

UNDER THE RADAR:

# How healthcare can better address menopause.



**70 million women** in the US are currently experiencing perimenopause, with **6,000 women** entering menopause each day.<sup>1</sup>

**But, many of these women suffer in silence:**

- + **22% of American** women put off seeing a doctor for fear of being seen as “dramatic.”<sup>2</sup>
- + **35% of women** delay care because they’re told their symptoms are “normal” for their gender.<sup>3</sup>
- + **Only 58%** of post-menopausal women bring it up to their doctors.<sup>4</sup>

**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.<sup>5</sup>

**11% of women** miss work because of menopause symptoms.<sup>6</sup>

Menopause costs the US an estimated **\$1.8B in missed work** each year, and **\$26.6B in medical expenses**.

**Fortunately, there are ways to counter many of the effects of menopause:**



**Hormone Replacement Therapy (HRT)** counters hot flashes, bone loss, and other symptoms.



**Selective serotonin reuptake inhibitors (SSRIs)** help with hot flashes and depression.



**Oxybutynin and similar meds** relieve overactive bladder symptoms.



**Vaginal estrogen ointments** can help with dryness and discomfort.



Relief is available, and women deserve stigma-free care that listens and puts their well-being first.

MD Live offers high-quality care that’s tailored to women at any stage in their life’s journey—whether in need of perimenopause, menopause, or general support.

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

- + Access to Hormone Replacement Therapy (HRT) via prescription, when appropriate
- + Screenings and treatments for STIs
- + Preventive screenings and imaging (Including mammography and DEXA bone density)
- + Weight management, including GLP-1s and digital health coaching
- + Prediabetes and diabetes (type 2)

**Care for urgent and everyday needs, including:**

- + 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

MD live care plans give patients access to high-quality care that integrates with their existing care journey, supported by ongoing clinical guidance and personalized care—every step of the way.



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

[Request your demo](#)

1. <https://www.ama-assn.org/delivering-care/population-care/understanding-when-hrt-makes-sense-menopause>

2. Women’s Ill-tuition survey by Talker Research for MD Live

3. The XX Factor survey, MD Live by Evernorth

4. <https://www.joinmadi.com/post/menopause-statistics>

5. <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-study-puts-price-tag-on-cost-of-menopause-symptoms-for-women-in-the-workplace/>

6. <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-study-puts-price-tag-on-cost-of-menopause-symptoms-for-women-in-the-workplace/>