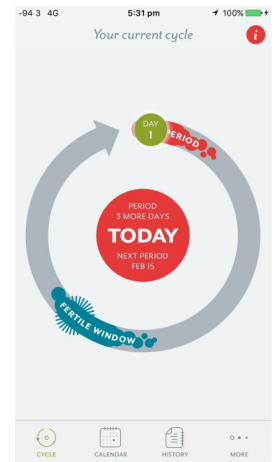


Free apps to help you track your period

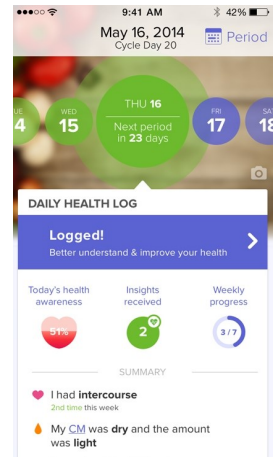
Clue

- Tells you when your next period will come.
- Tells you when it is easiest to get pregnant.
- The longer you use it, the better it gets at guessing when your period will come.
- Reminds you to take or change your birth control.



Glow®

- Calendar that tells you when you are likely to get pregnant.
- Helps you use your temperature and fluid from your vagina to guess when to have sex to get pregnant.
- Information about pregnancy and getting pregnant.
- You and your partner can use the app together.

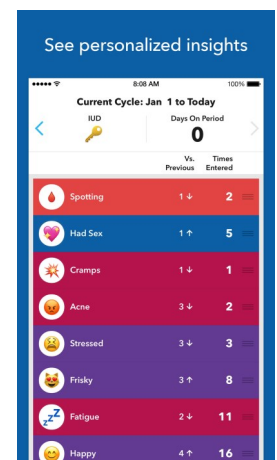


Spot On

Powered by

 Planned Parenthood

- Tells you when your next period will come.
- Helps you find a place to get tested for sexually transmitted infections (STDs).
- Birth control reminders for any type of birth control.
- Helps you understand your moods.



Using an app to prevent pregnancy doesn't work very well. Ask your health educator for more information on ways to not get pregnant.