

# FlowMate - Period Companion

FlowMate is designed to help women track their menstrual cycles, get timely reminders, and receive AI-powered guidance on period-related concerns. It provides suggestions for pain relief, lifestyle tips, and general menstrual health information by just using the key words like cramps, late period, exercise, stomach pain, mood swings, heavy bleeding, irregular periods, bloating, headache

## Track Your Period

Enter Your Name

Netravati Ballari

Enter Your Email

ballarinetravati04@gmail.com

Last Period Date

2025/02/26

Cycle Length (days)

28

- +

Save My Data

# Ask FlowMate Anything About Periods!

Ask me anything about periods...

cramps

Ask

Cramps can be relieved by using a heating pad, drinking warm fluids, and light stretching.