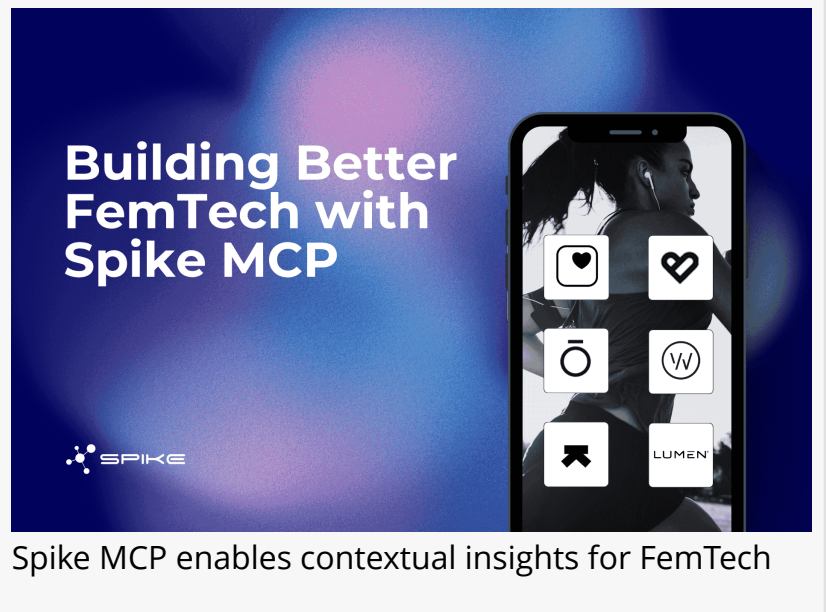


Spike Technologies empowers women's health apps with AI-driven insights

New Spike MCP solution enables FemTech developers to deliver personalized, context-aware health insights that go beyond basic period tracking.

NEW YORK, NY, UNITED STATES, October 2, 2025 /EINPresswire.com/ -- Spike Technologies announced the availability of its Model Context Protocol (MCP) implementation, designed to [transform FemTech applications](#) from basic period tracking tools into AI-powered advisors that reveal patterns across multiple health dimensions and provide personalized strategies to help women make better daily decisions. As the FemTech market accelerates toward \$28.89 billion by 2032, Spike's solution addresses the critical gap between what period tracking apps currently offer and what women actually need: deeper, personalized insights that connect hormonal patterns with mood, energy, sleep, and lifestyle factors.



BRIDGING THE HOLISTIC HEALTH GAP IN WOMEN'S HEALTH TECHNOLOGY

While market leaders like Flo (380 million downloads, 70 million monthly active users) and Clue (10 million monthly active users across 190+ countries) demonstrate massive adoption of period tracking apps, user research consistently reveals that women want more than symptom logs and cycle predictions. Spike MCP enables developers to meet this demand by connecting AI to real-time health data, without the need for in-house development, heavy engineering overhead, or costly upkeep.

Spike MCP connects developers' chosen large language model to its [360° Health Data API](#), which aggregates health data, symptom logs, sleep patterns, activity levels, nutrition information, and biometric markers from wearables and medical devices, and analyzes results from blood and lab reports. The MCP layer enables AI to analyze these interconnected datasets and deliver truly

personalized insights.

Key capabilities include:

Cycle-aware lifestyle optimization – AI can provide recommendations synchronized with hormonal phases, explaining how current cycle stage affects energy, sleep needs, and optimal activity levels

Advanced fertility insights – Beyond predicting fertile windows, AI can identify correlations between lifestyle factors and cycle regularity to empower better conception planning

Symptom pattern recognition – AI can generate detailed health reports for health consultations, identifying symptom clusters, correlations with cycle phases, and potential triggers

Adaptive wellness plans – Dynamic strategies that evolve with life circumstances, from pre-conception optimization to perimenopause management

Proactive Health Notifications – Context-aware alerts about significant pattern changes that may warrant medical attention

ACCELERATING DEVELOPMENT WITHOUT ENGINEERING OVERHEAD

For developers, Spike's pre-built MCP implementation dramatically reduces time-to-market and engineering complexity. The solution handles data orchestration, API integration, and contextual data delivery, allowing development teams to focus on user experience rather than infrastructure.

Spike MCP is now available for female health developers. Companies interested in integrating AI-driven personalized health insights can [schedule a demonstration](#).

ABOUT SPIKE TECHNOLOGIES

Spike Technologies Inc. is a B2B health data and artificial intelligence (AI) startup founded in late 2022, split between San Francisco, California, and Vilnius, Lithuania. Spike provides a Health 360° Data API for wearables and IoT devices, along with AI-powered solutions that unlock the full potential of health data and elevate enterprise performance with generative AI. The company serves a diverse client base across healthcare systems, digital health companies, fitness professionals, nutrition services, and insurance providers. Visit spikeapi.com to learn more.

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