

F.A.S.T METHOD · DR. AIMEE PROTOCOL

Welcome to your *protocol*.

You didn't just buy a kit. You started a real, doctor-designed plan — with clear steps, real data, and people in your corner the whole way.



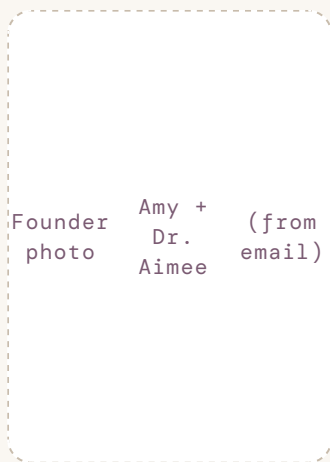
START HERE · 3 MIN

**Amy walks you through your
next three months.**

Scan to watch the welcome video ·

[ADD LOOM LINK](#)

You've been doing everything right. Now you have a *plan*.



AMY BECKLEY, PHD
& DR. AIMEE

Hi, I'm Amy — the "y" in Proov, a scientist, and the founder. I built Proov after my own years of unexplained infertility and loss. What finally worked for me wasn't more guessing. It was understanding my hormones, and the right support at the right time.

That's exactly what the F.A.S.T Method gives you. Over the next three months, you'll test your fertility hormones at home and follow a protocol designed for *you* by Dr. Aimee Eyvazzadeh — one of the most respected fertility doctors in the country.

This booklet is your map. Every step, every timeline, every link, in one place — so nothing gets lost and nothing feels confusing. Keep it close.

"It's your body, so you're in charge."

Amy & Dr. Aimee

FOUNDER & CEO · CLINICAL PARTNER

WHAT'S INSIDE

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Your journey, *at a glance.*

Two things happen side by side over your three-month plan — your **treatment** with Dr. Aimee, and your **testing** with Proov. Here's the whole picture on one page.

TRACK A · DR. AIMEE

Welcome + book consult

5-min intake chatbot

Dr. Aimee reviews

~48 hrs · Rx to Amazon

Fill your medications

2-5 days to arrive

Treatment instructions

don't miss this email

TRACK B · PROOV

Your kit ships

Proov Complete

Set up the app

it tells you when to test

Test through your cycle

watch your data come in

Coaching + community

1:1 chart review

RUNNING TOGETHER · ~3 MONTHS

Your treatment, *with Dr. Aimee.*

This is the medical side of your plan. Four simple steps — and the most important one is the last.



STEP 01

Open your welcome email & book your consult

Right after checkout you'll get a welcome email. It confirms your kit is on the way and links you to Dr. Aimee's quick intake — a short chatbot that collects what she needs to design your protocol.

🕒 Takes about 5 minutes



STEP 02

Dr. Aimee reviews & sends your prescription

Dr. Aimee personally reviews your intake — usually that same night. Based on your needs, she may prescribe medication to prepare your body for pregnancy, and sends it straight to the pharmacy for you.

🕒 Reviewed within ~48 hours



STEP 03

Fill your medications

You'll get a link to fill and pay for your prescription. Order as soon as you can — medications take a few business days to arrive, and you'll want them ready for your cycle.

🕒 2-5 business days to arrive

Dr. Aimee provides all dosing and how-to-take directions herself — always follow her guidance.

NO DOSING RESTATED HERE



STEP 04 • THE IMPORTANT ONE

Find your treatment instructions email

Dr. Aimee sends one more email with your complete instructions for the whole protocol. **This is the one email you can't miss.** If it ever lands in spam, you can always find the full instructions at the link below — bookmark it now.



Dr. Aimee's Treatment Instructions

treatment-instructions.lovable.app •

CONFIRM LIVE URL

Your testing, *with Proov*.

This is how you gather your real hormone data. The app does the thinking — it tells you exactly when and how to test.



STEP 01

Your Proov Complete kit arrives

Your testing kit ships separately. It's everything you need to test the four key fertility hormones at home — no lab, no needles, just a strip and your phone.



STEP 02

Download the app — it tells you when to test

Tap **My Day** to see exactly which tests to take today. Turn on notifications so you never miss a testing day.

- ✓ **Pro tip:** check the app first thing in the morning, *before* you pee. Collect your urine in the cup when you wake up — you can test up to 8 hours later.
- ✓ Enable push notifications for reminders the night before and morning of.



STEP 03

Test through your cycle & watch your data

Snap a photo of each test and the app records it for you. Tap **Hormones** any time to watch your patterns build across the cycle — you don't have to wait until the end.



STEP 04

Get your Insights Report

When your testing cycle is complete, you'll receive a personalized Insights Report that turns your data into a clear picture of what's happening — ready to review with your coach.



Download the free Proov app

App Store & Google Play •

ADD SMART LINK

You're not doing this *alone*.



1:1 hormone coaching

CONFIRM TIER

You have two 30-minute sessions with a Proov fertility coach to review your charts together. Use them whenever they help most — it's best to have at least one full cycle of testing done first.

MAKE THE MOST OF IT

- ✓ Finish at least one cycle of testing
- ✓ Have all your Proov results ready
- ✓ Write down your questions in advance

Book your session →



A community of Proovers

Thousands of women are walking this same path. Join our community for real support, real answers, and the kind of encouragement that only comes from people who get it.



Join the Proov pregnancy group

Facebook community · [ADD URL](#)



Follow along on Instagram

@proov · [CONFIRM HANDLE](#)

PREMIUM SUPPORT

Questions or worries at any point? Just reply to any email from us — you'll always reach a real human, fast.

help@proovtest.com

[STANDARDIZE ONE ADDRESS](#)

Reading your *results*.

A gentle orientation to the four hormones you're tracking — just enough to recognize a healthy pattern. Your coach goes deeper with you, one-on-one.

THE PREDICTOR

LH · luteinizing hormone



Stays low, then spikes once. That surge is your body getting ready to release an egg — it predicts ovulation is coming.

THE BUILD-UP

E1G · estrogen



Rises before the LH surge as your egg matures, then has a smaller second rise later in your cycle. Two gentle hills.

THE CONFIRMATION

PdG · progesterone marker



Rises *after* ovulation, forming a bell curve. This is the one that confirms ovulation actually happened — Proov's signature. **CONFIRM FDA WORDING**

THE BASELINE

FSH · follicle-stimulating



Rises gently a few times — at the start, around ovulation, and before your next cycle. It shows how hard your body is working.

i These are healthy reference shapes — yours won't match perfectly, and that's exactly what your coach is for. Never read your charts as a diagnosis on your own.

If something *feels off*.

A few normal things that can make a result look strange. If you're ever unsure, don't worry on your own — reach out.

A reading looks way too high or out of place

Usually a testing-technique thing — like leaving the strip in the sample too long. Re-test next time using the app's step-by-step directions.

Your LH keeps climbing and won't come down

This can be a wonderful sign — LH and the pregnancy hormone hCG look similar to the test. A rising LH late in your cycle may mean it's time to take a pregnancy test.

Your PdG looks unusually high

If Dr. Aimee has you on progesterone, that's expected — it shows up in your results as PdG. Follow her guidance and flag questions to your coach.

WHAT'S NEXT

MONTH 2

We'll check in to see how you're doing and how we can help.

KEEP CLOSE

Your resource hub has every link in this booklet, always up to date.

CELEBRATE

A little something is waiting for you when there's good news.

proof✓

WE'RE HERE FOR EVERY STEP.

You've got this.

MFB Fertility · Erie, Colorado