

## Supplementary Materials

### Menstrual tracking app use in menstrual health self-management: A cross-sectional survey of user concerns, goals, and strategies

#### Table of contents

Table S1. Respondent demographics, health status, and MTA use information for full cohort	2
Table S2. Reason for worry related to the menstrual cycle	4
Table S3. Symptoms of concern	4
Table S4. Symptom management status of those with worries for each subgroup of cycle-related health issues	5
Table S5. Symptom management strategies	6
Table S6. Goals of cycle tracking with an MTA	6
Table S7. Reported value of cycle tracking with Clue	7
Table S8. Reported value of cycle tracking with Clue	7
Table S9. Reported impact of tracking with Clue on symptom assessment and management	8
Table S10. Satisfaction with the Clue app	10
Survey instrument (full questionnaire)	10

**Table S1. Respondent demographics, health status, and MTA use information for full cohort**  
(n=11 910; 137 countries were represented)

	n (%)
<b>Age (years)</b>	
18-19	1 139 (10%)
20-24	2 863 (24%)
25-29	2 392 (20%)
30-34	2 261 (19%)
35-39	1 684 (14%)
40-44	1 020 (9%)
45+	547 (5%)
No Answer	4 (<1%)
<b>Education level</b>	
Primary / elementary school or less	77 (1%)
Secondary / high school or equivalent	3 307 (28%)
Trade school	546 (5%)
Tertiary / university or equivalent	5 102 (43%)
Postgraduate	2 878 (24%)
<b>Race/ethnicity</b> *multiple options could be selected	
White	8 637 (75%)
Black	728 (6%)
Asian	1 032 (9%)
Latinx	1 309 (11%)
Arab	144 (1%)
Other	564 (5%)
*Selected more than one option	648 (5%)
<b>Current health rating</b>	
Very good	1 972 (17%)

Good	6 470 (54%)
Fair	3 003 (25%)
Bad	438 (4%)
Very bad	27 (<1%)
<b>Health conditions</b> *multiple options could be selected	
Heavy menstrual bleeding	1 369 (11%)
Endometriosis	547 (5%)
Polycystic ovary syndrome (PCOS)	1 225 (10%)
Perimenopause or menopause	245 (2%)
Hypothyroidism	661 (6%)
Hyperthyroidism	121 (1%)
Uterine fibroids	397 (3%)
Anemia	1771 (15%)
Bleeding disorder	36 (<1%)
Irritable bowel syndrome (IBS) / Inflammatory bowel disease (IBD)	1 185 (10%)
Recurrent urinary tract infection (UTI) or bacterial vaginosis (BV)	513 (4%)
Myalgic encephalomyelitis (ME) / Chronic fatigue syndrome	136 (1%)
Fibromyalgia	231 (2%)
Premenstrual dysphoric disorder (PMDD)	591 (5%)
Depression	3 617 (30%)
Anxiety disorder (including PTSD, panic disorder, etc.)	4 191 (35%)
Attention deficit hyperactivity disorder (ADHD)	1 766 (15%)
Autism	650 (5%)
I haven't been diagnosed with any of these conditions	4 179 (35%)
*Selected 2 or more	5 294 (44%)
<b>Length of time using an MTA</b>	
Less than a year	503 (4%)
1-2 years	1 878 (16%)
3-4 years	3 755 (32%)
5-6 years	2 828 (24%)
7-8 years	1 690 (14%)
9 or more years	1 249 (10%)
<b>MTA subscription status</b>	
Yes, I'm currently subscribed	3 211 (27%)

Yes, but I'm no longer subscribed	714 (6%)
No, I've never subscribed	7 810 (66%)
I'm not sure	168 (1%)

**Table S2. Reason for worry related to the menstrual cycle**

(n=7 898; those with worries) \*34% selected more than one reason

<b>How would you best describe the reason for your worry about your menstrual cycle or related symptoms? *multiple options could be selected</b>	
I am concerned about my health and / or my fertility	3 414 (43%)
I am concerned about being prepared for my menstrual symptoms	2 878 (36%)
I am concerned about how I will manage my daily life when I have my symptoms	4 979 (63%)
No answer	1 (<1%)

**Table S3. Symptoms of concern**

<b>Which of the following menstrual cycle-related symptoms are you worried about? (n=7 898; those with worries) *multiple options could be selected</b>	
Body pain such as cramps, back pain, or headaches	5 993 (76%)
Emotional symptoms such as sadness, anxiety, or mood swings	5 971 (76%)
Tiredness, low energy, or low motivation	5 741 (73%)
Mental symptoms such as brain fog or difficulty focusing	4 212 (53%)
Digestive symptoms such as nausea, diarrhea, or constipation	3 958 (50%)
Heavy bleeding	3 567 (45%)
Irregular cycles / unpredictable periods	3 355 (43%)
Difficulty sleeping	2 515 (33%)
Light headedness, dizziness, or fainting	2 027 (26%)
Too many days of bleeding / spotting	1 915 (24%)
Amount or type of discharge	1 137 (14%)
Other - please specify:	498 (6%)
I am not worried about any cycle-related symptoms or participant did not answer	46 (1%)

**Which menstrual cycle-related symptom are you MOST concerned about? (n=7 852; those with worries and a specified symptom of concern) \*only one option could be selected**

Body pain such as cramps, back pain, or headaches	2 357 (30%)
Emotional symptoms such as sadness, anxiety, or mood swings	1 776 (23%)

Irregular cycles / unpredictable periods	1 354 (17%)
Heavy bleeding	808 (10%)
Too many days of bleeding / spotting	334 (4%)
Tiredness, low energy, or low motivation	307 (4%)
Mental symptoms such as brain fog or difficulty focusing	254 (3%)
Digestive symptoms such as nausea, diarrhea, or constipation	211 (3%)
Light headedness, dizziness, or fainting	106 (1%)
Amount or type of discharge	76 (1%)
Difficulty sleeping	43 (1%)
Other - please specify:	195 (3%)
No answer	31 (<1%)

**Table S4. Symptom management status of those with worries for each subgroup of cycle-related health issues**

(n=7 852; respondents with worries and a specified symptom of concern)

	Cycle-related health issues		
	None (n=1 264; 16%)	Potential (n=4 606; 59%)	Known (n=1 982; 25%)
<b>Which of the following best describes where you are at in your journey with your symptom(s)?</b>			
I am just dealing with my symptoms as best I can on my own	846 (67%)	2 783 (60%)	983 (50%)
I am trying to decide whether something is wrong or not	215 (17%)	983 (21%)	100 (5%)
I am managing well with my current treatments or strategies	103 (8%)	281 (6%)	296 (15%)
I am working with a healthcare provider to try to improve my symptoms	29 (2%)	207 (4%)	383 (19%)
I believe something is wrong and am working with a healthcare provider to find the cause / to get a diagnosis	11 (1%)	302 (7%)	126 (6%)
I am waiting for surgery / to start a new treatment	1 (<1%)	13 (<1%)	82 (4%)
I don't think about them much (blocks other options) or no answer	59 (5%)	37 (1%)	12 (1%)

**Table S5. Symptom management strategies**

(n=7 898; those with worries) \*multiple options could be selected

How are you currently managing your symptoms? Select all that apply.	n (%)
Pain medications	5002 (63%)
Symptom tracking (such as with an app)	4506 (57%)
Non-medication pain relief like heating pads and TENS machine	3126 (40%)
Exercise	3068 (39%)
Nutrition / diet	2655 (34%)
Talking with a counselor / therapist	1064 (14%)
Medications specific to my condition	942 (12%)
Hormonal birth control	909 (12%)
Alternative therapies like natural remedies or acupuncture	898 (11%)
Consulting with a healthcare provider	793 (10%)
Other - please specify:	327 (4%)
Surgery	177 (2%)
I am not doing anything specific for this symptom (blocks other options) or no answer	460 (6%)

**Table S6. Goals of cycle tracking with an MTA**

(n=7 898; those with worries) \*multiple options could be selected

Which of the following best describes your goals with tracking in Clue?	n (%)
I want to track my period and get predictions for when it is coming	7 406 (94%)
I am trying to better understand / find a pattern with my symptoms	4 889 (62%)
I am monitoring my symptoms for changes	3 130 (40%)
I already know my symptom patterns and track to be prepared for them	2 130 (27%)
I am trying to figure out what triggers my symptoms	1 998 (25%)
I am gathering info about my symptoms for my healthcare provider	1 607 (20%)

I want to monitor how my treatments or lifestyle changes are impacting my symptoms	1 636 (21%)
I am trying to manage another aspect of my health while dealing with symptoms (such as trying to get pregnant)	599 (8%)
No answer	2 (<1%)

**Table S7. Reported value of cycle tracking with Clue**

(n=7 898; those with worries); data for Figure 2

	n (%)
"Tracking with Clue helps me feel more prepared for my period"	
Agree	7 566 (96%)
Disagree	57 (<1%)
Neutral	255 (3%)
Not applicable	20 (<1%)
"Tracking with Clue helps me understand my body and cycle patterns"	
Agree	7 120 (90%)
Disagree	127 (2%)
Neutral	598 (8%)
Not applicable	53 (<1%)
"Tracking with Clue has made me feel more "in control" of my health"	
Agree	5 676 (72%)
Disagree	299 (4%)
Neutral	1 838 (23%)
Not applicable	85 (1%)
"I would have more stress related to my health if I did not use Clue"	
Agree	5 088 (64%)
Disagree	705 (9%)
Neutral	1678 (21%)
Not applicable	427 (5%)

**Table S8. Reported value of cycle tracking with Clue**

(n=11 910; full study cohort)

		N (%)
"Tracking with Clue helps me feel more prepared for my period"		
Agree	11 427	(96%)
Disagree	83	(<1%)
Neutral	369	(3%)
Not applicable	31	(<1%)
"Tracking with Clue helps me understand my body and cycle patterns"		
Agree	10 744	(90%)
Disagree	185	(2%)
Neutral	886	(7%)
Not applicable	95	(<1%)
"Tracking with Clue has made me feel more "in control" of my health"		
Agree	8 598	(72%)
Disagree	400	(3%)
Neutral	2 737	(23%)
Not applicable	175	(1%)
I would have more stress related to my health if I did not use Clue		
Agree	7 233	(61%)
Disagree	1 179	(10%)
Neutral	2 676	(22%)
Not applicable	822	(7%)

**Table S9. Reported impact of tracking with Clue on symptom assessment and management data for figure 3**

		n (%)
<b>Tracking with Clue has helped me feel more prepared for my symptoms (n=7 852<sup>a</sup>)</b>		
Agree	6 394	(81%)
Disagree	285	(4%)
Neutral	1 060	(14%)
Not applicable	113	(1%)
<b>Tracking with Clue has helped me identify things that make my symptoms better or worse (n=7 852<sup>a</sup>)</b>		

Agree	2 828 (36%)
Disagree	1 350 (17%)
Neutral	2 950 (38%)
Not applicable	724 (9%)
<b>Tracking with Clue has helped me decrease my menstrual cycle symptoms (n=7 852<sup>a</sup>)</b>	
Agree	1 005 (13%)
Disagree	3 224 (41%)
Neutral	2 670 (34%)
Not applicable	953 (12%)
<b>Tracking with Clue helped me discover an issue with my health (n=7 852<sup>a</sup>)</b>	
Agree	2 460 (31%)
Disagree	1 394 (18%)
Neutral	2 272 (29%)
Not applicable	1 726 (22%)
<b>Tracking with Clue has validated my feeling that there might be an issue with my health (n=7 852<sup>a</sup>)</b>	
Agree	3 910 (50%)
Disagree	669 (9%)
Neutral	2 010 (26%)
Not applicable	1 262 (16%)
No answer	1 (<1%)
<b>Tracking with Clue increases my confidence in talking to a healthcare provider about my symptoms (n=7 852)</b>	
Agree	4 737 (60%)
Disagree	550 (7%)
Neutral	1 660 (21%)
Not applicable	904 (12%)
No answer	1 (<1%)
<b>Tracking with Clue helped me decide to talk to my healthcare provider about my health (n=4 128<sup>b</sup>)</b>	
Agree	2 428 (59%)

Disagree	296 (7%)
Neutral	922 (22%)
Not applicable	482 (12%)
<b>Tracking with Clue helped me get a diagnosis or treatment for my symptom(s) / condition (n=5 599<sup>c</sup>)</b>	
Agree	1 187 (21%)
Disagree	858 (15%)
Neutral	1 350 (24%)
Not applicable	2 204 (39%)

<sup>a</sup>those with worries and a specified symptom of concern

<sup>b</sup>those with worries who said yes to 'Have you spoken to a healthcare provider about this symptom?'

<sup>c</sup>those with worries who said 'I received a diagnosis or treatment for my symptom(s)' to 'What was the result of your conversation with your healthcare provider(s)?' or indicated a diagnosis for 'Has a healthcare provider diagnosed you with any of the following health conditions?'

**Table S10. Satisfaction with the Clue app**

n (%)	
<b>"How satisfied are you with the Clue app?"</b>	
<b>Those with worries (n=7 898)</b>	
Satisfied	7 212 (91%)
Neutral	531 (7%)
Dissatisfied	155 (2%)
<b>Full study cohort (n=11 910)</b>	
Satisfied	10 929 (92%)
Neutral	762 (6%)
Dissatisfied	219 (2%)

#### **Survey instrument (full questionnaire)**

1. **\*How old are you?**
  - a. 17 or younger (**--> exclude**)
  - b. Ages 18-100 in dropdown
2. **What country do you live in?**
  - a. Dropdown of all countries

**3. What is the highest level of education you have completed?**

- a. Primary / elementary school or less
- b. Secondary education / high school or equivalent (diploma)
- c. Trade school
- d. Tertiary education / university or equivalent (Bachelor's degree)
- e. Postgraduate education (Master's, Doctorate, or similar)

**4. What would you describe yourself as?** Select all that apply.

- a. White
- b. Black
- c. Asian
- d. Latinx
- e. Arab
- f. Other
- g. I would prefer not to answer

**5. In general, how would you rate your current health?**

- a. Very good
- b. Good
- c. Fair
- d. Bad
- e. Very bad

**6. Has a healthcare provider diagnosed you with any of the following health conditions?**  
Select all that apply.

- a. Heavy menstrual bleeding
- b. Endometriosis
- c. Polycystic ovary syndrome (PCOS)
- d. Perimenopause or menopause
- e. Hypothyroidism
- f. Hyperthyroidism
- g. Uterine fibroids
- h. Anemia
- i. Bleeding disorder (such as von Willebrand disease)
- j. Irritable bowel syndrome (IBS) / Inflammatory bowel disease (IBD)
- k. Recurrent urinary tract infection (UTI) or bacterial vaginosis (BV)
- l. Myalgic encephalomyelitis (ME) / Chronic fatigue syndrome
- m. Fibromyalgia
- n. Premenstrual dysphoric disorder (PMDD)
- o. Depression
- p. Anxiety disorder (including PTSD, panic disorder, etc.)
- q. Attention deficit hyperactivity disorder (ADHD)
- r. Autism
- s. I haven't been diagnosed with any of these conditions

**7. How regular is your menstrual period usually?**

- a. Very regular: usually within 1-4 days of when I expect it
- b. Somewhat regular: Usually within 5-9 days of when I expect it
- c. Unpredictable: usually 10 or more days from when I expect it
- d. I don't keep track of when my period will come
- e. I haven't had a period in the last 3 months (**--> exclude**)

**8. For how long have you been using an app to track your periods / cycles?**

- a. Less than a year
- b. 1-2 years
- c. 3-4 years
- d. 5-6 years
- e. 7-8 years
- f. 9 or more years

**9. What are the main reason(s) you currently use Clue? Select all that apply.**

- a. To track my period and / or know when it is coming
- b. To discover my cycle patterns and understand my body better
- c. To track or manage specific symptoms or a health condition
- d. To gather information for my healthcare provider
- e. To help me avoid pregnancy
- f. To help me get pregnant
- g. To track when I take/get my birth control
- h. To track my pregnancy or postpartum experiences
- i. To track my perimenopause symptoms
- j. Other - please specify:

**10. Have you used Clue Plus, the paid version of Clue?**

- a. Yes, I'm currently subscribed
- b. Yes, but I'm no longer subscribed
- c. No, I've never subscribed
- d. I'm not sure

**11. Considering all of your menstrual cycle symptoms together, how would you rate the overall severity of your menstrual cycle experience? You can consider things like unpredictable periods, heavy bleeding, or other cycle-related symptoms like pain or mood changes.**

- a. 0 No symptoms
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5
- g. 6
- h. 7
- i. 8
- j. 9
- k. 10 Worst symptoms possible

**12. How much impact do your menstrual symptoms have on your overall quality of life?**

- a. No impact
- b. Little impact
- c. Some impact
- d. A lot of impact
- e. A tremendous impact

**13. \*Which of the following best describes how you think about your menstrual cycle experiences and any possibly related health issues? You can consider things like cycle regularity, bleeding heaviness, and cycle-related symptoms like pain or mood changes.**

- a. I don't think I have any cycle-related issues
- b. I think I may have (or am not sure if I have) a health issue that affects or is affected by my menstrual cycles
- c. I have a known health issue that affects or is affected by my menstrual cycles

**14. \*How worried are you about your menstrual cycle or related symptoms?**

- a. Not worried
- b. Slightly worried
- c. Moderately worried
- d. Worried
- e. Very worried

**15. If selected 14b-e How would you best describe the reason for your worry about your menstrual cycle or related symptoms? Can select any**

- a. I am concerned about my health and / or my fertility
- b. I am concerned about being prepared for my menstrual symptoms
- c. I am concerned about how I will manage my daily life when I have my symptoms

\*\*13 b and c get the full section 2 regardless of what they answer to 14; if they answer a to 13 but b through e for 14, still get section 2; if they answer a to 13 and 14, go to section 3

**(Section 2- only for those with conditions/concerns)** The next section is about your menstrual cycle experiences and how you are managing them.

**16. Which of the following menstrual cycle-related symptoms are you worried about?** Please include any symptoms you are currently treating and may have under control (for example, with hormonal birth control).

- a. Irregular cycles / unpredictable periods
- b. Heavy bleeding
- c. Too many days of bleeding / spotting
- d. Amount or type of discharge
- e. Body pain such as cramps, back pain, or headaches
- f. Mental symptoms such as brain fog or difficulty focusing
- g. Emotional symptoms such as sadness, anxiety, or mood swings
- h. Tiredness, low energy, or low motivation
- i. Light headedness, dizziness, or fainting
- j. Digestive symptoms such as nausea, diarrhea, or constipation
- k. Other [please specify]
- l. I am not worried about any cycle-related symptoms (blocks other options; skip to section 3)

**17. (if more than one symptom selected) Which menstrual cycle-related symptom are you most concerned about?** Please still consider any symptoms you are currently treating and may have under control (for example, with hormonal birth control).

- a. Pipe in selections from 16

**18. Thinking about the symptom you are most concerned about, approximately how often does it happen?**

- a. Every cycle
- b. Every other cycle
- c. Once every 3 cycles
- d. Less than once every 3 cycles

**19. For how long have you been concerned about this symptom?**

- a. Less than a year
- b. 1-2 years
- c. 3-4 years
- d. 5-6 years
- e. 7-8 years
- f. 9 or more years

**20. Have you spoken to a healthcare provider about this symptom?**

- a. Yes [go to 22]
- b. No and I don't plan to [go to 21]
- c. Not yet, I am still deciding if my symptoms are a problem [skip to where in journey are you]
- d. Not yet, but I plan to [skip to where in journey are you]

**21. [If No and do not plan to] Why haven't you talked to a healthcare provider about your symptom? Select all that apply. Answers randomized**

- a. I've never thought about talking to a healthcare provider about this
- b. I would rather not speak to a healthcare provider unless I really have to
- c. My symptoms aren't bad enough
- d. There's nothing they can do about it
- e. They don't take my concerns seriously
- f. I don't have access to the right healthcare providers
- g. Healthcare is too expensive
- h. It is too difficult to arrange visits with healthcare providers
- i. Other - please specify:

**22. [If Yes] What was the result of your conversation with your healthcare provider(s)?**

- a. I received a diagnosis or treatment for my symptom(s)
- b. I was told it is normal / not a problem
- c. I am still working with healthcare providers to figure it out
- d. My healthcare providers didn't know what to do / can't figure it out
- e. Other - please specify:

**23. [If Yes] How satisfied were you with your experience with your healthcare provider(s)?**

- a. Very satisfied
- b. Somewhat satisfied
- c. Neither satisfied nor dissatisfied
- d. Somewhat dissatisfied
- e. Very dissatisfied

**24. [if yes] What were the biggest challenges in getting support with your diagnosis?**

- a. Healthcare providers didn't take my symptoms seriously
- b. I didn't have access to the right healthcare providers
- c. Visiting healthcare providers was expensive
- d. It was difficult to arrange visits with healthcare providers
- e. Healthcare providers didn't know what to do / couldn't figure it out
- f. Other - please specify:
- g. It was not a challenge to get support (blocks other options)

**25. [everyone who selects symptoms they are concerned about] Which of the following best describes where you are at in your journey with your symptoms?**

- a. I am just dealing with my symptoms as best I can on my own
- b. I am trying to decide whether something is wrong or not
- c. I believe something is wrong and am working with a healthcare provider to find the cause / to get a diagnosis
- d. I am working with a healthcare provider to try to improve my symptoms
- e. I am managing well with my current treatments or strategies
- f. I am waiting for surgery / to start a new treatment
- g. I don't think about them much (blocks other options)

26. [everyone who selects symptoms they are concerned about] **How are you currently managing your symptoms? Select all that apply.**

- a. Non-medication pain relief like heating pads and TENS machine
- b. Pain medications
- c. Medications specific to my condition
- d. Hormonal birth control
- e. Symptom tracking (such as with an app)
- f. Nutrition/diet
- g. Exercise
- h. Alternative therapies like natural remedies or acupuncture
- i. Talking with a counselor/therapist
- j. Consulting with a healthcare provider
- k. Surgery
- l. Other - please specify:
- m. I am not doing anything specific for this symptom (blocks other options)

27. [everyone sees] **In general, what are your biggest challenges related to your menstrual health? Select all that apply**

- a. Trying to figure out if there is an issue
- b. Managing my symptoms
- c. Getting taken seriously by healthcare providers
- d. Getting access to the right healthcare providers
- e. Getting a diagnosis for my symptoms
- f. Managing the logistics of healthcare (such as transportation and time for appointments)
- g. Managing my daily life while having my symptoms
- h. Managing the stress / emotional burden of my symptoms
- i. Paying for healthcare / treatments related to my symptoms
- j. Other - please specify:
- k. Everything currently feels very manageable (blocks other options)

28. Is there anything else you'd like to tell us to help us understand your menstrual cycle challenges?

**(section 3) You're at the final section! We will now ask about how you use the Clue app to support you with your health goals.**

29. **Which of the following best describes when you track in Clue?**

- a. I only track during my period
- b. I mainly track during my period, but sometimes at other times
- c. I regularly track even when I don't have my period

30. **Which of the following have you tracked in Clue in the last 60 days?**

- a. Menstrual bleeding / spotting
- b. Signs of my fertile window like basal body temperature, cervical fluid, or ovulation pain
- c. Physical experiences like pain, digestive issues, hair, or skin
- d. Mental health experiences like feelings, energy, or focus
- e. Events / activities like sleep, sex, exercise, or taking birth control
- f. I haven't tracked anything in the last 60 days (blocks other options)

31. **Which of the following best describes your goals with tracking in Clue? Select all that apply.**

- a. I want to track my period and get predictions for when it is coming
- b. I am trying to better understand / find a pattern with my symptoms
- c. I already know my symptom patterns and track to be prepared for them
- d. I am monitoring my symptoms for changes

- e. I am trying to figure out what triggers my symptoms
- f. I am gathering info about my symptoms for my healthcare provider
- g. I want to monitor how my treatments or lifestyle changes are impacting my symptoms
- h. I am trying to manage another aspect of my health while dealing with symptoms (such as trying to get pregnant)

32. [If more than one goal selected] Which goal is currently the most important to you?

- a. Pipe in answers selected from 31

Select the extent to which you agree or disagree with the following statements.

*Strongly disagree – Somewhat disagree – Neither agree nor disagree – Somewhat agree – Strongly agree - Not applicable*

**General**

- 33. (all) Tracking with Clue helps me feel more prepared for my period
- 34. (all) Tracking with Clue helps me better understand my body and cycle patterns
- 35. (all) Tracking with Clue has made me feel more “in control” of my health

**If have worries about symptoms**

- 36. (if saw section 2) Tracking with Clue has helped me feel more prepared for my symptoms
- 37. (if saw section 2) Tracking with Clue has helped me identify things that make my symptoms better or worse
- 38. (if saw section 2) Tracking with Clue has helped me decrease my menstrual cycle symptoms
- 39. (if saw section 2) Tracking with Clue helped me discover an issue with my health
- 40. (if saw section 2) Tracking with Clue has validated my feeling that there might be an issue with my health
- 41. (if saw section 2) Tracking with Clue increases my confidence in talking to a healthcare provider about my symptoms

**If talked to HCP**

- 42. (if talked to HCP) Tracking with Clue helped me decide to talk to my healthcare provider about my health

**If have diagnosis**

- 43. (if have diagnosis) Tracking with Clue helped me get a diagnosis or treatment for my symptom(s) / condition

**Final**

- 44. (all) I would have more stress related to my health if I did not use Clue

**45. How satisfied are you with the Clue app?**

- a. *Strongly dissatisfied – Somewhat dissatisfied – Neither nor – Somewhat satisfied – Strongly satisfied*

**46. Which of these additional app functionalities would be useful for you?**

- a. More detailed tracking options
- b. Content about my symptoms and health conditions relevant to me
- c. Recommendations for other things I could track
- d. Recommendations for lifestyle changes that could improve my symptoms
- e. Support in managing my treatments such as tracking and reminders
- f. A report of my symptoms for my healthcare provider
- g. Improved analysis of my symptom patterns

- h. Predictions for when I may experience symptoms
- i. Access to health care providers through the app
- j. Space to connect with other people who have the same health concerns
- k. A diary or note taking feature
- l. Other - please specify:
- m. None of the above **(blocks other options)**

**47. Is there anything else you'd like to tell us about how you use Clue to support your menstrual health?**

*Open text field*