

Menopause plans.
Better for business

Bupa

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

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

How else can you support female employees?

- Targeted Cancer Screening
- 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**

Menopause Plan

£299, no insurance needed.

- 45-minute appointment with a GP specially trained in perimenopause and menopause. This can be face-to-face or by video. It's a chance for people to discuss their concerns, identify symptoms and get advice on next steps – which may include an onward referral if needed.[1]
- A prescription, if necessary. This could include HRT treatment (hormone replacement therapy). The GP will talk this through in the appointment.˘
- 30-minute follow-up to be taken up to a year after the initial appointment.
- 24/7 Anytime HealthLine for unlimited nurse advice for 12 months following a first appointment.

Menopause Continued Care Plan

Available following 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.[1]
- 12 months' access to our 24/7 Anytime HealthLine for unlimited nurse advice.

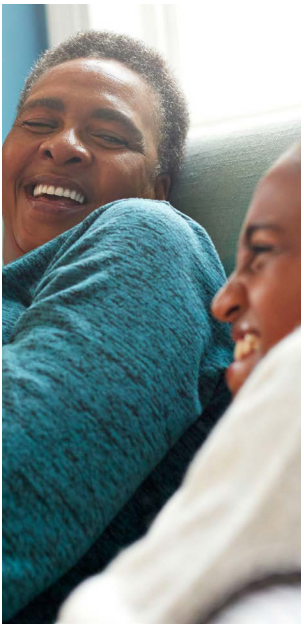
For every Menopause Plan sold, Bupa donates 5% to the charity Wellbeing of Women, which is then invested in world-class research benefitting women, girls, and babies.

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 88%
of our customers show an improvement in their menopause-related symptoms after accessing our Menopause Plan.ˆ



˘The cost of the medication is not included in the plan and will need to be paid directly to the employee's chosen pharmacy. Costs of medication vary.
[1]Our GPs cannot refer into NHS services, only private services for self pay or insured customers. They can write to your NHS GP with their recommendations, however the NHS GP is under no obligation to action them.
*Source: 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
ˆSource: Bupa internal data, 2025

Bupa private GP services are provided by Bupa Occupational Health Limited. Registered in England and Wales No. 631336. Registered office: 1 Angel Court, London EC2R 7HJ

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

0345 600 3476

healthclinicsnewbusiness@bupa.com

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