



**Health is**  
**an expert ear**  
**when it comes**  
**to menopause**

**This is**  
**health**



# Feel heard. Feel empowered

**Menopause can be tough. But you don't have to go it alone. Chat to a menopause-trained nurse about your symptoms and get the support you need to start feeling like you again.**

Our Menopause HealthLine allows you to chat one-to-one with menopause-trained nurses. They'll listen, offer individual advice and give you all the guidance you need to own your menopause. You might be unsure if your symptoms are menopausal. We're here to help you make sense of it all.

## **We'll support you with:**

- ✓ information about what to expect with the menopause
- ✓ health, diet and exercise during the menopause
- ✓ mental wellbeing relating to the menopause, including stress and anxiety
- ✓ advice about treatment options



Our nurses\* can guide you to specialist support teams within Bupa (depending on your eligibility for scheme benefits). They can also explain how you can have a more useful conversation with your GP.



\*Our nurses aren't able to prescribe medication, so can't provide hormone replacement therapy (HRT), for example. However, they can offer advice on treatment options and help you prepare for a conversation with your GP.

# Dedicated nurses on hand

You can use our Menopause HealthLine as often as you need, for as long as you need, 8am to 8pm, 365 days a year. Using the service won't affect your benefit allowance or excess either.

## **For yourself or a loved one**

Partners and dependants can also use the Menopause HealthLine, if they're named on your health scheme. This could be for themselves or to understand how they can support others through menopause.

## **Visit our menopause support page**

Hear from real people about their experience with menopause, get answers to common questions, or learn how you can support a friend, colleague or loved one. Our online menopause support page is free to access and filled with resources that can help make things a little clearer.

Visit [bupa.co.uk/menopause-support](https://bupa.co.uk/menopause-support)

**Call our Menopause HealthLine today**

# 0345 608 9984

Calls may be recorded. To maintain the quality of our service, we may monitor some of our calls, always respecting the confidentiality of the call.





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