Resource Guide

[October 2026]

Hormonal Health

- About 1 in 3 women experience symptoms related to hormonal imbalances at some point in their lives.
- Hormonal changes are a normal part of life. If fatigue, mood changes, painful periods or irregular cycles affect your routine, your body may need attention. Here are a few ways to support hormonal health:
    - Track your cycle to notice patterns or changes
    - Prioritize sleep and stress management
    - Eat balanced meals and stay active
    - Do not ignore persistent or unusual symptoms

  If something does not feel right, speak with your primary care provider. Your benefits or Employee and Family Assistance Program may also offer support.

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

