

Instructions for Use

ENGLISH (EN-GB)

Cycle Tracking

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INTENDED USE (EU REGION)

Cycle Tracking is a software-only application intended to track, predict and inform the user about their menstrual health. Cycle Tracking analyses user inputs including typical cycle length, typical period length, menstrual flow and ovulation test results, along with an aggregate of sedentary heart rate from HealthKit. Users are also able to manually log the following information for reference, but these inputs have no impact on predictions: spotting (intermenstrual bleeding), symptoms, progesterone test result, pregnancy test result, cervical mucus quality, basal body temperature and sexual activity. User input data can be entered manually or imported from third-party apps. The predictions displayed are for informational use only.

CONTRAINDICATION

Cycle Tracking is not indicated for contraceptive use, nor is it intended to cure, mitigate, treat or prevent any disease.

USING CYCLE TRACKING

Setup/Onboarding

- For region availability and device compatibility for Cycle Tracking, please visit <https://support.apple.com/HT210407>
- Update Apple Watch and iPhone to latest OS.
- On your iPhone, open the Health app and tap the Browse tab.
- Navigate to Cycle Tracking.
- Tap Get Started and follow the onscreen instructions.
- You may exit onboarding at any time by tapping Cancel.
- Once onboarding is complete, you can start tracking your cycle.

How to track your cycle

- On your iPhone, open the Health app and tap the Browse tab.
- Tap Cycle Tracking.
- Swipe to the correct date, then tap the oval to log your period.
- To add more information, scroll down and tap a category, make a change, then tap Done. You can track symptoms, spotting, basal body temperature and more.

To track your cycle from your Apple Watch, open Cycle Tracking, swipe to the correct date, then tap the oval to log your period.

How to check the date for your next and last period

- On your iPhone, open the Health app and tap the Browse tab.
- Tap Cycle Tracking.
- Scroll to Predictions to see when your next period is likely to start. If you can't see the estimate, tap Show All next to Predictions.

- Scroll to Summary to see the date your last menstrual period started and your typical cycle length.

To check the dates from your Apple Watch, open Cycle Tracking, then scroll down to Period Prediction or Last Menstrual Period.

How to set notifications for period tracking and fertility tracking

- On your iPhone, open the Health app and tap the Browse tab.
- Tap Cycle Tracking.
- Scroll down and tap Options.
- Select Period Predictions and Period Notifications. These notifications can let you know when your period is about to start and ask if your period has ended.
- Select Fertility Prediction and Fertility Notification. These notifications can let you know when your fertile window is likely to start or has been updated based on new information.

Predictions will begin after you have entered at least two periods in Cycle Tracking that are based on logged data. If you log a period before it's predicted to begin, you won't get a period prediction notification for that cycle. Notifications appear on your Apple Watch and iPhone.

How to delete Cycle Tracking on Apple Watch

You can remove Cycle Tracking directly from the Home Screen of your Apple Watch:

- On your Apple Watch, go to the Home Screen.
- If you are in Grid View, touch and hold Cycle Tracking lightly until it jiggles.
- Tap the app, then tap the "x" icon.
- If you are in List View, swipe left on Cycle Tracking and tap the Bin icon.
- Tap Delete.
- Press Digital Crown to finish.

SAFETY AND PERFORMANCE

The ability of Cycle Tracking to predict upcoming period starts and fertile windows was tested in a study with 210 subjects. It relies on a heart rate-based deep learning algorithm (when heart rate data is available) to provide period start and fertile window predictions. Cycle Tracking includes the period start in displayed predictions 80% of the time. At a population level: 83.4% of predicted fertile windows will have at least one fertile day (defined as within 5 days before ovulation or on the ovulation day).

TROUBLESHOOTING

If you experience difficulties in operating Cycle Tracking, refer to the troubleshooting guide below.

Problem: User not receiving predictions for period start.

Solution: The cycle tracking feature requires at least two period logs to provide enough data for period start predictions. Ensure that any Pregnancy Cycle Factors have an end date logged.

Problem: User not receiving fertile window predictions.

Solution: The cycle tracking feature requires at least two period logs to provide enough data for fertile window predictions. Review user settings. Ensure that any Pregnancy or Contraception Cycle Factors have an end date logged.

CAUTIONS

DO NOT use Cycle Tracking to facilitate conception.

DO NOT use the predicted fertile windows as a form of birth control.

DO NOT use data from the Health and Cycle Tracking to diagnose health conditions.

Third-party apps that work with the Health app can also be used with Cycle Tracking.

If you believe you're having a medical emergency, call emergency services.

The user is not intended to interpret or take clinical action based on the app output without consultation with a qualified healthcare professional.

This is a notice to the user and/or patient that any serious incident that has occurred in relation to the device should be reported to the manufacturer and the competent authority of the Member State in which the user and/or patient is established.

CAUTION: You should notify your doctor if you detect possible changes in your health.

SECURITY: Apple recommends that you add a passcode (personal identification number [PIN]), Face ID or Touch ID (fingerprint) to your iPhone and a passcode (personal identification number [PIN]) to your Apple Watch to add a layer of security. It is important to secure your iPhone since you will be storing personal health information on it. Users will also receive additional iOS and watchOS update notifications on the device, and updates are delivered wirelessly, encouraging rapid adoption of the latest security fixes. See "iOS and watchOS Security Guide", which describes Apple's security practices and is available to all our users. For the iOS and watchOS Security Guide, please visit <https://support.apple.com/guide/security/welcome/web>.

EQUIPMENT SYMBOLS



Manufacturer



Consult instructions for use



European Authorised Representative



Medical Device

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