

Contraceptive smartphone app works as well as the Pill

An app for smartphones that analyses a woman's temperature and ovulation tests to identify fertile days is as effective a contraceptive as the Pill, according to research.

The Natural Cycles app, which is free to download,

creates an algorithm based on a woman's temperature when taken each morning to build a data plan of fertility, showing the days that pregnancy could occur. It then notifies users when to take precautions. In a

clinical trial in Sweden involving more than 4,000 women, the app scored similar results to the Pill. The findings are published in the *European Journal of Contraception and Reproductive Health Care*.

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