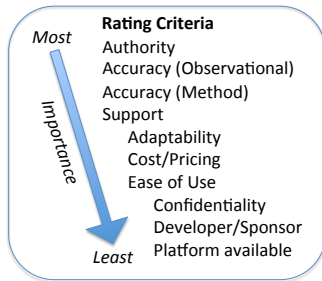


A Rating of Fertility Apps Marketed to Avoid Pregnancy



Women using apps to avoid pregnancy need to know how accurate they are.

FACTS developed an objective rating system, based on those developed by *Family Practice Management* to evaluate medical apps. It includes 10 clearly defined



categories, weighted based on their level of importance for avoiding pregnancy.

Results

The majority of fertility apps are neither designed for avoiding pregnancy nor founded on evidence-based FABMs.

The first 6 apps highlighted in green had either a perfect score on accuracy or no “false negatives” (days of fertility classified as infertile).

Apps that do not predict days of fertility may be still useful for experienced FABM users to electronically record their data.

Several popular apps utilize their own algorithms, which are difficult to assess as they have not been evaluated in peer-reviewed literature.

Success using FABMs depends on many factors, including the ability to accurately make and classify daily observations. Relying solely on an FABM app may not be sufficient to prevent pregnancy.

Apps that predict your fertile days

Name of App	FABM	Platforms available	Mean score Accuracy & Authority	Mean Total score
1 Ovulation Mentor	Ovulation	Web	4.7	4.4
2 Sympto.org	STM	iOS/Android/Web	4.5	4.1
3 iCycleBeads	SDM	iOS	4.3	3.9
4 LilyPro	STM	iOS	4.3	3.8
5 Lady Cycle	STM	Android	4.3	4.1
6 mFNP.net	STM	iOS/Android/Web	4.0	4.0
7 MyFertilityCharts.com	STM	iOS/Android/Web	3.5	3.7
8 CycleProGo	STM	iOS/Android/Web	3.4	3.9
9 2Day Method	Two Day	iOS	3.3	3.2
10 Ova Ova	STM	Web	3.3	3.3
11 OvaGraph	STM	iOS/Android/Web	3.1	3.6
12 OvuView	STM	Android	2.7	2.8
13 FemCal	STM	iOS	2.5	2.2
14 Ovatem	STM	iOS	2.3	3.2
15 Natural Cycles	Proprietary	iOS/Android	2.3	3.1
16 Cyclendar	STM	Web	2.1	2.2
17 My Fertility MD	Ovulation	iOS	2.1	3.2
18 Menstr. Cycle Woman Log	Rhythm	Android	2.1	1.9
19 Menstruation & Ovulation	Rhythm	iOS	2.1	1.2
20 Cycles	SDM	iOS	1.7	2.2
21 iCyclus	Rhythm	iOS	1.3	1.4
22 Period Log	Rhythm	iOS	1.1	1.8
23 Period Pace	Rhythm	iOS	1.0	1.7
24 Period & Ovulation Cal	Rhythm	iOS	1.0	1.5
25 Pink Pad Pro	Rhythm	iOS/Android	1.0	2.3
26 Fertility Calendar	Rhythm	Android	1.0	1.4
27 Fertility Clock	Rhythm	iOS	0.7	1.4
28 Woman Calendar	Rhythm	iOS	0.7	1.2
29 Fertility & Ovulation	Rhythm	iOS	0.5	1.6
30 Glow	Proprietary	iOS/Android	0.0	1.8

Apps that do NOT predict your fertile days

Name of App	FABM	Platforms available	Accuracy & Authority	Total score
1 NFP Charting	Ovulation	iOS/Android/Web	4.5	4.6
2 Fertility Pinpoint	Ovulation	Web	4.2	4.3
3 Kindara	STM	iOS/Android	4.1	4.3
4 Symptopro	STM	Web	3.7	3.7
5 Groove Fertility Pro	STM	iOS	3.2	3.4
6 FEMM	SHM	iOS	3.2	3.0
7 Lady Timer	Rhythm	Android	2.5	2.5
8 Charting App	Ovulation	Android	2.3	2.4
9 Knowhen	Proprietary	iOS	2.2	1.8
10 NFP Project Caruso	Ovulation	Android	2.1	2.1

