



## ***In a World of Fertility Tracking Apps... ...We Bring You Something Different***

Looking for an easy way to track your cycles with the Creighton Model? Ready to travel without your paper charts and stamps? Looking for a digital system that includes your method instructions? Secure communication with your Practitioner? Access for both you and your spouse on your own personal devices? The FertilityCare App has you covered!

Here's what actual clients are saying about the FertilityCare App:

*I love having access to my chart at all times, especially when I'm having an off day and want to see if it makes sense in my cycle. Being a teenager, I normally have my phone near me, so having my chart on my phone has been amazing! The easy to navigate app has been such a blessing in my life!*  
- Maria from New Hampshire

*I have had no issues at all with traveling. It's been amazing not to have to bring the chart and stickers with us.* – Katie from West Virginia

*The FertilityCare App is easy to navigate and easy to learn. Initially, I planned to keep my paper charts current but due to the ease of use of the App, I quickly and confidently abandoned my paper charts. I also utilize the note feature to track my mood. Additionally, my husband has appreciated having access to my chart on the App.* – Ellie from Ohio

This new App incorporates the critical elements of accurate observations, charting and progression of instructions. In other words, the FertilityCare App will not replace the teaching system but will provide you the important digital convenience for your busy lives — an extension of the Creighton Model FertilityCare System into the digital world. Unlike the majority of fertility tracking applications where the focus is the app itself, the focus of the official FertilityCare App is **YOU** — the client — as it has always been with the Creighton Model FertilityCare System.

A 2016 ACOG article<sup>1</sup> concluded the following: “most free smartphone menstrual cycle tracking apps for patient use are inaccurate. Few cite medical literature or health professional involvement.”

<sup>1</sup>Moglia, Nguyen, Chyjek, Chen, Castano; *Evaluation of Smartphone Menstrual Cycle Tracking Applications Using an Adapted Applications Scoring System*; American College of Obstetricians and Gynecologists, Jun 2016.

As you know, your professional Creighton Model Practitioner directs, guides and supports your understanding of your own menstrual and fertility cycles through the standardized series of individual follow up sessions. Now, with this FertilityCare App you will have digital convenience along with the personal and professional teaching you have come to expect from the Creighton Model System.

**This FertilityCare App is like no other Fertility Tracking App currently available.**

## **APP FEATURES & FAQs**

***What is the Creighton Model FertilityCare System (CrMS)? Why would I want to learn it and use the FertilityCare App?***

*The Creighton Model uses a standardized language of a woman's health and fertility to not only assess the time of fertility and infertility in the cycle but also to monitor and maintain a woman's procreative health. This authentic and personalized approach to fertility tracking has led to the development of Natural Procreative Technology (NaProTECHNOLOGY®). This whole new approach to women's health is authentic and universal and is available through specially-trained physicians.*

***What is the Official FertilityCare App?***

*The FertilityCare App is a cutting-edge app that focuses on you, the client, and your needs as a user of the **Creighton Model FertilityCare System**. The FertilityCare App provides you with the convenience, versatility and security you deserve when it comes to something as personal as your health and fertility.*

***How is this App different from other fertility tracking apps?***

*The FertilityCare App provides many features beyond just charting. It seamlessly weaves observations, charting and instructions as well as support and guidance from your teacher into the app. Clients have access to the same professional standards they have come to expect from the **Creighton Model FertilityCare System (CrMS)**.*

***How do I get access to the App? Will it be available at the App store?***

*As a part of the CrMS teaching materials, the App is available through your teacher affiliated with an FCCA (FertilityCare Centers of America) center in good standing. As a web-based application, the FertilityCare App is only available from the Saint Paul VI Institute's Publication Department rather than an App store.*

***Is my information secure?***

*The FertilityCare App is hosted on a secure, HIPAA-compliant server. You will be directly connected to your teacher. Your teacher may not access your chart or personal information unless you grant permission. In this way, your information is kept confidential and secure. HIPAA compliance, critical to protecting your identity and personal information, requires logging in daily. However, many phones offer quick access by saving your email login or providing Touch ID (fingerprint login) to quickly access your account.*

## **What are some of the features of the App?**

### ***Convenience***

- Access your chart wherever you have access to the internet
- Ease of recording your end of day observation in seconds
- View progression of instructions as assigned by your teacher
- Communicate with your teacher through a secure, internal messaging system
- Share your chart with your teacher with the click of a button
- Access your account from any device (Great for spouses!)
- Enjoy unlimited access to new charts with a current subscription
- View current and past charts in the same place
- Transition seamlessly from your current Creighton Model paper chart
- Stay current with automatic updates through the web-based App

### ***Versatility***

- Travel with ease
- Add a chart note to any day
- Chart intercourse as end of day or any time of day
- Record mucus cycle scores and post-peak phases for each cycle
- Record the Essential Sameness Question (ESQ) and Point of Change (POC) when needed
- Use yellow stamps when enabled by your teacher
- Download, print or email your chart to share with your NaPro Provider
- Both the man and woman can access the chart from their own personal devices

### ***Security***

- Chart securely through the HIPAA-compliant server

### ***What system requirements do I need in order to use the App?***

*The App is designed to work with the most recent versions of Safari, Chrome and Firefox. Some clients and teachers may need to update their browsers to ensure proper App function. Internet Explorer 11 and Microsoft Edge may also be utilized but may experience formatting issues.*

### ***Is Internet access necessary to use the FertilityCare App?***

*Yes, you must be connected to the Internet to use the App. This can be done through wireless internet or the use of cellular data. If internet access is not available, use the notes section of your phone to enter observations. These can then be transferred to the chart once the internet is available.*

### ***Since this is a web-based App, can I have a button on my phone?***

Yes! A button on your phone is added very easily! Instructions are provided after registration is complete.

***Do I still need to attend follow-ups now that I have the App?***

*Yes! As has always been the case with the CrMS, the teaching of the system occurs in follow-ups. Follow-ups remain essential to your education and on-going success with the system. The App integrates seamlessly into this educational model and provides you digital convenience for your busy life.*

***How do I record an observation?***

*In order to record an observation, simply select the stamp or description box in which you would like to make an end of day recording. The App will take you through the VDRS and stamp selection. Click submit to record your observation.*

***I made an error. Can I change my recording?***

*Yes, you may always go back and edit a day. Both your original recording and edited recording will show up if you select that day again. A backslash in the upper left corner of the stamp indicates an edited day.*

***Will the App automatically correct my charting errors? Will it automatically select a stamp?***

*No, observations and charting will not be automated. You will be able to make errors in your observation and stamp selection. These errors will assist your teacher in understanding your actual use of the system and provide valuable opportunities for education in the system. Changes can be made on the App and will be reflected as an “edited day” on the chart. The chart may also be printed to make angled stamp and red pen corrections for teaching purposes. Changes made on the printed paper chart should also be made in the App.*

***Where do I find my instructions?***

*Your teacher will enable your instructions by selecting them in the her/his account. Any instructions enabled by your teacher will be displayed on the “Instructions” tab of your chart.*

***I use yellow stamps. Can I use them with the App?***

*Yes, the essential sameness question (ESQ), the point of change (POC) and pre- and post-peak yellow stamps are all enabled by your teacher.*

***What is the backslash in the upper left corner of some of my stamps?***

*All edited days will show up with a backslash on the upper left corner of the chart. This backslash will help you and your teacher to know how you have actually used the system. The Peak Day will always have a backslash as it is identified retrospectively.*

***Is there a place to record extra notes?***

*Yes, you may select “Add Note” when recording your observation and this will be recorded. Select “Notes” from the dropdown menu to see all notes that have been made on the current chart.*

**Can my teacher see my chart at any time?**

*Your chart can only be accessed by your teacher with your permission. You may send a snapshot of the chart at any point in time to your teacher through the App messaging system.*

**Can I share my chart with my teacher?**

*Yes, you can share a snapshot of the chart with your teacher by clicking “Send snapshot” from the dropdown menu. A message will appear in your teacher’s “My Messages” which will show the snapshot of your chart.*

**Can my spouse view our chart on his device?**

*Yes, this is a web-based application. Both spouses may access their chart on any device (iPhone, android, tablet, PC, Mac, etc.) by logging into the chart.*

**I have discontinued my subscription to the App. What happens to my chart?**

*Although your account with the FertilityCare App becomes inactive, you will still be able to access all of your previous charting indefinitely. If you renew your subscription in the future, you may continue charting with the App.*

**Is the App available in other languages?**

*Not as this time. Language translations will be available in a future version of the App.*

**CUSTOMER SERVICE**

**Who do clients contact if they have questions regarding using the App?**

*Clients will contact their teacher with questions regarding their use of the App.*

**Who do clients contact if they have subscription issues with the App?**

*Clients will contact the [Publications Department](#) at the PPVI Institute for subscription issues with the App. (publications@popepaulvi.com)*

## ***How Do I Purchase the Official Creighton Model FertilityCare App?***

*Available from the Saint Paul VI Institute Publications Department, this exciting new App can only be purchased through your FertilityCare Practitioner. Proper education by your teacher in the Creighton Model System teaching protocols, including the use of the Vaginal Discharge Recording System, will ensure the accuracy of the system. Using the App as a tool to support this educational process will maintain the quality and effectiveness of the method for you and your NaProTechnology physician.*

### **Next Steps**

1. Inform your teacher of your decision to utilize the App
2. Your teacher will send a registration email for the FertilityCare App
3. Subscribe to the App with a one-time \$10 registration fee and a recurring fee of \$4.99 a month
4. Transition seamlessly from your use of the Creighton Model System paper charts to the digital convenience of the FertilityCare App

### **What Happens After You Register?**

1. Add an App button to your phone (and your spouse's phone)
2. Begin Charting!
3. Review the FAQs, tech sheets and video tutorials about your use of the App
4. View current method instructions assigned by your teacher
5. Continue the established relationship with your teacher through regular follow-ups
6. Enjoy the FertilityCare App!

