

CREIGHTON MODEL

FertilityCare™ Services



Procreative Wellness

Providing Natural Choice for:

- Achieving Pregnancy
- Avoiding Pregnancy
- Procreative Wellness

FertilityCare System Facts

The **FertilityCare** System teaches a woman and couple to identify the fertile and infertile days in her cycle. The couple then uses this information to plan or avoid a pregnancy. The System is based on the observation and tracking of physical signs a woman has when she is fertile.

The system has a 99.6% degree of effectiveness to avoid pregnancy and a very high degree of accuracy in achieving pregnancy. A Meta Analysis of five effectiveness studies was published in the "Journal of Reproductive Medicine."

The FertilityCare System is more than Natural Birth Control

Couples report the **FertilityCare** System is so much more than natural birth control. Birth control has only one purpose, preventing pregnancy. The **FertilityCare** System is also very effective to achieve pregnancy. As an additional benefit, couples report that their communication increases. Women express appreciation that this method also involves the couple and that it helps her to understand her body.

FertilityCare System and Infertility

FertilityCare[™] System provides new hope for couples who are going through the experience of infertility or low fertility. Not only does this system inform couples of when they are most fertile, it also aids in identifying factors that may be contributing to infertility. Women no longer rely on the calendar to determine where they are in their cycle resulting in more accurate diagnostic testing.

FertilityCare System is easy to learn

The first step to learning the method is to attend an Introductory Session. These Sessions can also be scheduled to accommodate an individual's needs and schedule. At the end of this Session the couple decides if they want to continue with instruction. Couples are then given a *Personal Fertility Kit* that contains a book, chart, and everything they need to begin tracking of their fertility. There is a \$25.00 fee for the kit. The couple is then scheduled for a Follow-Up appointment. These sessions are private appointments structured for the purpose of support, learning, reviewing charting, and assessing instructions.

There is a fee of \$45.00 per session. The Follow-Up sessions are every two weeks during the first two months of learning and then are less frequent after that. There are 8 Follow-up sessions over a one-year period. All services are private and confidential. Daytime and evening hours are available. Long distance learning is available through phone, Skype, mail, or e-mail when it is not possible to come in person for instruction. The method is affordable to anyone and may be reimbursed by some HMOs and third party payers.

FertilityCare Practitioners and Practitioner Interns Teach the FertilityCare System

The Creighton Model **FertilityCare Practitioner** or **Practitioner Intern** is an allied health professional who is in, or who has completed a 13-month theoretical and clinical experience. The **FertilityCare Practitioner Intern** teaches women and couples while under the supervision of a certified **FertilityCare Educator**.

Basic Facts

- ♥ Regular cycles are not necessary to use the **FertilityCare™** System
- ♥ Women ovulate during one 24-hour period in each cycle and the egg lives for only 12 to 24 hours if there is no conception.
- ♥ Women will experience a very definite symptom when they ovulate and for several days before, this is the time when the couple is fertile and pregnancy can occur. A woman is taught how to observe and interpret this biomarker and together the couple is taught how to use the system.
- ♥ By observing and tracking this biomarker the couple can determine the beginning and end of fertility regardless of cycle regularity.
- ♥ A woman who is breastfeeding, coming off oral contraceptives, in long cycles, or in pre-menopause can use the method with a very high degree of effectiveness. It was often thought impossible to use a natural method in these reproductive categories.

FertilityCare System is the First Step to NaProTECHNOLOGY®.

Through NaPro**TECHNOLOGY®**, a new reproductive science that has its roots in the CREIGHTON MODEL **FertilityCare** System, Physicians, Nurse Practitioners, Physician Assistants and Midwives can assist women with infertility, repeated miscarriages, PMS, Ovarian cysts, menopause, and a variety of reproductive issues. The standardized charting provides a tool to identify indicators of problems. When these are identified treatments can be prescribed that are founded in an understanding of what is actually occurring in the woman's cycle.

Couples report that the FertilityCare System benefits the relationship

Couples report an increase in communication and a growth in the

Spiritual

Physical

Intellectual,

Communicative/ Creative

Emotional

dimensions of their sexuality and relationship

*For more information on the
CREIGHTON MODEL
FertilityCare System go to:*

www.fertilitycare.org

www.creightonmodel.com

www.aafcp.org

For more information or to schedule an Introductory Session contact:

Jennifer Tress

(860) 466-9612

Jen.Tress@gmail.com