



Building a Comprehensive Midlife & Menopause Care Program

A PROGRAMMATIC MODEL FOR HOSPITAL SYSTEMS

Women in perimenopause and menopause are seeking evidence-based, coordinated care that helps them understand symptoms, hormone questions, cardiometabolic risk, bone health, sexual health, mood, sleep, cognition, and long-term prevention as connected — not separate — concerns. Hospital systems are uniquely positioned to lead this next chapter of women's health.

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What we hear consistently from women in midlife is that access is only one part of what they are looking for. They are also looking for a trusted, integrated system that can connect symptom management with broader preventive and specialty care across cardiometabolic health, bone health, sexual health, mood, sleep, and long-term wellness.



1. WHY THIS MATTERS NOW

- Midlife women often present with overlapping symptoms across multiple clinical domains
- Care is frequently fragmented across OB-GYN, primary care, cardiology, endocrinology, behavioral health, bone health, and sexual health
- Patients are increasingly turning to fragmented commercial solutions when health-system pathways are not clear



2. WHAT BETWEEN THE PAUSES BRINGS



Interdisciplinary education for physicians, nurses, APPs, and care teams



CME and menopause training pathways



Clinical workflows and care pathways embedded into the EMR



Cross-specialty referral networks and warm handoffs



Patient navigation and community education



Program strategy, sustainability, and value positioning



Clinical Oversight Lead (OB-GYN and Menopause Society Certified)



Program & Patient Advocacy Lead (market + patient experience pulse)

3. WHAT A COMPREHENSIVE MODEL CAN INCLUDE

1



ENTRY POINTS

Clear pathways that help women move from OB-GYN, primary care, virtual care, specialty referral, community education, or self-referral into the right level of midlife care.

2



CORE MIDLIFE CARE

Symptom assessment, hormone therapy counseling, nonhormonal options, prevention

3



SPECIALTY PATHWAYS

Cardiovascular health, bone health, sexual health, pelvic health, mental health, sleep, metabolic care

4



PROGRAM INFRASTRUCTURE

Education, navigation, referral criteria, patient materials, metrics, and implementation support



4. WHY IT MATTERS FOR HOSPITAL SYSTEMS



Supports evidence-based care across the system



Strengthens specialty collaboration and referral alignment



Improves the patient experience and reduces fragmentation



Creates a differentiated, trusted hospital-based model in a crowded market



5. POTENTIAL AREAS OF ALIGNMENT

- Health-system menopause program development
- Provider education and care pathways
- Community education and patient navigation
- Advocacy around access to evidence-based care

