

Women's health

This month, explore resources that empower women to take charge of their mental, emotional and physical health, and access the support that's right for them.

In this month's engagement toolkit, you'll find:

- **Featured article** on practical ways for women to advocate for their own health and why it's essential to do
- **Featured article** on the toll "invisible labor" takes on women's health and finding a better balance
- **Quick hit** on common postpartum mental health concerns
- **Tips** on using health and wellness apps for support
- **Interactive guide** for understanding and tracking perimenopause symptoms
- **Podcast** episode "Seeing Invisible Labor" from Until It's Fixed
- **Video** celebrating International Women's Day
- **Quick insight** "Cracking the menopause" from Uptime
- **Member training** course "Menopause and mental health"



What you'll get:

- ✓ New monthly topics
- ✓ Bonus resources & tools
- ✓ Always-on content library
- ✓ Support for everyone

[View toolkit](#)

Discover our new [Whole Mind & Body](#) content, featuring dedicated hubs for Women's Health and Behavioral Health

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