Core capabilities

1. **Ovulation confirmation** — Over 90% accuracy using your nightly skin temperature
2. **Anovulation cycle detection** — know when ovulation didn't happen
3. **More accurate ovulation window prediction** — so you never miss your fertile days
4. **Better period prediction** — improve planning and tracking
5. **Enhanced period logging** — coming soon: "spotting" logs for more detail
6. **Supports every cycle type** — from clockwork to unpredictable
7. **Cycle Flags™ —** unique pattern detection revealing hidden clues about your fertility health:
    - Early Ovulation
    - Late Ovulation
    - Possible Anovulation
    - Short Luteal Phase
    - Slow Rise
    - Fall to Baseline™
    - False Start™
    - Fall after Ovulation™
8. **Symptom tracking via Tags** — connect the dots between how you feel and your cycle
9. **Cycle Reports** — easy to share with your doctor

PowerPlug pre-purchase page copies

Introduction

Meet C&O Pro PowerPlug — the world's most accurate cycle and ovulation tracker, built right into your Ultrahuman Ring. Powered by 15 years of OvuSense™ research and trained on over 260,000+ real-world cycles, it doesn't just predict your fertile window, it confirms ovulation with 90% accuracy, confirms when ovulation doesn't happen, and reveals hidden cycle patterns even if you have PCOS, endometriosis, or irregular cycles.

About OvuSense™

Powered by OvuSense™ Technology — backed by 15 years of fertility science. OvuSense is a clinically proven fertility tracking technology, CE and UKCA certified as a Class IIa medical device, and FDA registered in the US. Trusted by women in over 40 countries, it's trained on more than 260,000 real-world cycles to deliver medical-grade accuracy in predicting and confirming ovulation, even for irregular cycles, PCOS, or endometriosis.

Built for your goals

Track Your Cycle with Clarity

Support for Your TTC Journey

Cycle Tracking

Get a clear, accurate view of your body's natural rhythm. From precise predictions to pattern insights and period forecasts, C&O Pro works for cycles that are regular, irregular, or anywhere in between. Stay in sync with your health, spot meaningful trends, and make informed choices with confidence.

Trying to Conceive

Identify your fertile window with medical-grade precision. Confirm ovulation, detect possible anovulatory cycles, and spot subtle changes that could affect conception. Designed to give you clarity, timing, and peace of mind throughout your TTC journey.

Know exactly when and if you ovulated

By tracking your nightly temperature, we can predict your ovulation window and confirm if ovulation actually occurred. This insight is important for those trying to conceive and is also a key marker of overall reproductive health. Regular ovulation signals a healthy cycle, while irregular patterns could indicate an underlying condition worth discussing with your doctor.

Works for all types of cycles

Whether your cycle is regular, irregular, long, short, or affected by conditions like PCOS or endometriosis, C&O Pro adapts to your unique pattern. By using your nightly temperature data, it delivers accurate predictions and confirmations tailored to you, so you can track with confidence no matter how unpredictable your cycle may be.

Revised:

Whether your cycle is regular, irregular, long, short, or affected by conditions like PCOS or endometriosis, C&O Pro adapts to your unique pattern. By continuously monitoring your nightly temperature, the most reliable indicator of hormonal changes, it captures subtle shifts that predict and confirm ovulation with precision. This means accurate insights tailored to you, so you can track with confidence no matter how unpredictable your cycle may be.

Unlock proprietary Cycle Flags™

Our proprietary Cycle Flags™ technology identifies hidden patterns in your cycle that traditional trackers often miss. From early or late ovulation to short luteal phases, anovulatory cycles, or subtle temperature shifts, these insights can reveal important clues about your fertility health. With this deeper understanding, you can work with your doctor or make informed decisions about your reproductive journey.

Cycle Reports: Your Cycle Health, over time

Cycle Reports bring together your most important cycle health metrics into one clear, longitudinal view. Track changes in cycle length, ovulation timing, luteal phase health, biomarkers, and symptoms over time. See recurring patterns, identify potential concerns, and share a complete picture of your cycle health with your doctor. These insights go beyond daily tracking, helping you understand your body’s trends and what they mean for your goals.

How we compare

Bringing you advanced cycle insights and clinically proven cycle and ovulation tracking that standard trackers can’t match.

Feature	C&O Pro	Others
Period Prediction	✅	✅
Ovulation Day Prediction	✅	❌
PRO EXCLUSIVE Ovulation Confirmation with 90% Accuracy	✅	❌
PRO EXCLUSIVE Possible Anovulation	✅	❌
PRO EXCLUSIVE Support for Irregular and Diverse Cycles	✅	❌
PRO EXCLUSIVE Proprietary Cycle Flags™	✅	❌
PRO EXCLUSIVE Predictions for your next 12 cycles	✅	❌
PRO EXCLUSIVE Global Medical Standards	✅	❌
PRO EXCLUSIVE HSA/FSA Eligibility	✅	❌

Why trust it?

- **Clinically Proven**
  CE & UKCA certified as a Class IIa medical device in EU & UK

- **Global Medical Standards**
  MDSAP certified, US FDA registered, approved for Canada & Australia

- **Proven at Scale**
  Trained on 26**0,000+ cycles** from a diverse real-world user base

- **HSA/FSA Eligible**
  Save on cost if you're in the US

- **From Ultrahuman x OvuSense™**
  A partnership bringing together cutting-edge wearable tech and 15 years of fertility research

Cycle Flags

Unique cycle patterns to help reveal hidden clues about your reproductive health.

Fall To Baseline

When skin temperature starts high, drops to baseline early, then rises at ovulation, it can signal underlying hormonal or metabolic conditions.

What is it?

Fall to Baseline is a cycle pattern where body temperature, a marker of progesterone levels, starts unusually high at the beginning of the cycle, drops back to baseline, and then rises again during ovulation[1].

Why does it happen?

A Fall to Baseline pattern suggests progesterone activity occurring earlier than expected in the cycle. Research[2] has shown it to be a strong indicator of polycystic ovary syndrome (PCOS) in women who have regular cycles, a group often overlooked for PCOS diagnosis. The same research also found a strong link between this pattern and the later development of gestational diabetes and gestational hypertension.

What does it mean?

It is normal for this pattern to appear occasionally in a cycle history. However, frequent occurrence can point to underlying hormonal or metabolic conditions that may require clinical evaluation. For those already diagnosed with PCOS, interpreting this flag with guidance from a healthcare provider is recommended. If this pattern is observed before pregnancy, it should be shared with a clinician due to its known association with gestational diabetes and gestational hypertension, which can often be managed more effectively when identified early.

False Start

When skin temperature rises mid-cycle without ovulation, drops, then rises again later, it can indicate underlying hormonal or reproductive issues.

What is it?

False Start is a cycle pattern where body temperature rises without ovulation occurring, followed by ovulation at a later point[1]. This early rise reflects a temporary increase in progesterone that does not lead to egg release, before a second, sustained rise signals actual ovulation.

Why does it happen?

A False Start suggests the ovaries begin the process of releasing an egg but do not succeed at first. The temperature data shows an initial progesterone surge, a drop, and then a stronger rise when ovulation finally occurs[3]. Research[2] links this pattern strongly with PCOS, and also notes a relatively strong association in women who have experienced a previous miscarriage.

What does it mean?

This pattern can appear occasionally without indicating a problem. However, if it occurs frequently, it may point to underlying hormonal or reproductive issues that require clinical evaluation. For individuals already diagnosed with PCOS or with a history of miscarriage, it is recommended to review this pattern with a healthcare provider to understand any implications for cycle health or fertility.

Fall After Ovulation

When skin temperature drops soon after ovulation and before the next period, it can signal early progesterone decline linked to luteal phase issues.

What is it?

Fall After Ovulation is a cycle pattern where body temperature, reflecting progesterone levels, drops rapidly after ovulation and before the next period[1]. This indicates a decline in progesterone earlier than is typical for a healthy luteal phase.

Why does it happen?

This pattern is thought to be linked to luteal phase insufficiency (LPI) that is not caused by a short luteal phase. In LPI, progesterone levels fall too soon after ovulation, which can impact the ability to sustain a pregnancy. Research[2] has found a strong association between this pattern and a history of miscarriage, and ongoing clinical data from OvuSense™ also shows a strong link to endometriosis.

What does it mean?

If this pattern appears in one or more cycles, it is advisable to consult a healthcare provider for diagnosis and guidance on managing any underlying conditions. Early evaluation can help address potential risks, particularly for those trying to conceive or with a history of reproductive health concerns.

Short Luteal Phase

When the time from ovulation to the next period is 9 days or less, it can indicate early progesterone decline often linked to stress or hormonal imbalances.

What is it?

The luteal phase is the period from ovulation to the first day of the next period. When this phase lasts 9 days or less, it is considered a short luteal phase[4].

Why does it happen?

A short luteal phase often occurs during times of physical or emotional stress or due to other conditions that disrupt progesterone stability. When progesterone levels fall too soon, the body signals the end of the current cycle earlier than expected.

What does it mean?

Research[4] involving 1,635 cycles from 284 women found that a short luteal phase occurred in 18% of cycles among women with no infertility diagnosis. Data from the OvuSense clinical database also shows that many women may experience this pattern at least occasionally. However, if it appears frequently, it is worth consulting a healthcare provider to review lifestyle factors and check for underlying conditions that could be contributing to its recurrence.

Long Cycle

When a menstrual cycle lasts over 45 days, it often signals delayed or absent ovulation, sometimes linked to hormonal or reproductive health conditions.

What is it?

A long menstrual cycle is one that lasts more than 45 days from the first day of a period to the start of the next[5].

Why does it happen?

A long cycle often points to delayed ovulation, which occurs later than usual and typically after day 21. Research[6] shows that over half of women ovulate more than 60% of the way through their cycle, and more than 10% ovulate after 75% of the cycle has passed. In some cases, a long cycle happens because ovulation does not occur at all. While occasional long cycles can be normal, frequent occurrence should be investigated to determine the cause of delayed or absent ovulation.

What does it mean?

A long cycle may simply reflect a one-off delay in ovulation caused by factors like stress, weight changes, excessive exercise, certain medications, or travel. However, it can also be linked to hormonal imbalances and reproductive health conditions such as thyroid disorders, polycystic ovary syndrome (PCOS), or hypothalamic amenorrhoea. If long cycles are unusual for you and begin happening more often, it is important to consult your healthcare provider, as they may indicate ovulatory disorders such as PCOS.

Early Ovulation

When ovulation happens in the first third of the cycle, it shortens the follicular phase and can be influenced by age, stress, or hormonal changes.

What is it?

Early ovulation refers to ovulation that occurs less than 35% of the way through a cycle[7]. In a 30-day cycle, this would mean ovulation on day 10 or earlier. This pattern results in a shortened follicular phase, which is the time from the start of a period until the day of ovulation.

Why does it happen?

Early ovulation becomes more common with age and can also be triggered by factors such as stress, stopping hormonal contraception, or a recent pregnancy. For some women, it is simply their natural cycle pattern. Research[8] suggests that a shortened follicular phase in older women is often due to earlier dominant follicle selection, influenced by age-related hormonal changes during the perimenopause.

What does it mean?

Early ovulation is not always a cause for concern and is not inherently linked to infertility. However, if it occurs frequently, it is worth discussing with a fertility specialist. Research[9] has also found an association between early ovulation and a history of recurrent miscarriage, highlighting the value of monitoring and understanding this pattern.

Late Ovulation

When ovulation occurs in the last third of the cycle, it can shorten the luteal phase and may be linked to conditions like PCOS or thyroid disorders.

What is it?

Late ovulation refers to ovulation that occurs more than 67% of the way through a cycle[10]. In a 30-day cycle, this means ovulation on day 21 or later. This timing can sometimes lead to a shortened luteal phase, which is the period from ovulation until the first day of the next period.

Why does it happen?

Late ovulation can occur occasionally in any woman and is usually not a concern if it happens as a one-off. However, frequent late ovulation has been linked to conditions such as polycystic ovary syndrome (PCOS) and thyroid disorders, both underactive and overactive. It can also be influenced by stress, age, certain medications, or other temporary factors. For some women, it may simply be their natural cycle pattern.

What does it mean?

Late ovulation is not inherently a problem or directly tied to infertility. The main concern arises if it consistently causes a shortened luteal phase, which may affect the ability to conceive or sustain a pregnancy. If this pattern is persistent, a consultation with a fertility specialist is recommended.

Slow Rise - Ovulation Detected

When skin temperature rises gradually over several days instead of sharply, it can indicate delayed or irregular ovulation often linked to hormonal imbalances.

What is it?

Slow rise is a cycle pattern first described in clinical literature[11], where body temperature increases gradually over several days instead of the typical sharp rise over two to three days. Within this period of "slow" rise if the minimum criteria of biphasic shift is detected, it indicates that ovulation may have occurred. It is often unclear how this occurs, and the pattern is generally considered an indication that ovulation may not be happening in the usual way.

Why does it happen?

A slow rise often reflects a slower release of progesterone during the ovulatory process. This can occur if the ovaries are having difficulty releasing an egg or if there is an underlying hormonal imbalance affecting the ovulatory cycle.

What does it mean?

It is normal to see a slow rise occasionally in a cycle history. However, if it appears frequently and there is no prior diagnosis of polycystic ovary syndrome (PCOS) or diminished ovarian reserve, it should be discussed with a healthcare provider for a thorough evaluation and diagnosis.

Slow Rise - No Ovulation

When skin temperature rises gradually over several days instead of sharply, it can indicate delayed or irregular ovulation often linked to hormonal imbalances.

What is it? Slow rise is a cycle pattern first described in clinical literature[11], where body temperature increases gradually over several days instead of the typical sharp rise over two to three days. In some cases the rise is so gradual that an inflection can't be measured as per criteria and this would qualify as slow rise without ovulation. It is often unclear how this occurs, and the pattern is generally considered an indication that ovulation may not be happening in the usual way.

Why does it happen? A slow rise often reflects a slower release of progesterone during the ovulatory process. This can occur if the ovaries are having difficulty releasing an egg or if there is an underlying hormonal imbalance affecting the ovulatory cycle.

What does it mean? It is normal to see a slow rise occasionally in a cycle history. However, if it appears frequently and there is no prior diagnosis of polycystic ovary syndrome (PCOS) or diminished ovarian reserve, it should be discussed with a healthcare provider for a thorough evaluation and diagnosis.

Possible Anovulation™

When no egg is released in a cycle, it can be due to factors like weight changes, hormonal conditions, or ovarian issues, and may require evaluation if frequent.

What is it?

Anovulation is when no ovulation occurs during a menstrual cycle[1][2]. This means an egg is not released, and the hormonal changes that typically follow ovulation do not take place.

Why does it happen?

Healthy women may experience one to three anovulatory cycles in a year without it being a sign of a problem. Common causes include being underweight (often due to excessive exercise or restrictive dieting), being overweight, hormonal conditions such as polycystic ovary syndrome (PCOS), or physical issues with the ovaries. Anovulation can range from rare, occasional episodes to cycles where ovulation never occurs, and treatment depends on the underlying cause.

What does it mean?

Occasional anovulatory cycles are generally not a concern, though reviewing lifestyle, nutrition, and exercise habits can be helpful. Frequent absence of ovulation should be assessed by a healthcare provider or fertility specialist. Many causes of anovulation respond well to straightforward and effective treatments, meaning it can often be managed with relatively limited medical intervention.

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Regulatory status

Cycle & Ovulation Pro PowerPlug powered by clinically proven OvuSense™ technology. EU & UK: CE and UKCA certified as a Class IIa medical device. MDSAP certified and registered for US FDA, Canada and Australia to Class II standards.

Differences b/w C&O “base” and “pro” offerings

Features/Capabilities	C&O Base (UH only)	C&O Pro (with Vio)
Period prediction	✅	✅
Ovulation day prediction	✅	✅
Support for irregular cycles and cycles with pre-conditions like PCOS, endometriosis etc.	❌ (not specifically marketed to this user base)	✅
Ovulation confirmation with 90%+ accuracy	❌	✅
Anovulatory cycle detection	❌	✅
Cycle flags	❌	✅
CE Class 2 medical device status in EU	❌	✅
EU & UK: CE and UKCA certified as a Class IIa medical device	❌	✅
MDSAP certified and registered for US FDA	Registered for US FDA	✅
Canada and Australia to Class II standards	❌	✅
HSA/FSA eligible	❌ (not applicable as its free of cost)	✅
Period and Ovulation prediction for future 12 cycles	❌	✅

Available regions

1. United States
2. United Kingdom
3. European Union
4. Australia
5. Canada
6. Norway
7. Iceland
8. Isle of Man
9. Bosnia and Herzegovina
10. Moldova
11. Albania

And coming soon in other regions.