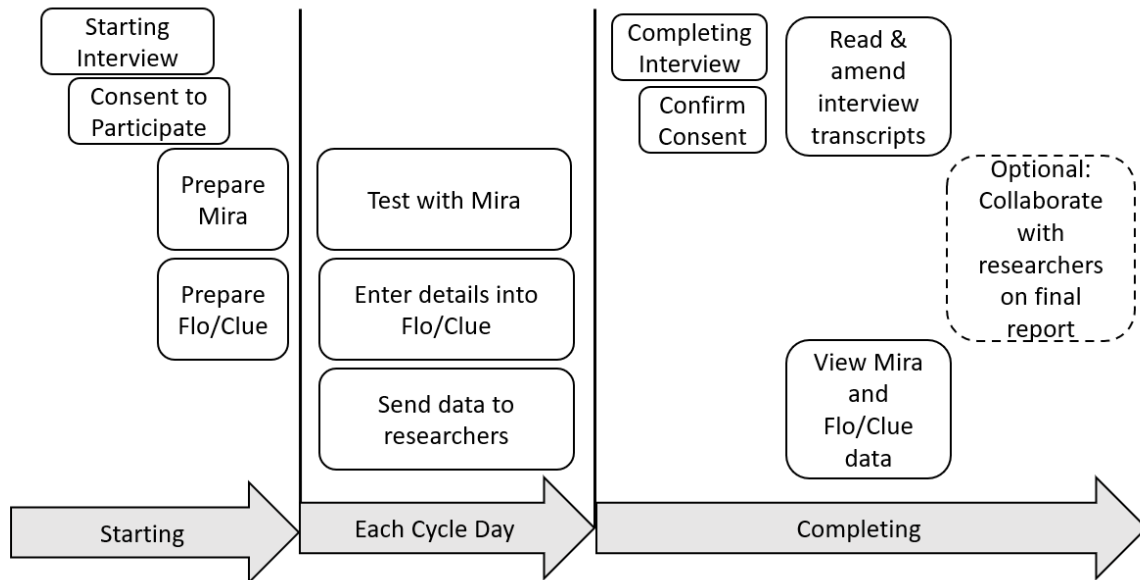


Participant Handout

Steps you'll take in this study:



Preparation

- Set menstrual app to show predicted ovulation.
- Read hormone test kit instructions.
- Download hormone test kit app.

This study follows one complete menstrual cycle. Data collection will begin on Cycle Day 1 (the first day of menstruation) and will end on Cycle Day 1 of the following cycle.

Cycle Data

- Receive daily reminder
- Each day, enter data into Flo/Clue.
 - Pilot method 1: Each day, take a screenshot of the menstrual app calendar view (with ovulation prediction visible) and send to study e-mail.
 - Pilot method 2: Each day, fill out table on secure survey form with menstrual app data.
 - Pilot method 3(Flo/Clue): At the end of the cycle, download your data file from the app and send it to the study e-mail.
- Each day, use the hormone self-test kit as directed in the kit instructions.
 - Pilot method 3(Mira): At the end of the cycle, download Mira app data and send to study e-mail.