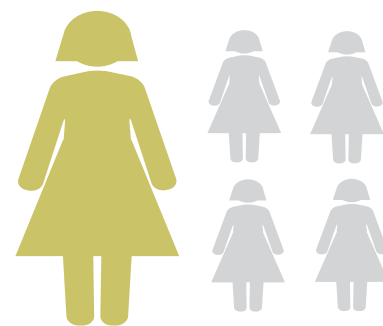


Fertility Awareness IN AMERICA



20% of women in the U.S. have used a fertility awareness-based method for family planning.

TOP REASONS WHY

WOMEN USE A FERTILITY AWARENESS

41% - to avoid side effects

14% - highly effective

12% - flexibility to plan
or prevent pregnancy

41%

of women use natural
methods to avoid side effects



EDUCATED WOMEN

ARE MORE LIKELY TO CHOOSE FERTILITY AWARENESS

40% | master's degree +

28% | bachelor's degree

23% | some college

19% | high school / GED

15% | no high school

40%

40% of highly educated women
have used a natural method



Sources: Daniels K, Mosher WD, Jones J. Contraceptive methods women have ever used: United States, 1982–2010. National health statistics reports; no 62. Hyattsville, MD: National Center for Health Statistics. 2013, and Cycle Technologies' Client Surveys. Infographics by Cycle Technologies - CycleTechnologies.com | 202.730.1269