

# Menopause



## Beyond One Symptom or Diagnosis

Menopause is more than a collection of symptoms and it affects multiple dimensions of health. Historically under-recognized and under-treated, many women have been left without adequate support. Hormonal changes can influence sleep, mood, bone health, cardiometabolic risk, and daily functioning, yet care is often fragmented among conditions, providers, treatments, and programs. This underlying complexity contributes to poorer outcomes, higher health care utilization, lost productivity, and increased costs.

MORE THAN  
**80%**

More than 80% of women experiencing menopause symptoms don't seek or get adequate medical care.

– Mayo Clinic

NEARLY  
**50%**

Nearly half of the women MOBE serves fall between the ages of 40 and 60—the core menopause window.

## A Cross-Condition Approach

### ▶ Grounded in Evidence-Based Guidance

Menopause care should reflect current clinical evidence and best practices as understanding of hormonal health, symptom management, and long-term risks continues to develop.

### ▶ Built for Hormonal + Chronic Complexity

Hormonal transitions can influence bone health, migraine patterns, cardiovascular risk, and other aspects of health that often require ongoing management across multiple providers.

### ▶ Addressing the Whole Woman

Daily habits, emotional health, and social factors can shape how women experience menopause and engage in their care. Sustainable change requires support that fits real life.

### ▶ Comprehensive Medication Management

Women experiencing menopause may be managing hormone therapies, supplements, and treatments for other conditions. Coordinated medication oversight helps improve safety and adherence.

## The Complexity Behind Women's Health

It's not uncommon for women in menopause to be simultaneously managing a combination of:

Sleep Disruption

Anxiety

Depression

Chronic Pain

Weight Changes

Thyroid Disorders

Migraines

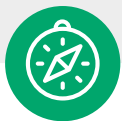
Cardiometabolic Risk

Medication Side Effects

Hormonal Transitions

Osteoporosis

## Human Support, Digital Reinforcement



### Dedicated Guide

MOBE Guides help women identify symptom patterns, create and follow through on goals, strengthen self-management skills, and turn menopause guidance into practical daily actions that fit their lives.



### Clinical Pharmacist

MOBE Pharmacists provide an added layer of clinical assessment by evaluating therapies, side effects, interactions, adherence barriers, and symptoms while helping women make informed treatment decisions.



### Digital Experience

The MOBE app reinforces education, symptom tracking, medication reminders, adherence tools, and ongoing engagement between human touchpoints across 36+ health topics including dedicated programming for menopause.

*Among peri-menopausal and menopausal women in the MOBE-identified population who met with a MOBE Pharmacist:*



## From Symptom Management to Long-Term Health

Menopause influences physical and emotional health in ways that extend far beyond symptoms alone. MOBE's cross-condition approach helps women take control of their health during this transition through evidence-based guidance and medication optimization. Support that addresses the interconnected factors and complexity of menopause improves outcomes, strengthens long-term health, and reduces total cost of care.

## About MOBE

MOBE is a whole-person condition management company dedicated to helping individuals discover new ways to live healthier through personalized, evidence-based clinical and non-clinical interventions. Combining advanced data analytics, one-to-one health guidance, and digital tools, MOBE empowers individuals to optimize their physical health, mental well-being, and medication management. MOBE partners with employers and health plans to reduce health care claim costs by an average of 7.5% in the first year while enhancing participant satisfaction and well-being.

# MOBE<sup>®</sup>

Cut costs and improve outcomes in women's health.

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