



HEALTHIER, LONGER,
BETTER LIVES

AIA MENOPAUSE PROGRAM



AIA Australia is committed to empowering women to live well at all stages of life, including during perimenopause and menopause. In collaboration with the Australasian Menopause Society, our Menopause Program is aimed at helping women access the support they need to manage and recover from the symptoms of perimenopause and menopause.

What is the AIA Menopause Program?

The AIA Menopause Program helps women explore and understand perimenopause and menopause, particularly as contributing factors to the health conditions they experience.

Through AIA's claims data, we've seen a spike in anxiety, depression, and musculoskeletal conditions for women aged 40 to 55. Research shows that these conditions could be related to fluctuating oestrogen levels during perimenopause and menopause. During this period, women experience both physical and psychological changes to their bodies which can cause an array of symptoms, which on average, can last for 5 to 10 years.

With many general practitioners often not trained in perimenopause and menopause, the goal of this program is to help women learn about its symptoms and to access the right support to recover and, ultimately, age well.

What does the program involve?

Every woman is affected by menopause in some way, but each woman's experience is different. That's why our Menopause Program is tailored to your specific needs. Over four one-on-one health coaching sessions led by allied health professionals specialising in women's health, you will learn about:

- Perimenopause, menopause, and the impacts that fluctuating oestrogen has on your body
- The long-term health considerations associated with menopause
- The benefits of various lifestyle factors such as exercise, nutrition, sleep, and stress management to manage symptoms, and reduce the risk of chronic disease, and
- Finding the right support from doctors trained in Menopause through the Australasian Menopause Society.

Ready to start?

If you would like to engage in this program, please contact your Rehabilitation Consultant to arrange a referral. We are always happy to help and look forward to working with you on your journey to better health.

Please note, the AIA Menopause Program is fully funded as part of your claim with us.

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