

## Flo: Period-Tracking App with AI Powered Tools

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**Abstract :** Flo is a smart period-tracking tool that uses artificial intelligence (AI) to offer individualized reproductive health predictions and insights. Flo makes very accurate predictions about menstrual cycles, ovulation, and fertility windows by evaluating user inputs, including cycle duration, symptoms, and patterns. Its machine learning algorithms are constantly evolving, providing personalized health recommendations, instructional materials, and early identification of possible health abnormalities such as reproductive problems and hormone imbalances. Flo, which was introduced in 2015 and upgraded with AI in 2017, is a revolutionary use of technology in healthcare that empowers people to make knowledgeable decisions regarding their well-being. Despite its advantages, our study included drawbacks, such as limited access to premium services and a small sample size. While highlighting unique characteristics, a comparative comparison with similar applications such as Clue and Glow confirmed Flo's outstanding AI integration for individualized healthcare. All things considered, Flo is a prime example of how AI can be used to tackle intricate biological processes, giving consumers the ability to efficiently control their reproductive health and opening the door for improvements in individualized medical technology.

**Keywords :** Flo, period-tracking app, period symptoms, women's health, machinery

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