

# Adora: Personalised Menopause Support for your Workforce

At Adora, we provide access to trusted health experts and a digital companion to ensure that every woman is guided and supported through her unique menopause journey.



## How Adora Helps Business

### Impact on productivity

Without support women with just one problematic symptom are 43% more likely to quit & 23% more likely to reduce hours.

### Workplace education & online support

86% said Adora had increased understanding of menopause  
*"I have learnt so much from listening to other women"*  
 Katya age 46 June '23

### Diversity, equality & inclusion

Adora supports older females workers and the gender pay & pensions gap  
*"I am no longer thinking of leaving"*  
 Estelle age 51 July '23

### Positive employer brand

Attract & retain senior female talent.  
*"I feel part of a workplace community where I am supported"*  
 Nisha age 57 August '23



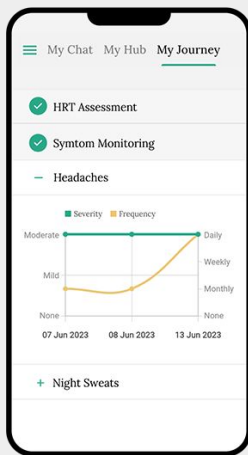
80% of menopausal women experience symptoms



90% of those women say symptoms impact their work

1 in 10

women leave the workplace due to the menopause



## Comprehensive expert care throughout the journey



From personalised education to supporting the menopause conversation, Adora offers confidential support that includes:

- Personalised digital education, support and plans
- Direct access to online gynaecologists – no waiting lists
- User-friendly symptom tracker & menopause toolkit
- Educational health hub offering lifestyle insights and the latest news
- Regular live events featuring top women's health experts

## Trusted Women's Health Experts delivering friendly educational group sessions



Dr Karen Morton  
 NHS Consultant  
 Gynaecologist



Tanya Borowski  
 Clinical Nutritional  
 Therapist



Dr Fran Cappelluto  
 Clinical Safety  
 Officer