

The Real Women App

Many women around the world experience conditions affecting their reproductive health. For instance, approximately 1.5 million women undergo a hysterectomy globally each year, while Mayer-Rokitansky-Küster-Hauser (MRKH) syndrome affects approximately 1 in 5,000 women and is typically diagnosed during the teenage years. According to *WorldMetrics: Transgender Population Statistics in the U.S.*, 58% of transgender adults identify as trans women. Diverse experiences of womanhood have existed throughout history. Yet, in our daily lives, we continue to encounter significant gaps in women's health-tracking applications. In many cases, when women download an app to monitor their health, these applications use default settings that assume menstruation, fertility, or pregnancy. These assumptions can be triggering and even harmful to users who identify as women but come from a variety of backgrounds and life experiences. For many, searching for the right application without success can feel isolating and discouraging from a womanhood perspective. It is important to create spaces to discuss this issue as we develop innovative tools that support women's well-being and healthcare while expanding the representation of diverse experiences of womanhood through an intersectional lens.

The Problem – work in progress

Users can opt in or out of reproductive-related features, making the app supportive of women with hysterectomies, MRKH syndrome, transgender women, and anyone whose health journey does not fit traditional assumptions. The app includes trackers for mood, steps, heart rate, facial hair, weight changes, a transgender medical transition checklist, GPS to locate specialists, educational resources, and nearby support groups.