

Menopause and andropause

Targeted guidance and support for men's and women's health

- Personal online health program, where you can get advice and guidance on how to best manage physical and psychological symptoms during the menopause.
- You activate the course by contacting the health team.
- The course starts with a consultation with a dietitian specializing in menopause. This assesses what type of treatment you need and whether you should start your course with a dietitian, physiotherapist or psychologist.
- It is important that you are aware that you are receiving advice and guidance. If you need to be physically seen by a doctor, you must have a referral for this from your own doctor.
- If your doctor is unsure why you are experiencing pain or bleeding, a gynecological examination is covered.
- The insurance does not cover a gynecological examination for bleeding disorders due to menopause or hormonal disorders.
- We offer access to material about hormonal changes and working life, e.g. how to take care of yourself when you are at work, and how you, as a manager/HR, can create a framework and a flexible and supportive work environment that accommodates employees in menopause.

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