



Forpartum is a comprehensive mobile application designed to provide guidance, support, and resources for women during pregnancy..

s For You

C-Section 101

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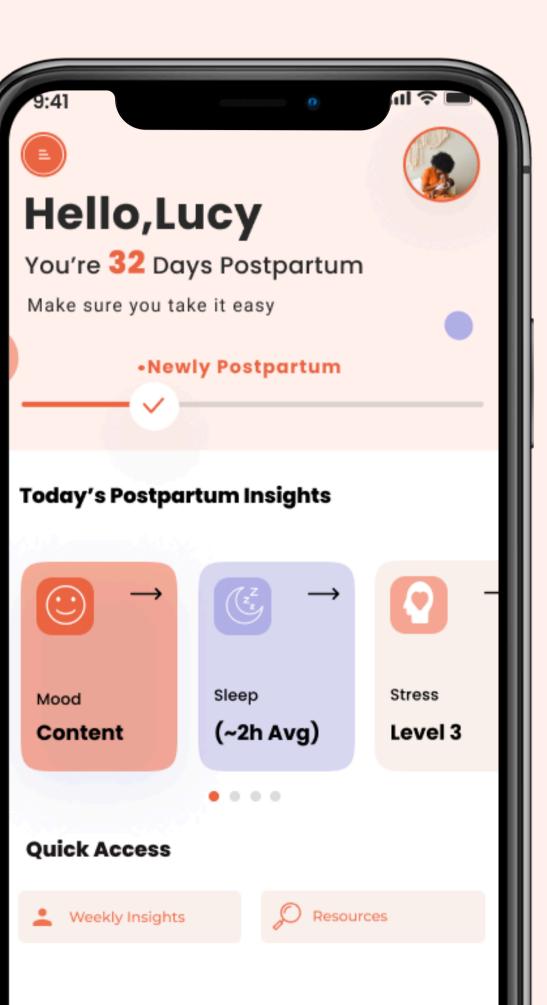
Breastfeeding 101

busy coming to with being pregnant th



Welcome to Forpartum – Your Personalized Pregnancy Companion

- Pregnancy Tracker Stay on top of your baby's weekly development.
- Health Tips Access daily nutrition and wellness guidance.
- Appointments & Reminders Manage your doctor visits and medication schedule effortlessly.



Alex meian Overview Search for anything.. Users Last 30 days Create new project 0 \odot 80 Dashboard Total Users Feedback Active Users New Signups 10,000 9,500 2,000 500 7 12% increase from last month 10% decrease from last mon 7 8% increase from last mo 7 2% increase from last mor **Recent Activity** Age Distribution 16-18 5% 2023-06-25 User Emily P. completed a milestone 20-30 35% New user Jane D. registered 2023-06-25 2023-06-25 30-40 35% Milestone updated: Baby's First Solid Food 2023-06-25 User Miley, completed a milestone 25% 2023-06-25 Milestone updated: Baby's First Solid Food **Geographical Distribution** Alerts and Notifications

Forpartum Admin Panel – Manage and Monitor with Ease

KEY FEATURES:

- User Management

- Analytics Dashboard
- Notifications Control
- Feedback and Support



• Content Management • Appointment & Reminder Management

Personalize Your Pregnancy Journey

9:41	• Lucy Martin lucymartin@gmail.com	.ul
٩	Personal Info	
Ø	Insights	Hello
Ø	Partum Wellness Trackers	
æ	Help & Support	You're 3 Make sure
8	Resources	
	Learning Center	
	FAQ	
	Notification	Qs
	Payment	
	Settings	Today's

MANAGE YOUR PERSONAL INFORMATION AND TAILOR YOUR PREGNANCY EXPERIENCE WITH THE FORPARTUM PROFILE MENU. HERE, YOU CAN UPDATE YOUR PREFERENCES, TRACK YOUR PROGRESS, AND ACCESS IMPORTANT DETAILS ABOUT YOUR PREGNANCY JOURNEY.





Empowering Your Pregnancy Journey

Pregnancy is an exciting yet challenging journey, and at Forpartum, we believe every mom-to-be deserves personalized care and guidance. Our app is designed to offer comprehensive support at every stage of pregnancy, from the first trimester to the moment you welcome your baby into the world.

Sleep Meditation





Letting Go of Worries Sweet Sleep 45 MIN • SLEEP MUSIC

45 MIN • SLEEP MUSIC





Restful Nights: Calming Baby's Night Wakings 45 MIN • SLEEP MUSIC

Quieting Postpartum Anxiety 45 MIN • SLEEP MUSIC



Restful Nights: Calming Baby's Night Wakings

45 MIN • SLEEP MUSIC



Sweet Sleep 45 MIN • SLEEP MUSIC

Create new project

Dashboard

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Chat Suppor

Insights

Blog

Meal Plans

Notificatior

Library

Menu setting



Healthy Jam Waffle Breakfast

Add Meal



Chocolate and Banana Jar Cake



Caramel Blueberry Scones



Last 30 days 🗸

Blueberry Carrot Cake



Vegan Cauliflower Salad



Roasted Red Pepper Soup



Eggs and Avocado Toast



Pork Shoulder Cashew Noodles









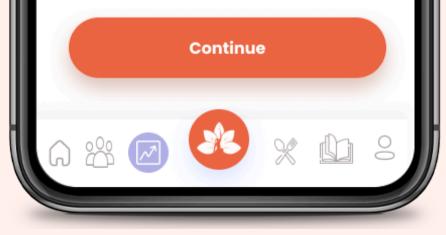
MEAL PLAN ADMIN PANEL

"The Meal Plan Admin Panel gives administrators full control over the creation, management, and customization of meal plans tailored to each stage of pregnancy. Keep the nutrition content up-to-date and ensure moms-to-be have access to healthy, balanced meal options."



Welcome to **Energy Stress Tracker**

The Energy Stress Tracker helps you monitor stress and energy levels daily. It offers insights into patterns and triggers, enabling proactive health management. This tool empowers you to make informed lifestyle adjustments, enhancing overall well-being and ensuring you have the vitality needed for daily activities.



Stay Prepared, Stay Safe

"The Emergency Tracker is designed to ensure that you and your healthcare provider are always one step ahead in managing any unexpected situations during your pregnancy. This tool provides real-time tracking and access to vital information that can help keep you safe during critical moments."

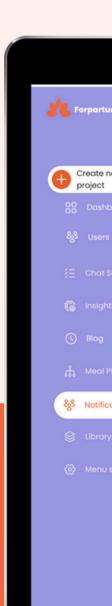






STREAMLINE COMMUNICATION **AND ALERTS**

The Notification Admin Panel allows administrators to manage, schedule, and customize notifications that keep users informed and engaged. This tool ensures that critical updates, reminders, and alerts are delivered to users in a timely and organized manner."



Notification Overview Create New Notification Create new project • Notification Overview То Create New Notification 1.2 Re Total Notifications Ser Open Rate Pending Not 75% 1,200 50 Do 2023 & Notifications **Recent Notifications** NC 2023 Not 2023 [View] Er 2023-06-25 2023 2023-06-25 SN 2023 2023-06-25 [View] Pι 2023-06-25 Ale 2023-06-25 0 Alerts and Warnings 2023 2023 2023-06-25 Weekly Insights Update 2023-06-25 Weekly Insights Update 202 202 2023-06-25 System Maintenance Notice Failed to Send 2023-06-25 System Maintenance Notice Failed to Send



UNDERSTANDING YOUR PREGNANCY HEALTH

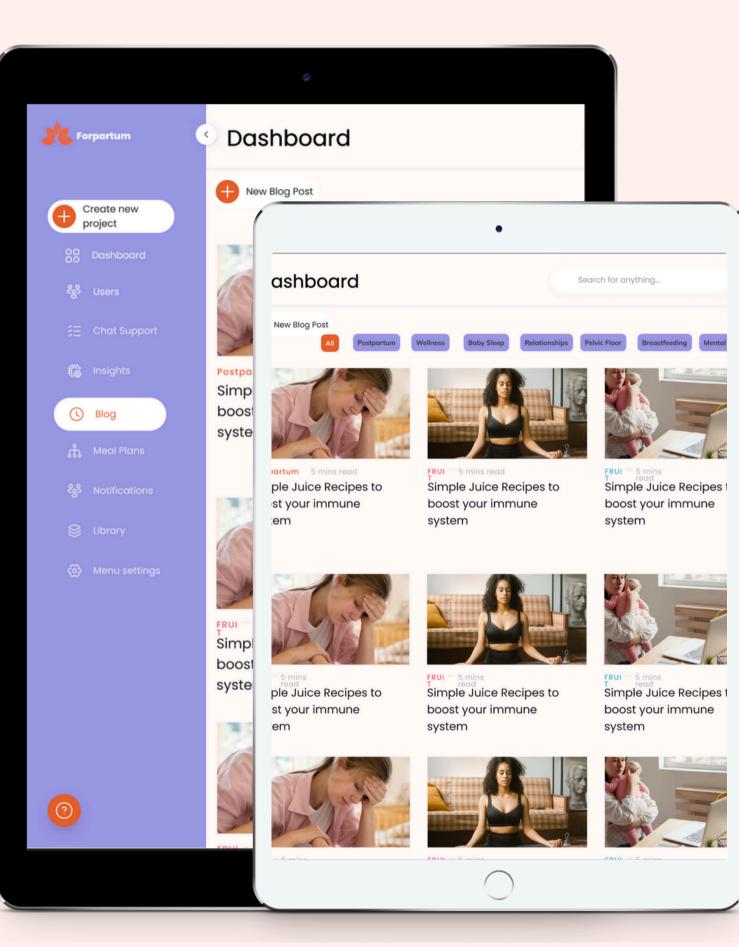
"Thank you for completing your assessment. Below are your personalized results based on the information you provided. These insights are designed to help you understand your current health status and guide your next steps in your pregnancy care journey." 9:41

Your Assessment Results

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Based on your responses, it looks like Emotional Well-being is your highest priority. Let's focus on sessions that help with stress, anxiety, and mood regulation.





HEALTH

This is your central hub where you can access all the essential information and tools to support your pregnancy journey. Stay organized, informed, and engaged with the features designed to keep you and your baby healthy



YOUR CENTRAL HUB FOR PREGNANCY



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