Support for period pains and problems, with Peppy

One-to-one expert support



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One-to-one chat with an expert

One-to-one virtual consultations

Digital support





Videos, articles, audios and series

Guidance for symptoms and treatment

Multi-week courses

Discover

New in

Featured

Article • 2 mins

Health

Health tracker (limited access)





Expert-led events



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



Diagnosis and

treatment

"Ask the practitioner" articles

PCOS & Endometriosis Periods Con

Your period problems explained by experts



and problems
I'm starting to get nervous about my
periods. They've never come on a
redictable schedule, but this time I
In't had one in like 5 months

7

Private chat - Period pains

nie - Peppy vou're checking in, we can s out. In general, before this v often did your periods come? n they do, are they light or last more than a week? 9:40

finitely heavy. I can easily soak h half a pack of liners in just a ys

Anytime, anywhere on the Peppy app



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

Support for anyone who self-identifies as a woman, and for trans, non-binary, genderfluid and nonconforming people

Some of the topics covered by Peppy

Endometriosis

Signs and symptoms

- Intro to Endometriosis
- Cramps and pelvic pain
- Painful sex

Diagnosis and treatment

- What to expect with a pelvic exam
- Recommendations and what to expect with imaging
- Surgical procedures and guidance

Fertility guidance

- Impact on fertility
- Guidance on future fertility
- What to expect when you see a fertility specialist

PCOS

Signs and symptoms

- Intro to PCOS
- Irregular periods
- Psychological impact

Diagnosis and treatment

- Symptom analysis and guidance
- When to have an ultrasound
- Aesthetic treatment and support

Fertility guidance

- Impact on fertility
- Guidance on future fertility
- What to expect when you see a fertility specialist

and much more...

What resources are available?

Videos

e.g. When is it time to see a fertility specialist?

Audio toolkits

e.g. 3 easy tools for managing anxiety

Series

e.g. Your guide to hormonal contraception

Articles

e.g. Here's why heavy, irregular periods happen — plus what you can do

Courses

e.g. Understanding your body

Events with a Peppy expert

e.g. Eating for healthy hormones



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 'Period Pains and Problems'

9:41		.ıl 奈 ■
<	Your details	
Personc	al details	
First name		
Alex		
Last name		
Smith		
Date of birth		
07 / 10 / 19	82	
Gender		
Female		\sim

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 or use the 'Contact Us' page in the app App users must be 18+