

Period Plan

This is
health



**Health is life on
your terms, even
during your period**

Take back control of your period health,
with a personalised support plan.

You don't need to face period problems alone

If you or someone close to you has heavy, painful or irregular periods, we're here to listen. Our GPs will take your concerns seriously, working with you to create a personalised care plan to help manage symptoms.

What's included in your Period Plan?

Before



Health questionnaire to help the GP understand your period history.

During



Up to 45 minutes with a GP who will listen, advise and support.



Physical checks around your tummy, plus a full blood count and/or pregnancy test, if needed.

After



Follow-up referrals* to treat or investigate symptoms further, if needed.

**Costs of additional tests not included*



24/7 helpline for period and health support for a full year.



A 15-min follow-up appointment when needed.†

†Available up to 12 months from the initial appointment.



Treatment to manage symptoms, you just pay for the medication.

Call us to book or find out more

0345 850 8399