

Women's health how to start the conversation



What every employer needs to know

Did you know that just over

1 in 3 women

feel comfortable talking about health issues in their workplace?



1 Training and education

Make sure managers have access to high quality information and resources about women's health so they understand common issues and know how to support their team members.



2 Appoint women's health champions

Encourage open conversations about women's health by appointing women's health champions who are comfortable talking about their own experiences in the workplace.



3 Introduce inclusive health benefits

Make sure your employee benefits package includes solutions that support women's health issues like periods, gynae problems and menopause. Consider introducing digital benefits that allow colleagues to access support remotely and anonymously.

Reminder: women's health issues can impact non-binary and trans people too, so ensure your benefits include LGBTQ+ people



4 Provide free products

Offering free pads and tampons in office bathrooms is a simple way to break down the taboo around periods and offer practical support.

Reminder: not all women have periods and not all who have periods are women, so make sure to leave some in both bathrooms



5 Encourage flexible working

If possible, allow colleagues to work flexibly to make it easier for employees to attend appointments or manage symptoms without fear of judgement or embarrassment.



6 Encourage regular breaks

Senior-level women are significantly more likely than men at the same level to feel burned out and struggle with mental health issues like stress. Make sure support is available to those who work long hours or shift patterns by opting for a digital healthcare service.¹

¹ [Source](#)



73%



of employers already provide or plan to introduce a dedicated app to support employee mental wellbeing

How can Peppy's Women's Health service help?

The Peppy app connects your colleagues to real-life women's health experts via one-to-one chat and virtual consultations, plus on-demand articles, videos and audios.

Find out why you should offer Women's Health support from Peppy's experts

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