

Support for period pains and problems, with Peppy

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

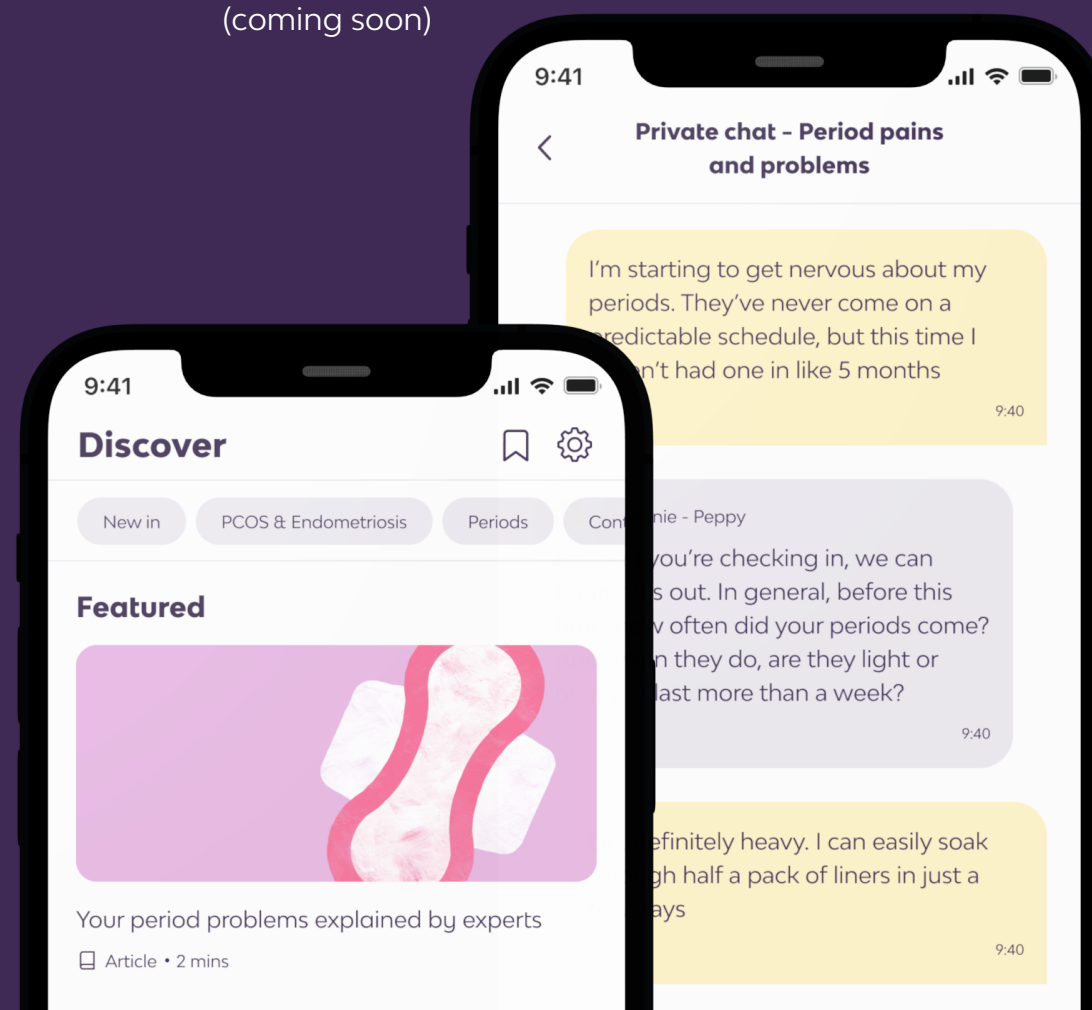


Expert Q&A sessions (AMAs) (coming soon)



"Ask the practitioner" articles (coming soon)

Anytime, anywhere on the Peppy app



Access personalized, confidential and free support from real human 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

and much more...

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

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

Events with a Peppy expert

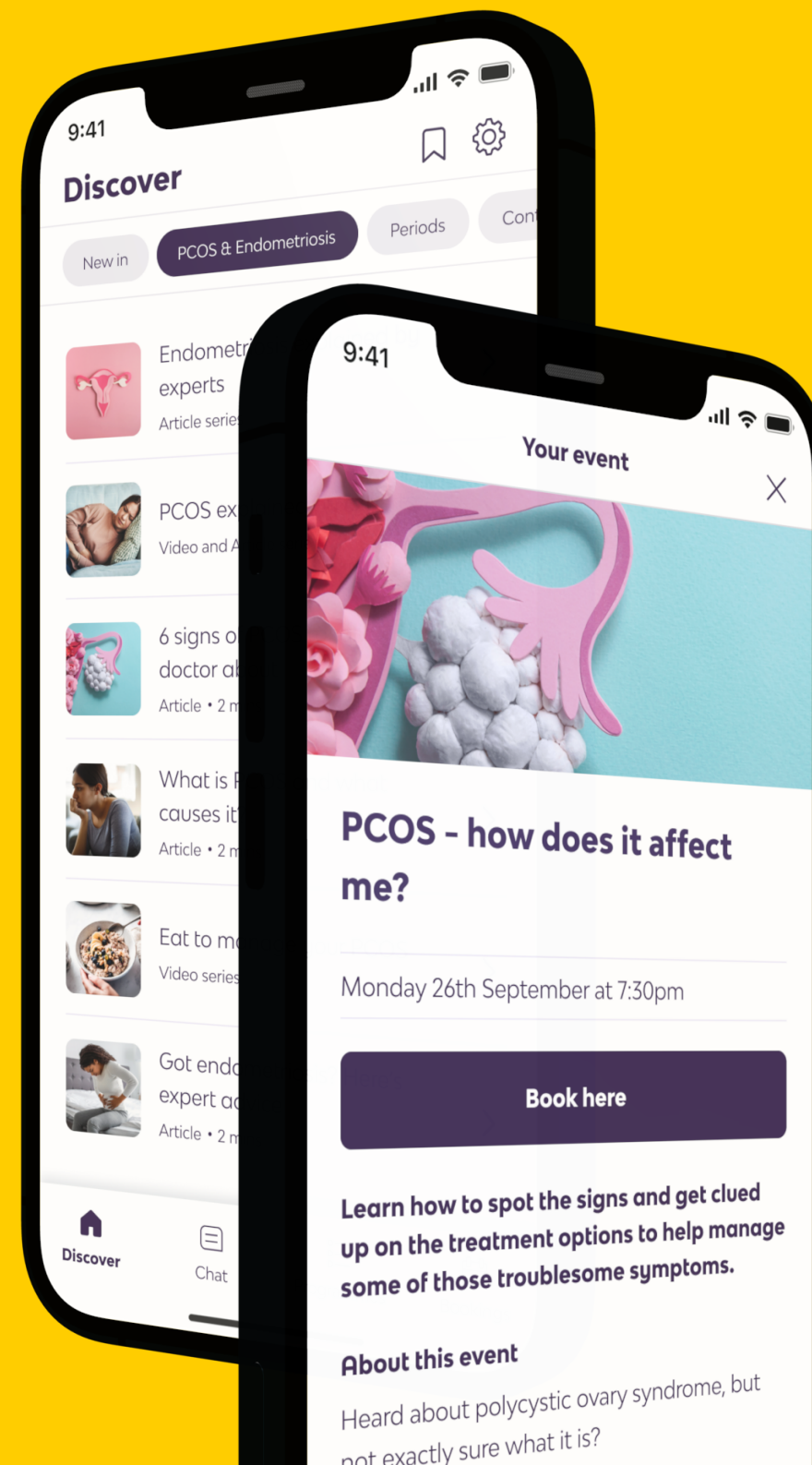
e.g. Eating for healthy hormones

Articles

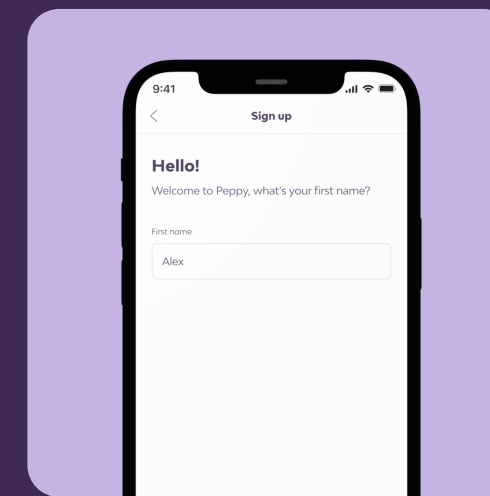
e.g. Here's why heavy, irregular periods happen — plus what you can do

Courses

e.g. Understanding your body

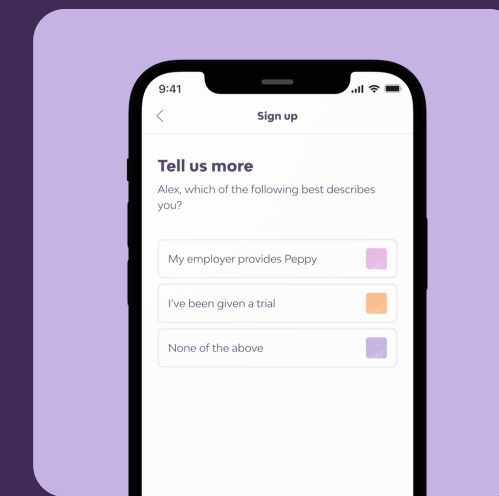


How to get started with Peppy

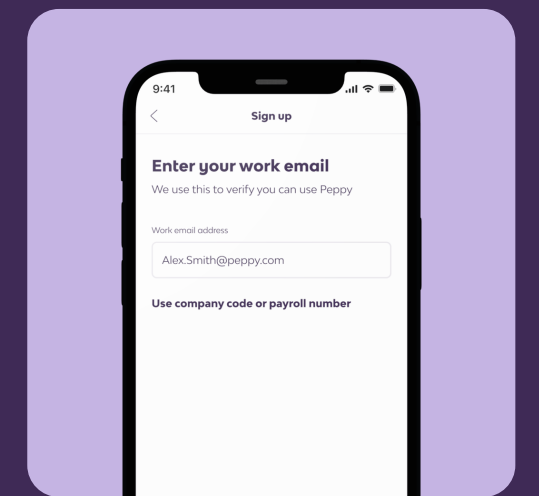


Download and open the Peppy app

(instructions below)

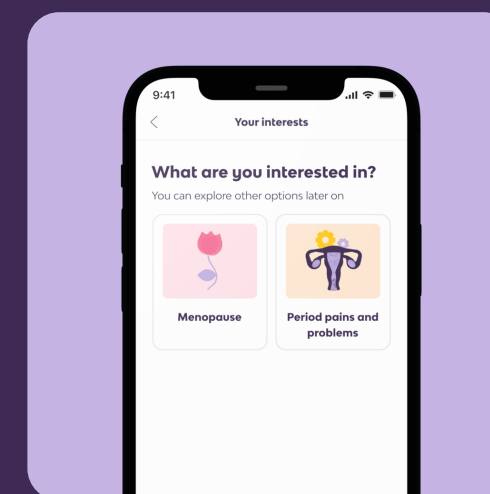


Choose 'My employer provides Peppy' and scroll to click 'Next'

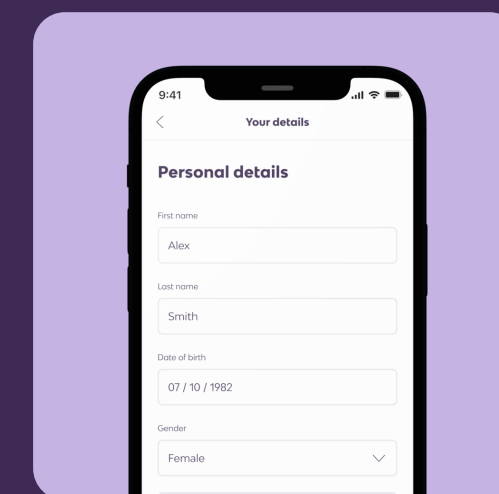


Enter your work email address

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

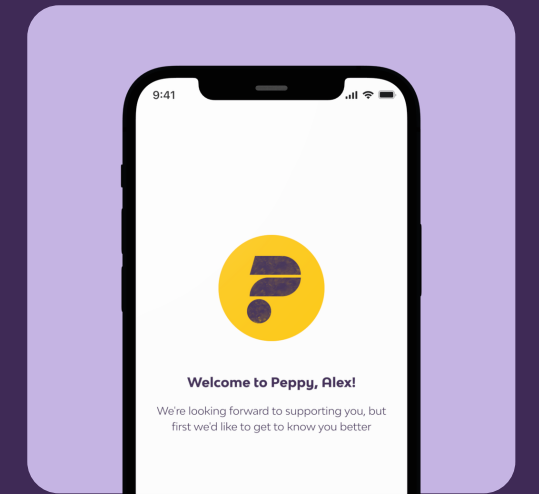


Select 'Period Pains and Problems'



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+