



ARC Menopause Benefit Offering: Support Your Employees Through Every Stage of Life

A key component of **ARC Fertility's** commitment to providing comprehensive family-forming and reproductive health solutions is the expansion of our **Menopause Benefit Offering**.

Designed to support employees navigating menopause and perimenopause, this benefit enhances employee well-being, productivity and overall satisfaction, while contributing to a healthier, more inclusive workplace.

ARC Fertility provides resources and access to the most skilled and competent physicians. It raises the comfort level of both employers and employees to know that female workers are taking advantage of the highest quality care.

ARC's Inclusive Menopause Benefit Offering

Our menopause benefits are part of ARC's comprehensive, high-quality, cost-effective care solutions:

- **Specialized Care:** Access to a nationwide, highly vetted network of specialists offering personalized, evidence-based care.
- **Symptom Management:** Comprehensive care for managing common symptoms.
- **Mental Health Support:** Emotional health services like counseling and stress management.
- **Flexible Care Options:** Both virtual and in-person consultations.
- **Pharmacy Benefits:** Discounted prescriptions for hormone therapy and other medications.
- **Education & Resources:** Access to ARC's FertilityNow™ app and digital platforms.

About Menopause

Menopause refers to the [time in a woman's life](#) when she stops having a menstrual period and is no longer fertile. The time leading up to menopause is called the menopausal transition, or perimenopause. Typically, menopause occurs between ages 45 and 55, with the average age of menopause at age 51. However, it occurs earlier in some women, and women who smoke may go through menopause earlier than women who don't smoke.

The National Institutes for Health emphasize that perimenopause can begin several [years earlier](#) when levels of estrogen and progesterone first begin to fluctuate. Surgical or medical menopause is the term for a decrease in estrogen that is a result of surgery to remove the ovaries or uterus, or medical treatments such as chemotherapy or hormone therapy to treat breast cancer.

Women Need Support with Menopause

Left unsupported, these challenges can disrupt a woman's daily life and professional performance, issues that lead to absenteeism, reduced productivity and higher turnover rates. By offering tailored menopause benefits, employers can help employees manage their symptoms and remain engaged in their work.

Getting Started with ARC's Menopause Benefits

Implementing ARC's menopause benefits is simple. Our team works with employers to customize offerings and ensure seamless access to care for employees.

How ARC Fertility Benefits Work

Healthcare needs are as diverse as the composition of the employee workforce. To support every reproductive health path, ARC Fertility offers benefits that are inclusive and comprehensive -- from end-to-end, equitable solutions and flexible support, employees have access to individualized bundled treatment packages that are innovative and include the newest, most proven, cost-effective treatments.

Symptoms of Menopause

Most women will experience symptoms of menopause and many women will experience [early symptoms](#) while still having periods. Menopausal symptoms can begin months or even years before monthly periods stop – and they can persist for years after.

- hot flashes
- vaginal dryness
- irregular periods
- problems sleeping
- mood swings
- depression and anxiety
- sleep disturbances
- cognitive changes
- changing feelings about sex

ARC Family Forming Services

Preparing for Family

Female reproductive health
Male reproductive health
LGBTQ+ resources
Home testing for women
Home testing for men
Preventing infertility

Becoming Pregnant

Awareness and education
Referrals to vetted providers
Employee journey support
Optional D2C financing
Employer engagement and support

Fertility Care

Inclusive, equitable
Individualized care
Evidence-based care
Discounted pricing
Emotional support
Early pregnancy management
Optional Discounted Rx with 24/7 support

Supplemental Family Forming Services

Genetics
Cryopreservation
Sperm, egg, embryo donation
Surrogacy
Adoption

ARC Comprehensive Care Services

Pregnancy Support

High risk pregnancy consult
Doula referrals
Emotional health referrals

Early Parenting Support

Return to work
Lactation virtual and in-home
Leave benefit navigation
Early childcare resources

Continuing Reproductive Life

Menopause
Andropause
Sexual health

All Services Supported by ARC's Concierge Care Navigators and Digital Platforms

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Contact Us to Learn More

To explore how ARC's family-forming benefits can enhance your organization's wellness strategy, contact us today.

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<https://www.linkedin.com/company/advanced-reproductive-care/>

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