

**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

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**Health questionnaire** to help the GP understand your period history.

### During

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**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

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



**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**  
option 1

*Lines are open Monday to Friday 8am to 8pm and Saturday 9am to 12.30pm.  
Calls may be recorded and to maintain the quality of our service we may monitor some of our calls, always respecting the confidentiality of the call.*