



Navigating Menopause

Understanding the Signs and Symptoms

What is menopause?

Menopause is a normal change that happens in women aged 45-55. It occurs when your ovaries stop making the hormones estrogen and progesterone. Symptoms of menopause usually start around age 45, but they can begin as early as 40.

Recognizing signs and symptoms

Hot flashes and night sweats are well-known symptoms of menopause, although not all women experience them. Your menstrual cycle may not stop completely, but they might become heavier or less regular. **Other symptoms can include:**

- Mood swings or irritability
- Trouble sleeping
- Hot flashes and/or night sweats
- Loss of libido
- Appetite changes
- Weight gain
- Vaginal dryness
- Hair loss or hair thinning
- Memory problems or brain fog
- Inflammation and pain

→ **Need guidance with your symptoms?**

Our Care Team can be reached at 800-869-7093 to assess your needs and help you find the right health provider.
We're available Monday-Friday 5AM – 6PM PT.

Lifestyle changes can also help:

Reduce stress

Exercise regularly

Get enough sleep

Limit alcohol and caffeine

Eat a healthy diet

Avoid smoking

Some symptoms may require treatment. If menopause is impacting your work and personal life, talk with your doctor to explore your treatment options.

Explore your health plan benefits by visiting accesshma.com and logging in to your HMA account.