



## Free. Private. Trusted Women's Health & Period Tracker App.

### About 28X

28X is a free, privacy-first women's health and period tracking app that empowers women and girls to better understand their menstrual cycles, symptoms and overall health through secure tracking, clinically informed educational content and personalised health insights.

We believe menstrual health tracking, education and support should be accessible to everyone. That's why 28X is free to use, with no paywalls, and is designed to support women and girls everywhere.

Built with privacy at its core, sensitive health data is stored on the user's device, helping users stay in control of their personal health information. Developed in collaboration with and overseen by experienced clinicians.

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### Our Approach

#### Privacy First

Your data never leaves your device, giving you complete control over your personal information.

#### Accessible to Everyone

Essential health tracking, education and support are available free, without paywalls.

#### Clinically Informed

Educational content is developed to support health literacy and informed conversations between women and their healthcare professionals.

#### Inclusive by Design

Built to support women and girls everywhere.

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### Key Features

- Period and cycle tracking
- Symptom monitoring
- Hormone and fertility awareness
- Personalised health insights
- Clinically informed educational content

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### For Healthcare Professionals

28X is designed to complement clinical care by helping women better understand and manage their menstrual health between consultations. The app supports symptom awareness, encourages health literacy, and empowers women to have more informed conversations with their healthcare professionals.

Healthcare professionals may wish to recommend 28X to patients seeking a trusted, privacy-first digital resource to support menstrual health, cycle awareness and ongoing self-management.

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### Learn More

Website: [www.my28x.com](https://www.my28x.com) | [28X Video](#) | [Access for Everyone Video](#) | Contact: [hello@my28x.com](mailto:hello@my28x.com)