UNDER THE RADAR:

How healthcare can better address menopause.





Only 49% of women experiencing perimenopause have spoken to a health professional about menopause, which includes symptoms like:

- + Hot flashes
- + Emotional shifts and challenges
- + Sleep disorders
- + Pain and discomfort
- + Brain fog
- + Bone density loss

Menopause symptoms interfere with quality of life and can impact the workplace:

13% of women report "adverse work outcomes" due to menopause.⁵

11% of women miss work because of menopause symptoms.6

year, and **\$26.6B in medical expenses**.

Menopause costs the US an estimated \$1.8B in missed work each

many of the effects of menopause:

Fortunately, there are ways to counter



and other symptoms.

Hormone Replacement Therapy

(HRT) counters hot flashes, bone loss,



flashes and depression.

Selective serotonin reuptake inhibitors (SSRIs) help with hot



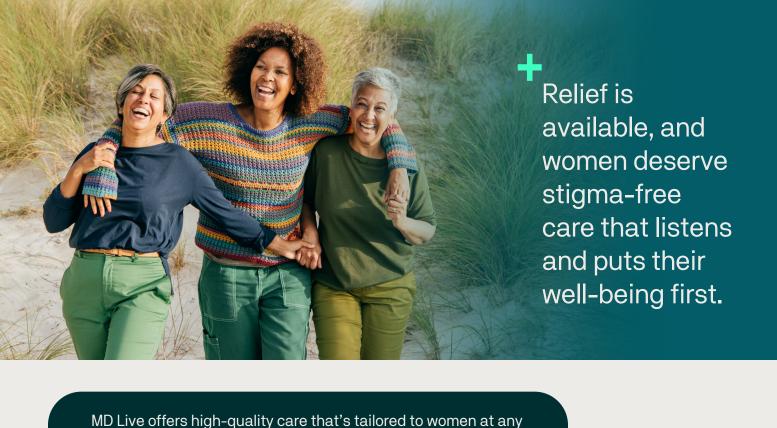
relieve overactive bladder symptoms.

Oxybutynin and similar meds



help with dryness and discomfort.

Vaginal estrogen ointments can



Virtual Primary Care – offering personalized, comprehensive treatment plans, including chronic condition management:

menopause, or general support.

stage in their life's journey—whether in need of perimenopause,

+ Access to Hormone Replacement Therapy (HRT) via prescription, when appropriate

- + Preventive screenings and imaging (Including mammography and DEXA bone density)
- + Prediabetes and diabetes (type 2)

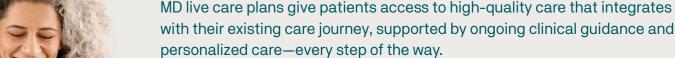
+ Weight management, including GLP-1s and digital health coaching

Care for urgent and everyday needs, including:

+ Screenings and treatments for STIs

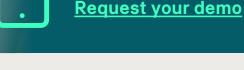
+ Birth control + Sleep issues

- + Yeast infections and UTIs + Migraines
- Behavioral health care from certified therapists in as little as a week for:
 - + Anxiety, depression (including postpartum), grief and loss, and stress
 + Parenting and relationship support





Let's work together to help you support women with the care, compassion, and respect they deserve.



hhttps://www.ama-assn.org/delivering-care/population-care/understanding-when-hrt-makes-sense-menopause Women's III-tuition survey by Talker Research for MD Live

The XX Factor survey, MD Live by Evernorth https://www.joinmidi.com/post/menopause-statistics https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-study-puts-price-tag-on-cost-of-menopause-symptoms-for-women-in-the-workplace/https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-study-puts-price-tag-on-cost-of-menopause-symptoms-for-women-in-the-workplace/

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