



Health

# Here for life's big journeys

FERTILITY,  
EARLY PARENTHOOD  
AND MENOPAUSE SUPPORT

## Easy and confidential access to expert support

When it comes to life's big journeys – planning a family, becoming a new parent or going through the menopause – it can be hard to know who to turn to for guidance and support. Information can be confusing and people often struggle with their experiences.

We're working with digital-health app Peppy, to give your employees the power to find their way more confidently through life's most personal challenges. The fertility, early parenthood and menopause support service gives your people direct access to expert support for the issues that really matter to them.

## Why it matters

Major events like menopause can have a huge effect on you and your loved ones life, both at home and at work. 63% of women say symptoms negatively affect their work.<sup>1</sup> The experiences of fertility or infertility, as well as early parenthood, can be all-consuming – psychologically and physically. 90% of men and women experiencing fertility challenges in the UK said it left them feeling depressed.<sup>2</sup>

It's important that your employees can access information they can trust as well as practical and emotional support from experts when they need it.

## Trusted expertise

You'll be able to give your people a safe space to speak with expert practitioners about their challenges. While round-the-clock support through the app means they never have to feel alone or overwhelmed – whether they're trying for a baby, becoming a parent or going through the menopause.

# 90%

of Peppy Menopause users felt more committed to their employer for offering the service.<sup>3</sup>

# 87%

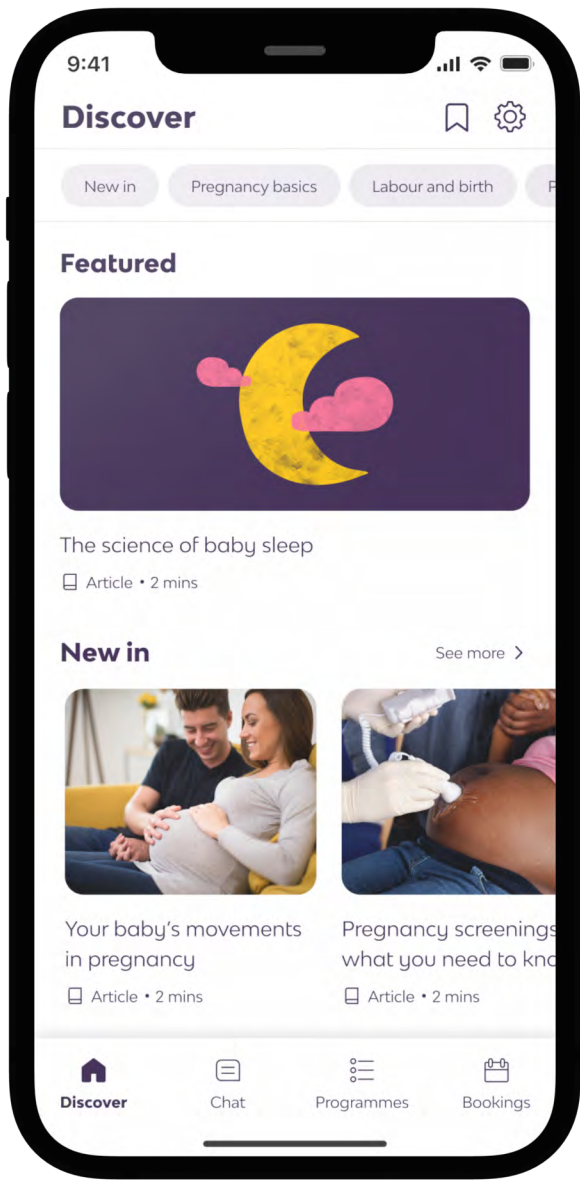
of companies currently address women's health concerns or plan to through their rewards and benefit strategies.<sup>4</sup>



# Benefits for your business too

With this fertility, early parenthood and menopause support service in place, you'll show your people that you understand some challenges come first in life, supporting an inclusive culture where your teams can thrive. And, with concrete information and access to support to put your employees' minds at ease, they can focus better at work and home.

## How it works



### Practitioner chat

Message Peppy's highly trained and accredited practitioners. No appointment needed.

### Articles and programmes

Articles, wellbeing courses, virtual events and group video broadcasts on topics such as coping with anxiety, infant feeding or HRT. All conveniently in the app.

### Confidential consultations

Private, one-to-one, 40-minute video consultations with Peppy's specialist practitioners.<sup>5</sup> Booking is easy over the secure app.

### Confidential support for all

Support for male-specific concerns as well as female ones so everyone's heard. And the service is for your whole workforce and their partners, whatever their gender or needs.

### Informed healthcare journeys

Peppy practitioners can help your employees manage physical and emotional symptoms. If treatment's needed, they can talk through the options and recommend your employee sees a GP for next steps.

Using the Peppy app has led to an

88%

increase in 'normal' mental wellbeing for new and expectant parents.<sup>6</sup>

### Working with Peppy

Working with Peppy allows us to give your employees access to clinically robust, expert, human care in traditionally unrepresented areas.

Peppy practitioners are highly qualified with extensive clinical experience and all the training and qualifications required to work in the NHS.

Their secure app is backed with ISO 27001 accredited data processes so your employees can access support safely at the touch of a button.

Next, contact your account manager for more information and a quote for your whole workforce.

New to AXA Health? Contact us on **0141 245 4010** or at **wellbeing@axahealth.co.uk**

App users must be 18 or over. Service is subject to Peppy's [fair usage terms](#). <sup>1</sup> Menopause in the workplace study, Forth with Life, 2019. <sup>2</sup> Fertility Network UK and Fertifa, 2016. <sup>3</sup> Based on Peppy research with a client. 130 respondents, 2019. <sup>4</sup> AXA Health and REBA Employee Wellbeing Report 2021. <sup>5</sup> Menopause and fertility practitioners available 9am to 9pm Monday to Friday, and early parenthood practitioners available 9am to 6pm Monday to Friday. <sup>6</sup> TechForce19 research, 2019.