

Your Fertility Wellness Assessment  
March 4, 2026

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36 years old · Birthing Partner

Fertility Wellness score



Based on analysis across 7 wellness domains

### Strong Foundation, Room to Optimize

Your fertility health assessment reveals a strong foundation with excellent lifestyle habits and hormonal balance. Key areas of strength include sleep quality, low environmental toxin exposure, and regular ovulation patterns. Focus areas for optimization include vitamin D supplementation, inflammation management, and metabolic fine-tuning to maximize your fertility potential.

#### What's Going Well



##### Sleep Quality

Excellent rest supporting hormone balance

Excellent



##### Hydration

Optimal water intake for cellular health

Excellent



##### Stress Balance

Good emotional resilience and coping

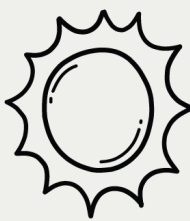
Excellent



##### Low Toxin Exposure

Clean environment protecting egg quality

Excellent



Keep up the good work!

#### Focus Areas for You

##### Vitamin D Levels

Needs Attention

Low vitamin D can impact fertility. Aim for daily supplementation.



###### Your Action Plan:

- Omega-3 supplement: 2000mg daily
- Increase colorful vegetables and berries
- Reduce processed foods and sugar

##### Inflammation Management

Fair

Reducing inflammation supports optimal reproductive function.



###### Your Action Plan:

- 2000-4000 IU vitamin D3 daily
- Get 15-20 minutes of sun exposure when possible
- Retest levels in 8 weeks

##### Metabolic Health

Fair

Fine-tune blood sugar balance for hormonal optimization.



###### Your Action Plan:

- Balance meals with protein, fiber, and healthy fats

### Wellness Profile Insights

A closer look at your health foundations. Explore the specific insights and sub-scores that shape your wellness profile.



#### Lifestyle

Lifestyle habits with areas for improvement

64 / 100

Fair



#### Behavioral Health

Good mental health with some stress noted

59 / 100

Fair



#### Gut Health

Digestive health with room for improvement

38 / 100

Needs Attention



#### Cardiometabolic Health

Metabolic markers show room for optimization

74 / 100

Excellent



#### Reproductive and Hormonal Health

Reproductive system functioning well

79 / 100

Excellent



#### Intimate Relationship Health

Healthy relationship dynamics supporting fertility journey

76 / 100

Excellent



#### Environmental Health

Low exposure to environmental toxins

82 / 100

Excellent

### Targeted Wellness Recommendations

Nurturing your path to conception. Thoughtful recommendations designed to optimize your wellness and support your journey.



Supplements 5



Labs 2



Devices 1



High Priority

##### Vitamin D3 + K2

5000 IU daily with K2 for optimal absorption. Your vitamin D levels are below optimal range, which is crucial for egg quality and implantation.

nutrition

inflammation



High Priority

##### CoQ10 (Ubiquinol)

400mg daily to support mitochondrial function and egg quality. Particularly beneficial for metabolic health optimization.

reproductive



Medium Priority

##### Omega-3 Fish Oil

2g EPA/DHA daily to reduce inflammation markers and support hormonal balance.

nutrition

inflammation



Medium Priority

##### Methylated B-Complex

Active B vitamins including folate for methylation support and energy production.

nutrition

inflammation



Medium Priority

##### Magnesium Glycinate

300mg before bed to support sleep quality, stress response, and insulin sensitivity.

nutrition

inflammation



#### Your Partner's Report

View your partner's personalized report and see how you can support each other's fertility journey.

View Partner Report