

NATURAL FAMILY PLANNING

Overview Chart

| NFP METHODS | CERVICAL MUCUS | BASIL BODY TEMPERATURE (THERMAL) | CERVICAL POSITION | HORMONE TESTING | MEDICAL MANAGEMENT OPTIONS |
|--|----------------|----------------------------------|-------------------|--|----------------------------|
| Serena | ✓ | ✓ | ✓ | | |
| Creighton/NaPro Technology (Natural procreative technology) | ✓ | | | | ✓ |
| Billings | ✓ | | | | |
| Femm (Fertility education and medical management) | ✓ | | | ✓ Optional test for ovulation- LH surge | ✓ |
| Marquette | | | | ✓ Fertility monitor detects Estrogen & LH surge | |