



Menopause Programme

When you register with Peppy Menopause you can opt-in to take part in an 8 week Menopause support programme complete with live broadcasts, group chats, specialist resources and more.

Here's what to expect week by week:



An introduction to menopause



Treatment options
HRT and non-HRT



Staying healthy during the menopause



Managing symptoms at work



Your vaginal and sexual health



The emotional and psychological impact of the menopause



Controlling your hot flushes



Maximising mid-life



Permanent employees can get started with the Peppy app today.

