

Menopause NOW

Let's talk.

Our annual report is a first-of-its-kind resource, offering unparalleled insight into how women are experiencing menopause.

We asked:

- 120,000 women from our community
- 1,000 respondents to our annual survey
- A panel of 50 top women's health providers

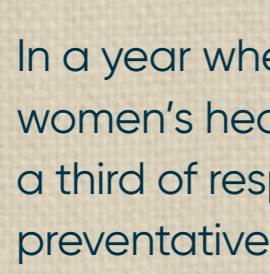
What they told us about their lives and health in the past 12 months was not surprising considering what we've collectively experienced in 2020, yet in many ways, it was more eye opening than expected.



120,000 voices strong

Here is a glimpse into the lives of women before, during, and after menopause.

01 Annual exams matter



70% of women reported putting off preventative health appointments in the past year as a result of the pandemic.

In a year where many people were staying "safer-at-home," women's health may have paid an additional price, with more than a third of respondents reporting having skipped an important preventative annual exam. It may take years to understand the impact this will have on women's health.



34% of respondents say they skipped their annual wellness visit in the past year. 22% skipped a mammogram. 15% skipped a pap exam.



68% of health care providers polled reported seeing a decrease in annual exams.

Women have been forced to put off preventative care this past year. The majority of women (57%) cited COVID-19 as the main culprit, with others reporting:

- financial constraints
- loss of insurance due to job loss

We're making it easy to put women's wellness back on the priority list with our annual "menopause check-up."

Schedule your appointment today

02 Emotional health support is critical, now more than ever



92% report more stress on top of menopause-related anxiety in the past year.

Stress is doubly hard for menopausal women, often compounding symptoms. Why are women so stressed out?

45% of women surveyed said they were struggling more than they ever have, driven by working from home, loneliness and isolation, financial burdens, helping care for elderly parents, and helping their children manage remote schooling.

40% shared that their quality of life had declined.

"This year I had to reinvent my career, I went through menopause, lost many who are dear to me, and invested \$10k in a failed business."

Looking for helpful solutions:

35% suggested that seeking a therapist or a counselor would be most helpful.

21% reported they'd like a structured community for emotional support.

Gennev is offering a first-of-its-kind Menopause and Emotional Wellness program. It gives women the unprecedented access to therapists and menopause-specialists, from the comfort and confidentiality of their home.

You've taken care of so many this year.

Take care of yourself

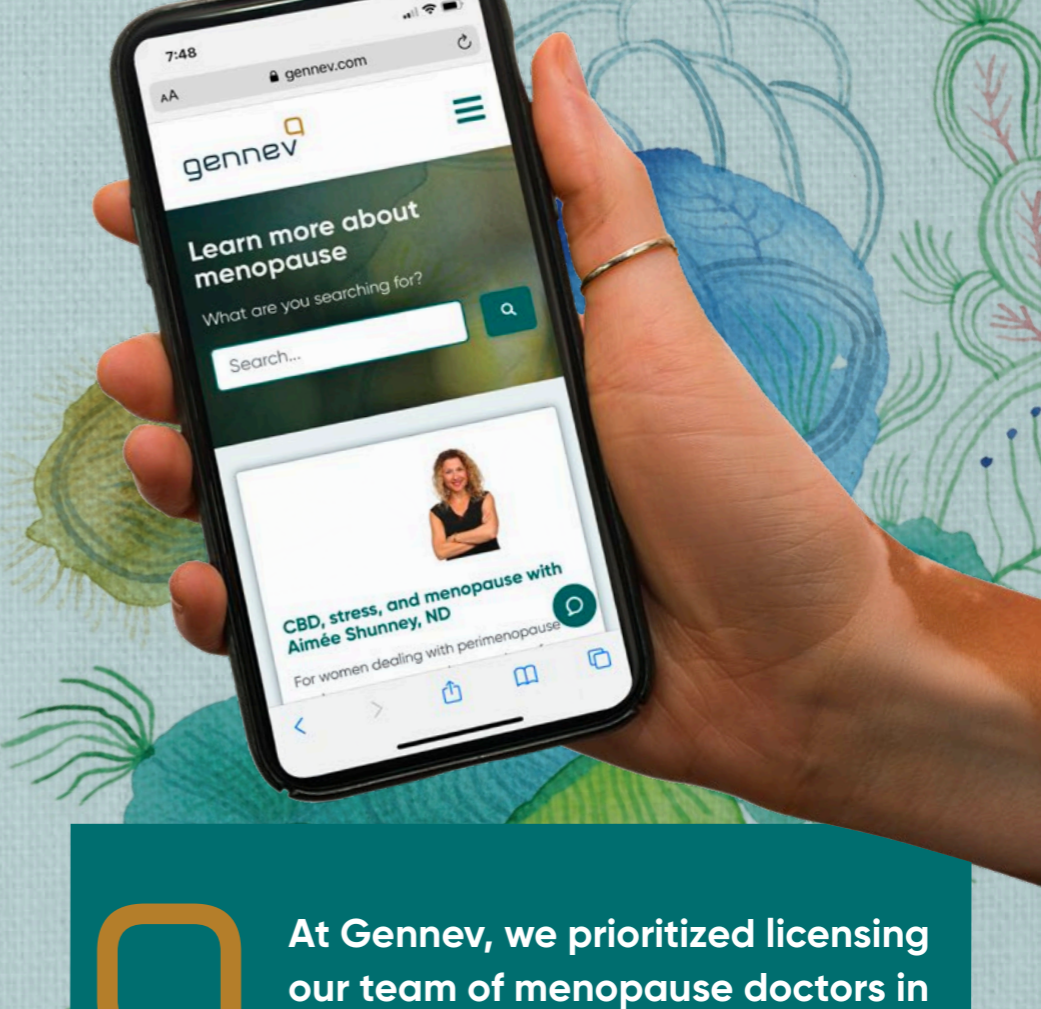
03 A better menopause care model is built on telehealth

Women are busy. We work, we care for our families, and spare time is hard to come by. This past year offered a revolution in telehealth, making care accessible to more people.

49% sought out professional care via telehealth as a result of the pandemic.

There has been a 175% increase in the past three months alone of women using Gennev's revolutionary menopause telehealth services.

50% of those patients are located in rural areas. We have seen first-hand just how profound improving access to the specialty care women need can be.



At Gennev, we prioritized licensing our team of menopause doctors in all 50 states to practice telehealth to better serve every member of our community.

Need to talk?

Speak with a specialist

04 Self-care is essential

We learned that women are not only hitting pause on giving hugs and getting their hair colored, they are also putting care for themselves on hiatus.

1 in 5 women reported a desire to commit to a fitness plan.

1 in 3 women shared that they are taking less care of themselves on a daily basis, with a majority citing work and not enough time in the day as the main reason.

"Working from home due to the pandemic has caused me to work more. I go from taking care of kids to working to taking care of kids to working. There aren't "breaks" to take care of myself (fitness). Gyms which used to help relieve stress just cause more due to the pandemic. This takes a toll on my physical and mental health!"

Why the lack of self-love?



30% said they felt overwhelmed or didn't know where to begin.



We don't want to see any woman not caring for themselves. Gennev's menopause care model doesn't stop at telehealth-based doctors. Four out of five patients work with our health coaches to build sustainable self-care routines—and they double as accountability partners too.

Find your health coach

05 In case you didn't know: Women are resilient

200 women shared their personal stories of resilience throughout the COVID-19 pandemic.

What they talked about:

- financial pressures
- losing their homes
- lack of community
- job loss
- taking care of family

But also:

- finding strength
- gratitude
- optimism for brighter days ahead

21% reported they'd like a structured community for emotional support.

"2020 has been a difficult year, but one that has helped me to see that I need to make changes spiritually, physically and emotionally to become the best version of myself!"

The common thread throughout the comments we received was an intense and overwhelming state of chaos and uncertainty few women have experienced in their lifetimes.

While some of the benefits of more time with family and at home were seen as positives, the benefits were outweighed by the burden of financial pressures, isolation and lack of community women are feeling.

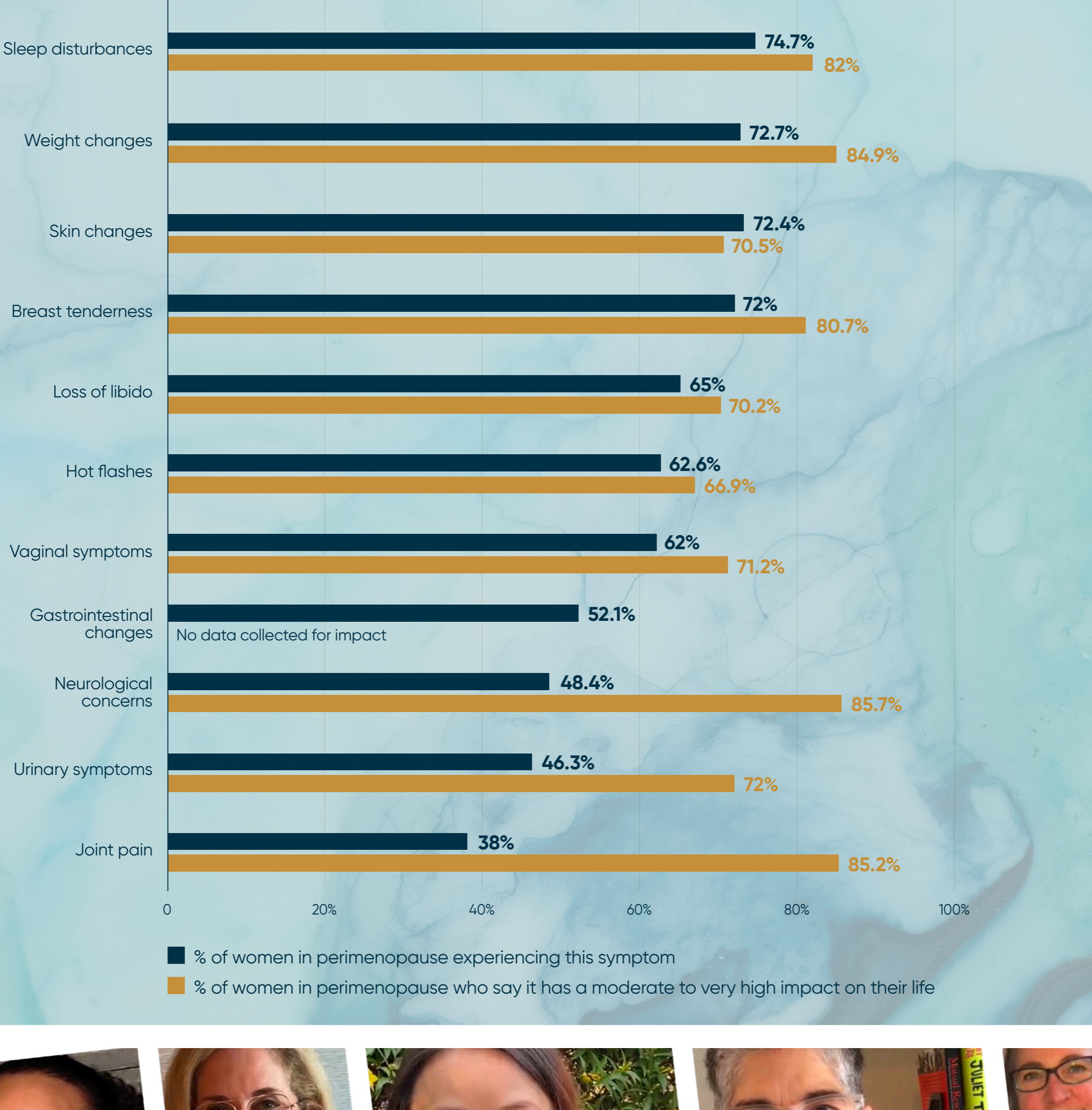
Gennev offers a supportive community for women experiencing all the stages of menopause (from peri to post).

Our community exists where women are: Facebook, Clubhouse, podcasts, small-group chats, and large webinar audiences.

Join our community

Symptoms + Impact On Wellness

120,000 women reported their menopause symptoms and the impact on their quality of life in the past 12 months. Here is what they told us.



#IAmTheChange

Seeing the results of this year's Menopause NOW report, it's obvious that women need more support from specialized doctors, health coaches, and their fellow women.

We hope you'll put your health and the health of women you love first this year.

Encourage your friends to join the 49% of women using telehealth for their menopause care. Book a free 15 minute consultation with a menopause specialist here.

Schedule an appointment

Join our #IAmTheChange movement online and become part of the largest menopause community online. Watch our video of women sharing their stories, then add your own voice.

Watch our story

Here's to hitting play again on your health. Amplify the voices of millions of women experiencing menopause today.

Want to learn more about how to embrace this new phase of life? Find health and wellness information, solutions, and community with Gennev, the online clinic fully dedicated to women in the second half of life—starting with menopause.

Learn where you are in this journey by taking the Gennev Menopause Assessment.