



The impact of women's health in the workplace



By Francesca Steyn, Director of Women's Health Services at Peppy

How is women's health impacting your people?



85%

of working-age women have experienced **at least 4** women's health conditions¹

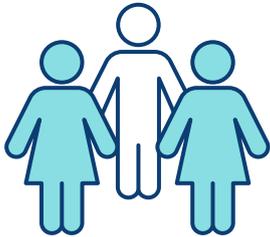
1. Study of 200+ female employees by Peppy, 2022.

Women are up to

40%

more likely to have insomnia than men²

2. <https://pubmed.ncbi.nlm.nih.gov/2683383/>



Women in full-time employment are nearly

twice

as likely to have a common mental health problem as full-time employed men³

3. Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014.

65%

of working-age women turn to Google as their primary source for help with health concerns¹

1. Study of 200+ female employees by Peppy, 2022.



And how is it impacting your business?



Absence and sickness

23% of women have taken time off work because of their period in the last 6 months⁴

4. <https://www.bupa.co.uk/business/news-and-information/female-health-and-employment>



Attrition

31% have reduced their working hours as a result of having endometriosis. 27% have had to **change or leave** their job⁵

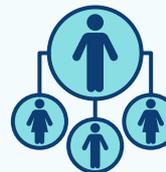
5. <https://www.endometriosis-uk.org/sites/endometriosis-uk.org/files/files/Endometriosis%20APP%20Report%20Oct%202020.pdf>



Engagement

Just over 1 in 3 women feel comfortable talking about health issues with their workplace⁶

6. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/104321/results-of-the-womens-health-lets-talk-about-it-survey.pdf



Gender diversity

25% said a women's health issue or condition had affected their opportunities for promotion⁶

6. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/104321/results-of-the-womens-health-lets-talk-about-it-survey.pdf

85%

of employers already address or plan to address women's health as part of their wellbeing strategy⁷

7. REBA Employee Wellbeing Research 2021

Are you one of them?

What's the solution?

Personalised women's health support for your people

Personalised

Accessible

Give your workforce personalised, highly-accessible support for women's health at the touch of a button, on the Peppy app.

Anonymous

Human experts

AREAS OF WOMEN'S HEALTH SUPPORTED BY PEPPY

Abortion
Alcoholism
Bladder issues
Body image
Breast care
Cervical health
Contraception
Domestic abuse
Eating disorders
Endometriosis
Early parenthood
Fertility
Fitness
Gynaecological cancers
Menstruation
Menopause
Mental health
Miscarriage
Nutrition
PCOS
PMS
Pregnancy
Reproductive cycle
Sexual confidence
Sleep
STIs
UTIs
Vaginal health
Weight management
...and much more

40-min, 1-to-1 video / phone consultations



On-demand tips & explainer videos



Instant 1-to-1 message with experts



Library of expert articles & resources



Peer to peer group chat & support



Guidance around symptoms & treatment



Group live broadcasts and events



Specialist mental wellbeing support



Leading employers support their people with Peppy



“The best employees are going to go where the best benefits and support are. With Peppy, we're able to reach employees who would not otherwise get that support.”

Anna Cotgreave, Reward and Employee Benefits Manager, Clifford Chance

Find out how Peppy can support your people and transform your business

 **BOOK A CALL**

Peppy™