

FEMM™

FERTILITY EDUCATION & MEDICAL MANAGEMENT

2018

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www.femmhealth.org

FEMM Training



108 TEACHERS TRAINED.



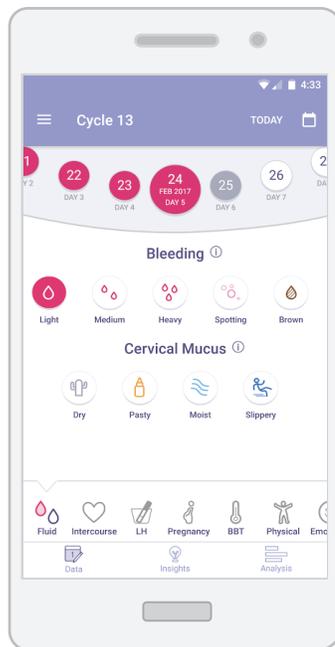
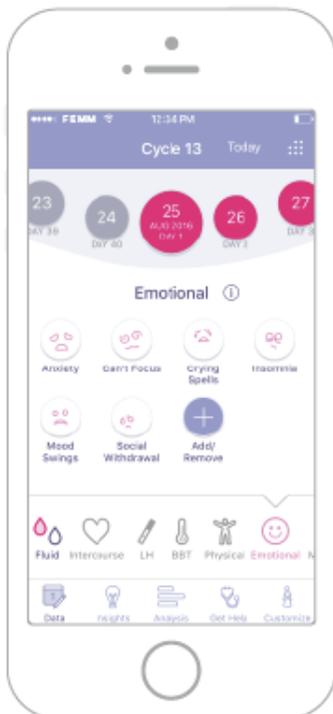
131 DOCTORS TRAINED.



\$154K TRAINING INCOME
FROM FEMM COURSES.

FEMM had significant growth in 2018, with a large increase in trained doctors and teachers. In 2018 alone, FEMM trained teachers increased by 29%, and trained doctors by 131% compared to last year. FEMM welcomed 60 new medical providers, including nurses, nurse practitioners, and medical students.

The FEMM App



App downloads and app use continued to grow in 2018, with over

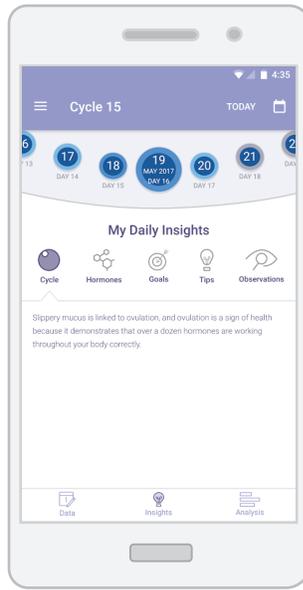
400,000
APP DOWNLOADS



Useful and intuitive - this app has helped me learn so much about myself, from managing PMS symptoms to learning more about how different hormones in my cycle make me feel. Invaluable! - **Paige H., FEMM app user**



I've tried multiple cycle-tracking apps and FEMM is by far my favorite. Whether it's family planning or just tracking for self-awareness, this is a great way to collect data in a simple and effective way that helps you understand your body. Very helpful and I highly recommend! - **Christine G., FEMM app user**



Research

The Reproductive Health Research Institute (RHRI), collaborated with FEMM in publishing an article in peer-reviewed journals.

- ▶ Steroid Hormones and Their Action in Women's Brains: The Importance of Hormonal Balance
Authors: Del Río J.P., Alliende M.I., Molina N., Serrano F.G., Molina S. and Vigil P. (2018)



PUBLISHED ARTICLE

+ additional articles submitted for publication

More articles are available online at www.femmhealth.org

The FEMM app has been so helpful during this time trying to conceive. The app is easy to navigate and understand. Your data entries for each day do not disappear so you can look back and follow cycle patterns. The information/feedback provided at the end of each day is accurate and helpful. "Bonus:" you can set up reminder notifications for daily data entry. Whether you are planning a pregnancy, preventing pregnancy, or just tracking your cycle for overall menstrual health and wellness, the FEMM will guide and support you. I'm on my way to a healthy pregnancy and I love it!

"5" stars to FEMM" - **Ashley Nichole C., FEMM app user**

Board Members

- Tim Flanigan
Chair
- Laurance Alvarado
- Dr. Don Bouchard
- Sean Fieler
- Anna Halpine
(ex-officio)
- Anna Paternina
- Bridget Salisbury
- Dr. Bob Scanlon

Finances

| Income | 2018 | 2017 |
|---------------------|----------------|----------------|
| Contributions | 579,508 | 618,653 |
| Program Revenue | 104,846 | 115,495 |
| Total Income | 684,354 | 734,147 |

| Expenses | 2018 | 2017 |
|------------------------|----------------|----------------|
| Program services | 628,463 | 787,748 |
| Management and General | 36,409 | 16,732 |
| Fundraising | 3,444 | 7,107 |
| Total Expenses | 668,316 | 811,587 |

| | |
|---------------------------------|--------------|
| Change in Net Assets | 16,038 |
| Net Assets (Start of Year) | 24,418 |
| Net Assets (End of Year) | 8,381 |



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