



WeThrive

6 THINGS TEENAGERS NEED TO KNOW ABOUT WeThrive

01 ARE MY PERIODS NORMAL?

Your period should never stop you from doing the things you love to do. Many teenagers wonder if the periods they are having are “normal”. With this in mind, WeThrive was created by doctors to help teenagers identify heavy periods.

02 TRACK YOUR PERIOD AND IDENTIFY HEAVY BLEEDING

With WeThrive, you can track your period including how many menstrual products (pads, tampons, menstrual cups) you go through. You can also answer questions about how your periods affect your life by filling out the “Flow Check”. WeThrive uses this information to identify whether or not your periods are heavy.

03 CONNECT TO A HEALTH CARE PROVIDER

You can use WeThrive to connect to clinics in your area, using the app as a tool to help you discuss your periods with your health care provider.

04 TRACK YOUR SYMPTOMS

With WeThrive, you can also track any symptoms you may be having with your period, including cramps, nausea, and mood changes.

05 BE PREPARED

WeThrive will keep track of the number of menstrual products you use and will offer predictions of when you can expect your next period so that you can be prepared.

06 GET ANSWERS

The app has a “Frequently Asked Questions” page that answers those questions you may have been afraid to ask, such as:

- What can it mean if I have heavy periods?
- How do I use a menstrual cup?
- What does normal period blood look like?
- This information is updated regularly by pediatricians.



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