Tips for Tapping into Telehealth for Menopause

How to get the most out of a menopause telehealth visit

If you’re a woman in midlife, menopause symptoms can be brutal. If you’re a woman in midlife, menopause symptoms can be brutal.

The good news: Consulting a healthcare provider (HCP) via telehealth can help you understand and manage your symptoms.

Here are 9 tips for getting the most out of your telehealth visit:

1. Choose a telehealth provider who understands menopause. If your HCP doesn’t, you may have other choices. There are telehealth companies that focus on menopause specifically.

2. Check your costs. Once you find an HCP, check to see if they accept your insurance. If not, find out about their cash price, which many telehealth companies publish clearly.

3. Set your expectations. Make sure you know what type of visit you’ll be getting. You may need to plan for multiple visits or set aside time for a longer initial visit.

4. Do your homework. Find out if the HCP wants you to get any blood or urine tests before your visit.

5. Track your symptoms. Write down any new or changing symptoms, no matter how big or small, even if you’re not sure they’re related.

6. Collect your questions. Write down any questions you have ahead of time so you don’t forget anything.

7. Gather your health information. There’s no one right menopause treatment. What’s right for you may depend on:
   - Family history
   - Personal medical history
   - Specific symptoms
   - Medications you’re taking

Having this information ready will help you get the best medical care and guidance, especially with a new HCP.

8. Set yourself up right. Find a private spot where you can do the visit. You want to be somewhere you feel comfortable sharing your questions and experiences without fear of interruption or eavesdropping. Also make sure you have a solid internet connection or a backup plan if your Wi-Fi goes out.

9. Stay in touch with yourself and your HCP. Menopause is a time of changes. Keeping tabs on how you’re feeling and sharing changes, progress or new worries with your HCP can help them adjust treatments and help you move through menopause more comfortably.

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