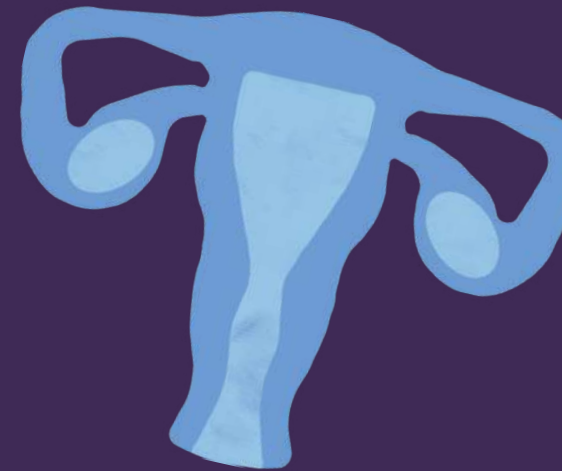




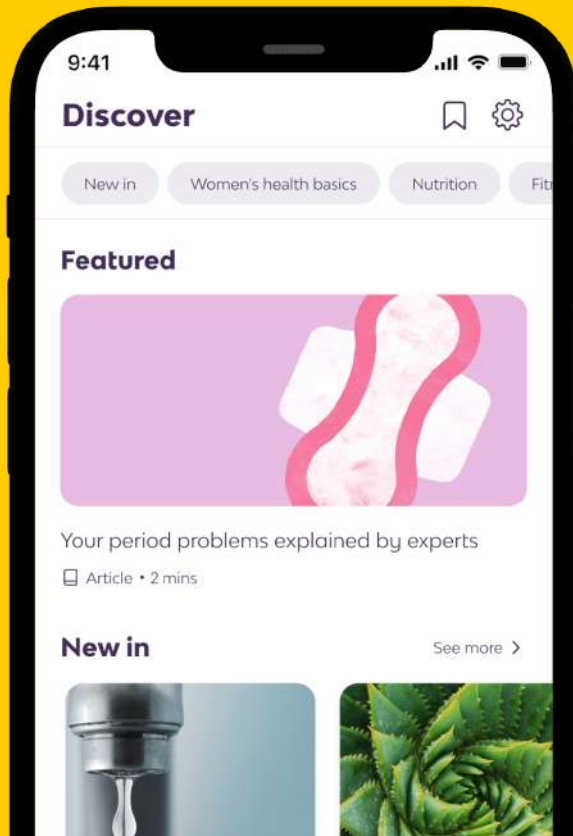
Women's Health support for your people, with Peppy

Briefing Pack: For HR Managers,
Line Managers and wellbeing groups



Introducing Peppy Women's Health support

Free, confidential and personalised support for women, those who identify as female, were assigned female at birth, have female biological and physiological anatomy or who have an interest in female health conditions and wellbeing



Connecting your people
to expert women's health
nurses

Practical guidance and
emotional support

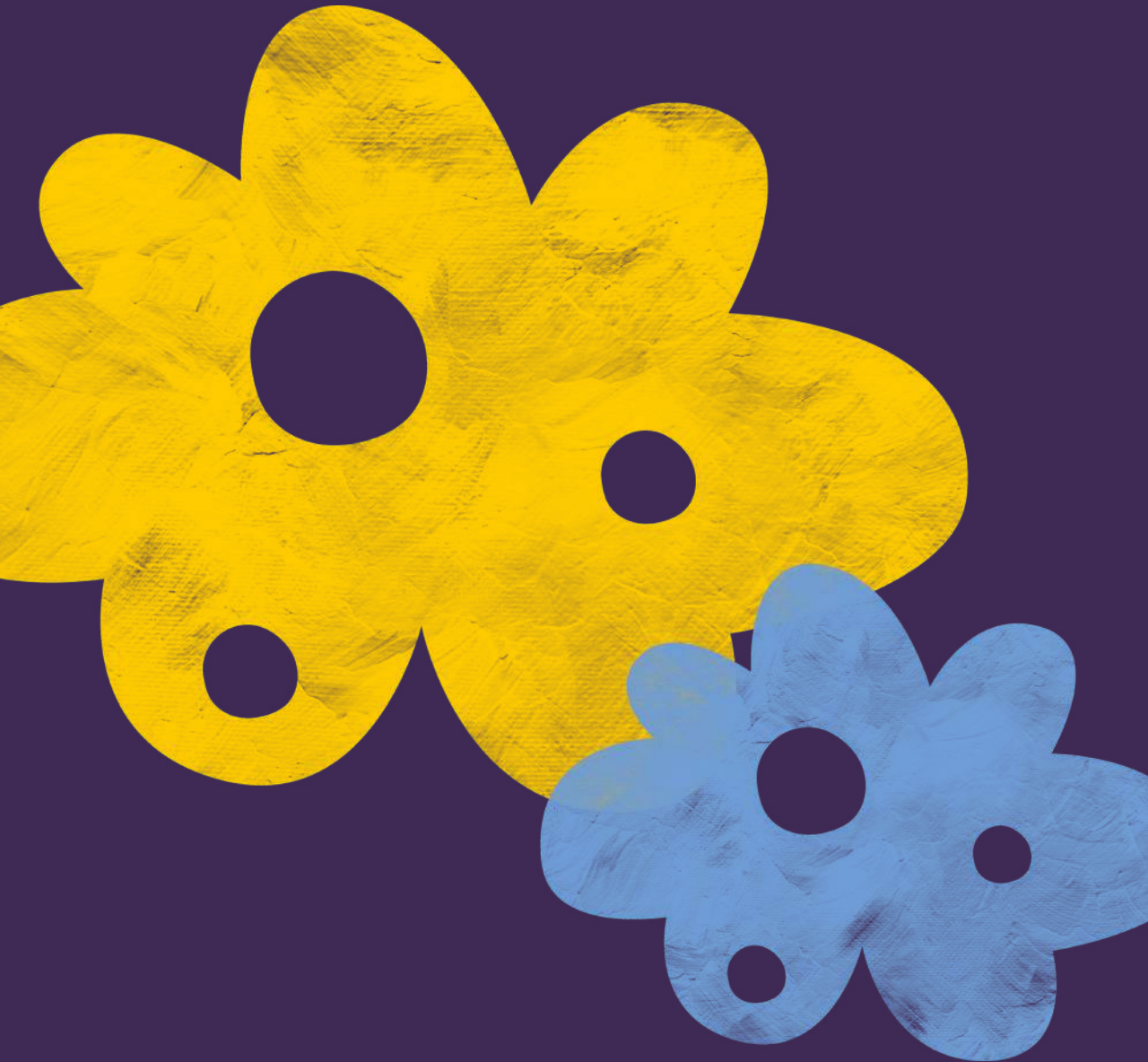
Support is easy-to-access,
personalised and confidential

Why are we offering Women's Health support?

Standard healthcare ignores many of the physical and emotional issues that affect women every day. Many women's health symptoms and conditions are stigmatised, viewed as shameful or as something women should just 'put up with'.

Adding to this the inaccessibility of GP appointments means women are deterred from seeking help, with **2/3 of women turning to Google** as their first port of call.





Why are we offering Women's Health support?

Women's health issues are common

85%

of working age women have experienced at least 4 women's health conditions

Delays in diagnosis and lack of support

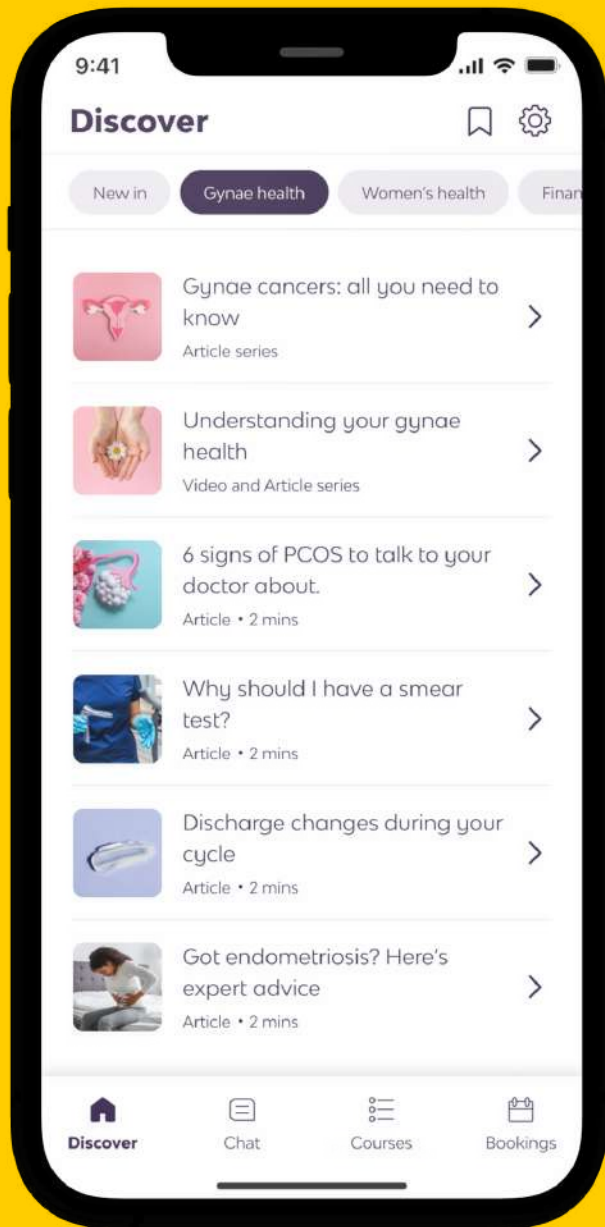
7.5 years

is on average how long it takes to diagnose endometriosis (a condition affecting 1 in 10 women)

Impact on gender diversity

25%

of women surveyed said a women's health issue or condition had affected their opportunities for promotion



Peppy Women's Health: What to expect

One-to-one women's health nurse expert support



One-to-one chat
with an expert



One-to-one
virtual consultations

Peer-to-peer support



Events

Expert guidance



Guidance on symptoms
and treatment

Expert created content



Emotional
wellbeing support



Videos, articles, audios
and courses

What is covered by Peppy Women's Health

Gynaecological health

- Support with the diagnosis and treatment of conditions such as fibroids, endometriosis and polycystic ovary syndrome (PCOS)
- Understanding the menstrual cycle
- Vaginal health

Sex and contraception

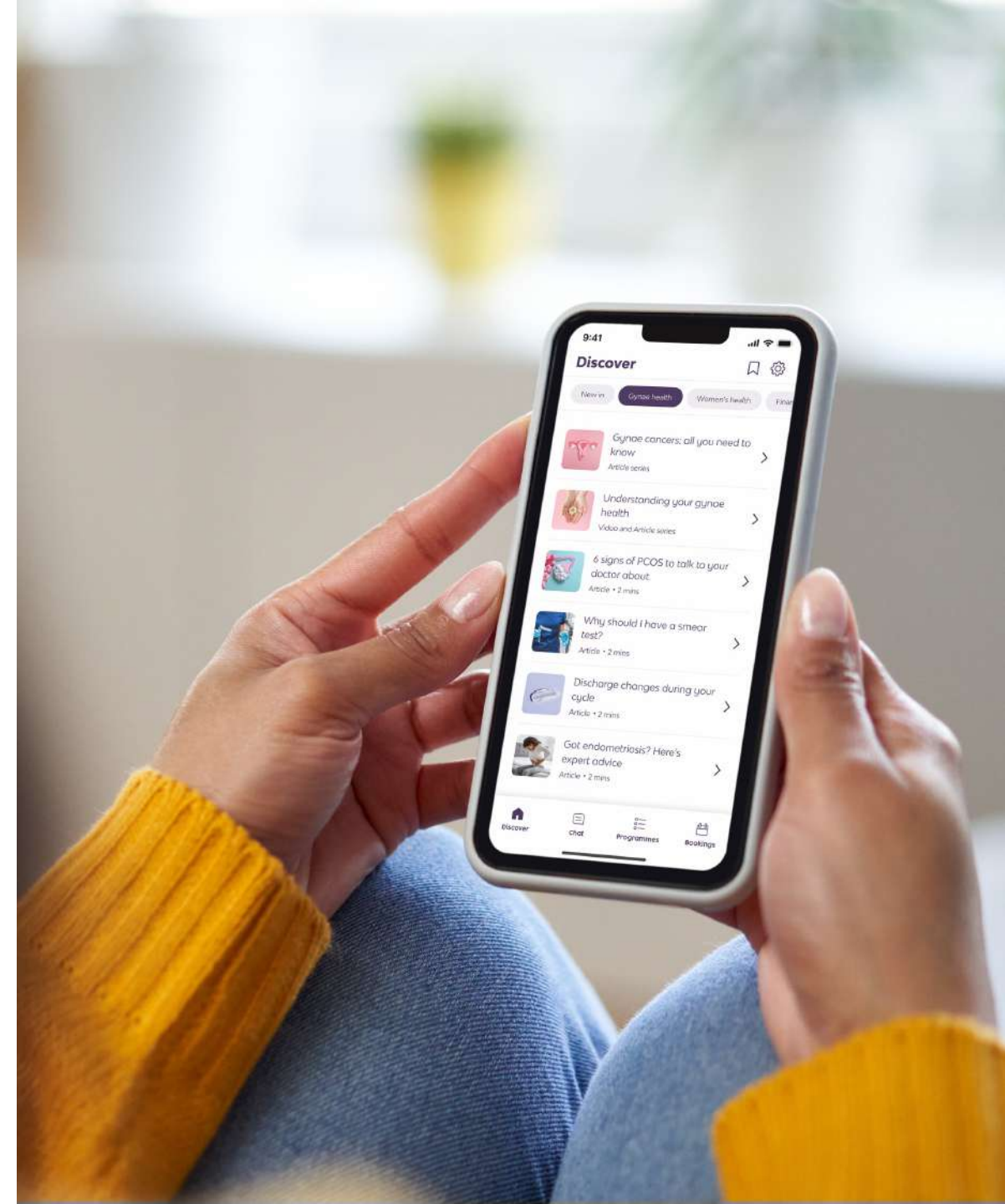
- Contraception options and managing side-effects
- Managing psychosexual or sexual function issues
- STIs

Mental wellbeing

- Coping with body image issues
- Miscarriage and baby loss
- Depression, anxiety and stress
- Managing relationships

Lifestyle health

- Optimising sleep
- Advice on nutrition and exercise
- Skincare and aesthetics



Multi-week Women's Health courses

When users register with Peppy Women's Health they can opt-in to take part in one of various women's health courses.

Peppy courses equip users with all the tools and resources needed to support them through their health journey.

Courses on various topics in a range of formats, including video, audio and articles. To be completed at any time that suits the user.

Courses range from 4 to 8 weeks.

Topics include...

Understanding your body

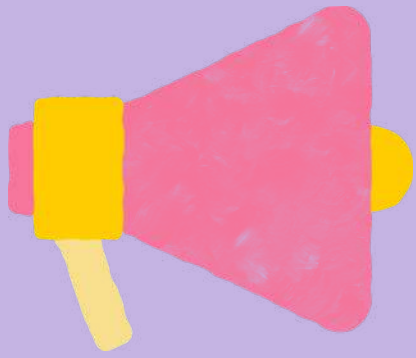
Miscarriage and baby loss

Polycystic Ovarian Syndrome

Mental health: Anxiety, self-esteem, relationships, stress

Weight management





Education and awareness: Events

We deliver regular events for users, featuring expert speakers and covering a range of different topics

Including..

Why should I have a smear test?

How to manage comfort eating and cravings

Why does sex hurt?

Understanding your libido

Gynae conditions explained

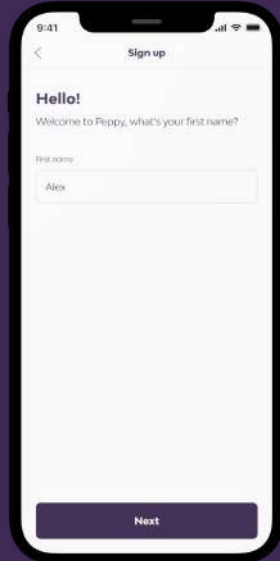
Vaginal health – all you need to know

Support your menstrual cycle with nutrition

How to register with Peppy

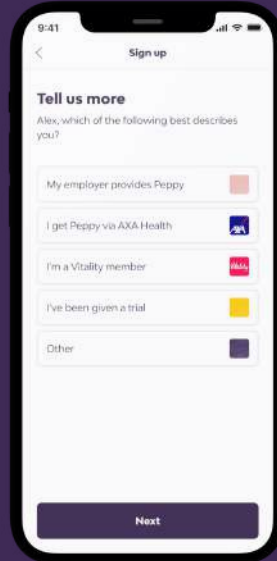


To download, search 'Peppy Health' in your app store or scan the QR code

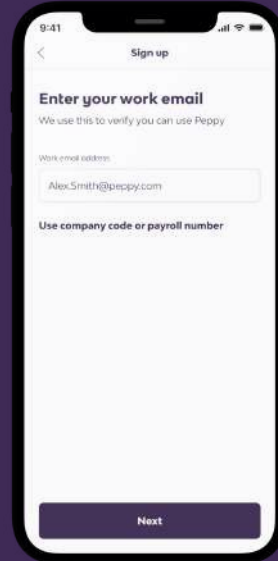


Download and open the Peppy app

(You can choose a display name later)

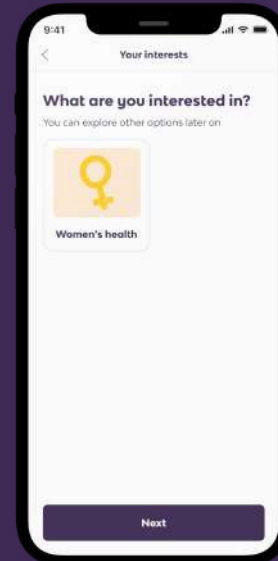


Choose 'My employer provides Peppy' and scroll to click 'Next'

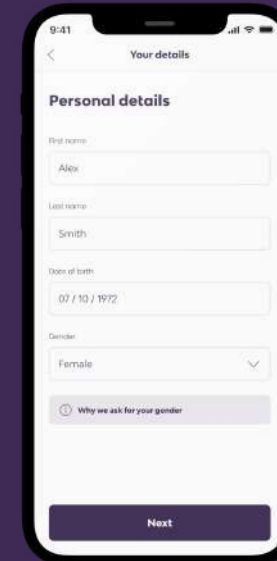


Enter your work email address

(This is only used once, to register. Your personal email will be used thereafter)

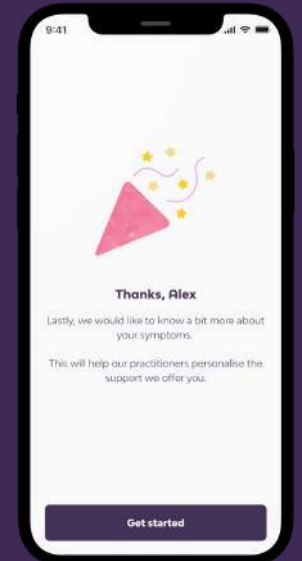


Select 'Women's Health'



Set up your profile

(All information will remain confidential)



You're registered!

(You will be required to take a short questionnaire to help us deliver the best support for you)



For non-clinical queries, email support@peppy.health or use the 'Contact Us' page in the app
App users must be 18+

FAQs

Why Peppy?

Women do not feel heard by the current healthcare system, and often face multiple barriers when trying to access the care that they need. That's where Peppy comes in. Giving employees access to expert and vetted women's health practitioners as well as evidence-based content in line with NICE guidance- all through your smartphone.

Is Peppy free for employees?

Yes, Peppy is paid for by your employer and is free to use.

Peppy asks for a work email during registration – is the service confidential?

The service is 100% confidential. A work email is only necessary to complete the registration; Peppy will never share individual registrations or any other type of personal data with your employer or any other organisation.

Where can users get help with technical queries?

For non-clinical issues, users can email support@peppy.health or use the 'Contact Us' page in the app.

Who can use Peppy Women's Health?

Peppy Women's Health is for women, those who identify as female, were assigned female at birth, have female biological and physiological anatomy or who have an interest in female health conditions and wellbeing.

What are the qualifications of the practitioners?

All of our women's health practitioners are specialist RCN registered nurses, with the knowledge and expertise to support Peppy users through all aspects of women's health and wellbeing.

Who is behind Peppy?

Peppy is a London-based company founded by Mridula Pore, Max Landry and Evan Harris. They're on a mission to fill the gaps in conventional healthcare and ensure that more people receive the support they need, when they need it.



Download the Peppy app today



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