

# Normalizing Menopause in the Workplace Benefits Women and Business

Providing menopause awareness, education and support in the workplace helps break stigma and foster a culture where everyone can thrive.



What you can do to be a menopause-friendly workplace:

Implement

## Manager Training

to encourage a more empathetic and supportive work environment.

Develop

## Menopause Training

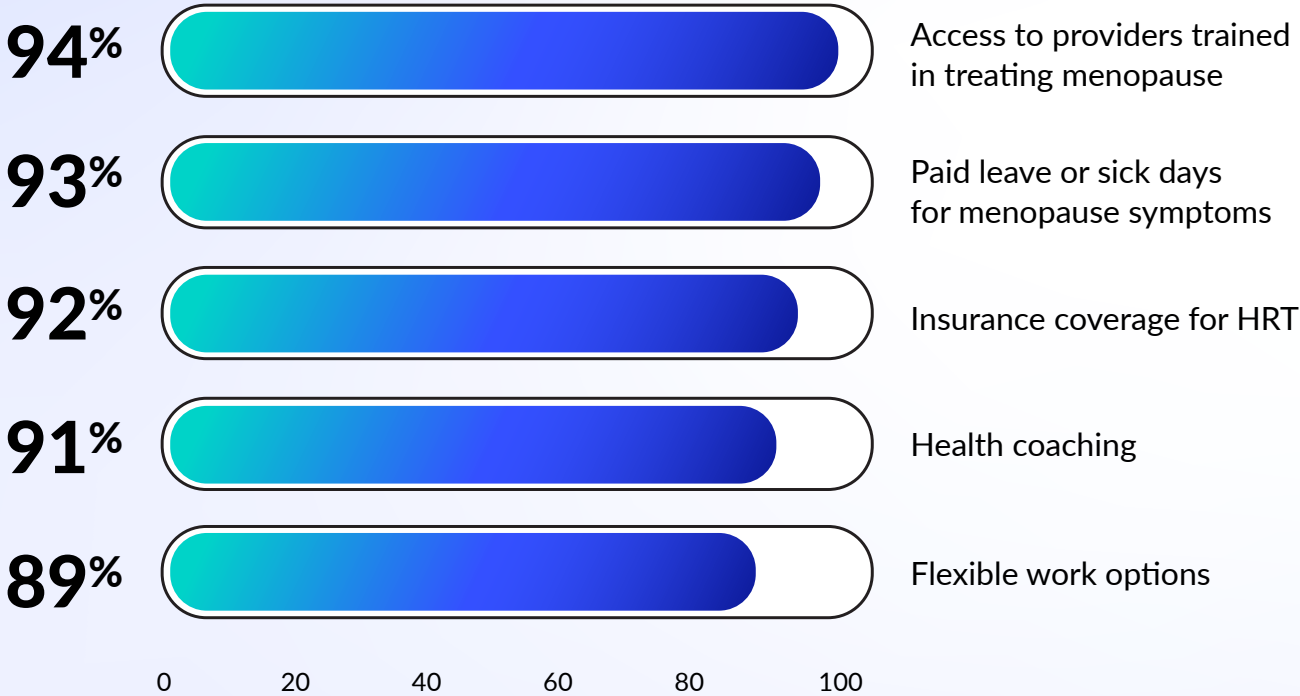
and employee resource groups to normalize the conversation in your workplace.

Offer

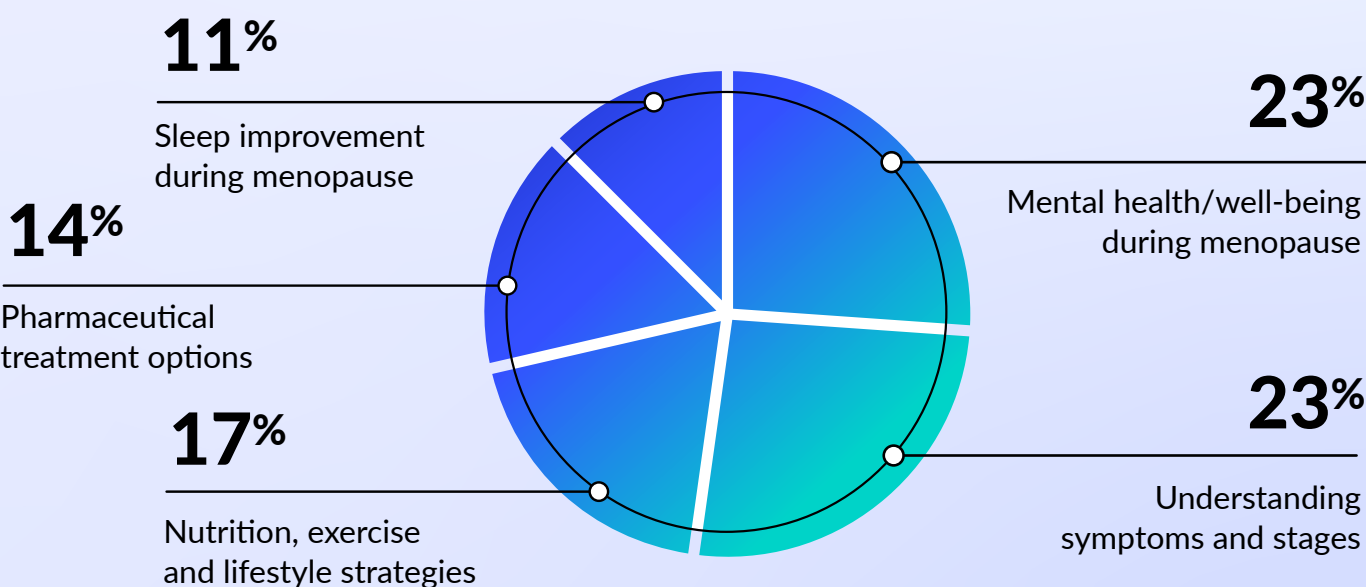
## Relevant Benefits

such as access to trained providers and coverage for menopause-related treatments.

Top benefits and resources women find helpful:



Most beneficial topics for women to receive support/education on:



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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