

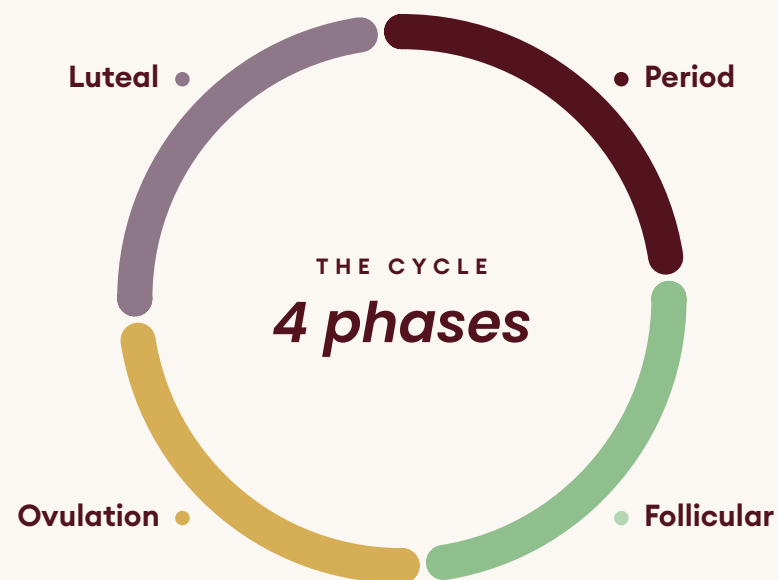


WOMEN'S CYCLE TRACKING

Your cycle. *Even when it follows no rules*

A menstrual cycle tracker reviewed by a gynaecologist,
exportable for the consultation

Product presentation, for healthcare professionals



A blind spot *between two appointments*

This is not only about women who already have a diagnosis. What they all lack is an explanation of what happens in their body, and a way to bring it back to their practitioner

AUDIENCE 01

Those who have a cycle

Mood, energy, sleep and skin shift from one week to the next, and nobody ever explained why

AUDIENCE 02

Those who have no cycle

Continuous contraception, postpartum, amenorrhoea, menopause: existing apps only work with periods, so they exclude them

AUDIENCE 03

Those seeking a diagnosis

A confirmed or suspected condition, and a diagnostic journey often counted in years

ONE EXAMPLE AMONG MANY

10%

of women of reproductive age are affected by endometriosis

French Ministry of Health, 2025

8 to 13%

of women of reproductive age have PCOS, and 70% of them do not know it

World Health Organization, 2025

7 years

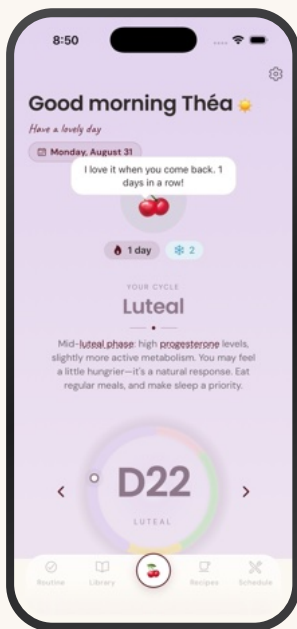
average delay before an endometriosis diagnosis

French Ministry of Health, Santé.fr, 2025

A single app for *the whole day*

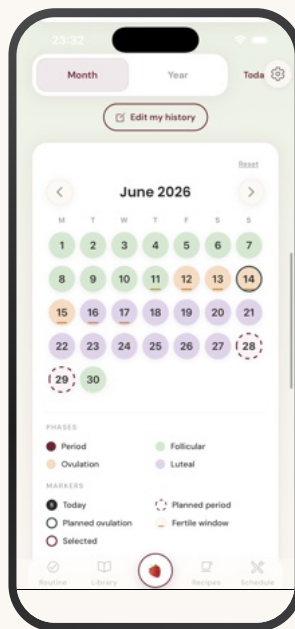
Home

Today's phase and what it means



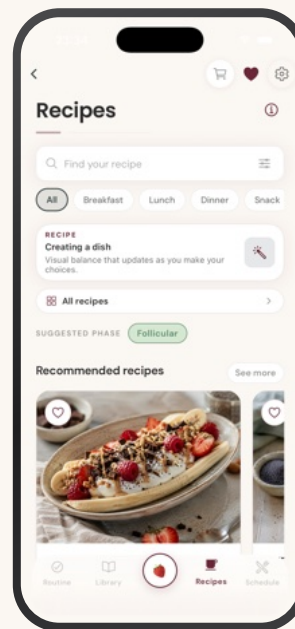
Calendar

Every day colour-coded by phase



Recipes

Meals filtered by cycle phase



Lovae covers her whole day, from logging her symptoms to sharing the data in consultation

Daily tracking

Flow, emotions, energy, symptoms and treatments

Cycle and calendar

Four phases, period prediction, history

Nutrition

Recipes by phase, dish scanning, meal planning

Analysis and export

Readable trends and a report for the practitioner

Thirty seconds a day, *and nothing else to do*

A single entry feeds everything else: the phases, the trends and the report she brings to her appointment

Flow, emotions, energy

Multiple selections within one daily entry

Body and symptoms

Skin, physical activity, pain, optional basal body temperature

Treatments

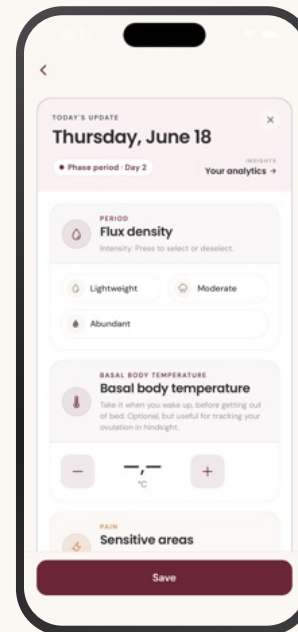
Pill organiser and dose reminders for daily contraception

Dedicated tracking

Specific symptoms when a PCOS or endometriosis profile is enabled

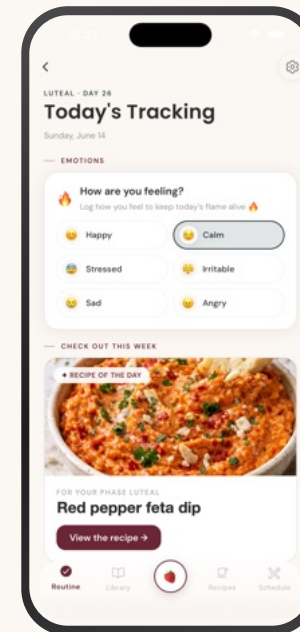
A single entry

Flow, temperature, pain



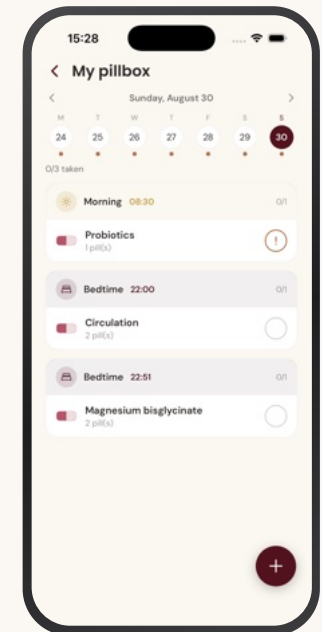
Emotions

How she feels, plus the daily tip



Pill organiser

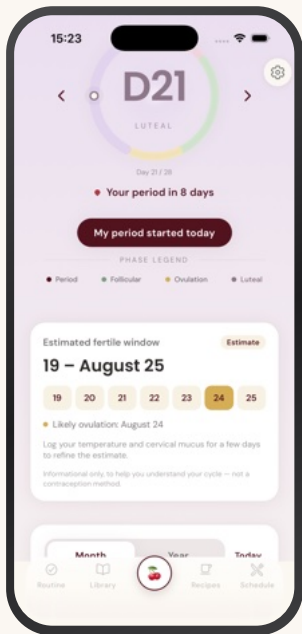
Today's doses and adherence



Four phases, 41 interpretation rules

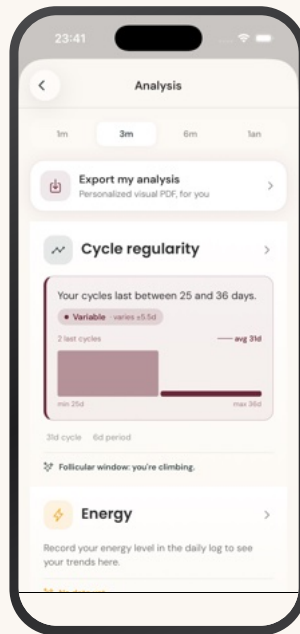
Phase of the day

Position in the cycle,
day by day



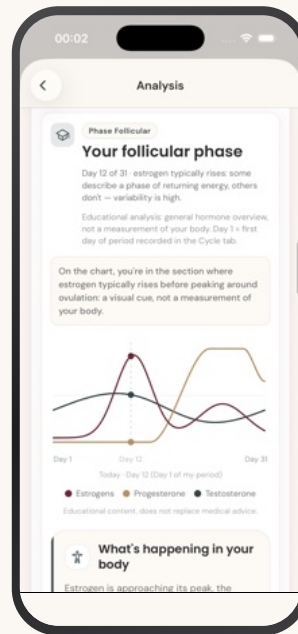
Measured regularity

Average length,
variability, trends



Hormonal landmarks

Educational curves by
phase



Two physiological phases, follicular and luteal, presented to the user as four markers. Entries are then turned into trends through 41 interpretation rules

Two prediction modes

Adaptive, learned from real cycles, or a fixed declared length

Estimated fertile window

Derived from the phase, never presented as a contraception method

Irregularity signals

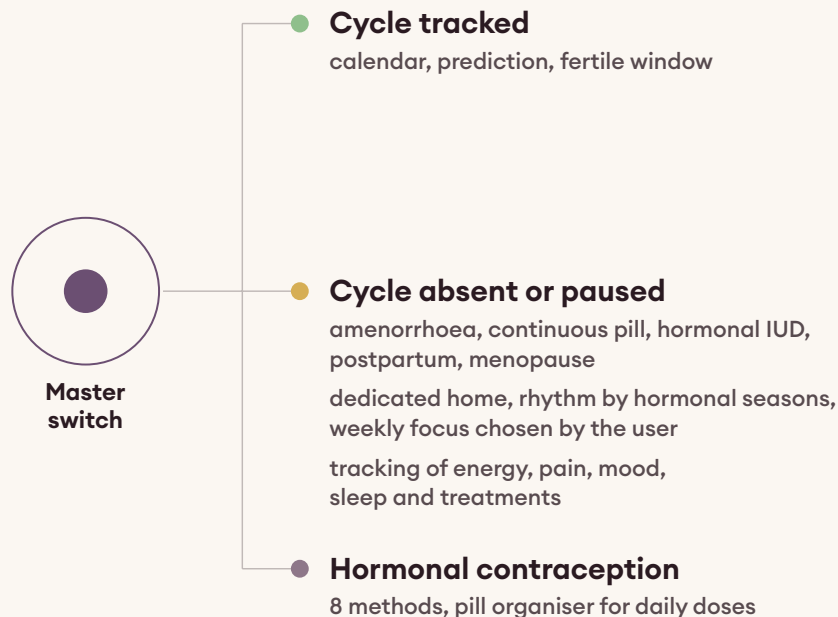
Surfaced without ever being labelled or interpreted

No diagnosis

Hormone curves are educational and carry no diagnostic value

The app keeps going *without periods*

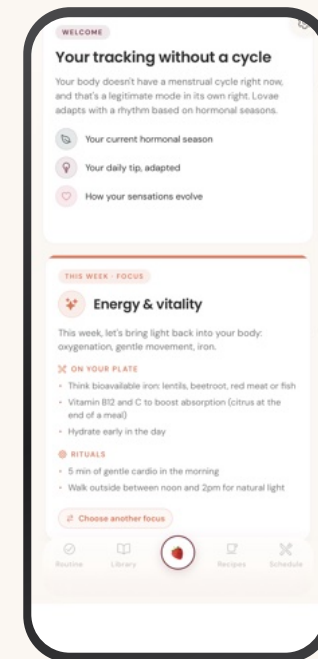
Cycle tracking apps only work with periods, which in effect excludes women who do not have them. Lovae makes this a mode in its own right



If periods return, the app offers to re-enable cycle tracking, without ever imposing it

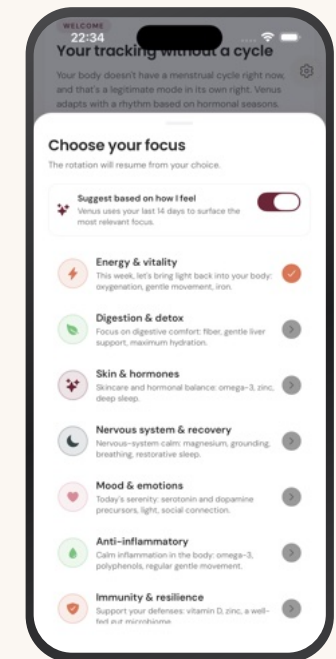
Dedicated home

No periods, a seasonal rhythm



Weekly focus

Energy, mood, sleep, digestion



A profile that changes the journey, *not a label*

Enabling a profile does more than name a condition: the prediction, the symptoms tracked and the content offered all change

PCOS profile

10 specific symptoms tracked

Tolerant prediction

Variations in length are not treated as anomalies

Adaptive pause

Prediction pauses when cycles become irregular

Endometriosis profile

7 specific symptoms tracked

Pain forecast

At-risk days are flagged from the user's history

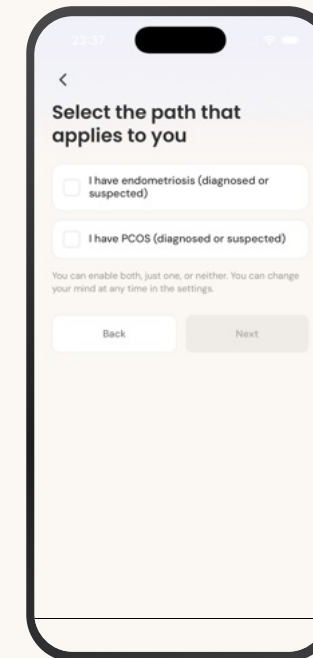
Tracking timeline

The course of pain reads on a single view

These profiles are enabled by opt-in with explicit consent. The app never infers them from logged data and makes no diagnosis

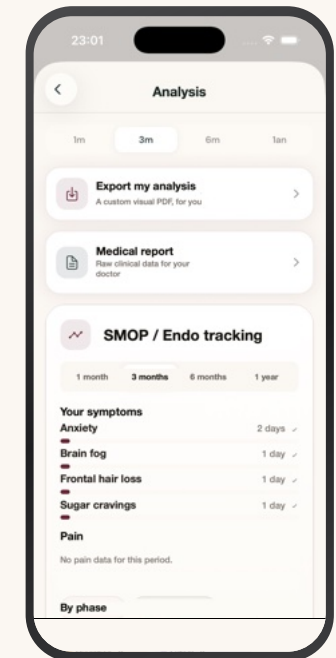
Opt-in activation

The journey is chosen, never inferred



Profile analysis

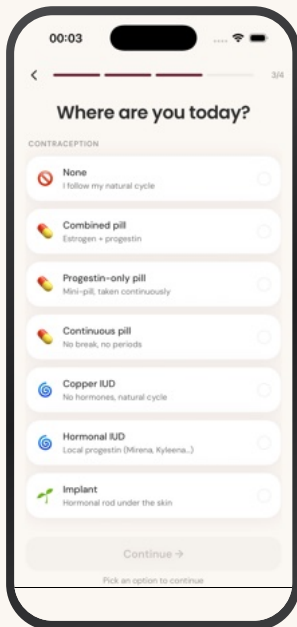
Trends read across several cycles



The declared contraception *shapes the whole journey*

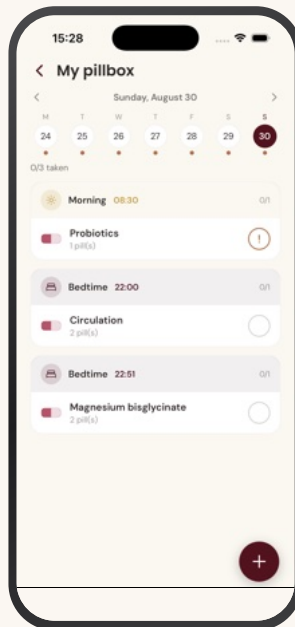
Contraception

Declared at sign-up



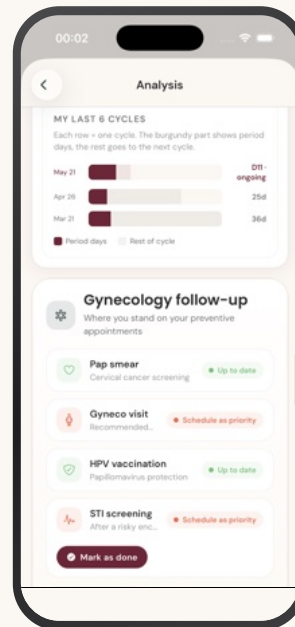
Pill organiser

Dose reminder and adherence



Preventive care

Pap smear, visit, HPV, STI screening



Depending on the declared method, the app enables the pill organiser and its reminders, or switches to the period-free mode

8 contraceptive methods

Combined, progestogen-only and continuous pills, copper IUD, hormonal IUD, implant, ring, patch

Dose reminders

For daily methods, at a time chosen by the user

Adherence tracked

Missed doses stay visible in the history

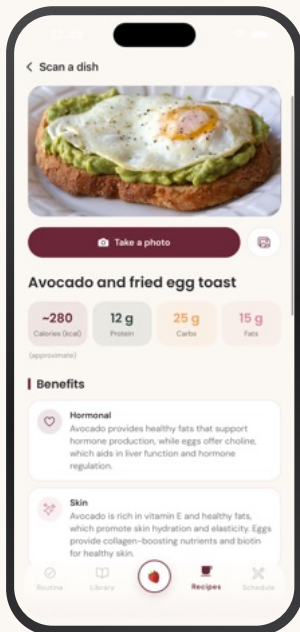
Preventive appointments

Pap smear, gynaecological visit, HPV vaccination and STI screening, each with its status

One photo is enough to link *the plate to the cycle*

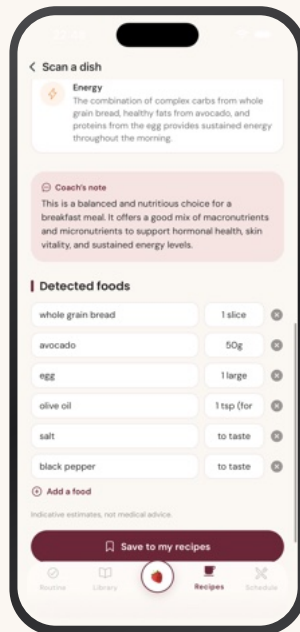
Meal scan

Foods recognised from a photo



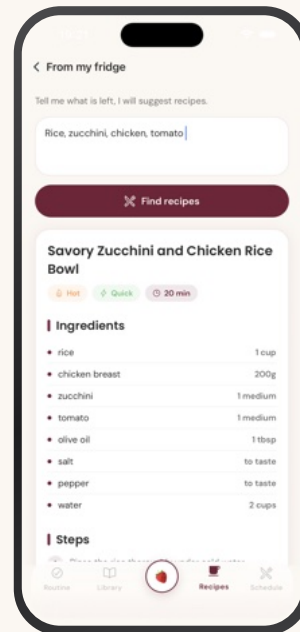
Detected foods

Benefits read against the current phase



From the fridge

Recipes from what is left



Foods are recognised from a photo, then linked to the physiological needs of the current phase

88 recipes indexed by cycle phase

Meal planning

The week organised from the recipes she saves

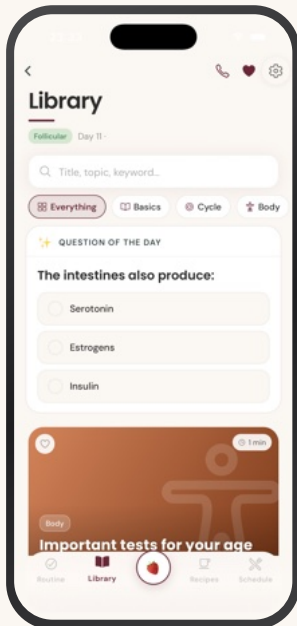
Shopping list

Generated automatically from the plan

Understanding her body, *article by article*

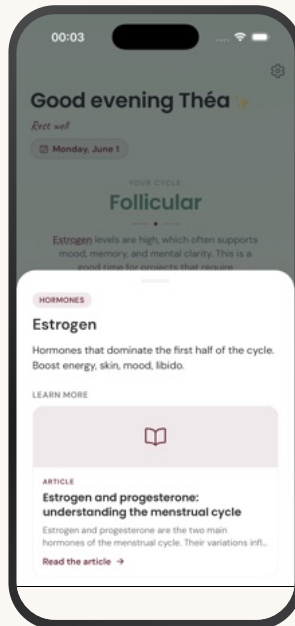
Library

Search and filters by topic



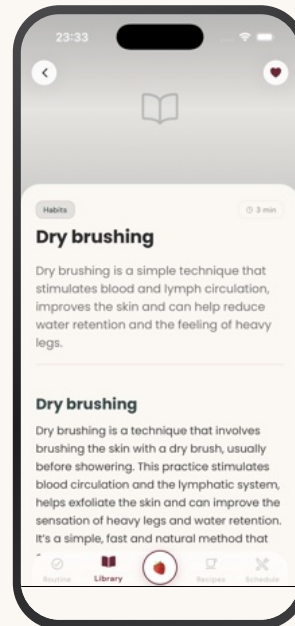
Definition in context

Each term explained where it appears



Article

Reading time shown



Every article is available at any time from the Library tab, without going through cycle tracking

93 articles sorted by topic

Basics, cycle, body, nutrition, readable offline

Keyword search

By title, topic or a term heard in consultation

Built-in glossary

Medical terms are defined where they appear

One question a day

A health-literacy quiz of 100 questions

Verified sources, *reviewed by a gynaecologist*

Every piece of health content follows the same production chain, from source to publication, then comes back for revision. The app also includes a directory: phone numbers and websites of the relevant bodies, patient associations and public health services



Regular revision, aligned with current guidelines

93

articles reviewed before publication, sorted by topic and readable offline

100

health-literacy quiz questions, one a day

41

interpretation rules applied to the entries

Never *resold*

No advertising third parties

No cycle or health data is shared or resold

Hosted in Europe

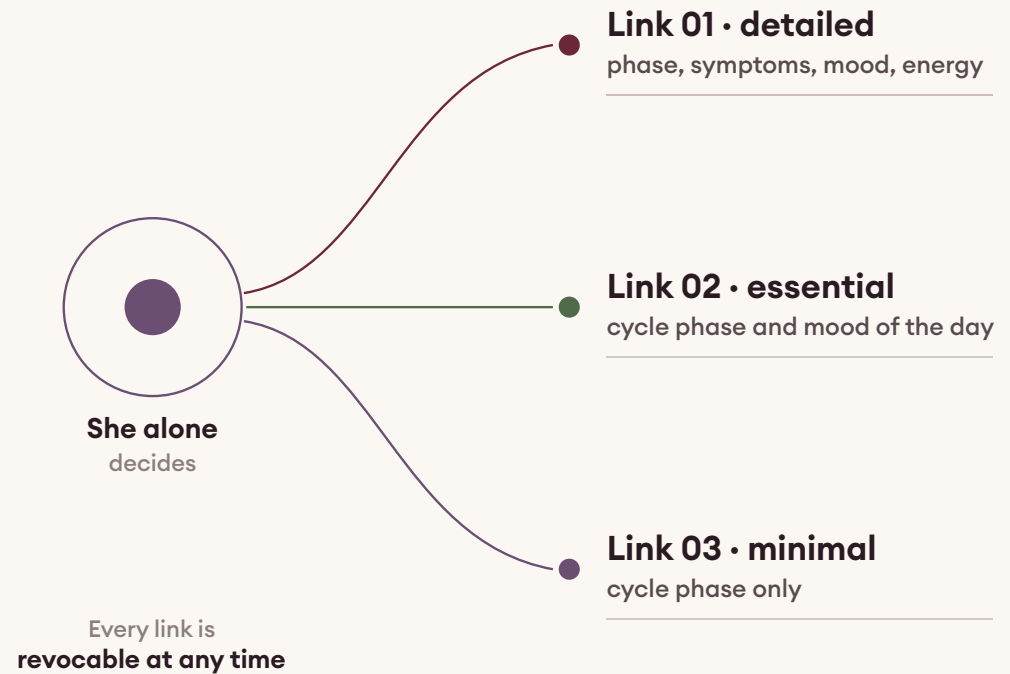
Data hosted on servers located in the European Union, compliant with the requirements applicable to health data, with access protected by Face ID or Touch ID

GDPR compliance

No cycle or health data leaves the European Union. Collection limited to what is necessary, with rights of access, rectification and erasure

Controlled sharing

Three private links at most, level of detail chosen, revocable at any time



What the practitioner *has in front of them*

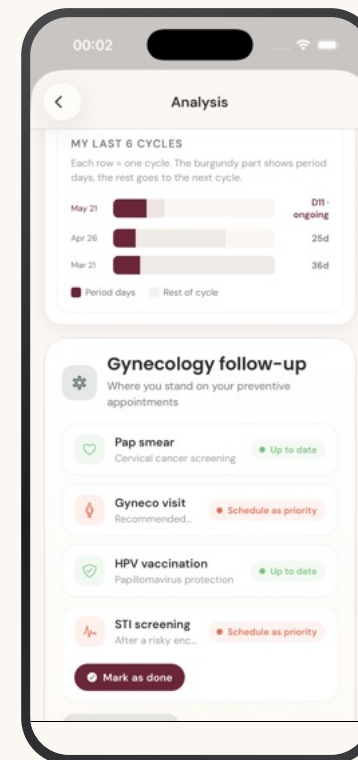
The medical report is generated on demand, over the chosen time span. It contains no interpretation and no recommendation: only the logged data, dated and ordered

- | | |
|--|--|
| 01 Average cycle length, variability and date of the last period | 02 Period history: dates and flow intensity |
| 03 Dated symptoms, with frequency and distribution by phase | 04 Pain: location, intensity and the days concerned |
| 05 Current treatments: contraception, adherence, supplements | 06 Preventive care: pap smear, gynaecological visit, HPV vaccination |

Lovae is not a medical device within the meaning of Regulation (EU) 2017/745. The report makes no diagnosis: it documents the chosen time span to support the conversation in consultation

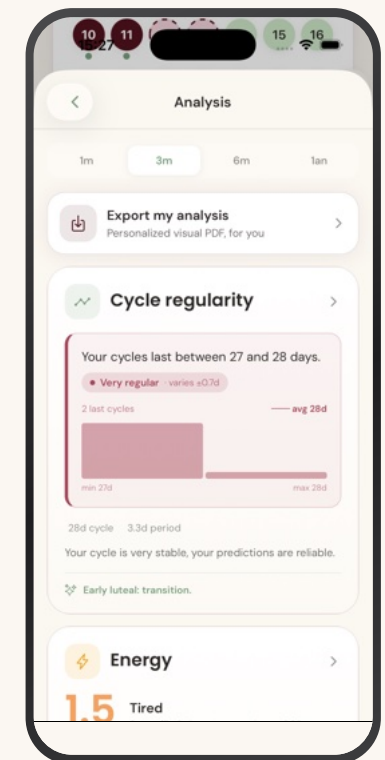
Preventive care

Pap smear, visit, HPV vaccination



Generated on demand

Doctor's report and personal summary

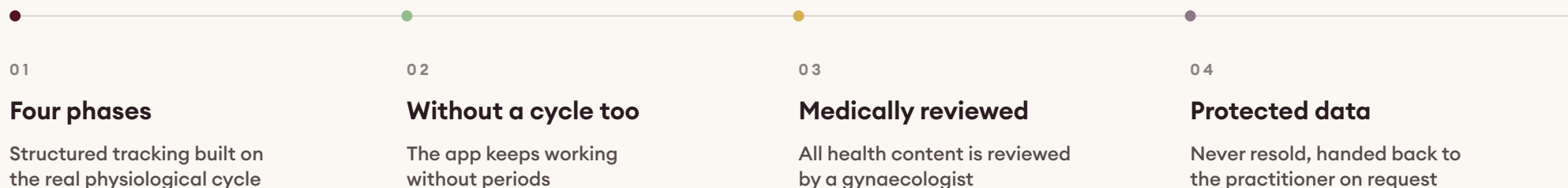


Complete tracking, *reviewed and protected*

Lovae documents the cycle of *all* women, with or without periods, and hands that data back to the healthcare professional



Available on the App Store
and Google Play



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