

# Support for menopause

The symptoms of menopause can be experienced differently for every individual and these can vary at different times. There are a multitude of physical and psychological effects, some of which can impact many parts of your life, at work, home and relationships.

That's why you can now access support - through the menopause service within the Aviva Digital GP app.

## The menopause service gives you access to the following benefits:

- ✓ Up to six, 30 minute consultations per year with a menopause trained health professional
- ✓ Support if you are experiencing menopause symptoms or are feeling the impact of someone close to you who is
- ✓ Information hub offering a wealth of practical tips and support to understand, address and manage symptoms
- ✓ Symptom assessment tool\* that generates a tailored pre-consultation report

**Confidential.** We won't share your personally identifiable data with your employer.

To get started, download the Aviva Digital GP app from the App Store or Google Play. Mobile data charges may apply.

This service is a non-contractual benefit that could be changed or withdrawn at any time. Available to members over the age of 16 who are eligible to access Aviva Digital GP.



\*Only available to the individual experiencing the symptoms and not to be completed on behalf of someone else.

To access Aviva Digital GP and the menopause service, you will need your annually renewable access code which can be found in your member documentation.

### Need this in a different format?

Please get in touch if you'd prefer this brochure (**GEN7729**) in large print, braille, or as audio.

### How to contact us



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