

FERTILITY HEALTH

UNDERSTAND YOUR FERTILITY.

KNOW YOUR OPTIONS.

Your body gives you important clues about your fertility. **Fertility Awareness-Based Methods** can help teach you how to track these signs, such as daily body temperature and cycle timing, so you can pinpoint your fertile window with confidence. Tracking your natural cycle helps you make informed choices about your reproductive health, whether you want to start a family or avoid pregnancy.

The **Defense Health Agency Fertility Awareness-Based Methods Virtual Health Hub** provides reliable information and virtual counseling. These methods can help you:

- Track Your Cycle: Understand your body's natural signals and patterns.
- Identify Peak Fertility: Know exactly when you are most likely to become pregnant.
- Family Planning: Use your fertility window to actively plan for pregnancy.
- Natural Birth Control: Avoid pregnancy naturally when methods are followed correctly.

TAKE THE NEXT STEP

Learn more about Fertility Awareness-Based Methods. Talk to a healthcare provider to see if these methods fit your lifestyle and goals. If so, ask your provider to connect you with the DHA Fertility Awareness-Based Methods Virtual Health Hub to receive educational tools and one-on-one virtual support.

