

# Menopause support with Peppy

Support for employees going through any stage of menopause, from as early as having initial symptoms to post-menopause.

## One-to-one expert support



One-to-one chat with an expert



One-to-one virtual consultations



Diagnosis and treatment

## Digital support



Videos, articles, audios and series



Guidance for symptoms and treatment



Multi-week courses



Health tracker (limited access)

## Community support



Expert-led events

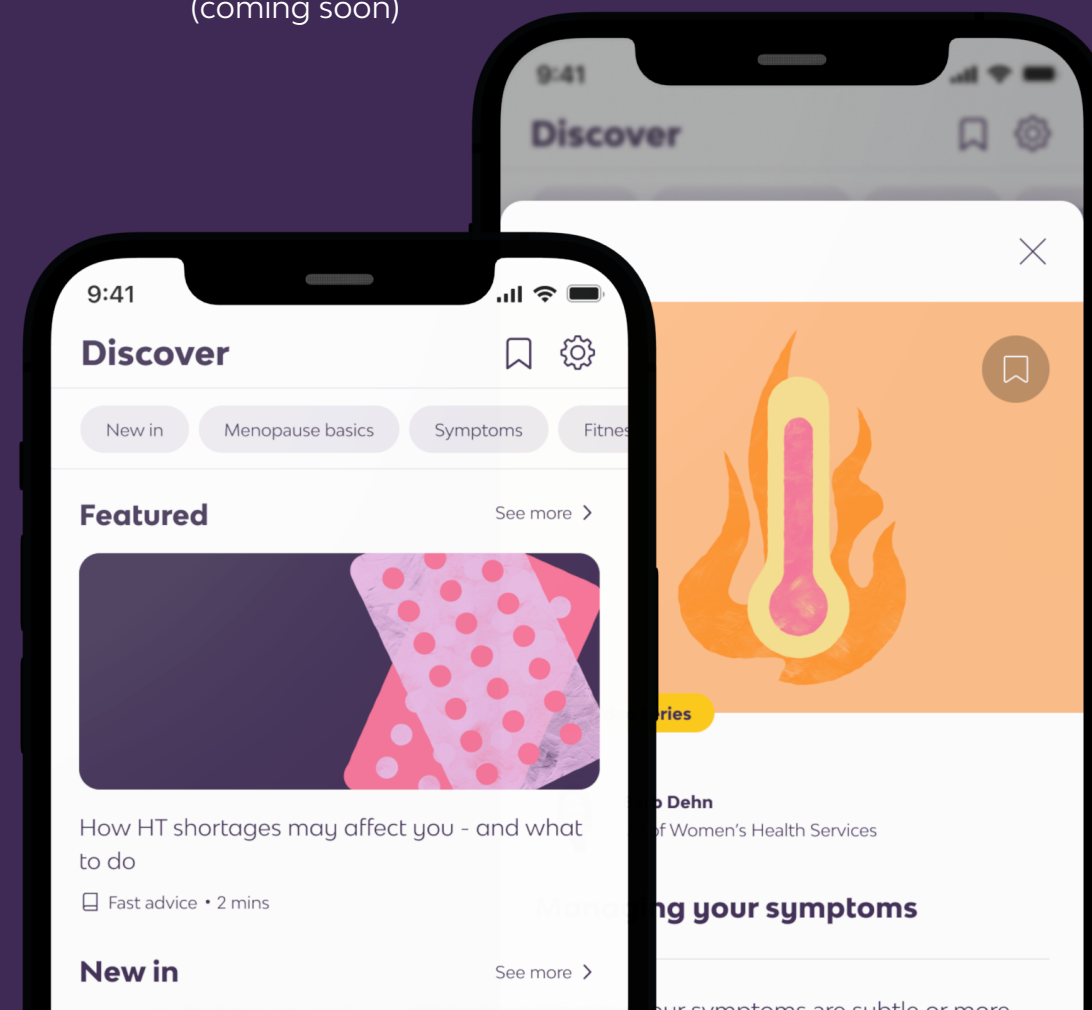


Expert Q&A sessions (AMAs) (coming soon)



"Ask the practitioner" articles (coming soon)

Anytime, anywhere on the Peppy app



# Access personalized, confidential and free support from real human experts

## Some of the topics covered by Peppy

### Understanding menopause

- Understanding perimenopause
- Post menopausal bleeding
- Hidden symptoms
- Psychological effects

### Menopause treatment

- Alternatives to hormone therapy
- Hormone treatment
- Types, routes and doses
- Side effects

### Allied conditions

- PMS
- Breast care
- Bladder issues inc incontinence
- UTIs

### Sex and contraception

- Different types of contraception
- Sexual confidence and pleasure
- Psychosexual issues

### Lifestyle

- Mental wellbeing
- Nutrition
- Fitness



# What resources are available?

## Videos

e.g. How will menopause affect my mental health?

## Audio toolkits

e.g. How to fall back to sleep

## Series

e.g. Your guide to hormone therapy

## Courses

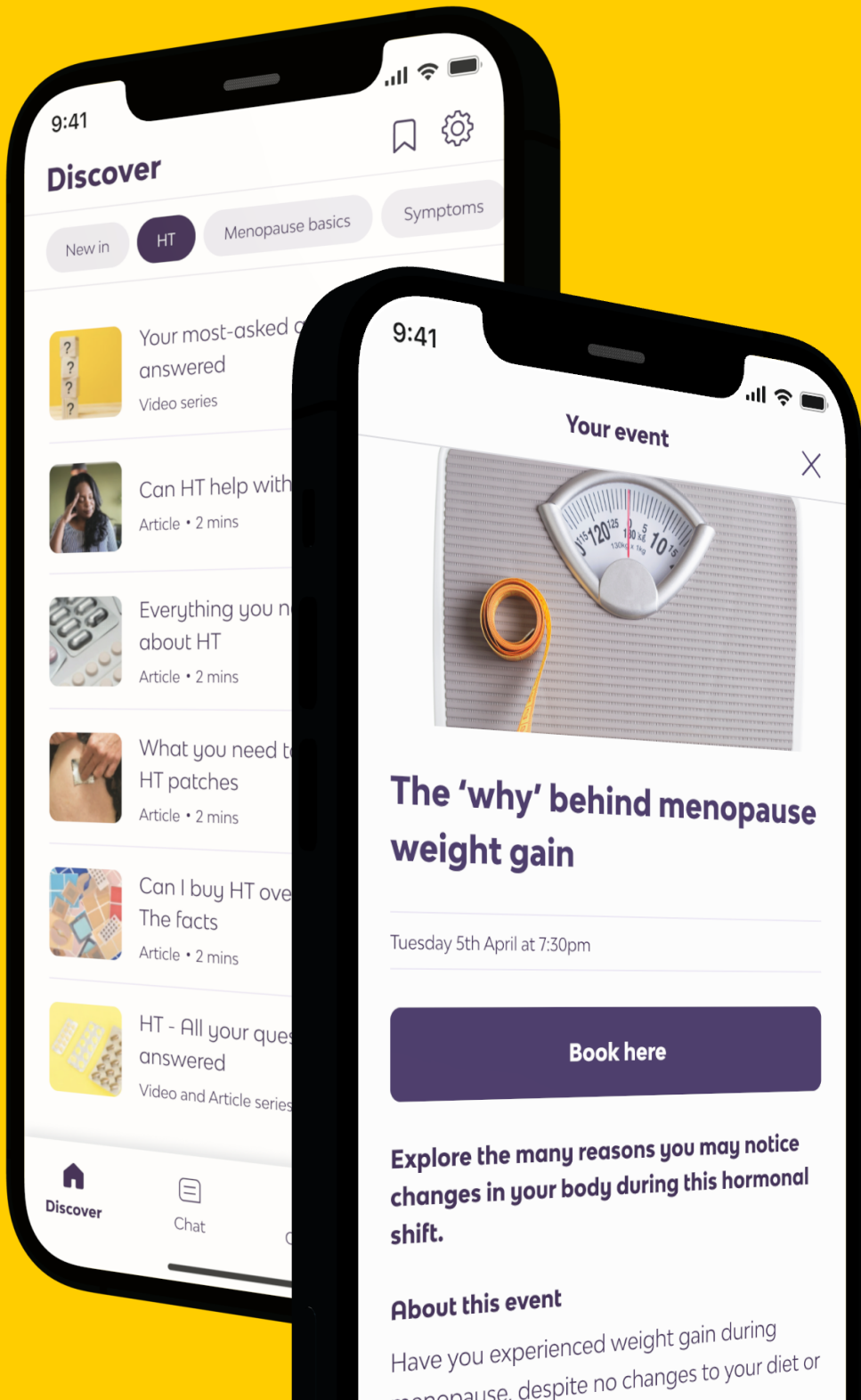
e.g. Brain fog

## Articles

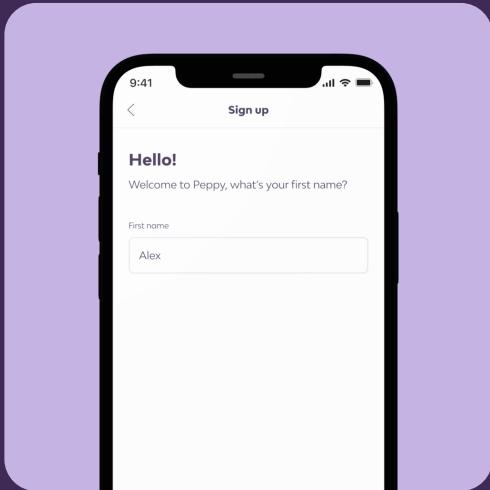
e.g. Pill, patch, spray, or gel: hormone types explained

## Events with a Peppy expert

e.g. How testosterone can help with menopause symptoms

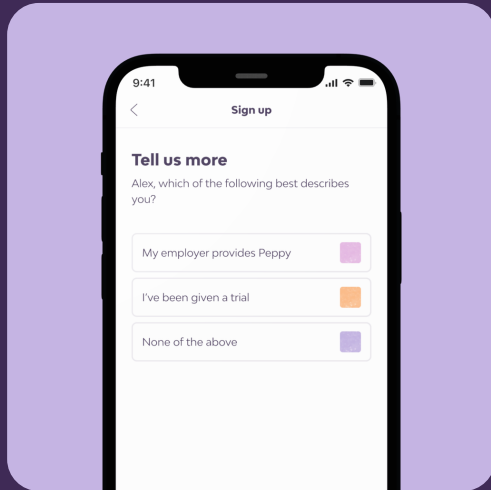


# How to get started with Peppy

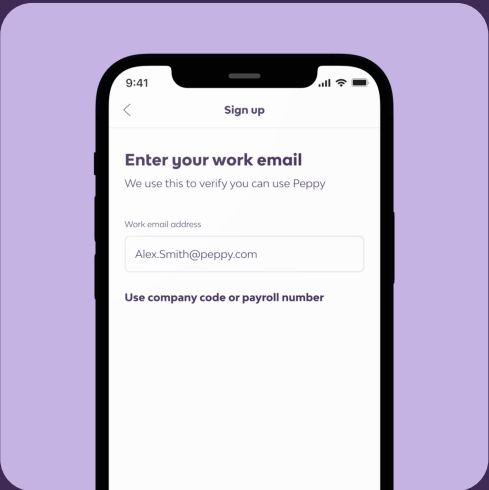


**Download and open the Peppy app**

(instructions below)

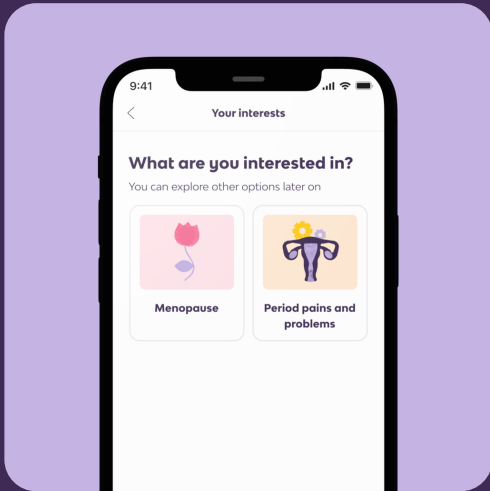


**Choose 'My employer provides Peppy' and scroll to click 'Next'**

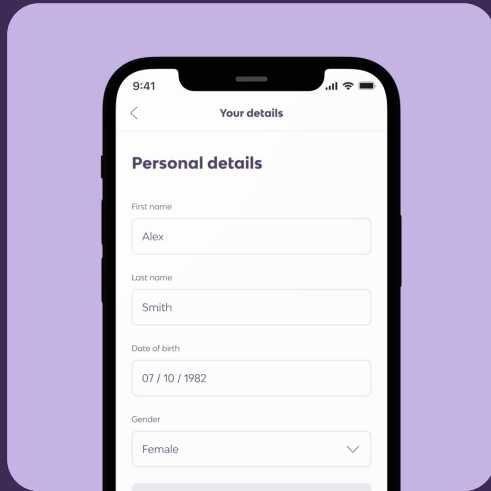


**Enter your work email address**

(this is only used once, to register. Your personal email will be used thereafter)

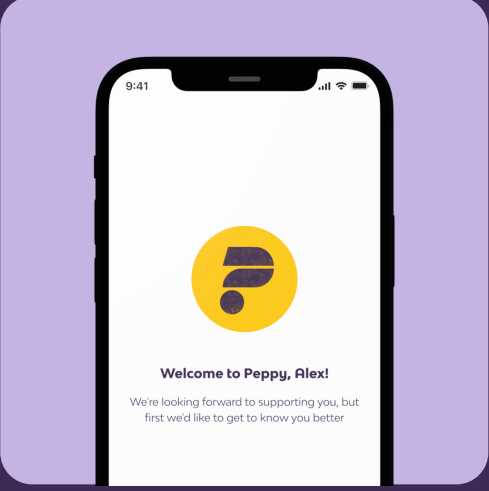


**Select 'Menopause'**



**Set up your profile**

(all information will remain confidential)



**You're registered!**

(you will be required to take a short questionnaire to help us deliver the best support for you)

**Download the Peppy app today**



To download, search 'Peppy Health' in the App Store or Google Play Store, or simply scan the QR code

**For non-clinical queries, email [support.us@peppy.health](mailto:support.us@peppy.health) or use the 'Contact Us' page in the app**  
App users must be 18+