

Fertility Awareness-Based Methods (FABM)

- ♦ The term “fertility awareness-based methods” (FABM) refers to different ways of determining fertile and infertile phases of the menstrual cycle and can be used for family planning.
- ♦ All fertility awareness-based methods rely on women understanding and recognizing their menstrual cycle and how it affects their fertility. Fertile and infertile days in a woman’s cycle are defined using natural physiological signs, and FABM provide couples with the exact information they need in order to identify the days in each cycle when a woman is most likely to conceive.
- ♦ There are various different methods women can use to determine their fertility based on a range of indicators including temperature and cervical mucus, along with other approaches such as the symptothermal and symptohormonal methods.

Opportunities and challenges of FABM

- ♦ The most important benefit of fertility awareness-based methods is that they are free of hormones while also helping women better identify and understand physical changes.
- ♦ Based solely on observation of an individual’s body and cycle, FABM methods meet the needs of women who value a natural lifestyle. It requires pronounced cycle awareness and sophisticated body literacy.
- ♦ Another strength of FABM is that women, together with their partners, can make their own decisions about their family planning goals.
- ♦ In order for FABM to be effective, a prior period of practice and continuity in observing the monthly cycle is required. By regularly using fertility tracking tools such as the medical device, Daysy, women can achieve a very high level of precision with regards to knowledge of their menstrual cycle.
- ♦ Daysy is the only fertility tracker which combines the temperature method with a sophisticated algorithm and uses statistical calculations to ensure accurate forecasting. This allows flexibility in planning with maximum levels of accuracy.

FABM as a contraceptive method

- Valley Electronics is of the opinion that these types of methods and devices neither influence conception directly nor provide contraception and thus cannot be classified as a form of birth control.

Daysy: a precise FABM

- As a reliable lifestyle fertility tracker, Daysy calculates the fertile phase of the woman's cycle based on a highly sensitive and precise, computer-assisted basal body temperature measurement, obtained directly after waking up.
- Daysy's integrated thermometer enables a particularly precise temperature measurement, setting Daysy apart from other methods, which require a separate basal thermometer. This latter approach leaves the user to select the device with which to take measurements and means that, consequently, there can be no guarantee that the thermometer used meets required standards. As a result, measurement inaccuracies and rounding errors can occur due to the thermometer itself or when readings are entered into the app. These errors can lead to both unwanted pregnancies or unfulfilled pregnancy wishes.
- Thanks to an intelligent algorithm based on scientific research, years of use by more than 500,000 women, and sophisticated technology, Valley Electronics products offer the highest quality, precision, and reliability for menstrual cycle tracking. Factors which influence the menstrual cycle, such as phases of stress, alcohol consumption, and sleep deprivation, are taken into account by the algorithm.
- The studies supported by Valley Electronics show that Daysy's algorithm differentiates between the fertile and infertile window with an accuracy of more than 99%, providing a reliable alternative to common FABM.



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You can also find further information under daysy.me