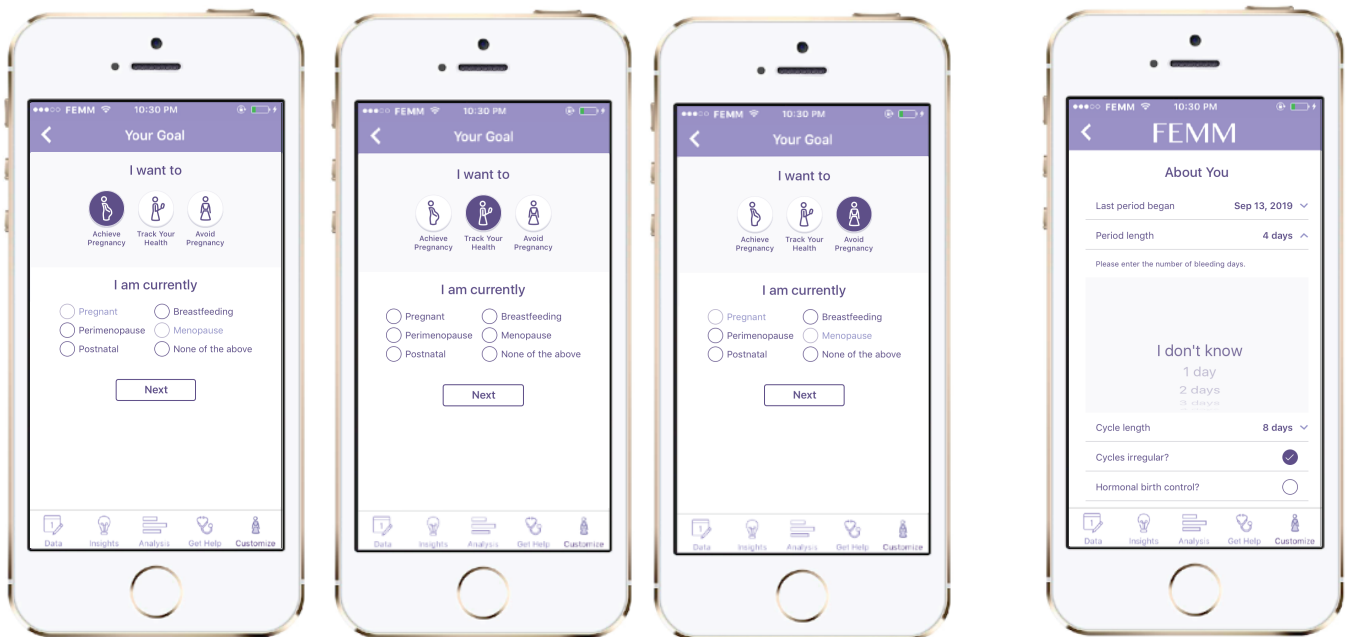


How to use the FEMM™ app

Are you looking to track your cycles and symptoms, become pregnant, or avoid pregnancy? Try the FEMM app! The FEMM app is more than just a period tracker; it provides the science to help you understand what's going on with your body, flag potential health issues, and connect you with a network of doctors and nurses as required.

You are unique—so is our FEMM algorithm! Get personalized feedback based on your body, not population averages.

Let's set up your FEMM account!



1. Once you've downloaded the app, you will need to create your own FEMM account, where you will input your name, email, password, and birth year.

2. You will then be taken to the **GOALS** screen. Choose **Achieve Pregnancy** or **Avoid Pregnancy** if you are using the app for family planning. Choose **Track my health** to receive tips on staying healthy, then select "None of the above".

3. In **ABOUT YOU**, you will be asked to input details about your last cycle. Don't worry if you don't have any or all of the details. You can choose "I don't know"

The Basics of Entering Your Data

Once you've logged in, you will be taken to the **DATA ENTRY** screen. This is where you'll be recording your daily data for each day.

You will be asked to input your information on the following things: **Fluid, Intercourse, LH, Pregnancy, BBT, Physical, Emotional, Medication, Notes**

CERVICAL MUCUS
Select your observations for mucus. Some days you may not observe anything. You can select “dry” for those days.

BLEEDING
When you have your period select how heavy is your flow.

NOTES
Details on cervical mucus and confusing observations can be recorded under Notes.



Note: a dark blue dot within a circle represents a fertile day. We recommend working with a FEMM Teacher in order to self-identify your cycle patterns and fertile window.



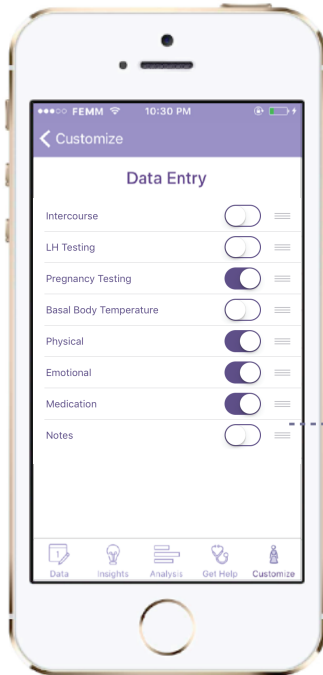
Note: in certain cases, you can chart two different observations. When you chart bleeding/spotting, you can also chart a mucus observation. This is important if you have confusing biomarkers, or a cycle in which you observe cervical fluid with your period, or spotting near ovulation. The circle will show half of each color you chart.



Not sure about which observation to select?

You can click on the **information icon** to see descriptions.

What Are Your Options?

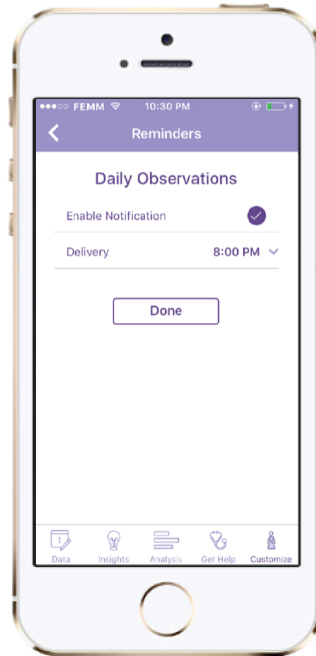
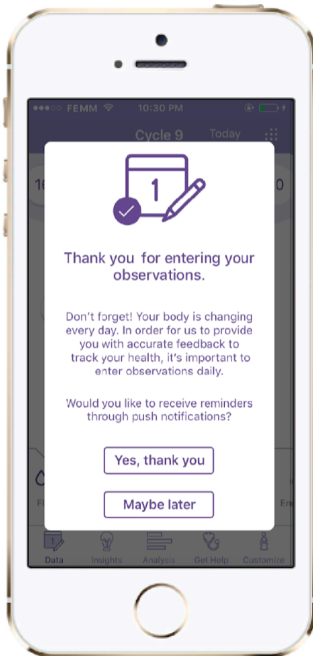


OPTIONAL OBSERVATIONS

There are additional observations that you can note/chart/record.

You can hide these categories by going to **Customize**, selecting **Data Entry**, and switching off the categories you don't need.

Set Up Your Notifications and Reminders



NOTIFICATIONS

Notifications will enable you to receive *push notifications* on your phone.

Make sure to say **Yes** so that you can receive a notification to note your observations.

REMINDER

Reminders will enable you to set up a FEMM alarm. This is so you'll remember to put in your observations. We recommend setting this for the end of every/each day.

Enable Reminders by going to **Customize > Daily Observations**.

Get Instant Feedback!

On the **INSIGHTS** tab, you will see insights on your cycle, hormones, observations, and goals.

CYCLE

Shows you insights about your cycle.

HORMONES

Indicates which phase of the cycle you are in and which hormones are dominant.



TIPS

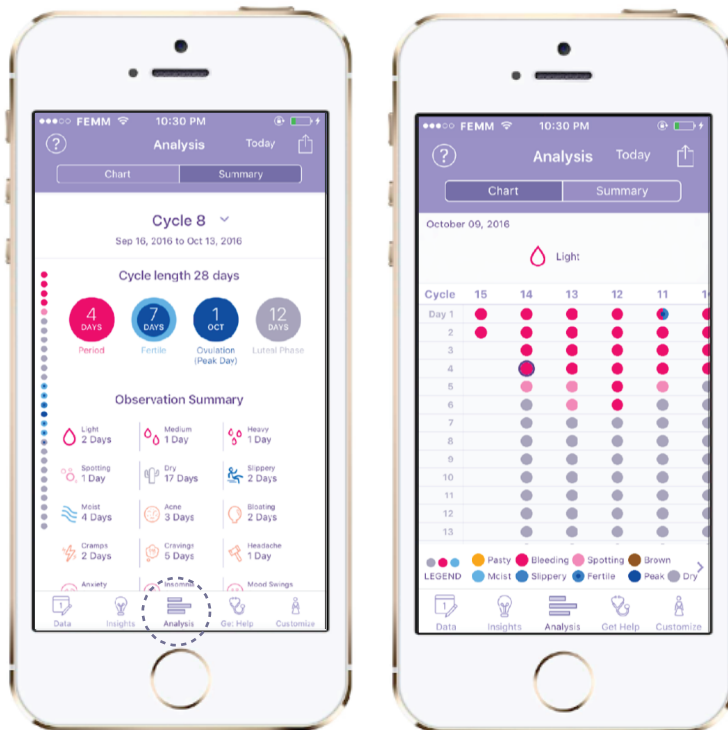
Provides trivia and other ways to stay healthy

GOALS

Provides tips and feedback based on your selected goal.

Note: Similar to the **Data Entry** categories, you can also hide insight categories on **Customize**.

Analysis: Understanding Your Cycle



The analysis screen shows you an overview of your entire cycle.

CHART VIEW

This view lets you compare your cycles easily.

Select a date to see a mini summary of your cycle

SUMMARY VIEW

This view shows an overview of a single cycle.

It also gives you warnings if some of your data is out of the usual range.

Get Help from the FEMM Team



SHARE YOUR ANALYSIS WITH YOUR FEMM TEACHER OR PROVIDER

The FEMM app gives you the ability to directly share your analysis with your FEMM teacher or Health Provider. **There are two ways to view your analysis: Summary and Chart.** You can either share this with your teacher/provider via email, or you can print a copy to show them.

SEND AN EMAIL

Send an email to a FEMM teacher or our support team for any questions or concerns.

VIEW TOPICS

Read more about the science of your body and FEMM.

Note if pregnant: continue to chart while pregnant, as this information can help in detecting a health concern that should be reported to your physician immediately. Ignore the feedback about your hormonal health during this time, as it may tell you that you haven't ovulated in a long time and should seek medical attention. Also, if you are breastfeeding, the algorithm is not programmed to give you feedback on your returning fertility. *We recommend the guidance of a trained FEMM Teacher during this time of returning fertility, especially if trying to avoid pregnancy in the postpartum period.*