

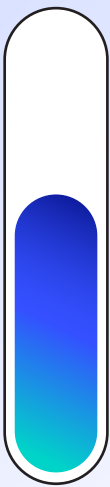
Menopause in the Workplace Impacts More Than Well-Being

Menopause is often overlooked at work, but its impact on women’s careers, well-being and engagement is real.



74%

of women say menopause has been disruptive.



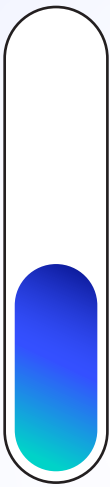
58%

of women say menopause has been a source of stress.



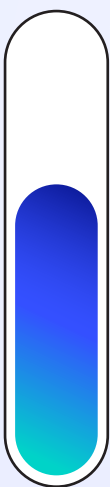
34%

of women in management or executive roles have considered leaving a job because of symptoms.



45%

have hidden their symptoms or needs due to fear of judgment.



62%

struggle to manage symptoms at work.

Top 5 symptoms negatively impacting performance:

- Fatigue
- Brain fog
- Mood swing /anxiety
- Hot flashes
- Sleep disturbances



51%

50%

48%

46%

40%

0 20 40 60 80 100

Learn how WebMD Health Services can help you build a well-being program that meets employees’ needs at every stage of their health journey.

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