

Clue Period & Ovulation Tracker

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1. Introduction

1.1 Purpose

The purpose of the app Clue is to aid women in tracking important information about their menstrual cycle and overall health. The goal is to create an app where women feel engaged to come back everyday and login information that falls under 5 categories: period, body, vitality, activities, and medical. These 5 categories will cover numerous topics that can allow the user to see changes in their health, both mental and physical, and can consult a physician accordingly. This app will be user-friendly and will share important information everyone should know about their menstrual health. For example, if the user is planning on using birth control soon, there will be valuable information about all the methods of birth control and how it can affect your body. Ensuring that this app is both engaging and informative is extremely important as it is not easy for most to gain access to accurate sexual education. Having an app like Clue will overall keep the user aware of their body changes and will inform a woman about those changes so the user can accurately identify if there is an issue and consult a physician accordingly.

1.2 Intended Audience

This app is geared towards women in general, but with a focus on teens and young adult women. This tracking method is app-based and requires daily use to get an accurate analysis of things like period length, ovulation length, and overall cycle length. Teens and young adults are more likely to use their smartphones with more frequency, therefore it is easier to get this targeted audience to return back to Clue and log-in their information for the day. Also, this app will be very user-friendly, including easy to read diagrams, icons, and tabs so even the least tech-savvy person can use the app.

1.3 Intended Use

This app should be used for personal reasons, driven by learning more about your own body. Information will not be shared with any physicians, contacts, or any other social media app unless allowed by the user. The goal for the user should be to track information regarding women's health like period length, period flow, pain, etc. in order to document patterns that the user will find helpful for their personal gains.

1.4 Project Scope

The Clue system uses user data to calculate and predict the date of the user's next period, send reminders with the user's preferences, and present an analysis based on different data to show the user. Clue will predict the user's next period, PMS, and fertile windows, as well as provide information like why the user's data is considered regular or irregular.

1.5 Definitions and Acronyms

Clue Plus: A subscription all Clue users are eligible for. Clue Plus subscribers receive:

- Cycle Review email with a summary of your most recent cycle
- Enhanced period predictions (six instead of only three with the free version)
- Predictions for your most recurrent symptoms in the Analysis tab
- New features as they're released: New life stage features, curated content, new tracking categories

Clue Connect: Available within the Clue app for every Clue user above the age of 13. This feature allows the user to share their Clue data with friends or family. Sharing cycle information can make the users feel connected. It can be especially important for partners to share their cycle information to remove any awkwardness about the topic. To view each other's data each person must have their own Clue account. Clue users can share an invite through Clue connect to their person of choice, and their access to your data can be revoked at any time.

2. Overall Description

2.1 User Needs

Target users are women above the age of 13. The way they will primarily use the app is by downloading it on their smartphones to have easy access at all times. The user needs to have a desire to learn more about their menstrual cycle, and also a devotion to return to the app and fill out the day's symptoms with frequency to keep all predictions accurate.

2.2 Assumptions and Dependencies

By using Clue the following is being assumed:

- the user has a menstrual cycle they want to track
- the user will fill the information out truthfully to gather accurate data
- the user will use the app frequently to create accurate feedback on the data received
- the user is seeking to gain more knowledge about themselves and find patterns unique to their bodies
- the user has a smartphone/ device to download and access the app on
- the user agrees to allow the data collected to be condensed in visually appealing feedback

3. System Features

3.1 Functional Requirements

Use Case	Tracking bleeding
Description	The user needs to input data about their period that has just begun
Precondition	The user got their period
Steps	<ol style="list-style-type: none"> 1. Open the Clue app 2. Press the blue circle 'Track' to open the tracking page 3. Select the tracking option. In this case it will be 'Bleeding' 4. Select from the 4 selections the most accurate to describe your case 5. Hit 'Done' to save
Post Condition	Clue app will use user data to calculate personalized information. User's data is saved on their device.

Use Case	Changing account information
Description	<p>The user needs to change account information like:</p> <ul style="list-style-type: none"> • Change user's name • Change email linked to Clue account • Change password to Clue account • Connect user's other social media accounts <ul style="list-style-type: none"> ○ Facebook ○ Google ○ Apple • Change user's birth date in Clue account • Change user's height in Clue account • See an overlook of averages from user's data • Add or change birth control method
Precondition	The user has undergone changes that requires updating their account information
Steps	<ol style="list-style-type: none"> 1. Open the Clue app 2. Press the Cycle button located at the

	bottom of the screen 3. Press the 'More' button represented by 3 dots located at the top right of the screen 4. Click on the tab with the user icon located at the top 5. Change the desired information in the correct tab
Post Condition	The Clue app will immediately replace the previous selection/text with the new selection/text the user has provided.

Use Case	Changing tracking options
Description	The user needs to adjust their tracking options to better represent their personal menstrual cycle
Precondition	The user has a need to track a new symptom or the user no longer has a need to track an old symptom
Steps	1. Open the Clue app 2. Press the Cycle button located at the bottom of the screen 3. Press the 'More' button represented by 3 dots located at the top right of the screen 4. Select the tab that reads 'Tracking Options' 5. Using the switch buttons turn off or on the corresponding tracking option
Post Condition	The Clue app will adjust itself to no longer show the tracking option in the following places: <ul style="list-style-type: none"> • Track's selection of bubbled icons • Filters

Use Case	Find the predicted date of your next period
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Description	<p>The user wants to use the prediction feature of Clue that will predict, based on the user's previous data, future events like:</p> <ul style="list-style-type: none"> • First day of next 3 periods (6 with the subscription of Clue plus) • PMS emotions • First day of next 3 fertile windows (6 with the subscription of Clue plus)
Precondition	<p>The user has the need to see calculated predictions about their menstrual cycle. This can help the user make adjustments accordingly to encompass the predictions.</p>
Steps	<ol style="list-style-type: none"> 1. Open the Clue app 2. Press the Calendar button located at the bottom of the screen 3. Scroll up at your own pace to view the future 3 months 4. Use the legend located at the top right to translate the calendar to words
Post Condition	<p>The user will have a predicted date for future events like:</p> <ul style="list-style-type: none"> • First day of next 3 periods (6 with the subscription of Clue plus) • PMS emotions • First day of next 3 fertile windows (6 with the subscription of Clue plus) <p>The user will be able to make accommodations accordingly to fit their predicted schedules.</p>

3.2 External Interface Requirements

In order to access the Clue app, the user must have a device that is able to download from the Apple app store or the Google play store.

3.3 System Features

Five icons will be displayed horizontally across the bottom of the app. The five icons are able to be pressed and will direct the user to a page with relevant information regarding the icon.

Cycle: Pressing on cycle will show the user a cyclic arrow centered in the middle of the screen and takes up most of the page. Up on top, the user will read “Your current cycle”. That will specify what the user is looking at and what the cyclic arrow means. The top right corner will also show 3 continuous dots, that when pressed will take the user to the more page. The more page will show user information. The top of this page will display their username and email registered with the account. The next set of buttons can be pressed for the user to make adjustments to their preferences.

The “Reminders” button will show the user’s active reminders and will allow the user to customize the text they display on their phone. For example, if the user sets a reminder to alert them about their next period, they can adjust the text to say, “Period is coming soon” and can set the reminder to deliver 3 days before the estimated period date.

The “Tracking Options” button will take a user to a long list of health-related topics that the user can decide to track/ not track by adjusting a switch button. It will indicate if that tracking option is on by displaying the switch as blue, and off by displaying the switch as grey. There are five subcategories to the tracking options to organize and make it easier for the user to find what they are looking for. The five subcategories are: Period, Body, Vitality, Activities, and Medical.

Period will list two options each with switches: Bleeding and Collection Method

Body will list nine options each with switches: Craving, Digestion, Fluid, Hair, Pain, Skin, Stool, Temperature and Weight

Vitality will list six options each with switches: Emotions, Energy, Mental, Motivation, Sleep and Social

Activities will list five options each with switches: Appointment, Exercise, Meditation, Party, and Sex

Medical will list eight options each with switches: Ailment, IUD, Injection, Medication, Patch, Pill, Ring, and Tests

The “Settings” button will allow the user to adjust their preferences about predictions made on the app and will allow the user to opt-in or out of allowing their data to be used in ongoing scientific research about menstrual health. The app’s Terms of Service, Privacy Policy, Imprint, and Privacy settings will be found here as well.

The “Backup” button will allow the user to backup all their data and export it to the destination of their choice.

The “Import” button will allow the user to choose two options: Import data from Clue backup or Import from another app. This way any previous data will be considered as well.

The “Clue Connect” button will allow the user to add someone else’s cycle to the same account, or invite someone to view the user’s cycle. This is to promote connectivity.

The “Cycle Science” button will once again present all of the same options from the “Tracking Options” tab, but instead of displaying switches for each, there will be scientific information about what each tracking option means, why it is important to track that option, what is average and healthy for that tracking option, and when to see a doctor. Included will also be any other relevant information to the tracking option, Clue official research, and the list of references that were used.

The “Support” button will show a list of common questions and hyperlinks to official answers. The common questions will fall under six subcategories which are: Account & Data, Configuring & using Clue, Clue Connect FAQ, Technical Issues, Data Privacy & Security, and Clue Plus.

The “Tell Friends about Clue” button will prompt the user to select a contact from their phone to share the app with. This button is included to be able to share and promote the app with anyone the user would like to do that with.

Going back to the main page under “Cycle”, there will be 28 yellow dots evenly spaced out within the inner part of the cyclic arrow. Each yellow dot represents a day in the average woman’s menstrual cycle. There should always be 28 dots but if the user inputs that their period came sooner than 28 days, then the number of dots will decrease to the first day of the period, or if the user reports that their period is later than usual, then the number of dots will increase until the user inputs a period day. The space between each dot will adjust to continue being evenly spaced. Centered in the middle of the cyclic arrow will display relevant text to further interpret the visual. The text will read “Today” then display a small line to separate the next information. The next information that will be right under the “Today” text will read “<number> days until next period”. <number> can with a simple calculation that is $(28 - X) = \text{<number>}$ where X is the current day (or the position of yellow dots) of the menstrual cycle. For example, if the user is on day 23 (on the 23rd yellow dot) then the calculation will be as follows: $28 - 23 = 5$. Now that we know <number> is 5, the text within the cyclical arrow will read “Today” and “5 days until next period”. Only one part of the cyclical arrow is interactive and movable, and that will be a blue dot that is placed on the space representing the current day of the menstrual cycle. This blue dot will read “Day X” (X representing the position of which yellow dot it is on) and can be moved when the user presses any other position on the cyclical arrow. The text presented inside the blue dot will then adjust to display a new date depending on the new position. For example, if the user starts at “Day 23” and wants to look back 3 days prior, they will need to shift the blue dot 3 spaces back, then the text will read “Day 20”. The text should immediately adjust to all the days it is passing.

Calendar: Pressing on calendar will take the user to a new page presenting a monthly calendar that goes back to the first month they began tracking their periods. This page is completely interactive. Users can scroll up to see past months, and scroll down to view the future 3 cycles that Clue algorithm has predicted. First, a user will see the current month, and a blue circle highlighting the current day. Above every month’s calendar will be a label with the month and year to ensure the user has no confusion about when that data belongs to. Selecting any other day will leave a blue ring on the current day, and move the blue circle to the selected day. At the top there will be a bar where there will be more icons to explore this section more. Top left will be a small flip calendar icon with the number “30” in the middle. Pressing this icon will adjust the user’s screen to view the current week in the center of the screen. Depending on where the week is, the 3 or 4 past weeks will still be in view, along with the future 3 or 4 weeks. At the center of the top bar there will be a changing label that tells the user what the currently selected date represents in respect to the current date. If the user has the current day selected, the label will read “Today”. If the user has a day from 2 weeks ago selected, then the label will read “2 weeks ago”. The user will never be able to select a day in the future. This is to prevent the user from accidentally inputting data in days that have yet to come. At the top right there will be two icons the user can select. The most left one will be a filter feature.

The “Filter” icon will present a new screen to the user. The filters will be separated into nine categories. Each category can be unselected entirely, or subcategories can be eliminated from the view of the user in the calendar. The nine categories and subcategories will be displayed as bullet points and sub bullet points as follows:

- Bleeding
 - ☐ Light
 - ☐ Medium
 - ☐ Heavy
 - ☐ Spotting
- Pain
 - ☐ Cramps
 - ☐ Tender Breasts
- Fluid
 - ☐ Egg- white
 - ☐ Sticky
 - ☐ Creamy
 - ☐ Atypical
- Emotions
 - ☐ Sensitive
- Energy
 - ☐ Low
- Mental
 - ☐ Distracted
- Sex
 - ☐ Protected
- Exercise
 - ☐ Running
- Pill
 - ☐ Taken

This will become more personalized to the user based on the tracking options they have enabled in the “More” page under the “Tracking Options” tab. At the bottom of the filter screen, there will be a blue rectangle with white text reading “DISPLAY ON CALENDAR”. This will update the new setting the user has done. This button will never move and stay at the bottom middle. Top left will be a cancel text, that when pressed will take the user back to the main calendar for them to view.

The icon next to the filter will be a question mark that will serve as a legend to understand what the different features mean on the calendar. This page will also be divided into five categories to make it easier to find the feature that is confusing the user. Each feature will have a small image of what it looks like, then the icon name. It will be displayed in this order (starting from top to bottom): Add data, Back to today, Day with data, Day without data, Future day, Bleeding heavy, Bleeding medium, Bleeding light, Predicted bleeding, Day of ovulation, Fertility high, Fertility medium, Fertility low, Predicted day of ovulation, Predicted fertility high, Predicted fertility medium, Predicted fertility low, PMS, and Predicted PMS. The icons will look as described:

- ➔ Add data will be a blue circle with a white plus symbol in the center of that circle.
- ➔ Back to today will be a flip calendar icon (identical to the one on the calendar page) but instead of the number “30” it will display the number of the current date. For example, if the day is November 3rd, then the number will be replaced with a 3.
- ➔ Day with data will be a light grey square but with a dark grey square (about 1/12th of the size of the light grey square) inside at the top left.

- Day without data will be a light grey square but with a small dark grey number “1” located at the bottom right
- Future day will be a light grey square but with a small medium grey number “1” located at the bottom right
- Bleeding heavy will be a completely red square
- Bleeding medium will be a square with a red fill up to $\frac{3}{4}$ of the square. The remaining $\frac{1}{4}$ will be light grey
- Bleeding light will be a square with a red fill up to $\frac{1}{3}$ of the square. The remaining $\frac{2}{3}$ will be light grey
- Predicted bleeding will be a square with a muted red fill up to $\frac{3}{4}$ of the square. The remaining $\frac{1}{4}$ will be light grey
- Day of ovulation will be an orange square with a light orange vector sun shape in the center
- Fertility high will be a square with an orange fill
- Fertility medium will be a square with an orange fill up to $\frac{3}{4}$ of the square. The remaining $\frac{1}{4}$ will be light grey
- Fertility low will be a square with an orange fill up to $\frac{1}{3}$ of the square. The remaining $\frac{2}{3}$ will be light grey
- Predicted day of ovulation will be a muted orange square with a light orange vector sun shape in the center
- Predicted fertility high will be a square with a muted orange fill
- Predicted fertility medium will be a square with a muted orange fill up to $\frac{3}{4}$ of the square. The remaining $\frac{1}{4}$ will be light grey
- Predicted fertility low will be a square with a muted orange fill up to $\frac{1}{3}$ of the square. The remaining $\frac{2}{3}$ will be light grey
- PMS will be a white square with a set of two white clouds. The clouds will have a light grey outline.
- Predicted PMS will be a light grey square with a set of two white clouds. The clouds will have a light grey outline that blend into the background.

To return back to the home calendar page there will be a button with blue text “Done” which will close the legend.

On the home calendar page there will be another page that will be peaking out. To access this section fully, the user will slide up using a small medium grey bar that is located at the center of the screen. The only text visible at the home calendar page will be “Tracked on <Month> <Day>:” located at the left side, then “Cycle day <number>” located at the right side. <number> is calculated by the number of days passed since the first day of the user’s most recent period. The first day of the user’s period starts off as Day 1 and will continue until the user reports their next period date.

Track: Possibly the most important feature on this app. To show this, the Track icon will be the middle option featured on the bottom bar and will be displayed as a blue button with a white plus sign. Underneath it will read “Track” in black small letters. Clicking this icon will open up a new screen.

- The top bar will be dedicated to aid the user,

- underneath that there will be a weekly strip featuring the days of the week as their first initial (can be moved left or right depending on the direction the user moves the strip),
- underneath that there will be a movable strip of bubbled icons (can be moved left or right depending on the direction the user moves the strip),
- and finally underneath the bubbled icons there will be four selections for the user to press, representing different scenarios that fall under each category.

The top left of the screen will have a small flip calendar icon with a number centered in the middle. This icon will return a blue circle back. This number will be the current day. For example, if the date is October 14th, then the number will be 14.

Centered at the top will be some text that changes based on the user's interactions. The selected day will default to the current date, and the text will read "Today". If the user has a day from 2 weeks ago selected, then the label will read "2 weeks ago". The user will never be able to select a day in the future. This is to prevent the user from accidentally inputting data in days that have yet to come.

The strip of bubbled icons will be unique to every user because they will present the user's preferences under the Tracking Options discussed earlier. Every tracking option is featured as a bubbled icon, meaning there will be a circle with an image in the middle that properly represents the tracking option. For example, for tracking bleeding there will be a RED outlined circle, with a RED blood drop in the center to represent bleeding. Underneath will be four selections that relate to the tracking option. For example, for tracking bleeding there will be FOUR RED outlined squares. The four selections present will be: Light, Medium, Heavy, and Spotting. Each one will be represented by a relevant image. For example, Light will be a small RED blood drop. Medium will be a RED medium sized blood drop, Heavy will be a RED big blood drop, and Spotting will be three RED circles. When a selection is pressed, the square will be filled RED leaving the same image WHITE. The colors will become inverted. Every bubbled icon will be its own unique color. The color will be up to the developers, but they should be appropriate for the tracking option. For example, Bleeding should most definitely be red, but the other tracking options like Pain or Emotions can be blue, orange, yellow, green, etc.

Analysis: Pressing on Analysis will bring up the user's Cycle Analysis. Clue will use all of the user's data that has been imputed to calculate and display different analysis categories. This page will be titled at the top with medium grey text centered in the middle "Cycle Analysis". Being able to display useful data in visuals is going to be Clue's main attraction and selling point, therefore this page should be constantly updated with every input and calculated with correct algorithms. The first section will be 3 cyclical arrows, evenly spaced at $\frac{1}{3}$ of the width of the screen, and labeled before with bold text "Your typical cycles".

The first cyclical arrow will represent the user's average cycle length. There will be a number displayed in the center with the text "DAYS" underneath. This cycle length is calculated by counting the number of days between the start of one period to the start of the user's next period. This will be repeated using all the user's inputs, then divided by the number of cycles to calculate the average. The arrow part of the cyclical arrow will be filled blue to represent all the days of their cycle.

The second cyclical arrow will represent the user's average period length. There will be a number displayed in the center with the text "DAYS" underneath. This period length is calculated by counting the number of days between the start of a period to end of the same period

week. This will be repeated using all the user's inputs, then divided by the total number of periods to calculate the average.

The third cyclical arrow will represent the user's average cycle variation. There will be a number displayed in the center with the text "DAYS" underneath. This cycle variation is calculated by finding the difference between one period to the next. This will be repeated using all the user's inputs, then divided by the number of cycles to calculate the average.

Underneath every cyclical arrow there will be a button that says "READ MORE". When this is clicked, it will open up a page that contains more information about the corresponding cyclical arrow.

When the "READ MORE" button for Cycle Length is selected, the page that opens up will contain valuable information regarding that topic. The message will say *"Cycle length is the number of days between the first day of your "period" and the day before your next "period" starts. These results are based on your age and birth control method. You can update this information in your profile by going to More > About You*

Your cycle length will depend on the type of hormonal birth control (HBC) you use and if you decide to skip any periods while using HBC. Bleeding typically happens during your "no hormone" days (when you take placebo pills, or the times in between new rings or patches). Timing of bleeding can vary slightly and may also change slightly over time. You may have cycles when you don't bleed at all.

Your cycle on hormonal birth control

You don't have a typical menstrual cycle when using your selected type of hormonal birth control. When used correctly, the hormones in your HBC prevent your ovaries from preparing and releasing eggs (ovulation). This stops your body's usual hormonal cycling, including the growth and shedding of your uterus lining (your period).

***If there is any chance you may be pregnant, take a pregnancy test and/or talk to your healthcare provider.**

Clue is not a diagnostic tool. Clue monitors your cycle using the latest research from our academic and clinical collaborators. Clue's guidelines do not replace the advice of a healthcare provider.

Sources

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When the “READ MORE” button for Period Length is selected, the page that opens up will contain valuable information regarding that topic. The message will say *“Period length refers to the number of days of bleeding at the start/end of your hormonal birth control cycle. This result is based on what you’ve tracked in Clue, plus your age and birth control method. You can update this information in your profile by going to More > About You*

Your period on hormonal birth control

The bleeding you experience while using hormonal birth control is called *withdrawal bleeding* and is not considered a menstrual period. Withdrawal bleeding is caused by the decline in reproductive hormones in your body during days when you get low or no hormones from your pill, patch, or ring.

Many people experience lighter bleeding and some don't bleed at all while using hormonal birth control. When affected by hormonal birth control, the lining of your uterus doesn't thicken as much as it does without hormonal birth control. This typically results in lighter or occasionally absent “periods,” especially for people who have been using hormonal birth control for many months or years.

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When the “READ MORE” button for Cycle Variation is selected, the page that opens up will contain valuable information regarding that topic. The message will say *“Cycle length variation is a measure of your cycle’s changes in length from one cycle to the next. It is an indicator of how regular your “periods” are. This result is based on what you’ve tracked in Clue, plus your age and birth control method. You can update this information in your profile by going to More > About You*

Your cycle variability will depend on the type of hormonal birth control (HBC) you use and whether you decide to skip any periods while using HBC.

Cycle variability and hormonal birth control

Your cycles may have higher variability when you first start using HBC, but they should become regular over time. Many people have regular bleeding when using the type of HBC you selected. Some people will experience irregular bleeding because they stop having “periods” which with HBC are called withdrawal bleeding. This is normal.

If you’re experiencing unexpected or irregular bleeding and have been using your birth control for over ~3 months, consider speaking to your health care provider. Different brands contain different levels of estrogen and progestin, and one brand may be a better fit for you than another. Irregular bleeding can also be caused by reproductive health contritions, including uterine fibroids and uterine polyps.

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3.4 Nonfunctional Requirements

Clue must be able to continuously store data information for each user into their accounts. Users must be able to view and access all their data since the first day an input was made. When Clue gathers data from the user, it should be used when calculating the user’s predictions for their future 3 cycles. Clue will not sell this information but rather use our own scientists and analysers to translate the data back to useful information for the user. Since Clue is an app the presentation of the screens need to be user-friendly and color coordinated. The fonts, colors, and style between every tab and page should match and be coherent.