

Sharing the benefits
of healthy living



Supporting workforces through menopause.

Connect to real, human experts for
personalised menopause support.

COVER

RECOGNISING
HEALTHCARE
INNOVATION
AWARDS

WINNER

Outstanding Collaboration
of the Year

Outstanding
Collaboration of the
Year - VitalityHealth
and Peppy Menopause
Support - 2021





Remote, personalised human-led menopause support from Peppy and Vitality.

Did you know that women over 50 are the fastest growing demographic of the UK workforce¹? Inevitably, either yourself or your colleagues will go through menopause at work, and sadly, over half of those will experience menopausal symptoms that impact their work¹.

But even now, menopause can be a taboo subject, with a lack of support for those who need it.

That's why we're proud to be the first UK insurer to offer specialist menopause care for all our health insurance members, through our partnership with Peppy.

Source: 1. Menopause at work, accessed March 2021.

Vitality menopause support in partnership **with Peppy.**

To ease the transition through this natural life stage, we created Vitality Menopause Support, a dedicated menopause support service, including one-to-one support with menopause practitioners, evidence-based articles, app-based care and onward referral.

As part of this, we've partnered with leading digital health platform Peppy, to give members access to personalised, expert-led menopause support.

How does it work?

Peppy connects users to real, human menopause practitioners, for comprehensive, confidential menopause support. This support is accessible at the touch of a button on the Peppy app – so they can get the support they need wherever and whenever they need it.

With Peppy, members can access:

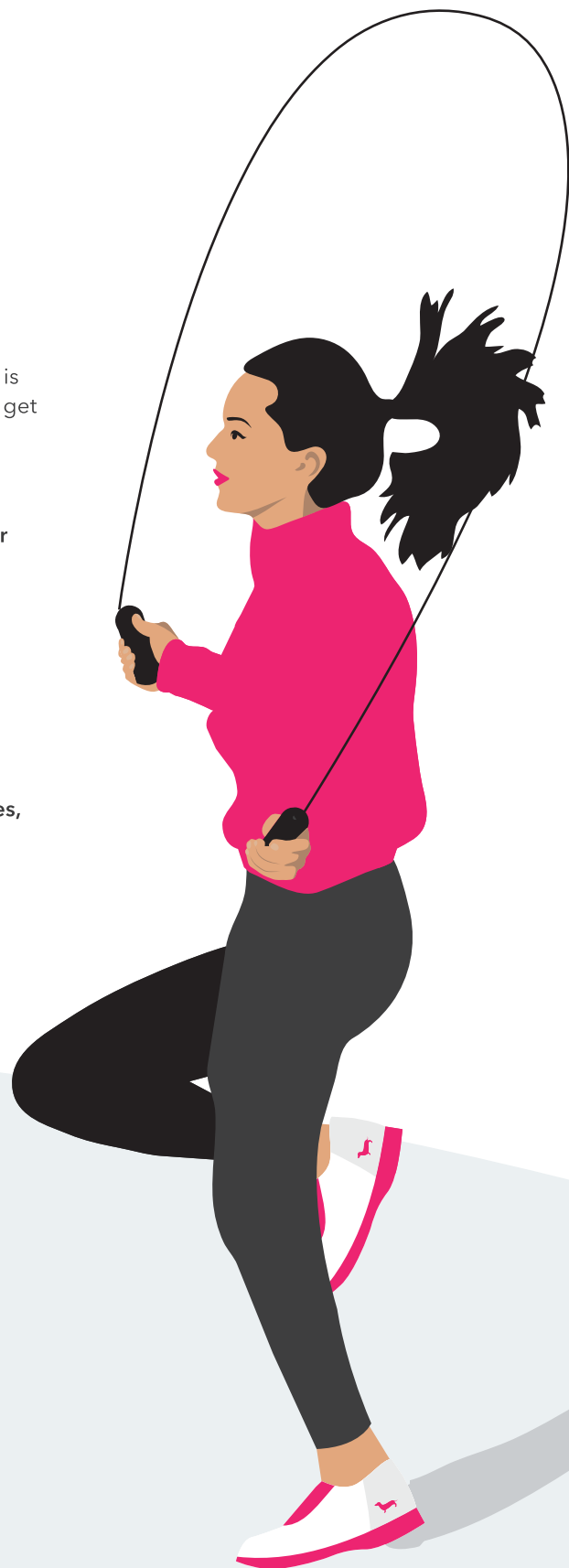
- Unlimited one-to-one messaging with a menopause practitioner
- Unlimited one-to-one video consultations with a menopause practitioner
- Support with symptom management, plus physical and mental wellbeing
- Peer support with practitioner-moderated group chat
- Tailored mental wellbeing support
- Trustworthy, evidence-based articles, videos and audio resources, developed by Peppy's experts
- Weekly virtual events on a range of topics

Peppy's practitioners are trained to recognise symptoms that may require further treatment and can refer members back to Vitality for onward care through their plan.

Why businesses should offer menopause support.

Through dedicated menopause care, businesses can empower their staff to take control of their menopause journey, as well as demonstrating their commitment to diversity and inclusion in the workplace.

Businesses offering menopause support will not only support the health and happiness of their people but support their future business success.



Here's what some Vitality members have said about Peppy...



"I have genuinely been grateful for the support I have received...I feel that I have the resources and support to help me **manage my symptoms, make better choices for my health and get the most out of the next stage of my life.**"

"The support received has not only made me feel less isolated but has **empowered me to take control of my health with a positive conclusion.**"

"The team have been absolutely **amazing.** They have provided links to appropriate articles, they have supplied fact sheets and **helped me work my way through the various options and treatments available.** When I felt ready to speak to my GP, the team have also provided further information on how to make the most out of a GP appointment."

Find out more.

Scan the QR code to find out more about Vitality menopause support and partnership with Peppy.

