

**For Menopause Plans.
For Living**



Helping you hold on to valuable talent.

Our Menopause Plan offers anyone going through the menopause, whatever their age, the support they need to stay happy in the workplace.

Helping everyone feel their best at work.

Menopause is a natural part of life, but for many, it can be tricky to navigate. Especially at work. That's why we're doing more for women's health. Now, employees can turn to us for speedy answers and 12-months of invaluable support with our new Menopause Plan.



Fast diagnosis. First time

We cut the waits by training our GPs to spot and act on the signs of menopause right away. Opening up quicker access to treatment and limiting the impact on mental health.

No one size fits all

Everyone's experience is different. From joint problems to fatigue, to hot flushes and sleepless nights. Our GPs have the knowledge to connect the dots and offer personalised advice.

Support for early menopause

Some people go through the menopause earlier than expected, leaving them feeling confused and alone. We can help them make sense of any changes and carefully manage their mental health.



Menopause Plan

£250 no insurance needed

- 45 minutes with an experienced menopause trained GP. They'll help identify symptoms, answer any concerns and advise on treatments or next steps
- 15-minute check-in 12 weeks later to talk through changes and improvements
- 24/7 Anytime HealthLine for unlimited nurse advice for 12 months following your first appointment

Let's build your women's health strategy together. Call

0370 218 6603

bupa.co.uk/womens-health

Lines are open Monday to Friday 8am to 6pm.
We may record or monitor our calls.

How else can you support female employees?

- Breast and Cervical Health checks
- Workstation checks for pregnant women
- Women's health physiotherapy
- GP services
- Employee assistance programme (EAP) for instant mental health relief and practical life advice
- Real stories, health information and expert advice on our new Women's Health Hub: bupa.co.uk/womens-health

1 in 4

women who visited a GP say the possibility of their symptoms being menopause related has been missed.*

3 years

The average time it takes to get a diagnosis from a regular GP.†

90%

of women say their work life has been negatively affected by menopause symptoms.‡

*Source: menopausesupport.co.uk/?page_id=60

†Source: newsonhealth.co.uk/news/millions-of-nhs-money-wasted-with-delays-in-diagnosing-the-menopause

‡Source: newsonhealth.co.uk/news/menopause-at-work-survey-results-published#



Want to know more? Call us or
email your account manager

0370 218 6603

healthclincsnewbusiness@bupa.com

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