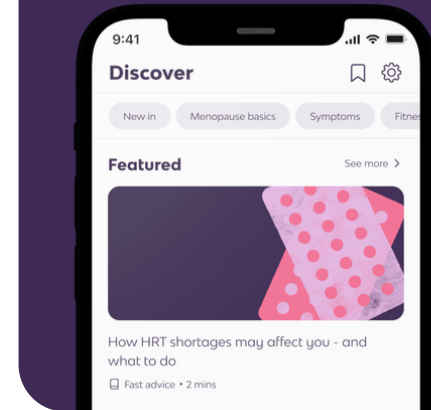


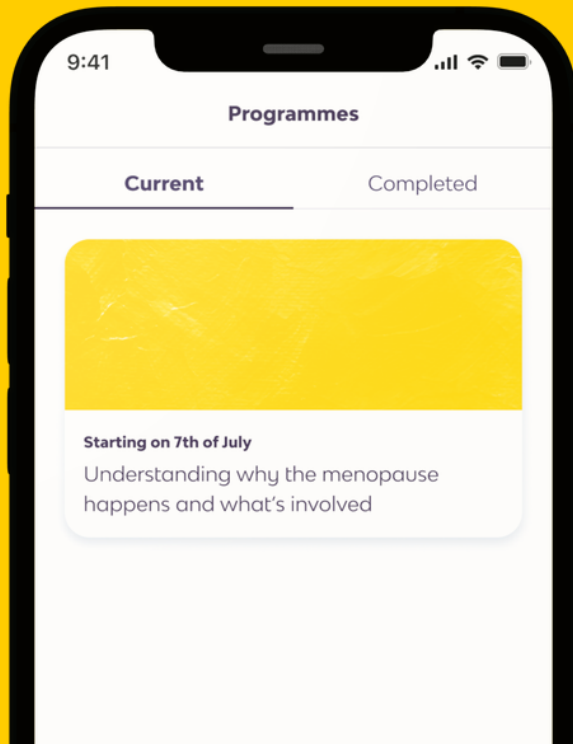
Menopause support for your people with Peppy

Information pack: for HR managers, line managers and wellbeing groups



Introducing Peppy Menopause support

Free support for people going through any stage of the menopause, from learning about menopause to managing symptoms



Connecting your people to expert menopause nurses

Proven to improve symptoms of menopause

Support is easy-to-access, personalised and confidential

Why offer menopause support?

People of menopausal age (45-55) make up the fastest-growing demographic of the UK workforce:

Discomfort and lack of support

78%

say they would feel uncomfortable talking about menopause at work, including with their line manager

Engagement and productivity

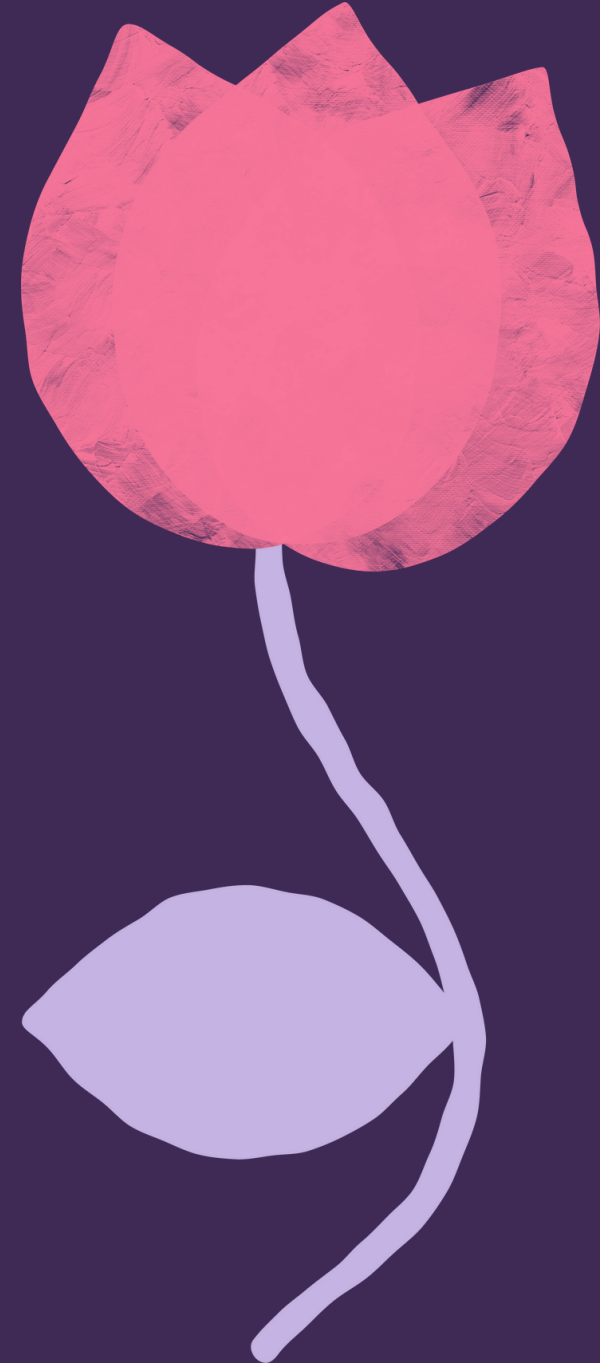
95%

of businesses recognise that menopause symptoms have a negative impact on employees' work

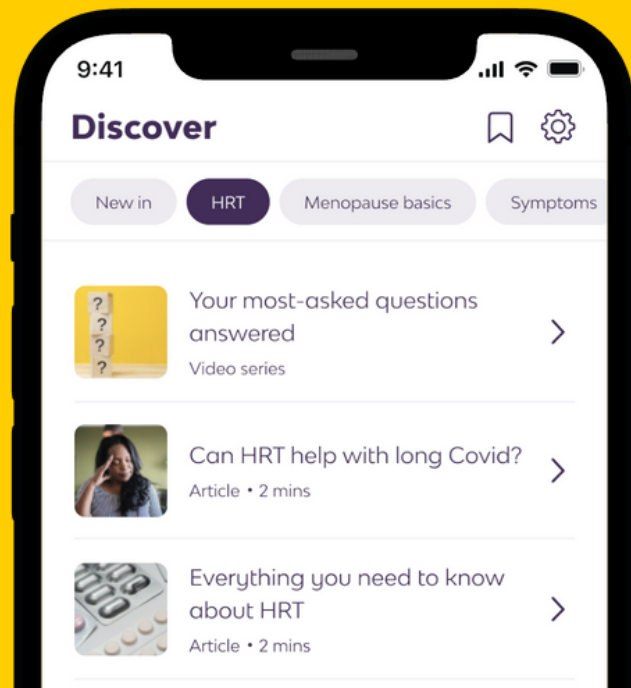
Attrition and retention

1 in 4

people going through menopause consider leaving their job due to their symptoms



Support from a team of menopause experts



Peppy Menopause: What to expect

One-to-one expert support



One-to-one chat
with an expert



One-to-one
virtual consultations

Peer-to-peer support



Events with
expert speakers

Expert guidance



Guidance on symptoms
and treatment

Expert created content



Emotional
wellbeing support



Videos, articles, audios
and courses

What is covered by Peppy Menopause?

Symptoms

- understanding your symptoms
- support for physical and psychological symptoms
- managing symptoms at work and at home

Treatment

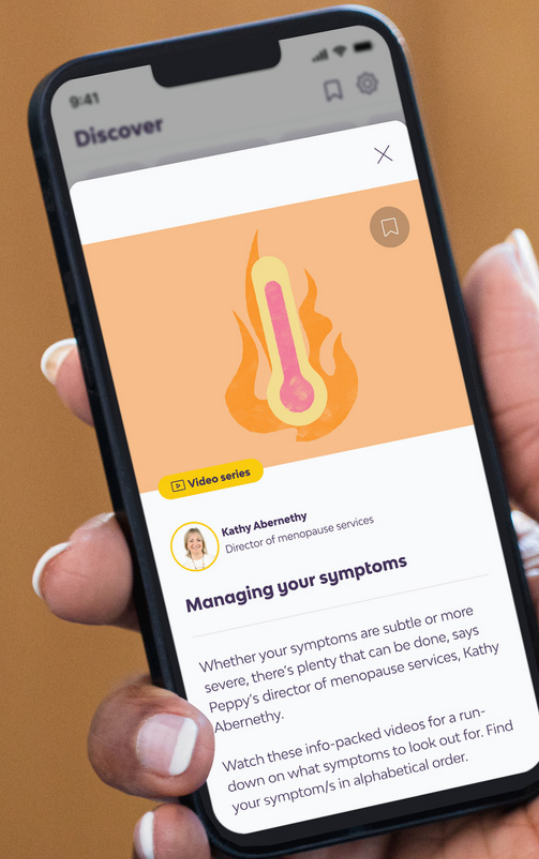
- understanding what options are available
- impartial guidance around HRT and other treatments
- help talking to your GP about treatment

Wellbeing

- programmes around weight management, exercise and nutrition
- exercise class videos
- nutrition events
- access to a mental wellbeing expert

Lifestyle

- support and advice around relationships and sex
- events and resources focused on caring for teenage children and ageing parents



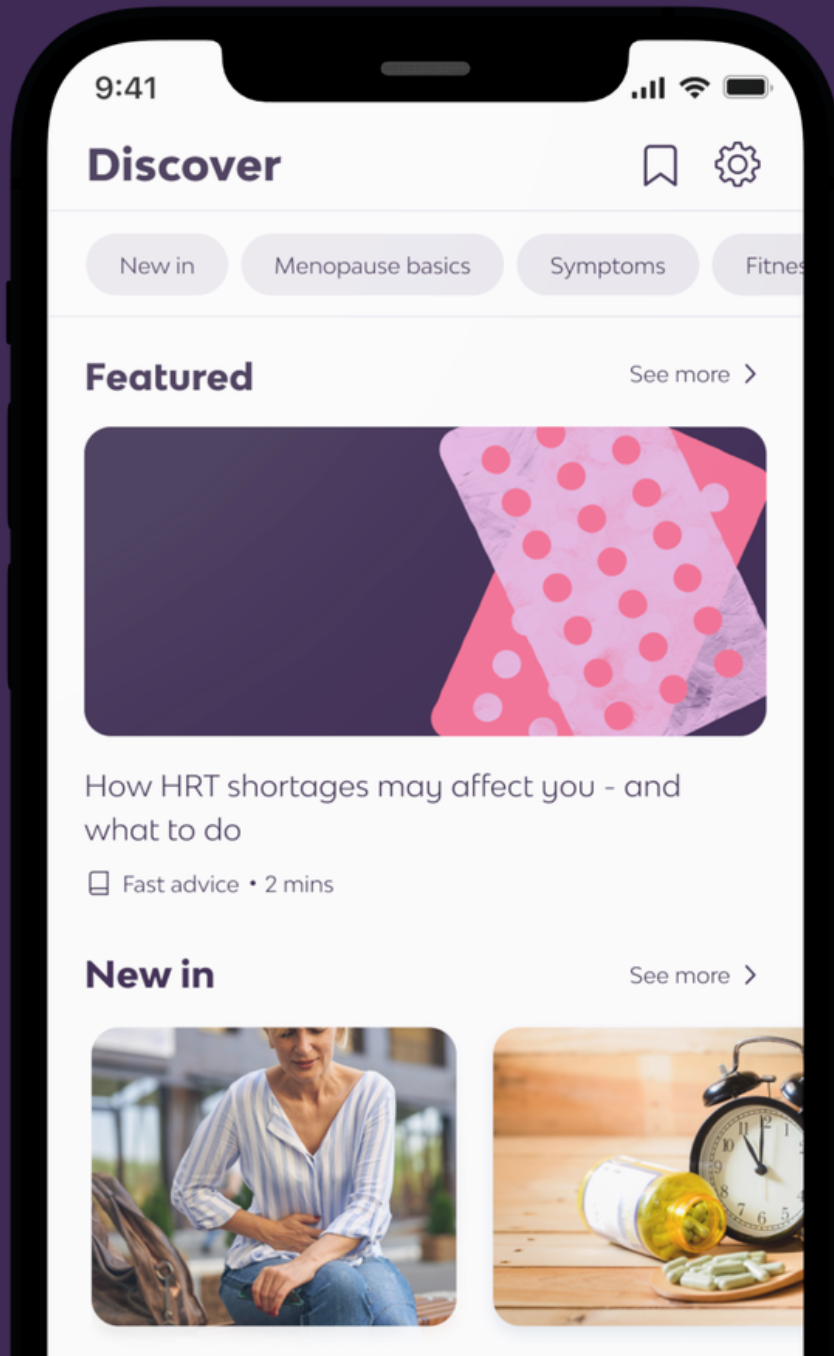
The 8-week menopause programme

Created by Kathy Abernethy, Director of Menopause Services

Founding member, current Trustee and past Chair of the British Menopause Society (BMS). She has over 30-years clinical experience, sits on the current NHS menopause treatment guidelines group (NICE) and led an award-winning NHS London clinic.

Our 8-week programme is specifically designed to give users in-depth guidance and information around key areas of the menopause.





The 8-week menopause programme

Programmes can include podcasts, articles and video content, and are to be completed at any time to suit the user

Week 1

Understanding your menopause journey

Week 2

Treatment Options—HRT and non-HRT

Week 3

Looking after your health in menopause

Week 4

Managing symptoms at work

Week 5

Your vaginal and sexual health

Week 6

The emotional and psychological impact

Week 7

Controlling your hot flushes

Week 8

Maximising mid-life

**Dramatic improvement
in symptoms**

**On average,
employees
accessing Peppy
report that the
severity
of their menopause
symptoms
reduce by 26%***

Before Peppy

Average employees' menopause symptoms fall into the category of 'severe'

After Peppy

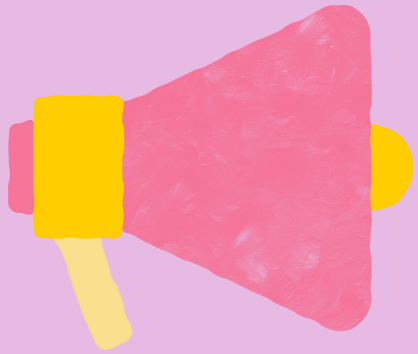
Average employees' menopause symptoms fall into the category of 'moderate'

Results were measured using the Menopause Rating Scale (MRS), a formally validated, internationally-recognised scale used to assess symptoms of menopause

*July 2022 - % difference in MRS score at registration vs 90 days

"When I look back I would have coped so much better if I had the knowledge, understanding and support that Peppy's provided. Thank you Peppy for giving me back my sanity and helping me find my old "self" again."

Peppy Menopause user, anonymous employee



Education and awareness: events

We deliver regular events for users, featuring expert speakers and covering a range of different topics

Including..

Sex and relationships in midlife

Your menopause journey

How to tackle your digestive issues

Why does sex hurt?

How testosterone can help with
menopause symptoms

Which supplements should I take?

Managing menopause symptoms:
drop-in

FAQs

Why Peppy?

All women will go through menopause, and many will experience symptoms that have the potential to impact their work performance and overall enjoyment of life. Menopause support can still be very difficult to find.

Many GPs are under-trained in menopause and not able to find the best treatment for their patients. Peppy fills the gaps, giving you access to expert and vetted practitioners, as well as evidence-based, NICE approved content - all through your smartphone.

Who is Peppy's menopause service for?

The service is for any employee going through any stage of the menopause, from as early as having initial symptoms to post-menopause.

Where can users get help with technical queries?

For non-clinical issues, users can email support@peppy.health or use the 'Contact Us' page in the app.

Is Peppy free for employees?

Yes, Peppy is paid for by the employer and is free to use.

Peppy asks for a work email during registration – is the service confidential?

The service is 100% confidential. A work email is only necessary to complete the registration; Peppy will never share individual registrations or any other type of personal data with your employer or any other organisation.

What are the qualifications of the menopause practitioners?

Peppy menopause practitioners are NHS-trained registered nurses who have undertaken specific menopause training (approved by the British Menopause Society). They have all worked with menopausal women in women's health clinics.

Who is behind Peppy?

Peppy is a London-based company founded by Mridula Pore, Max Landry and Evan Harris. They're on a mission to fill the gaps in conventional healthcare and ensure that more people receive the support they need, when they need it.

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 peppy.health

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Book a call:
www.peppy.health

