

**St. Anne FertilityCare™ Center**  
**Marriage Preparation Welcome Letter**

Updated: 02/13/2018

Dear Couple,

Congratulations!!! I hope your time of engagement is full of joy and excitement as you prepare to receive the Sacrament of Marriage. This is an important time and I am honored to be part of it and look forward to teaching you more about your fertility and Natural Family Planning. Thank you for your interest in **FertilityCare™ Services**. I am very excited that you have decided to learn more about **The Creighton Model FertilityCare™ System!**

The **FertilityCare™ System** provides in depth information about reproductive health focusing on the biological markers that allow women to know when they are fertile, and when they are infertile. By observing, interpreting, and tracking these signs the couple can use this information to either plan or avoid a pregnancy with a very high degree of accuracy. Monitoring these signs also provides valuable information in diagnosing and treating infertility, repeated miscarriages, ovarian cysts, PMS, and a variety of other reproductive health issues. Charting with the **FertilityCare™ System** will also allow you to access the science of **NaProTechnology™** when visiting a trained Medical Consultant. **NaProTechnology™** is the new research based reproductive science behind the **Creighton Model FertilityCare™ System**.

The first step to learning the system is an Introductory Session which is a standardized presentation describing the basics of the system, how to observe the signs of fertility and how to track them. The system is taught in a standardized manner over the course of one calendar year. The eight follow-up sessions progress as follows: the first four follow-up sessions are two weeks apart followed by the fifth session one month later, and the remaining sixth through eighth sessions are three months apart. However, because you are doing this as part of your marriage preparation program you are only required to complete two follow-up sessions and the introductory session. If you choose to continue on with your instruction you are welcomed to complete the entire year of follow-ups, follow-ups are scheduled in various weekly and then month increments as sessions progress. The Follow-Up Sessions are individual appointments designed to meet the your individual needs.

The Introductory Session, and your subsequent Follow-Up Sessions, are to be completed in person. If you decide to move forward please contact me for a schedule of the monthly Introductory Session days and times. Your remaining follow-up appointments will be made on an individual basis. I have included an itemized price list so you are aware of the cost of services and materials. Payment is due at the time you receive your materials (at the end of the initial Introductory Session).

If you have any questions please feel free to contact me at (813) 352-4404 or via email at [StAnneFertilityCareCenter@gmail.com](mailto:StAnneFertilityCareCenter@gmail.com)

I look forward to hearing from you and scheduling your first appointment.

In Good Health,

*Amylynn Smith*, CFCP

Certified **FertilityCare™** Practitioner