

## Supporting wellness during perimenopause and menopause

8 in 10 women will experience difficult perimenopause or menopause symptoms that will impact her feeling of wellbeing.

Our team support women with specialist menopausal care and treatment to help women feel well during menopause.

### Specialist menopause assessment and treatment

We provide evidence-based menopause treatment endorsed by **International Menopause Society** treatment guidelines.

#### This includes:

- one to one specialist menopause assessment;
- detailed discussions of individualised treatment options including both hormonal and non-hormonal options.

Menopause and Wellness – in partnership with Vitae – are supporting women with 4 individualised menopause assessment and treatment sessions to support wellness during perimenopause and menopause.



#### Treatments offered by our team:

- Menopause Cognitive Behaviour Therapy (CBT)
- Specialist menopause cardiovascular, bone and cognitive health lifestyle review and treatment
- Menopausal lifestyle review to support wellness during menopause
- Hormone Replacement Therapy (HRT) – where clinically supported.



Menopause  
& Wellness

*We would like to acknowledge that although we use the term 'women' within our service description, individuals who identify as being other genders or gender neutral may also experience menopause and can benefit from our support.*

Contact Vitae any time by calling our 24-7 freephone 0508 664 981 or emailing [assistance@vitae.co.nz](mailto:assistance@vitae.co.nz) and requesting this service.