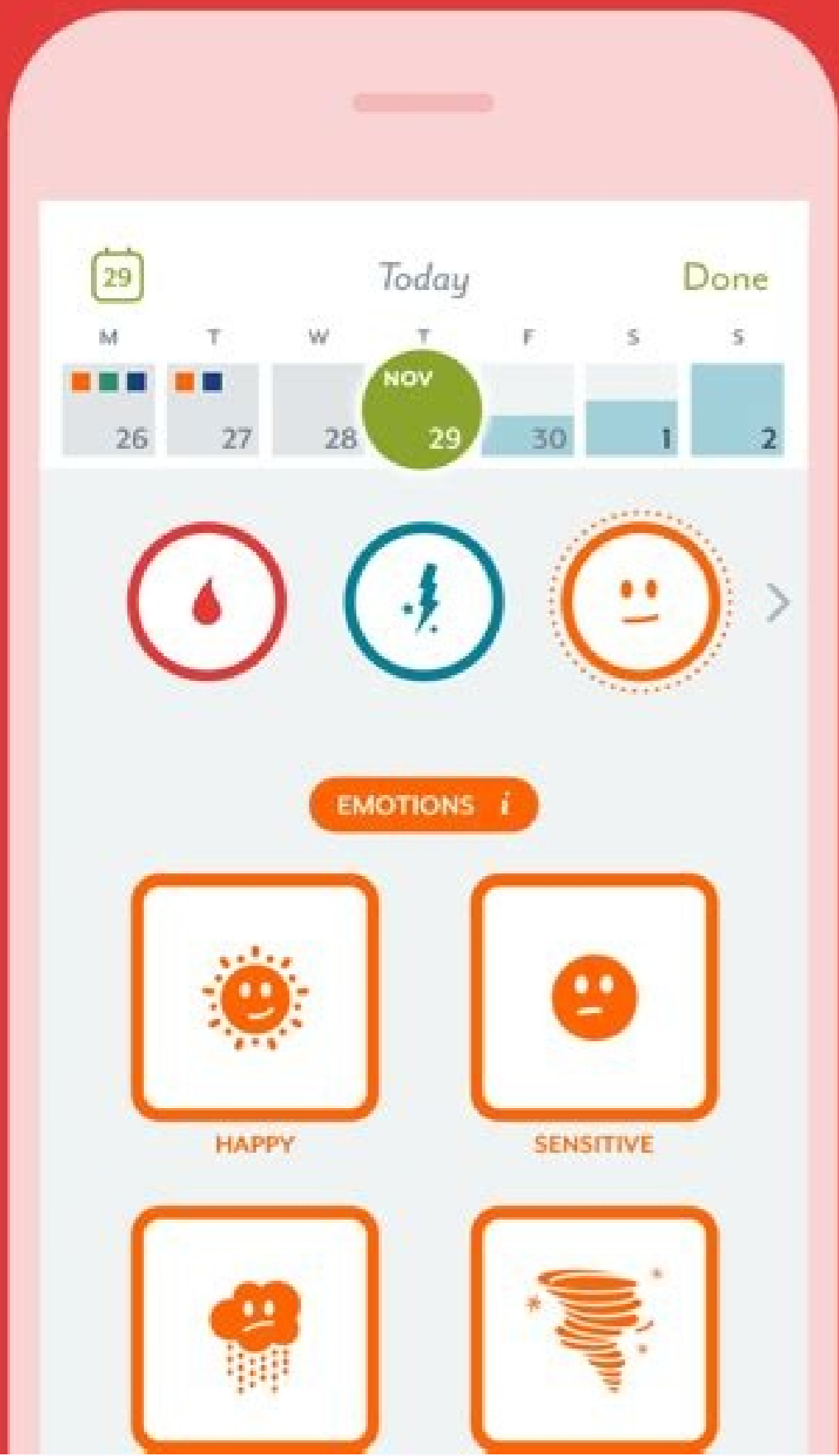# Download fertility app

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The majority of fertility apps calculate fertile windows using menstrual cycle data. Some apps come with devices for measuring body temperature or analyzing urine samples.For example, some fertility apps track basal body temperature (BBT), which rises after ovulation, using input data or direct temperature reading from linked smart devices.Other apps come with devices to take and analyze urine samples to measure luteinizing hormone (LH) or progesterone levels. An LH rise can indicate active ovulation.Progesterone rises after ovulation, which also increases BBT. Any method measuring progesterone BBT can confirm that ovulation happened, but may not identify peak fertile window as it occurs, unlike methods that track LH levels.These two hormones rise in level when ovulation occurs, indicating a fertile window. A progesterone rise triggers ovulation,People with polycystic ovary syndrome (PCOS) or irregular menstrual cycles may not experience typical fluctuation in According to a 2021 study, fertility apps are unregulated. Further research is necessary to confirm their accuracy for planning or avoiding conception.Please note that the writer of this article has not tried these products. All information presented is purely research-based and correct at the time of publication.Medical News Today follows a strict product selection and vetting process. Learn more here.Best for accurate results: MiraAvailable on: Apple Store and Google PlayPrice: Mira Plus Starter kit costs $199 upfront or 4 interest-free installments of $49.75.Features: predicts 6-day fertility window and ovulation day99% lab-grade accuracyFDA compliant24/7 customer supportfree app for hormone charts and insightsusing hormone tracking and urine tests, ovulation and fertility days are more accurate than purely app-based fertility trackerspersonalized fertility tipsnoninvasive PCOS friendly How it works: This app works alongside a fertility tracking kit that users must purchase. The kit includes devices such as the fertility analyzer and fertility 'wands'.A user takes a urine sample and, using a fertility wand, dips it into the sample for ten seconds. Mira recommends the first urination in the morning for best results. The user then inserts the wand into the analyzer. Results are available within 16 minutes. The analyzer then connects to the app to provide a fertility window and personalized information.The use of hormone tracking makes this app accurate as progesterone is one of the main hormones present during the luteal phase. Rising progesterone levels show the user may have successfully ovulated.This app may suit people with PCOS or other conditions affecting menstrual cycles, as it uses urine tests to accurately track hormone levels. People with PCOS may have irregular hormone levels and menstrual cycles, making manual forms of fertility tracking, such as using a calendar, less reliable.Learn more about the Mira Fertility Tracker here.Best for measuring BBT: OvusenseAvailable on: Apple Store and Google PlayPrice: The App is free. The Ovufirst starter pack is $79. The Ovucore starter pack is $99. Renewal subscriptions (to download data from the sensor) vary:30-day subscriptions are $3512-month subscriptions are $210Lifetime Pro is $330Features: temperature data uploaded live to the apptracks menstrual cycle and fertility windows provides ovulation predictions overnight tracking How it works: The OvuFirst sensor is a temperature sensor worn on the arm or wrist as a person sleeps.If a user has irregular cycles or has been diagnosed with PCOS, the OvuCore device may be useful as it tracks BBT.It is a small device that the user places into the vagina overnight. It measures BBT.Both devices can sync to the app and upload the data in real-time. The app then provides live ovulation predictions and fertility windows. Best for temperature tracking: Natural CyclesAvailable on: Apple Store and Google PlayPrice: $65.46 annually or $9.15 monthly. Free thermometer included.Features: FDA clearedmeasures temperature and menstrual cycle data dailydaily status (either green or red) to indicate if a person is fertile or not app tailoring using daily updatestracks hormonal changes and PMS symptoms availability to switch between Birth Control, Plan Pregnancy, and Follow Pregnancy apps, depending on the user's needscommunity hub providedHow it works: A user takes their temperature every morning with the thermometer provided. The user is then given a fertile or not fertile status for the day. Data the user provides, such as PMS symptoms, mood changes, and menstrual cycle dates, helps the app tailor information to the user.The app provides this information via graphs and easy-to-read temperature results. Learn more about Natural Cycles fertility tracker.Best for sharing with a doctor: KindaraAvailable on: Apple Store and Google PlayPrice: Free or Premium options:$4.99 a month for premium$49.99 yearly for premiumFeatures: tracks ovulation cycletracks body temperature, PMS symptoms, sexual activity, and cervical mucus can share results with a partner and/or healthcare professional can sync with Apple Health or Google Fitaccess to the Kindara Community Premium features include:vaginal sensation trackerunlimited data storage lunar calendardirect messaging and invite-only group access within the community How it works: Kindara uses easy-to-read charts to provide information on a user's menstrual cycle. Users can show these charts to their healthcare professional to discuss their fertility more easily.Kindara also provides a community of users with whom a person can compare charts and interact. Best for connecting with a community: Glow Available on: Apple Store and Google PlayPrice: Free, or the following premium subscription options: $47.99 ($3.99 per month) for a yearly subscription$29.99 for a 3-month subscription$79.99 for a lifetime access to all of the Glow brand family of apps (Glow, Baby, Nurture, and Eve)Standard features include: can sync with other apps such as Google Fit or My Fitness Palcan set reminders on medicationaily health log allows a user to track 40 different health signals, from sexual activity to BBTfertility calendar and period trackercan connect to a partner's phonePremium features include:access to exclusive articles specialized charts for a user's fertilityguided meditations connection to other Glow users, to compare symptoms and activity jump the queue with customer supportHow it works: When a user provides data via the heath log, Glow tracks that data to predict when a user is most fertile. It tracks banal body temperature, menstruation cycle, cervical mucus, exercise regimes, and other health data.Glow regularly consults medical advisors to ensure their information is up to date.Glow has an active community of premium users for discussing fertility, which may make this app suitable for people seeking support and networking.Best for ease of use: ClueAvailable on: Apple Store and Google PlayPrice: Free, or option to purchase Clue Plus at $39.99 for 12 months.Features:period and fertility trackingclaims to be suitable for people of all ages, ethnicities, and socioeconomic backgroundsarticles by healthcare clinicians available tracks 30+ healthcare symptoms, such as hair, skin, nails, and sleep issuessimple interfacefrequent analysis reports based on a person's dataPMS symptoms predictions, such as cramp likelihoodClue Plus features include:cycle stats email for each new period6 upcoming cycle predictions instead of 3access to more articles recurrent symptoms analysis How it works: Clue tracks a person's data to configure when a user's menstrual cycle may begin, how long it will last, and PMS predictions.It also tracks other health data, such as sleep cycles and symptoms related to skin and hair. The company claims it is designed to suit people of different ages and backgrounds.Best for personalization: Period Tracker by SevenlogicsAvailable on: Apple Store and Google PlayPrice: FreeFeatures:tracks and predicts menstrual cycle and PMS symptomstracks health entries such as temperature, fertility, mood, and weight.includes a diary for journaling thoughts and moods multiple design choices for the interface How it works: Period Tracker uses a simple diary system. Users input data about menstrual cycles, such as mood changes, important dates, and PMS symptoms. The app uses this to predict future cycles. The app also provides a journal for self-reflection.Best for additional information: Ovia FertilityAvailable on: Apple Store and Google PlayPrice: FreeFeatures:daily fertility scoretracks factors such as BBT, menstrual cycle, medication, and cervical mucus. daily tips and cycle insightsaccess to over 2000 articles can track irregular and sensitive period cyclescustomer service with the option for users to remain anonymousfurther apps and health plans are available, some of which are also freeHow it works: Ovia Fertility collects data that the user provides about menstrual cycles, medications, daily temperature checks, and more. This data allows the app to estimate a fertility score.Ovia also conducts research into pregnancy and parenthood and provides this information to its users. This allows users to further understand the science behind pregnancy and getting pregnant. Best for health tracking: FloAvailable on: Apple Store and Google PlayPrice: Free, or options for Flo Premium or Flo Pregnancy Assistant. Both Flo Premium and Pregnancy Assistant are $50 annually. Features: tracks menstrual cycleapp gives tips on skin and PMS symptoms based on a cycle trackerdiary to log 70+ symptoms to better understand a user's body and cycle. Symptoms can include weight changes, water intake, sleep, and sex drivemedication reminders monthly health reportpersonalized cycle graphs graphs anonymous customer service Flo premium features include:daily well-being plan, tailored to a user's physical and mental needsvideo courses and articles from 80+ health expertsunlimited access to Flo Health Assistant for personalized feedbackHow it works: A person inputs their menstrual cycle dates into the Flo Calendar. Flo uses this to predict fertile and nonfertile days, which it updates daily.There is an option to input further data, such as weight, water intake, sleep, PMS symptoms and medication. This may help Flo better assess when fertile days are upcoming and what to expect on a menstrual cycle. It uses this additional data to provide tips on skin care and exercise. Best for graph comparisons: Fertility FriendAvailable on: Apple Store and Google PlayPrice: Free or Fertility Friend Premium option. Premium prices are:30 Days VIP Membership $9.9990 Days VIP Membership $19.991 Year VIP Membership $44.991 Year Renewal Membership $24.99Features: custom data entry email reminders automatic ovulation detectioncycle statsability to share charts with other usersbasic access to Fertility Friend Pregnancy Premium features include:fully-featured calendar, including appointments, forecasted period, weight data, etc.temperature ribboncycle analyzerweight tracker intercourse timing analyzerfertility status VIP access on message boards journal How it works: Fertility Friend tracks a user's menstrual cycle, temperature, weight, and other data to predict ovulation dates and most fertile days.Users input their data daily to help the tracker predict fertility days and provide charts.Best for decorative options: Period Tracker GP AppsAvailable on: Apple Store, Google Play, and Windows PhonePrice: Free or premium option, which costs $9.99 a month.Features: user can input data daily, such as menstrual cycle, temperature, mood, and weight health diary available calendar with fertility window provided easy to use interface email tracking updates Premium features include: advanced data input features such as cervical mucus and positions decorative options such as flowers on your fertility daysa countdown clock to your fertility days on the main pageHow it works: Period Tracker relies on a user's data input to provide fertility window estimations. It also backs up the data provided and sends email updates. Users are also provided with health diaries to track their overall health. A person should take into consideration financial expectations when choosing a fertility app. This ensures it is within a person's price range. If a person comfortable using technology or reading scientific data may prefer an app that uses graphs could be beneficial. However, if a person prefers an easier layout, they should seek a simpler app. An app that allows for input of additional measurements, such as BBT or hormone levels, can provide a more accurate prediction of fertility windows. For example, if an app assesses body temperature or measures hormones, it can provide a more accurate prediction on ovulation and fertility days.A 2021 study has found that fertility apps generally do not support users across different stages of life. Fertility apps are usually designed to support conception during reproductive years, but lack the flexibility to adapt to users' changing needs and life goals.The following are common questions and answers about fertility apps:Which fertility app is most accurate?On our list above, Mira may provide the most comprehensive data due to using urine samples. It tracks urine LH and progesterone levels, which may provide evidence of ovulation.Apps that track BBT are also useful for indicating ovulation. Ovusense uses a smart device to sync BBT data with the app.A person should thoroughly research and speak to a healthcare professional before purchasing an app.Is there an app to help a person get pregnant?Fertility apps estimate fertility windows, which can help people to conceive. However, there is not an app that can guarantee a pregnancy. A person should speak to a doctor for information on conceiving if they are experiencing difficulties. An app can be a useful guide, but a doctor can offer personalized advice.How accurate are fertility apps?This is dependent on the app and the person using them. Apps that use thermometers or urine tests are more accurate.If an app relies solely on data inputted from a user, this could be less accurate as a user can make mistakes or may not have access to all the information needed for a better estimate on fertility windows.If a person has irregular periods or has been diagnosed with PCOS, it may be more difficult for an app to accurately predict ovulation days, even with the use of measuring devices.A 2018 study found that the accuracy of ovulation estimation based on data-provided menstrual cycle apps, without the use of medical devices for measuring hormone levels, was generally no higher than 21%.Fertility apps are a useful tool to help identify fertile periods. They can provide estimates on ovulation days and fertility windows.Some rely on data input from a user, while others use measurements and tests connected to the apps, such as thermometers and urine tests, to improve accuracy. Fertility apps cannot be 100% accurate.People should speak to a doctor for advice on fertility issues. Apps are useful for general guidance but should not replace professional medical advice. Last medically reviewed on June 27, 2022FertilityPregnancy / ObstetricsWomen's Health / GynecologyMedical News Today has strict sourcing guidelines and draws only from peer-reviewed studies, academic research institutions, and medical journals and associations. We avoid using tertiary references. We link primary sources — including studies, scientific references, and statistics — within each article and also list them in the resources section at the bottom of our articles. You can learn more about how we ensure our content is accurate and current by reading our editorial policy.Johnson, S. et al. (2018). Can apps and calendar methods predict ovulation with accuracy? S., et al. (2021). Cervical mucus patterns and the fertile window in women without known subfertility: a pooled analysis of three cohorts. R., et al. (2021). Do fertility tracking applications offer women useful information about their fertile window? M. C., et al. (2021). Goals, life events, and transitions: examining fertility apps for holistic health tracking. K., et al. (2022). Physiology, Ovulation And Basal Body Temperature. . ~:text=Basal%20body%20temperature%20(BBT)%20is,ovulation%20has%20occurred%20or%20not.Mesen, T. B., et al. (2016). Progesterone and the Luteal Phase: A Requisite to Reproduction. . ~:text=The%20normal%20luteal%20phase,of%20less%20than%209%20daysFrancis, O.J., et al. (2017). Psychiatric Presentations During All 4 Phases of the Lunar Cycle J.K., et al. (2021). Physiology, Progesterone. et al. (2015). The Effect of Reflective Science Journal Writing on Students' Self-Regulated Learning Strategies.

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