



FERTILITY CHALLENGES > DIAGNOSIS & TESTING

Best At-Home Fertility Tests

Private, certified fertility results in the comfort of your own home

By [Risa Kerslake](#) | Updated on March 07, 2022



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At-home fertility tests allow you to manage your [reproductive health](#) from the comfort of your own home. Many of these tests also may not consider certain medical conditions that affect hormones, such as polycystic ovarian syndrome (PCOS). Home fertility tests can be a good starting point for tracking fertility and help you figure out if your hormone levels are healthy. Measuring your hormones can also help if you want to get pregnant.

Recently, there has been a rise in male home-fertility testing, which is good news as male fertility issues account for about 40-50% of fertility issues with couples.^[1]

We looked at the different at-home fertility tests offered and reviewed hormones tested, cost, ease of use, and reliability before settling on our top seven. With the exception of a few ovulation tests, a doctor reviews the test results before the results are released to you.

However, while there are many reliable brands of at-home hormone tests, they shouldn't replace medical advice from a healthcare professional. If you have concerns about your fertility or hormone levels, consider talking with your healthcare provider for a personalized treatment plan.

Here are our picks for the best at-home fertility tests.

Best At-Home Fertility Tests of 2022

Best Overall: [Modern Fertility](#)

Best for Rapid Results: [Ava Fertility Bracelet](#)

Best for Accuracy: [LetsGetChecked](#)

Best for Ease of Use: [Everlywell](#)



Best for Men: [Legacy](#)

Best for Family Planning: [Ro](#)

Best for Ovulation: [Mira](#)

Runner-Up, Best for Men: [Fellow](#)

Best At-Home Fertility Tests

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- ▶ Ava Fertility Bracelet
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- Final Verdict
- Compare Providers

BEST OVERALL

Modern Fertility

Modern Fertility

Key Specs

- **Cost:** \$159
- **Delivery:** Shipping to all states
- **Results:** In 7 days

Why We Chose It

Modern Fertility has made a name for itself in the home testing world. Not only does

[Learn More](#)

from Modern Fertility

- How To Choose
- FAQs
- Methodology

it offer a wide range of fertility hormone testing, but it also provides a personalized hormone profile and a community of people who want to learn more about their fertility.

Pros & Cons

PROS

- Offers subscriptions for ovulation tests
- Results are easy to understand
- Community to ask questions to fertility experts

CONS

- Doesn't offer testing for men
- Relatively higher cost compared to other tests
- Can be difficult to collect enough sample to test

Overview



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You can order your test online, and it takes about seven to 10 days to receive results once your test reaches the lab. If you're on birth control, you can get your test customized for the most accurate results. Being on birth control means you can't take all seven tests because birth control can affect the accuracy. However, it's easy for you to customize your order. Modern Fertility offers home test kits or the ability to test at a Quest Diagnostics lab.

The hormone test kit looks at:

- Anti-mullerian hormone (AMH)
- Thyroid-stimulating hormone (TSH)
- Follicle-stimulating hormone (FSH)
- Estradiol
- Free thyroxine
- Prolactin
- Luteinizing hormone (LH)

Make sure you order your test in advance, as you need to take it on day three of your cycle. You'll collect a sample of blood using a lancet to prick your finger and then mail the kit back in a secure package.

Results come back in about seven to 10 days after the lab receives the kit. They're first viewed by a doctor and then are released to you in a personalized fertility profile. You can also have a free consultation with a fertility nurse to review your results. In addition, Modern Fertility offers a community where you can ask questions to help understand your test results.

Modern Fertility offers a mobile app for tracking your cycles and when you're ovulating. The Hormone Test costs \$159 with free shipping. The company accepts HSA and FSA but doesn't take insurance. Users also have the option of a subscription for ovulation tests.

Overall, people report positive reviews and participate in the large community of other users. However, some noted disappointment with their results as they weren't as detailed as expected.

BEST FOR RAPID RESULTS

Ava Fertility Bracelet



Learn More

from Ava

Best At-Home Fertility Tests

- Modern Fertility
- Ava Fertility Bracelet
- LetsGetChecked
- Everlywell
- PREGMATE Ovulation Tracking Kit

Key Specs

- Cost:** \$279 to \$359
- Delivery:** Available in 49 states
- Results:** Immediate

Why We Chose It

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For those who don't want to prick their finger, use urine ovulation sticks, or track basal body temperature, the Ava Fertility Bracelet lets you wear a bracelet at night to track ovulation. Instead of testing urine or blood samples, the tracker uses data from temperature, heart and breathing rates, pulse, and sleep to best predict ovulation.

Pros & Cons

PROS

- No blood or urine sample needed
- Comes with an app to sync with bracelet
- Can use as a pregnancy tracker

CONS

- Can take a few months to get accurate data
- Cycles need to be between 24 and 35 days
- Higher price than other testing options

Overview

The Ava Fertility Bracelet is easy to use because there's no blood or urine testing involved. You just need to remember to wear your bracelet at night and your fertility data is always at your fingertips. Get your results immediately after syncing your bracelet to the mobile app using Bluetooth. The company website has an extensive FAQ page and a refund option for an additional fee.

Ava is an online women's health company that launched the wearable fertility tracker in 2016. It gained FDA approval in early 2021 and is [CE certified](#), which means the bracelet meets the requirements of the European Economic Area.

After wearing the Ava Bracelet overnight, you'll sync the bracelet to your mobile app in the morning to view your results. It can help you narrow down your most fertile



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- Skin temperature
- Sleep
- Resting pulse
- Stress levels by measuring heart rate and respiration

These measures fluctuate depending on which phase of your menstrual cycle you're in.

You can get a cycle report that gives a 12-month picture of ovulation, the length of your cycles, menstrual flow, and your luteal and follicle lengths. You can download this report to bring to your healthcare provider.

Order online from the website, and your bracelet, USB charger, and instructions will arrive in three to five business days. The app works with both iOS and Android users.

The Ava Fertility Bracelet costs \$279 for the basic plan. For \$309, you can get a pregnancy ebook and a full refund if you're not pregnant within 12 months of using the bracelet. For \$359, you can get a refund if you're not pregnant in six months. All options come with free shipping. Insurance won't usually cover the cost, but you can use an FSA or HSA for payments.

The company reports a high level of accuracy with the bracelet, but you do need to wear it every night to get the best results. Users state the bracelet is easy to use and convenient, and many reviews say it helped them get pregnant. However, some reported challenges with syncing the bracelet to the device, and their ovulation prediction wasn't accurate.

BEST FOR ACCURACY

LetsGetChecked

LetsGetChecked



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from LetsGetChecked

Get 30% off with code Verywell30



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Modern Fertility

Ava Fertility Bracelet

▶ LetsGetChecked

Everivwell

- **Delivery:** Ships to all U.S. states
- **Results:** 5 days

Why We Chose It

Let'sGetChecked is one of the original home testing companies and has plenty of positive reviews. At \$129 a test, it's a good option for those on a budget. With a quarterly subscription, you can get it even cheaper at just \$90.