

**Connecting you or your partner to confidential and personalised menopause support.**

# Introducing Adora Menopause

Adora Menopause can offer you or your partner:



**Personalised support** so you can get to the heart of your menopause symptoms quickly



**Free menopause consultation appointments** with a women's health specialist or gynaecologists



**An interactive, easy-to-use symptom tracker** and menopause toolkit so you can track your symptoms so you can pinpoint what strategies work for you



**Lifestyle tips and advice** - a hub of information to help with managing symptoms naturally, considerations of HRT, plus lots more...



**Regularly scheduled online events** with top women's health experts

**To download the app:**

- Scan the QR code or visit [www.adora.health/app-download](http://www.adora.health/app-download)
- Provide your name and email address
- Use code CASPQK



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