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Short title: Healthy lifestyles can improve fertility

Healthy preconception nutrition and lifestyle using personalized mobile health coaching is associated with enhanced pregnancy chance

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Key message

Healthy nutrition and lifestyle are associated with an improved chance of conceiving. Mobile health can support infertile couples to improve these modifiable factors. These findings will stimulate the implementation of mobile health in preconception, pregnancy and reproductive care with beneficial effects on reproduction, pregnancy, and future health and healthcare costs.

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