

85% of women will experience symptoms of menopause

that impact their health, productivity, relationships, and quality of life. Menopause symptoms contribute to 57% more work productivity loss days, increased absenteeism, and higher healthcare costs. Your commitment to women's health shouldn't stop at pregnancy. As women begin the menopause transition, their risk of serious and costly health conditions begins to climb.



Lisa Health is the first modern, science-backed digital health platform for menopause. Using artificial intelligence, evidence-based lifestyle medicine, and clinical experts, we help women manage their menopause journey. Lisa Health provides insights into each woman's unique menopause journey, creates a personalized plan tailored to symptoms, lifestyle, goals, and motivation level, and supports her to be her best self every day.

Symptoms of perimenopause typically begin when a woman is in her early 40's. Shame and silence, lack of preparation, and limited provider training leave women vulnerable and struggling with debilitating symptoms lasting up to 10 years or longer.

Lisa Health helps women navigate this complex and confusing period of their life, empowering them to take control of their menopause symptoms and celebrate the start of something great.

Benefits for Employers

- + Extend your women's health continuum
- + Increase productivity for midlife employees
- + Lower midlife women's health risks and costs
- + Boost satisfaction, recruitment, and retention
- + Strengthen diversity and inclusion initiatives
- + Flag midlife health risks and drive engagement with your health programs



Benefits for Employees

- + Better physical and mental health
- + Increased satisfaction and wellbeing
- + Enhanced quality of life and relationships
- + Confidence and energy to pursue career opportunities



Features

- + Clinically validated assessment
- + Personalized menopause journey
- + 100+ evidence-based lifestyle interventions
- + Virtual coaching via SMS/text and email
- + Symptom tracking
- + Curated resources
- + Education, tips, and reminders
- + Community
- + Support for partners of women going through menopause

