

AskPMOS App

Impact Analysis

September 2026

Evidence based information and support, helping women with PMOS live healthier, brighter lives.

100+

Evidence-based articles

Used in **195**

Countries - a global community

12.5K

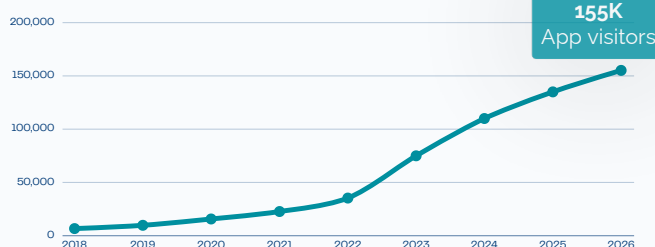
Registered regular users

155K

App visitors and increasing steadily

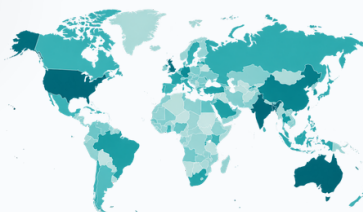
Growing global use

The number of women using the AskPMOS app increase steadily.

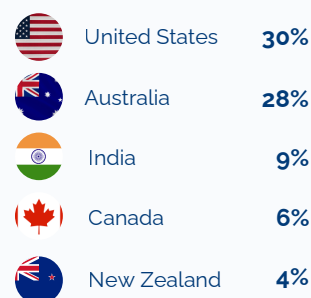


Used in 195 countries

A global community accessing trusted evidence based information.

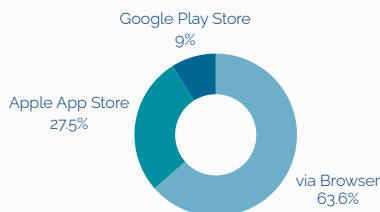


Top 5 countries



How women access AskPMOS information

Most visitors access the App via their browser (no download required, 28% downloaded the App from the Apple App Store and 9% from the Google Play Store.



Device usage

The app is used on mobile and large screens, with 74% on mobile and 25% on desktop



The AskPMOS App is available via your usual browser or the Apple and Android Store



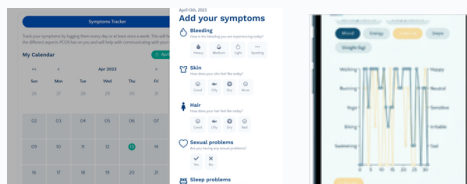
[Find out more](#)

Top 10 read articles

- 1 PMOS and sleep
- 2 Treatment for irregular periods
- 3 PMOS and healthy sexual relationships
- 4 PMOS and fertility
- 5 PMOS and weight
- 6 PMOS and glucose testing
- 7 PMOS and diet
- 8 Treatment of excess body hair
- 9 Common medications used in PMOS
- 10 PMOS and laser hair removal

Symptoms tracker and analysis

1.3K women are actively using the symptoms tracker to keep track of their symptoms and lifestyle.



COMING SOON

Decision support tools

Our new decision support tools help women and healthcare professionals make informed decisions.



Personalised tools to review options and preferences for PMOS care



Review options and support shared decision making

NEW

Short Course:
An evidence-based approach to managing PMOS

[Register here](#)

A Monash University course designed for healthcare professionals, focuses on evidence-based approaches to assessing and managing PMOS, aligned with the 2023 International PMOS Guideline.

*Better care. Better equity.
Better health.*