

Essential insights for WHOOP fertility study

Confidentiality Reminder: Please do not share, capture, or describe any of the content shown here with anyone outside of WHOOP, whether in person or online.

Before the study begins



1. Registration & eConsent: Castor is the study's online study survey platform. You will start by registering with your email address to receive a One-Time Password (OTP) via email.

Next, you will create a Castor profile and provide your mailing address (so we can mail you your study materials in the future, if you consent) and phone number (so we can send SMS text reminders of study activities).

You will then be directed to read the Informed Consent Form and provide consent if you wish to participate in the study.



2. Screening & Onboarding: You will be sent the links to complete the Screening Survey and Onboarding Survey via email and SMS.

These surveys ask questions about your health, your habits, and your menstrual cycle.

If you forget to complete them, your progress will be saved for up to seven (7) days, and you will receive reminders daily via both SMS and email.

During the study



1. Wear your WHOOP: Wear your WHOOP on your wrist throughout the study.



2. Receive your kit: We will mail you a testing kit that contains urinary Luteinizing Hormone (LH) test strips and confirm its arrival. Once you have your LH testing kit, you can begin the study activities!



3. Submit Daily Surveys: You will receive the link to the Daily Survey via email/SMS text where you will submit your test results.



4. Start LH testing: We will provide you with the LH testing instructions and let you know when to begin testing via email/SMS text.



5. Completing a cycle: After your first cycle, you will receive an opt-in survey link via email/SMS text, inviting you to participate in another collection cycle (you may complete up to three (3) cycles).



6. Receiving your compensation: At the end of each completed cycle, your study compensation, in the form of an electronic payment card, will be issued to you via email, complete with instructions for activation. Compensation amounts will vary depending on which study milestones were completed, as described in the Informed Consent Form.

At the End of the Study



Exit Survey: You will be able to complete a survey asking about your time in the Fertility Health Feature Study. You will also be compensated for completing this survey.



If you choose to withdraw: Participation is completely voluntary. If you ever decide to leave or withdraw from the study early, simply email the study at FHFStudy@zs.com and request study withdrawal. At the time of withdrawal, you will also be sent a link to complete an Exit Survey.