








Essential insights for WHOOP fertility study

Before the study begins


-  **Registration & eConsent:** You will start by registering on the study landing page with your email address to receive a One-Time Password (OTP) via email. Next, you will receive an eConsent link via email. If this is left unsigned, you will receive friendly email and SMS reminders. Be sure to check your SMS and emails regularly for these reminders and click the provided links to complete the process.
-  **Screening & Onboarding:** You will be sent Screening and Onboarding survey links via email and SMS. These surveys ask questions about your health, your habits, and your menstrual cycle. If you forget to complete them, you will receive reminders daily for up to 6 days via both SMS and email. Your survey links will save your progress, so you can revisit the link to finish any incomplete survey within a specific time window.
-  **Receive your kit:** We will mail you a testing kit that contains 30 urinary test strips - enough for up to three cycles. Please let us know when your kit arrives. As soon as you confirm that you received, you can begin the study activities.

During the study


-  **Start LH testing:** You never have to guess when to begin testing. You will receive a reminder via both SMS and email exactly 2 days before your calculated testing window begins. We will provide you with the LH testing instructions.
-  **Daily testing (Cycle 1):** You will receive daily survey links via SMS and email to log your status and test results. Be sure to check your texts and emails for these reminders and click the links to access the surveys. If you cannot complete a survey at one time, your progress will be saved, and you can revisit the link to finish the survey until the end of the day. Even if you aren't in your LH-testing ovulation window, you will still log your status daily (and wear your WHOOP) until you report that your period has started.
-  **Additional cycles:** After your first cycle, you will receive an opt-in survey link via SMS and email, inviting you to participate in Cycle 2, along with reminders. You can revisit the survey links to complete any incomplete surveys within the specified time frame. This same process will repeat if you choose to participate in a third cycle.
-  **Earn your compensation:** At the end of each completed cycle, an electronic payment card will be issued to you via email, complete with easy instructions for activation. Compensation will vary depending on which study milestones were completed.

(Note: If you report a pregnancy at any point in the surveys, all future daily surveys will stop immediately, and you will be sent a link to an exit survey instead.)

If you choose to withdraw

-  Participation is completely voluntary. If you ever decide to leave the study early, simply request a withdrawal. You will be sent a link to complete an End of study survey.

Support

-  **Contact:** If you have questions about the study, please contact your study site directly. Castor does not provide direct support to participants.