Your Fertility Wellness Assessment
March 4, 2026

Sarah Mitchell

36 years old · Birthing Partner

Fertility Wellness score

68
Good

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.

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

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

Inflammation Management — Fair
Reducing inflammation supports optimal reproductive function.

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

Metabolic Health — Fair
Fine-tune blood sugar balance for hormonal optimization.

Your Action Plan:
- Balance meals with protein, fiber, and healthy fats

Targeted Wellness Recommendations

Shop our trusted partners →

Nurturing your path to conception. Thoughtful recommendations designed to optimize your wellness and support your journey. We offer discounts on some products and services.

Support 1 | Diagnostic Labs 2 | Supplements 5 | Diet 1 | Lifestyle 1 | Connected Providers 1



High Priority
Gastroenterologist Consultation
Specialized in gut-metabolic health. Reviews bloodwork, hormone panels, and inflammatory markers to address root causes of metabolic dysfunction that may affect reproductive outcomes.
gut health | nutrition



High Priority
Reproductive Endocrinologist
Diagnoses and treats hormonal, ovulatory, and metabolic conditions like PCOS that can interfere with conception.
fertility specialist | in-network



High Priority
Couples Therapy
Helps couples manage fertility-related stress, communication challenges, and intimacy changes while staying connected through care.
intimate relationship



High Priority
Partner Counseling
Helps partners process fertility-related stress, communicate supportively, and navigate treatment decisions together.
psychological burden



MEDIUM PRIORITY
Alcohol Reduction Coaching
Supports reducing alcohol use that can affect hormones, ovulation, sperm health, and fertility treatment outcomes.
environmental | lifestyle



MEDIUM PRIORITY
Relationship Coaching
Helps partners address conflict, intimacy changes, and emotional strain caused by fertility challenges.
intimate relationship

Your Partner's Report

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

View Partner Report

This report is for informational purposes only and does not constitute medical advice.
Please consult with your healthcare provider for personalized guidance.
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