

FEMMTM

FERTILITY EDUCATION & MEDICAL MANAGEMENT

2022

femm@femmhealth.org
www.femmhealth.org

FEMM Education



259 TEACHERS
TRAINED

157 DOCTORS
TRAINED

FEMM welcomed 157 new medical providers, including nurses, nurse practitioners, and medical students, a majority of who are specialized in family medicine and women's health (ObGyn). FEMM also trained 259 new FEMM teachers in **2022**.

"The FEMM app saves my patients valuable time and energy when we review the critical information found within the female fertility cycle. It's user-friendly and easy to share with medical providers. The concreteness of looking at the FEMM chart is invaluable in diagnosing and treating medical conditions."

– Julie Baltz, MHS, PA-C,
FEMM Medical Provider

"Totally has helped me keep track and not stress over my cycle. It also has given me helpful tips to stay healthy!"

– FEMM app user

FEMM App



IOS APP RATING

4.8



ANDROID APP RATING

4.7

The FEMM team worked to expand and reach women from different parts of the globe.

The FEMM app is now available in 7 language options:

English, Spanish, Portuguese, French, Hungarian, Croatian, and Swahili.

ENGLISH

SPANISH

PORTUGUESE

FRENCH

HUNGARIAN

CROATIAN

SWAHILI

FEMM in Tanzania

"A lot of the women were experiencing period pain and no one had ever addressed it. These were the most common stories. But most of the patients that came to us because they wanted to have babies and were having trouble. The cool thing is that some would just download the FEMM app and then get pregnant simply by tracking ovulation."

– Dr. Danielle Koestner, DO,
FEMM Medical Practitioner



Dr. Danielle Koestner is a family physician, and FEMM medical provider, who has been practicing full-scope Family Medicine and Obstetrics for over 10 years. In early 2022, Dr. Koestner made

a trip to Mwanza, Tanzania and to work at the Bugando Medical Center to implement the FEMM medical management protocols in the OB/GYN department. There she taught 20 doctors the FEMM protocols, translated the FEMM app into Swahili, and taught patients how to use the FEMM app to chart their biomarkers.

Telehealth

FEMM Telehealth is the alternative to going to an actual brick-and-mortar to see a medical provider or physician. It allows patients to receive the same level of care from the comfort of their homes or wherever they happen to be. All that's needed is a laptop or phone and WIFI connection. As an affordable and convenient way to access medical care, our platform currently serves women in 40 States across the United States and around the world.

Through FEMM Telehealth services, trained medical providers can give patients a full health assessment and ongoing care, offer patients a diagnosis, and prescribe medications or other pharmacological treatments.

"A growing number of our appointments are done through telehealth. It makes the FEMM protocols accessible to patients who otherwise couldn't get this care because providers might not be physically in their state or in proximity to them," – Emily Bostard,
FEMM's clinical care manager

To know more about FEMM Telehealth, visit www.femmhealth.org/telehealth

Research



FEMM collaborates with the RHRI

The Reproductive Health Research Institute (RHRI) collaborated with FEMM to publish a new article in a peer-reviewed journal.

FEMM contributed to research that highlights the relationship between estrogen and weight management. This research notes that women with a healthy, physiologically normal cycle will gain less weight over their lifetime than women with irregular cycles due to the estrogen imbalance in irregular cycles. Furthermore, the relationship between a decline or imbalance in estradiol has an effect on insulin sensitivity in the brain and weight management.

READ: THE IMPORTANCE OF ESTRADIOL FOR BODY WEIGHT REGULATION IN WOMEN

More articles can be found online at www.femmhealth.org/research

“Unlike most of the other cycle tracking apps, the FEMM app is backed by research AND endorsed by many physicians. The app is completely free, easy to use, has a good variety of options for tracking categories, and has an aesthetically pleasing design that isn't too overwhelming. I have been using this app for a while and I absolutely love it! I cannot recommend this app enough for anyone looking for an easy to use app to track their cycle and symptoms.” – **FEMM app user**

Board Members

- Dr. Tim Flanigan, Chair
- Ana Paternina
- Dr. Bob Scanlon
- Laurance Alvarado
- Mary Glass
- Sean Fieler
- Suzi Piening
- Anna Halpine (ex-officio)

Finances

Income	2022	2021
Contributions	443,132	388,101
Program Revenue	485,365	414,905
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Total Income	928,497	803,006

Expenses	2022	2021
Program services	935,120	624,139
Management and General	162,073	71,566
Fundraising	22,473	6,719
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Total Expenses	1,119,666	702,424

Change in Net Assets	(191,169)
Net Assets (Start of the Year)	329,826
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Net Assets (End of the Year)	138,657

The summary of our financial information is derived from our 2022 audited financial statements.

FEMM is tax-exempt under section 501(c)(3) of the Internal Revenue Code.
Donations are tax-deductible to the extent allowed by law.



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