

# MEET THE NEEDS OF WOMEN

# GLOBALLY



WITH PROVEN, EFFECTIVE, FERTILITY AWARENESS-BASED FAMILY PLANNING METHODS

## 2DAY METHOD®

Based on the TwoDay Method® of family planning, this app uses the presence or absence of cervical secretions to indicate fertility. It can be used by all women. Proven +96% effective in efficacy studies.

Available on iPhone.



[www.TwoDayMethod.com](http://www.TwoDayMethod.com)

## CYCLEBEADS®

Based on the Standard Days Method® of family planning, this app works to plan or prevent pregnancy by simply tracking a woman's period start dates. Designed for women with cycles between 26 and 32 days long, it has been proven +96% effective in efficacy studies. Used by almost 4 million women worldwide.

Available on iPhone & Android.



[www.CycleBeads.com](http://www.CycleBeads.com)

## DOT™

Based on Dynamic Optimal Timing™, a new method that identifies a woman's individual conception risks by simply tracking her period start dates. It uses complex statistical analysis to determine if a woman is on a HIGH or LOW risk day. It can be used by most women with cycles between 20-40 days long. Efficacy studies are planned to begin in 2016.

Available on iPhone. Android coming soon.



[www.DOTTheApp.com](http://www.DOTTheApp.com)



Solutions for Unmet Need in Family Planning

cycle TECHNOLOGIES



Institute for Reproductive Health  
Georgetown University