Resource Guide

[October 2026]

Perimenopause & Menopause Awareness

- Most women will experience menopause, yet many feel unprepared for the changes it brings.
- Perimenopause can begin years before menopause and may include disrupted sleep, mood changes and hot flashes. Here are a few ways to support yourself during this transition:
    - Learn about the changes so you know what to expect
    - Prioritize sleep and stress management
    - Stay active and maintain a balanced diet
    - Talk openly with your healthcare provider about symptoms

  You do not have to navigate this alone. Support is available through your benefits and wellness resources.

Scan to explore more Health Moments and women's health resources at purolatorhealth.com.

