



# Menopause Survey

**1 in 3 people** who are going through menopause say they wouldn't feel comfortable talking about it with their supervisor

**Share this anonymous survey with your people to find out what your people want and need in terms of menopause support**



**Find out how personalized menopause support could benefit your people and your business**

**Take me there**



**The survey should take less than 5 minutes.**

### **1 What is your age?**

Under 40

40 - 44

45 - 49

50 - 54

55 - 60

Over 60

### **2 Do you think you have reached menopause yet?**

Yes

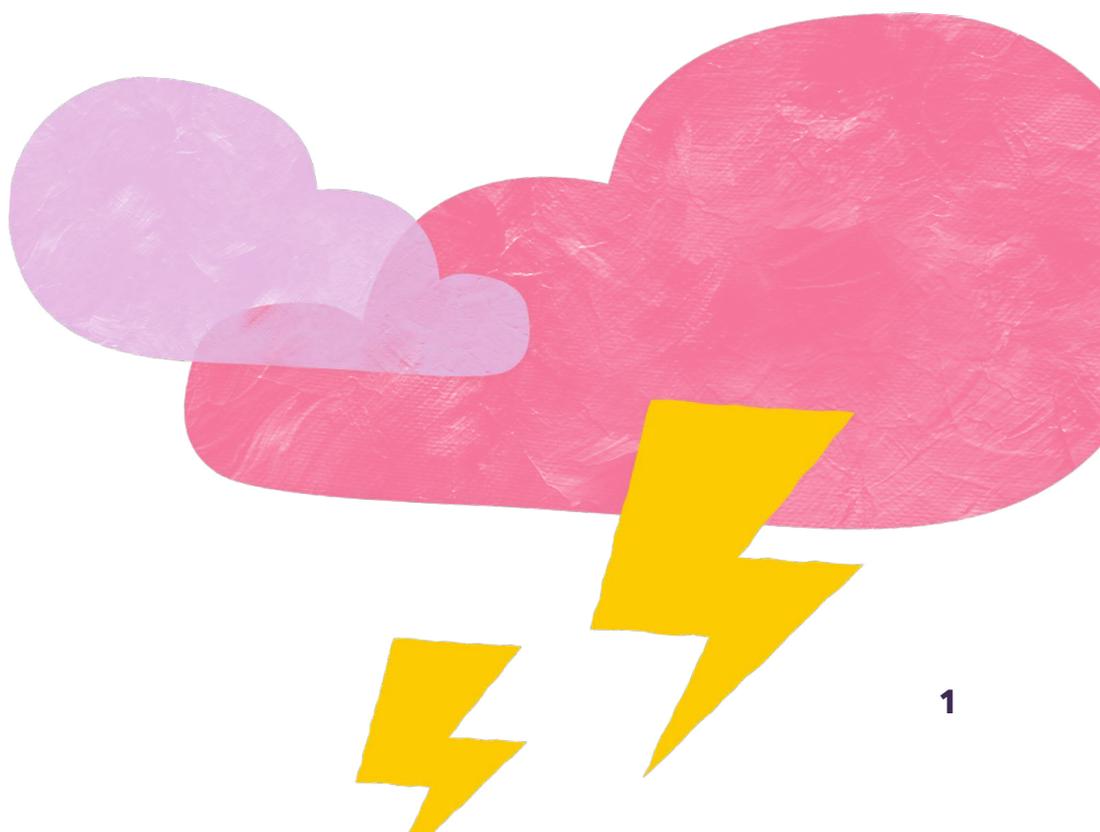
No

Not sure

### **3 How comfortable are you with understanding the changes in your body that occur around the time of menopause?**

Scale 1 - 10

**1 2 3 4 5 6 7 8 9 10**





#### **4 Have you experienced symptoms that you think are due to menopause?**

Yes, in the past but not now

Yes, ongoing now

No

Not sure

#### **5 How bothersome are these symptoms when you are at work?**

Scale 1 - 10

1 2 3 4 5 6 7 8 9 10

#### **6 Have you discussed your menopause symptoms with a supervisor or equivalent?**

I have discussed them

I haven't but I plan to

I haven't needed to

I'd like to but I don't feel comfortable discussing them

#### **7 Do you think your menopause symptoms affect your ability to do your day-to-day work?**

No, I don't have any symptoms

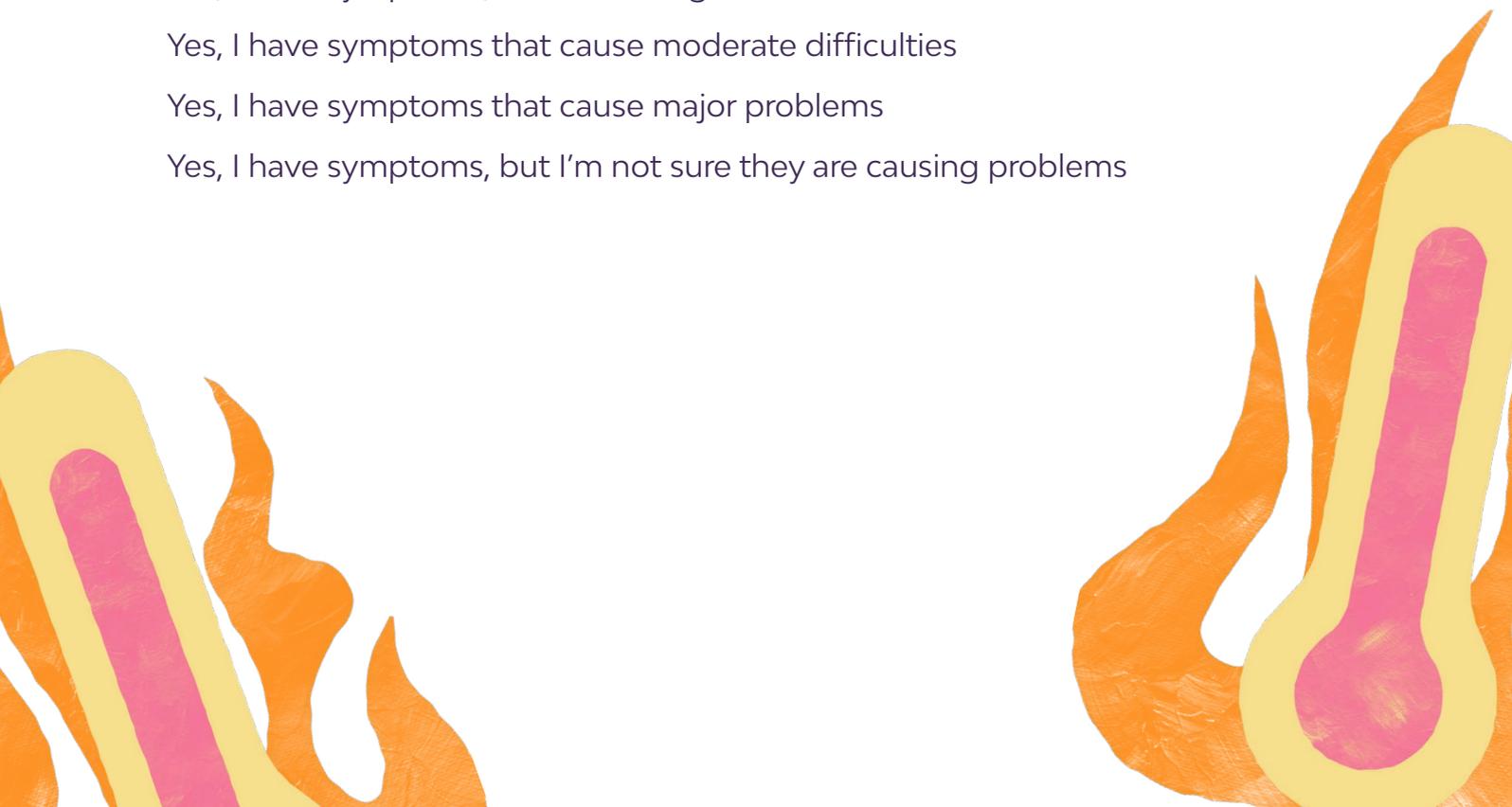
No, I have symptoms, but they don't interfere

Yes, I have symptoms, that cause slight difficulties

Yes, I have symptoms that cause moderate difficulties

Yes, I have symptoms that cause major problems

Yes, I have symptoms, but I'm not sure they are causing problems





**8 In the past year, how much time have you taken off work because of menopausal symptoms or seeing health care providers? (Either using sickness or annual leave.)**

(Symptoms such as sleep disturbances, exhaustion, difficulty concentrating, changes in mood or heavy bleeding.)

None

1 - 5 days

6 - 12 days

More than 12 days

**9 Is there anything that could be done differently at work that would make it easier to manage your symptoms?**

Yes

No

Not needed

**If yes, what would you suggest:**



**10 If you are a supervisor, have you been offered specific education or training on menopause?**

Yes

No

Not sure

I'm not a supervisor

**11 How easy have you found it to find support and advice about menopause that is personal to you?**

Scale 1 - 10

1 2 3 4 5 6 7 8 9 10

**12 Would you be interested in information about menopause being provided to you through your workplace?**

No, not interested

Yes, interested

Not sure

**13 What would be the best way to provide menopause support and information? (Check those you think would be useful to you.)**

Intranet resources

Leaflets and posters

Information sessions

Access to a menopause expert to ask personal questions

Access to a resource library of up-to-date, impartial support

Other (please specify)