



Charting Your Health with Chart Neo

TrueFem utilizes the Chart Neo App for clients who do not want to use the paper chart method. With Chart Neo, your TrueFem educator will be able to access your chart online to make sharing easy. The Chart Neo app also has excellent data backup capabilities and all information is stored on a secure server.

The charting symbols that Chart Neo utilizes are user friendly and compatible with the FEMM method that you are learning. The charting data that is collected using Chart Neo will make it easier for you to seek medical management from a wider pool of restorative reproductive providers if indicated. TrueFem clients who use Chart Neo can see NaPro trained physicians as well as FEMM providers with more ease.

What you can expect

Download the Chart Neo app on your phone. There are many apps on the market, but this is the app TrueFem utilizes in the educational program. New clients can choose either a paper charting method or the Chart Neo app.

Assign your chart to TrueFem, which allows your educator real-time access to your chart. Assign your chart to either [Sarah Rolfing, RN](#) or [Ulrika Drevniok, RN\(C\)](#).

Chart daily on the app. In between sessions, your educator will review your charting and give you feedback via email to make sure your charting is the best it can be!

Chart your FEMM details in the “notes” section. Every day you should record your observation using Chart Neo and include your FEMM description in the notes. Record in the notes your G, EL, ES and Y observations. The app will record its own symbols, but TrueFem expects clients to also record FEMM notation.

Recording Observations using WWIT

Chart Neo will prompt you as you record observations. Here is a description of the prompts and how you can navigate them:



Walking

This is the vulvar sensation you feel while walking. During the bleeding days there is usually a wet feeling while walking. When the bleed is finished you commonly feel dry. As fertility approaches, the wet feeling returns and may be noticeable in advance of mucus flow. At ovulation, you may feel a slippery sensation while walking.

- Dry
- Vulvar Wetness
- Slippery
- No Observation

Walking represents a vulvar sensation you might feel when walking. During the bleeding days there is usually a wet feeling when walking. When the bleed is finished, you commonly feel dry. As fertility approached, the wet feeling returns and may be noticeable in advance of mucus flow. At ovulation, you may feel a slippery sensation.

FEMM does not use vulvar sensation as a biomarker. For charters who stick to FEMM charting only, you can select “no observation” and move to the next screen. If a feeling of wetness is something you are routinely feeling with no cervical mucus observations, reach out to your educator.



Wiping

Wipe from front to back with a flat tissue. Wipe over the perineum.

- Dry
- Smooth
- Slippery
- No Observation

Wiping

Wiping refers to the actual act of toilet tissue wiping over your perineum. The wiping sensation of “smooth” on the app is equivalent to “moist” in FEMM. When you sense “moist” when wiping, you can record smooth as your observation. If you do not see any mucus on the toilet tissue, then this is considered an

infertile observation. If there is something to finger test (pasty or mucus), this is considered *fertile*.

See the flowsheet on the following page to clarify “moist” vs. “smooth” and how to record EL vs. G.

Inspect

What do you see on the tissue? Is there mucus to lift off?

- Dry, moist, or shiny
- Wet Tissue
- Pasty
- Gummy
- Mucus

Inspection

Inspection refers to what you see on the toilet tissue. The “dry, moist, or shiny” selection in the inspection prompt refers to *only what you see on toilet tissue*, not the sensation of moistness that FEMM describes when wiping.

If you see dry, moist or a shininess on the paper, or the tissue is just wet, these are considered infertile observations. If you see mucus, you need to finger test!

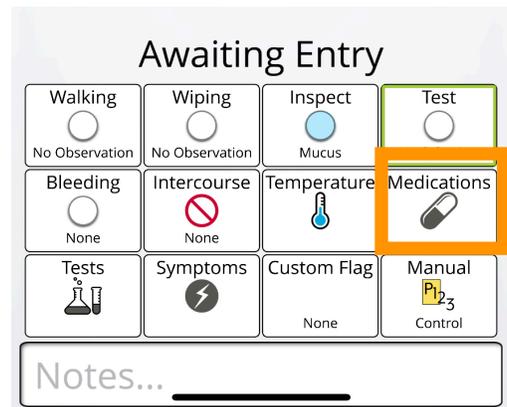
If what you finger test off the toilet tissue is pasty (like lotion), gummy (like half-dried rubber cement) or actual mucus, these are considered fertile observation. The app will prompt more information about mucus observations.

“**Gummy**” refers to a mucus observation that is the consistency of half-dried rubber cement or chewing gum. If you see this observation and are unsure, snap a photo if you can and contact your educator. *See *the expanded reference attached*.

“**Wet**” refers to an observation that might appear wet on the toilet tissue. It appears to have a glare to it (vs. shininess). If there is a slippery sensation associated with a wet observation, record ES mucus. If there is no slippery sensation and nothing to finger test, then a wet observation is considered a G, infertile observation.

Wet is different than damp. A damp observation might describe the paper without any sheen. However, a wet observation typically appears to have a glare to it (not shiny). It is common to see wet observations when an infection is present. A wet observation must be observed when wiping **before** urination. A pattern of multiple wet days may signify an underlying infection. Wet observations before your POC are considered fertile until proven otherwise.
 *See the expanded reference attached.

“**Pasty**” observations in FEMM are described as sticky mucus that is not clearly cervical mucus, or may be a result of hormone shift that is not yet producing obvious EL or ES mucus. *Pasty mucus in FEMM is charted as a Y day with a yellow stamp.* In Chart Neo, pasty observations with no stretch are considered infertile. However, for your first cycle of charting, if you select a pasty observation, you need to apply a yellow stamp to the observation by selecting the “manual” button and applying a yellow stamp. If you use a yellow stamp, you will also need to manually select your peak day. Follow instructions about recording notes for pasty observations, and contact your educator if you need clarification about this.





Test

Stretch the mucus between your thumb and index finger. Is the stretch short? Is it long? Is any part clear?

No Observation

Short, < 2cm

Long, >= 2cm

Not Clear

Clear

Finger Test

If there is something on the toilet tissue, it needs to be finger tested. Remember to bring whatever you are able to test on the tissue up to eye level and stretch it between your fingers so you can see the color clearly.

If it does not stretch at all, you can record “no observation.” If it stretches less than 1 inch, you can select “short.” If it stretches more than 1 inch, you can select “long.”

Next, select the color either clear or not clear. If it has any clearness to it, select clear. Remember, fertile mucus is partly clear or completely clear.

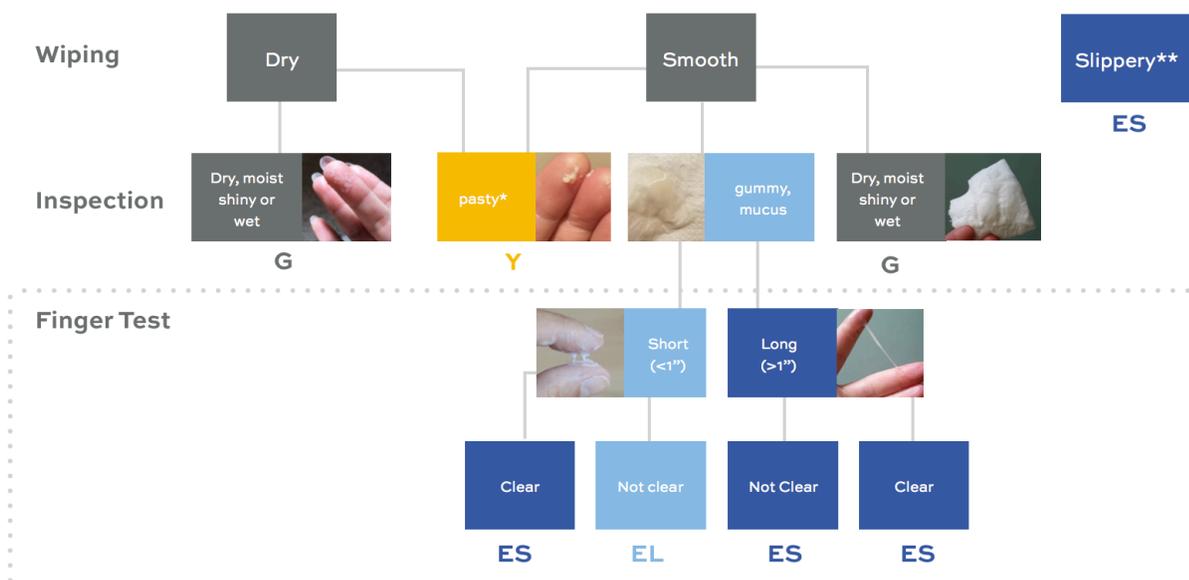
Record your FEMM observations in the notes

Record in the notes section your FEMM observation. You can find the conversion flow sheet below to help you understand what is a G, EL, and ES equivalent observation.

Follow the prompts for your Chart Neo observations. The blue days/ descriptions that you see on Chart Neo translate to the EL and ES qualities you learn in FEMM. The Chart Neo app might be using additional descriptions, but the science foundation of this app and FEMM is the same. See the coding index above to understand the symbols that Chart Neo uses.

Green days on Chart Neo correspond to gray days in FEMM. Green and gray both indicate dry infertile days.

Chart Neo and FEMM flow sheet



***NOTE:** Pasty (sticky) observations with no stretch in FEMM are considered fertile until proven to be a basic infertile pattern. Record pasty observations with a yellow stamp until instructed otherwise. Follow family planning instructions for yellow stamp days.

****Any observation that is experienced with a slippery or lubricative sensation when wiping is automatically considered a fertile observation and recorded as ES.**



Coding Index: H = Heavy, M = Medium, L = Light, T = Spotting, B = Brown/Dark

D = Dry, V = Vulvar Wetness, W = Wet Tissue, P = Pasty, G = Gummy, S = Slippery, 1 = Short < 2cm, 2 = Long >= 2cm, C = Clear

Use this as a reference if you are confused about what to record in your notes section for your FEMM observation.

Recording Menstruation and other notes

When you record bleeding, you have the option to start a new cycle. A new cycle starts on a L, M, or H day of bleeding. Spotting before menses should be charted in the luteal phase of your previous cycle (not the start of a new period).

Remember: Put in the notes section your # of pads, tampons or quantity in your menstrual cup. The Chart Neo app allows you to record bleeding and any mucus observations that overlap with your period.

Record FEMM Observations in Notes. When recording your FEMM observations of G, EL and ES, write them in the notes section of the chart. You can record symptoms, intercourse, tests (including LH), medication and temperature using the other app entry options.

Bleeding

Level of menstrual flow.

None

Spotting

Light

Medium

Heavy

Red

Brown/Dark

Day one of a new cycle is 1st day of proper flow. Spotting is not a new cycle but should be recorded if it is observed.

Start New Cycle

OK

← Tue 04/20/2021 Day 19

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Awaiting Entry

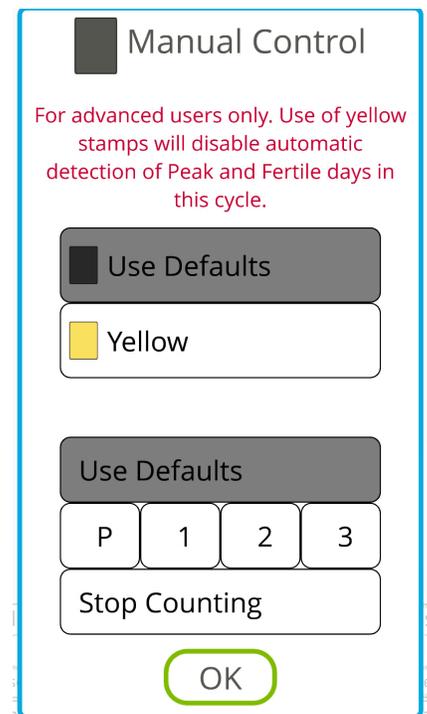
Walking <input type="radio"/> No Observation	Wiping <input type="radio"/> No Observation	Inspect <input type="radio"/> Mucus	Test <input type="radio"/> No Selection
Bleeding <input type="radio"/> None	Intercourse <input type="radio"/> None	Temperature <input type="radio"/>	Medications <input type="radio"/>
Tests <input type="radio"/>	Symptoms <input type="radio"/>	Custom Flag <input type="radio"/> None	Manual Control <input type="radio"/>

Notes...

You should have a FEMM note of your observation for every day. Simply click in the notes section to record G, EL, ES or Y

If you have a “pasty” or other non-standard observation that falls outside of the mucus prompts, you can manually input your observation as a yellow stamp. You must include notes as to why you selected a yellow stamp to make it clear to your educator. Record any bleeding, mucus or odor you might experience on a yellow stamp observation.

Just note that the app will not automatically detect your peak day if you manually select yellow. You can manually select your peak day and +3 days if this occurs by selecting “manual” and assigning “P” to your peak day. Reach out to your instructor if you run into this situation.



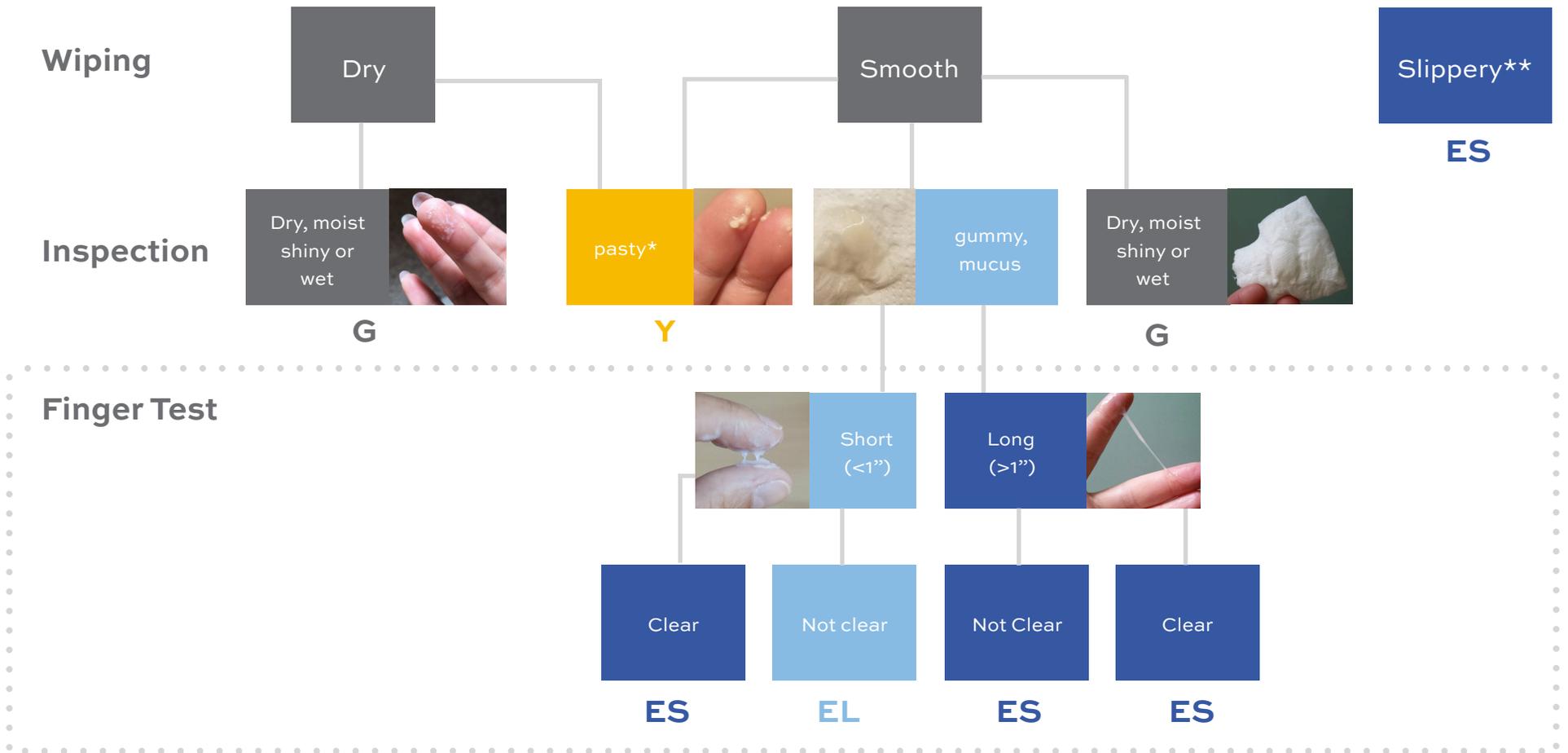
Final Notes:

The blue days that the Chart Neo app record are considered fertile days, just like with FEMM. The app will automatically record your peak day and count of three.

Remember to record your POC in your notes section as well as the symbols G, EL, ES or Y. Record symptoms, tests (LH test), intercourse and medications you are taking by clicking on the appropriate symbol.

Assign your chart to TrueFem, which allows your educator real-time access to your chart. Assign your chart to either Sarah Rolfing, RN or Ulrika Drevniok, RN(C).

TrueFem will have access to your Chart Neo charting and will review it between sessions to ensure you are on the right track! If you have questions about using this app, please reach out to your educator and don't delay! We want to make sure you charting is accurate in the event you need medical referral.



***NOTE:** Pasty (sticky) observations with no stretch in FEMM are considered fertile until proven to be a basic infertile pattern. Record pasty observations with a yellow stamp until instructed otherwise. Follow family planning instructions for yellow stamp days.

****Any observation that is experienced with a slippery or lubricative sensation when wiping is automatically considered a fertile observation and recorded as ES.**

Chart Neo has categories of mucus observations that are more specific than FEMM. Here is a short description of the app categories and how to properly use the observation recordings. Using the app allows women to categorize their mucus observations in a more specific manner:



Pasty (considered fertile until proven otherwise): Pasty observations may appear cream colored or slightly yellow. This observation has the consistency of thick flour paste and is *often seen in small amounts*.



Pasty observations that do not have any stretch or feeling of lubrication (slippery) are not considered fertile in the app. However, we will consider all pasty observations “fertile” until proven otherwise. Manually select a **yellow stamp**. Fertile, EL-type mucus is distinct from pasty in that it typically has a higher water content with a small amount of stretch (1/4” or more), and be more abundant.



Wet (may be fertile, not a frequent observation): If you wipe before urination and feel a slippery sensation but see only wetness on the paper, this is considered **fertile (ES due to “slippery sensation”)**.

What you might see with “wet”: very wet tissue after wiping, **before** urination. It might have a glare to it. There won’t be anything to finger test. If there is no sensation of slippery when wiping, a wet observation is considered a G observation (infertile).



Gummy (fertile observation, not a frequent observation): Gummy mucus is obvious. It is very thick in consistency, similar to half dried rubber cement or glue. Yellow discoloration may or may not be present.

It is often associated with inflammation of the cervix. It is considered a fertile observation until proven otherwise. **A pattern of both gummy and wet observations may indicate medical follow-up.**