

Clinical Indication	Yes	Limited	No
Identify and Assess			
Hormone cycle mapping	✔	-	-
Assess hormone patterns in ovulatory and anovulatory cycles	✔	-	-
Evaluate hormone patterns in a previously stable perimenopause patient	✔	-	-
Correlate symptoms and situation			
Correlate symptoms with hormone patterns	✔ Symptoms can be tracked alongside hormone patterns in the Mira app and viewed in the provider dashboard.	⚠ Not all symptoms directly correlate with hormonal fluctuations.	-
Interventions and Treatment			
Assist with timing of interventions, procedures, diagnostics, and other timed strategies	✔	-	-
Evaluate hormone shifts following supplements or lifestyle changes	✔	-	-
Determine therapeutic levels of HRT based on urinary metabolite values alone	-	-	✖ Insufficient data.
Assess whether HRT dosage adjustments may be appropriate by evaluating hormone patterns in conjunction with clinical context and patient symptoms.	✔ Phase-specific HRT ✔ Timed-cyclic progesterone ✔ Physiologic HRT ✔ Personalized HRT based on situation, symptoms, and hormone patterns	⚠ For specific types of HRT, Mira can show if ovulatory patterns are supported, when clinically appropriate.	✖ Standardized daily dosing regimen based on symptoms only and does not account for individual hormone fluctuations ✖ Pellet therapy (no data available at this time) ✖ Combination of oral estrogen and oral progesterone obscures endogenous hormone patterns due to a ceiling effect, limiting interpretability.
Monitoring hormone responses to HRT			
Monitoring endogenous hormones while taking HRT	✔ Topical progesterone ✔ Vaginal (local) estrogen - try to prevent contamination	⚠ Systemic estrogen therapy may result in dose-dependent, linear increases in E3G levels. However, additional endogenous estradiol production may exceed the expected rise from therapy alone and may be reflected in Mira data, suggesting an underlying shift in hormone patterns.	-
Post-menopause (more than 1 year past menopause)	-	⚠ For select HRT cases, Mira data may indicate estrogen absorption and metabolism (requires testing before and after therapy). Note: Standard reference ranges for HRT response have not yet been established. More guidance will be provided as data evolves.	-