



## MANAGING YOUR FERTILITY

Your one-stop shop of fertility awareness resources for women & couples™.

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



## WHAT IS FERTILITY AWARENESS?

A woman charts her daily signs & symptoms of her cycle as a way to monitor her health and make informed decisions based on what she observes. This creates opportunity for options in healthcare, bodily autonomy, and informed consent in decision-making about her reproductive health.

## CAN I USE THIS FOR FAMILY PLANNING?

Yes! Fertility Awareness allows you to use the daily signs & symptoms charted to make informed, intentional choices around avoiding or achieving a pregnancy through intercourse.

Say goodbye to the  
*rhythm method!*

## EFFECTIVENESS RATES

Creighton Model	Typical Use	Perfect Use
	83-97%	99%
Billings Ovulation Method	89.5%	97-99%
Sympto-Thermal Method	98%	98-99%
Marquette Method	86-98%	98-99%
FEMM Health	92%	98%
Lactational Amenorrhea Method	98%	99.5%
Standard Days Method	88%	95%

## WHAT IS TYPICAL USE VS. PERFECT USE?

Typical use takes into account human error when striving to use a method perfectly. It can also be referred to as “real world” use.

Perfect use means following a method and its rules perfectly as a user 100% of the time.

## HOW IS EFFECTIVENESS MEASURED?

Effectiveness is measured based on a couple's use over one year. This means, during one year (~12 cycles) a couple successfully avoided becoming pregnant. These stats are just as high & higher than the rates of hormonal contraception, condoms, IUDs, and withdrawal.

All rates are gathered based on a couple receiving instruction in the particular method and receiving ongoing support from an instructor.

## CAN I READ THE RESEARCH?

Of course! All studies are linked on MYF's website under each method category. Read in-depth about effectiveness & use.

# THE TOP 5 QUESTIONS WE GET ASKED ABOUT FERTILITY AWARENESS

## IS IT SAFER THAN "THE PILL"?

Yes! Some methods require FemTech that is entirely safe to use and safe for your health (i.e. testing monitor, test strips). Fertility awareness is safe to use and does not pose any harm to your health or negative long-term effects.

## HOW MUCH DOES IT COST?

There is no flat rate cost and it depends on each organization and instructor. Some organizations offer discounted rates as needed for financial reasons. You won't be turned away if you need support! Some insurance companies may be able to cover costs for this method related to fertility. Be sure to call your health insurance provider and ask.

## WHAT'S THE BEST APP TO USE?

While charting apps can be helpful to track your data, you need to be sure to have clear understanding of your cycle and follow the rules based on your particular method. Apps offer prediction algorithms, which can cause charting inconsistencies and lower effectiveness rates.

## CAN'T I JUST TEACH MYSELF?

No, we don't recommend it! It takes about 6 months to learn your cycle and chart successfully with support, so it is best to be trained in a particular method and have ongoing support with an instructor. This will also allow you to achieve high effectiveness rates in your charting experience, too.

## HOW CAN I FIND AN INSTRUCTOR?

There are a few databases that exist to help you find an instructor or medical professional you need. You can go to MYF's website to search based on your needs, method, location, training & meeting preference, etc.

[www.managingyourfertility.com/startyourchart/findaninstructor](http://www.managingyourfertility.com/startyourchart/findaninstructor)

*Ready to start charting?!*



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