

Menopause plans.  
Better for business



# Helping you hold on to valuable talent

Losing your best people isn't good for business.  
But personalised menopause support is.

# Helping everyone feel their best at work

Most people who experience the menopause do so during their working life. For some, symptoms can become so unmanageable, they're forced to leave their job. With our Menopause Plan, we'll offer employees tailored menopause support so they can feel confident managing symptoms.



## Fast diagnosis. First time

We train our GPs to spot and act on the signs of menopause right away. Opening up quicker access to treatment and limiting the time spent away from work.

## No one size fits all

Everyone's experience is different. From joint problems and 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.

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

**0345 600 3476**  
[bupa.co.uk/womens-health](https://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 check
- Period Plan
- 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](https://bupa.co.uk/womens-health)

## Menopause Plan

**£299, no insurance needed.**

- 45 mins with an experienced, menopause-trained GP – face to face or by video – identifying symptoms, discussing concerns and advising on any next steps
- 30-min follow-up appointment that can be taken when employees need it
- 24/7 Anytime HealthLine for unlimited nurse advice for 12 months following a first appointment

## Menopause Continued Care Plan

**Available when purchasing our Menopause Plan.**

**£250, no insurance needed.**

Employees can benefit from an additional 12 months' support with our Menopause Continued Care Plan – an annual care package, as often as they need it.

- 30-min annual review with a menopause-trained Bupa GP
- Two 15-min follow-up appointments that can be booked when employees need them within 12 months of the annual review
- A repeat prescription within the 12 months
- An onward referral, if they need it
- 12 months' access to our 24/7 Anytime HealthLine for unlimited nurse advice

### 1 in 4

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

### 4 years

The average time that symptoms last for.†

### 1 in 3

women who visited a GP were not made aware of hormone replacement therapy (HRT).‡

### Over 75%

of our customers saw improvements for the most severe menopause symptoms reported.^



\*Source: [menopausesupport.co.uk/?page\\_id=60](https://menopausesupport.co.uk/?page_id=60)

†Source: <https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/6-things-to-know-about-the-menopause/>

‡Source: [menopausesupport.co.uk/?page\\_id=60](https://menopausesupport.co.uk/?page_id=60)

^Source: Bupa internal data, 2022.

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

**0345 600 3476**

**[healthclinicsnewbusiness@bupa.com](mailto:healthclinicsnewbusiness@bupa.com)**

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