

FEMMTM

FERTILITY EDUCATION & MEDICAL MANAGEMENT

2023

femm@femmhealth.org
www.femmhealth.org

FEMM Training



213 TEACHERS
TRAINED

134 DOCTORS
TRAINED
IN ALL COURSES
COMBINED

In 2023, a new FEMM teacher certification course in Spanish was launched. Clinical rotations are offered for medical providers and students who have taken the FEMM medical management training.

“Residents are using FEMM education and protocols in their practice and they are reporting successful outcomes.”

—Dr. Sandra Ramiya

“FEMM/RHRI management protocols are evidence-based and are simple to follow and use . . . if more people learn about FEMM, that will provide a friendly environment for patient care.”

—Dr. Godfrey Kato Kaizilege

Bringing FEMM to more patients and physicians in Tanzania



FEMM continued to expand its presence in Tanzania in 2023—and it has the potential to transform medical care in Tanzania.



Tanzanian physicians Dr. Godfrey Kato Kaizilege and Dr. Sandra Ramiya attended FEMM’s 2023 Master Class in Columbus, Ohio. Upon returning home, Dr. Kaizilege and Dr. Ramiya held a FEMM master class for 43 OB/Gyn residents at the Bugando Medical Centre, the leading hospital in Mwanza, Tanzania and throughout the region. They also created a FEMM club and a meeting group for specialists and residents to present cases for discussion. Both physicians have used what they’ve learned from FEMM to successfully treat many of their own patients.

Dr. Kaizilege has plans to further integrate FEMM/RHRI into Bugando Medical Centre’s resident program. He also intends to create a lecture on FEMM topics for the 200 medical students who do a rotation in the Centre’s obstetrics and gynecology department every year.

Dr. Kaizilege has his sights set on sharing FEMM with nearby medical centers and hospitals as well. Dr. Ramiya has moved to a hospital in nearby Tabora, and will be sharing her FEMM knowledge with OB/Gyn physicians there. Additionally, she teaches her patients and nurses how to monitor their health using the FEMM app. Their work and leadership is anchoring FEMM in East Africa.



FEMM App

**100%
FREE**

Never shares,
harvests or sells
a user's data

Backed by decades
of rigorous
**reproductive health
and endocrinology
research**

Can import
a woman's data from
another fertility
tracker if she wishes
to transfer to FEMM

"The overall highlight of my FEMM clinical rotation was understanding that the cycle plays a key role in a woman's health and that it can be used diagnostically. I saw this understanding come into play with every patient we encountered."

—Terri Vyner, DNP student at University of Mary

"I highly recommend this app for any woman who'd like to understand her body better, and therefore have better control of her health. My OB/GYN is always impressed when I come to her and can educate her about my own body and not vice versa." —App user

FEMM Telehealth FAQ

Who is eligible for telehealth?

FEMM's telehealth platform serves patients in 40 states across the United States and around the world.

Does insurance cover FEMM telehealth?

FEMM accepts most forms of private health insurance and Medicare. For those who aren't covered by insurance, FEMM offers discounted self-pay rates.

What if someone lives in a state that doesn't have any licensed FEMM telehealth providers? *FEMM providers can always work with a woman's local doctors to coordinate care, order labs and imaging as needed, and make recommendations for treatment.*

"A lot of times providers can tell you something's wrong, but they can't quite pinpoint what it is. Being able to track your hormones in the way that FEMM does is really helpful for health."

—Laura, FEMM patient



Emily's Story

Emily struggled with her weight for years, starting from the time she hit puberty. She kept hearing the same thing from family and friends: eat better. But even though Emily tried diet after diet, she only continued putting on weight.

A doctor diagnosed Emily with PCOS and suggested she go on birth control to regulate her symptoms. Emily didn't want to do that. She wanted a treatment that would actually get to the bottom of her problems. To make matters worse, she began suffering from excruciating chronic lower back pain. But no medical provider could offer her a solution and Emily kept being prescribed medications that only masked her symptoms.

Eventually, Emily connected with FEMM medical provider Dr. Danielle Koestner, who focused on discovering and addressing the root causes of Emily's PCOS. After years of misunderstandings and dead-ends, Emily finally felt heard and began seeing real improvements in her health. Her back pain disappeared and so far, she has lost fifty pounds.

It's a comfort and encouragement to Emily to know that "FEMM providers are not looking to cover up the symptoms, they're looking to get to the root cause and fix the problem and not just slap a band-aid on us and tell women to get over it and move on."

Board Members

- Dr. Tim Flanigan, Chair
- Ana Paternina
- Dr. Bob Scanlon
- Laurance Alvarado
- Mary Glass
- Suzi Piening
- Anna Halpine (ex-officio)

Finances

Income	2023	2022
Contributions and grants	481,241	367,620
Program Revenue	353,500	371,275
Clinic fees	189,411	114,090
Employee Retention Credit income	2,707	75,112
Total Income	1,026,859	928,497
Expenses	2023	2022
Program services	907,928	935,120
Management and General	198,013	162,073
Fundraising	18,727	22,473
Total Expenses	1,124,668	1,119,666

Change in Net Assets	(97,809)
Net Assets (Start of the Year)	138,657
Net Assets (End of the Year)	40,848

The summary financial information is derived from our 2023 audited financial statements.

FEMM is tax-exempt under section 501(c)(3) of the Internal Revenue Code.
Donations are tax-deductible to the extent allowed by law.



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