

# Specialised Women's Health support with Peppy

Connect with real, human, women's health experts for life-changing healthcare support through the Peppy app.

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.



**One-to-one chat with an expert**



**One-to-one virtual consultations**



**Live and recorded events**



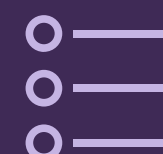
**Videos, articles, audios and courses**



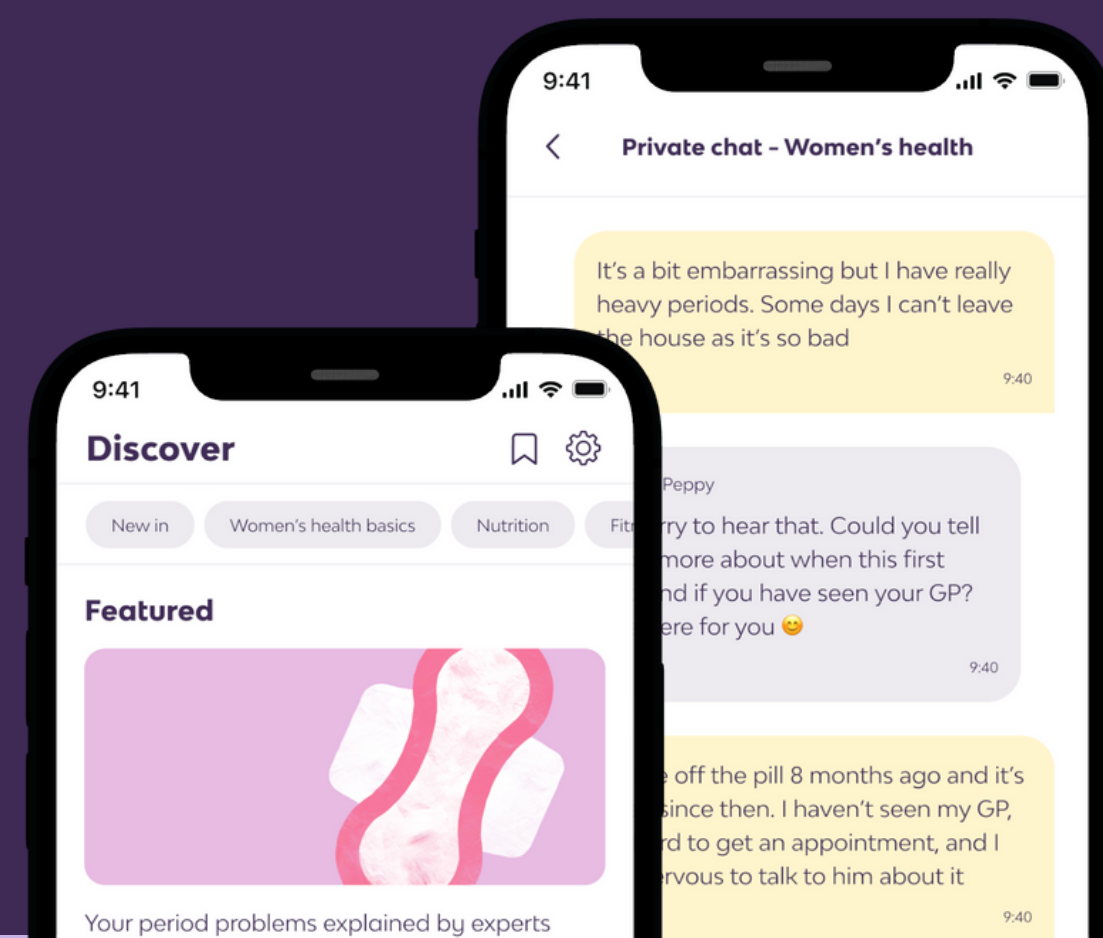
**Emotional wellbeing support**



**Guidance for symptoms and treatment**



**Specialised support for PCOS and endometriosis**

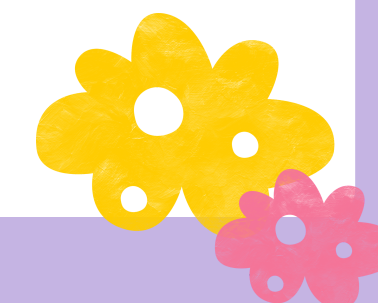


# Access personalised, confidential and free support from women's health experts

**Some of the topics covered by Peppy Specialised Women's Health:**

## Gynaecological problems

- Gynae health and breast cancer
- Fibroids
- UTI's



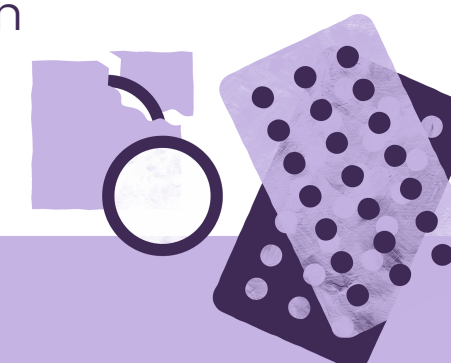
## Screening and self checks

- Vaginal health and checks
- Bladder health self-care
- Cervical screening advice



## Sexual health and contraception options

- Contraception
- Safer sex
- STIs
- Painful sex



## Painful periods and hormone help

- Thyroid conditions
- PCOS
- Endometriosis



## Lifestyle support

Including fitness and nutrition, mental wellbeing, support with body image and managing emotions and relationships.

# What resources are available?

## Content

- On-demand videos, e.g. Tone your lower body with dynamic pilates
- Articles, e.g. Is your period healthy?
- Audio toolkits, e.g. Quick tools for managing anxiety

## Courses

Action and information-based courses created by the experts to deliver real results.

Topics include:

- Understanding your body
- 6 weeks to sustainable weight loss
- Learn to manage your anxiety

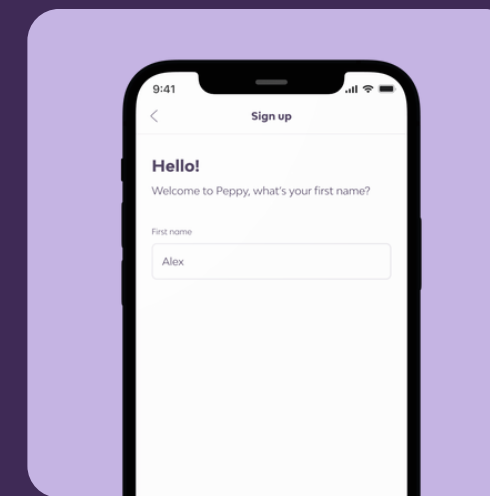
## Events:

An opportunity to get your questions answered, live, by an expert.

Topics include:

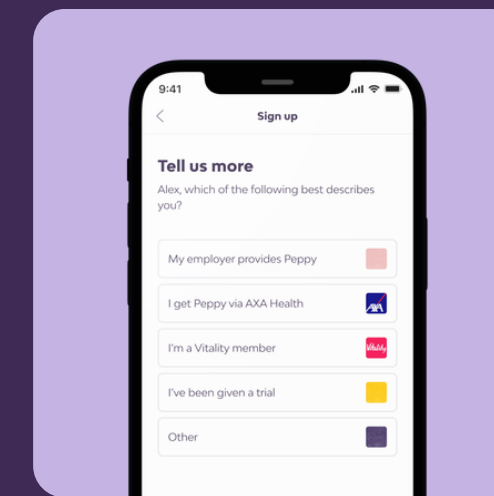
- Is my period normal?
- Gynae conditions explained
- Yoga basics

# How to get started with Peppy

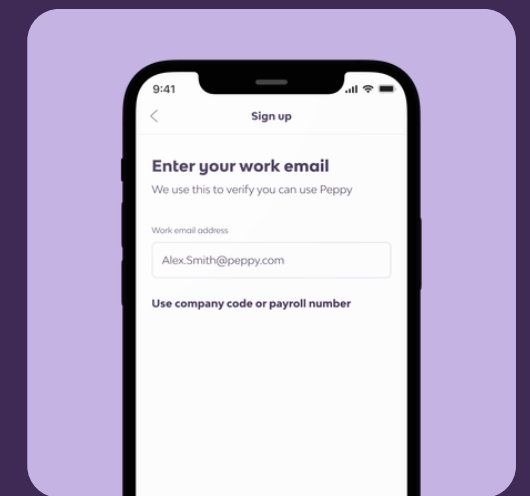


## Download and open the Peppy app

(instructions below)

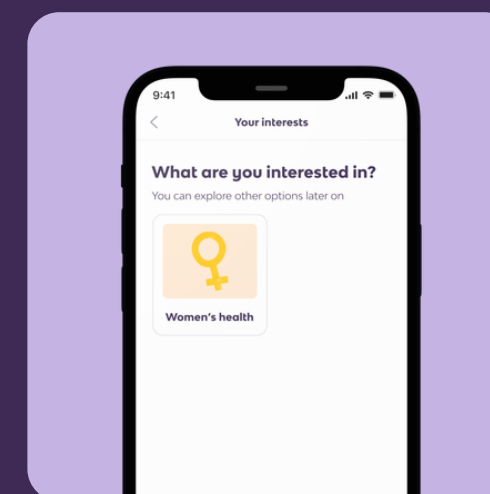


## Choose 'My employer provides Peppy' and scroll to click 'Next'

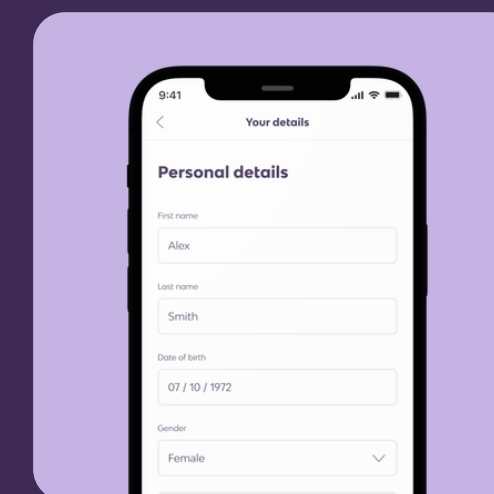


## Enter your work email address

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

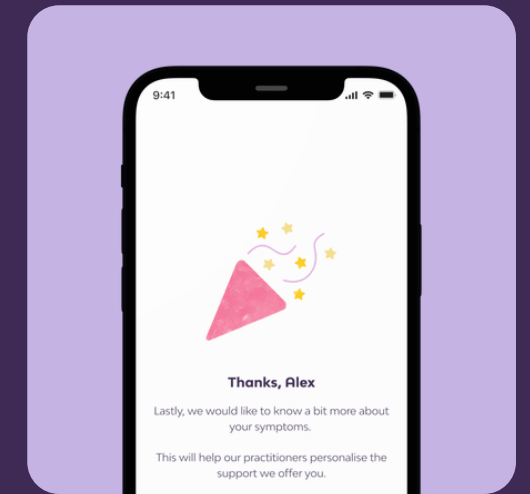


## Select 'Specialised Women's Health'



## 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)

## Download the Peppy app today



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

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