

**Menopause plans.  
Better for business**



# Helping you hold on to valuable talent

**Losing valuable people isn't good for business.  
But personalised menopause support is.**

# The menopause support your team is looking for

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 your employees tailored menopause support so they can feel confident managing symptoms. As a result, you've given them the power to perform at their best.

## Menopause support that protects your business too



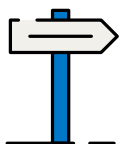
### Hold on to valuable talent

Employees struggling with symptoms may already be considering leaving your business.



### Get the best out of people

Keep your people happy, engaged and reduce their time spent away from work.



### Be an employer of choice

Show you value your people and stand out in a tough market.



## Menopause Plan

### Your people will receive:

- 45 mins with an experienced, menopause-trained GP – face to face or by video – identifying symptoms, discussing concerns, and advising on any next steps
- a 30-min follow-up appointment that can be taken when needed within 12 months of the first appointment
- a private prescription if needed\*
- 12 months' access to our nurse-led Anytime HealthLine

Contact your account manager for more information.

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We may record or monitor our calls.

**6 in 10**

menopausal women find their symptoms negatively affect their job performance.

Source: Let's talk menopause. Chartered Institute of Personnel and Development, published March 2019.

**9 in 10**

people saw an improvement in their menopause symptoms after accessing the Plan.

Source: Bupa internal data 2022.