Impact of a menopause digital health benefit on health empowerment and symptom management

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OBJECTIVE

There is growing demand for evidence-based, accessible benefits for menopausal care. Digital solutions are rapidly emerging with the potential to reshape how people experiencing menopause access care. This analysis aimed to understand the needs (baseline empowerment and symptoms), and outcomes (change in empowerment and symptoms) for menopausal people using Maven, a digital health platform for people experiencing menopause, including access to provider appointments, hormone replacement therapy, classes, articles, and support groups.

DESIGN

Data were obtained from individuals enrolled in Maven's menopause program for at least 3 months and who attended at least one virtual gynecology appointment. Users completed a survey evaluating change in 1) health empowerment and 2) severity of menopause symptoms using the validated Menopause Rating Scale (MRS) plus the addition of weight challenges.

RESULTS

Data were collected from 129 users (40% perimenopausal, 53% menopausal, 7% preferred not to say or weren't sure).

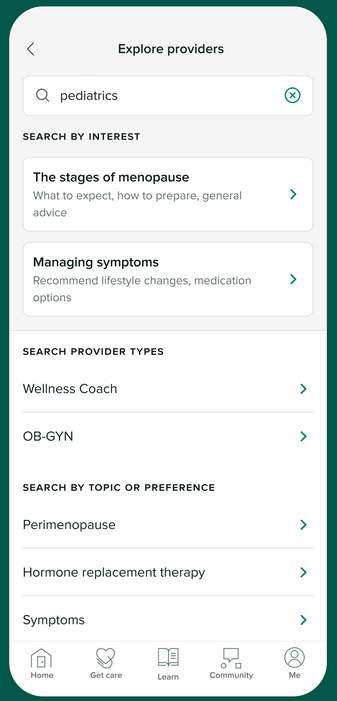
Comparing baseline (before using the digital health platform) to after using the platform, users self-reported:

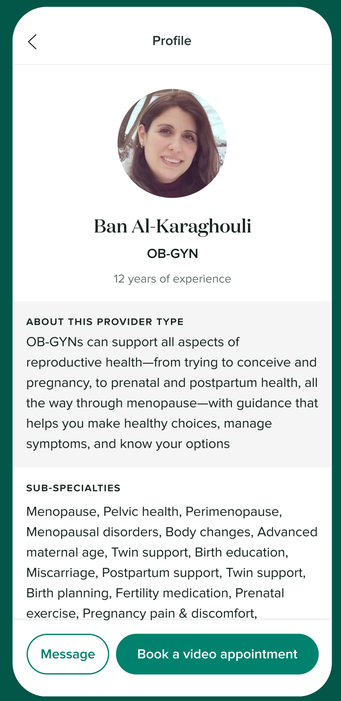
- Improved knowledge and skills to manage menopause, and confidence to improve their health, comfort and well-being (Figure 1).
- Reduced symptom severity, especially for anxiety and depressive moods (Table 1).

CONCLUSIONS

There are high needs during menopause and digital health resources for menopause have the potential to support people to obtain the information and care needed to be empowered to navigate their menopause experience and reduce physical and mental health symptoms. These improvements may also reduce workplace attrition, which has both individual and societal level benefits. A digital health resource for menopause can increase access to resources and contribute to improved well-being for menopausal people.

Use of a digital health platform for menopause support increased health empowerment and reduced menopause symptoms among users who met with an OBGYN





RESULTS

Figure 1. Change in health empowerment

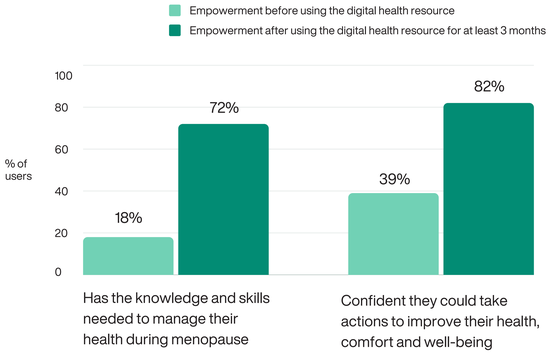


Table 1. Prevalence of symptoms at baseline and reduction in symptom severity after using the digital health platform

Menopause Symptoms	Baseline Prevalence of Symptoms (% of users reporting symptom)	Symptom Improvement (% of users reporting reduced severity of the symptom)
Weight challenges	88%	18%
Physical and mental exhaustion	86%	39%
Sleep problems	86%	41%
Depressive moods	83%	45%
Anxiety	80%	55%
Hot flashes, sweating	78%	36%
Sexual problems	66%	23%
Joint and muscular discomfort	62%	25%
Vaginal dryness	59%	29%
Heart discomfort	54%	34%
Bladder problems	47%	37%