

Perimenopause and Menopause Focus Areas

Focus Area	Definition	End Users
Defining Perimenopause and Menopause	<ul style="list-style-type: none"> Define perimenopause and menopause from patient perspective Enhancing individual health literacy around perimenopause and menopause Menopause-friendly Employer Practices 	<ul style="list-style-type: none"> Patient & families Clinicians Delivery Systems Employers State Agencies
Detection	<ul style="list-style-type: none"> Detection, identifying patient-specific goals Shared decision making Pharmacological and nonpharmacological interventions across age ranges Integration across primary care 	<ul style="list-style-type: none"> Clinicians Delivery systems Health plans Employers State Agencies
Management	<ul style="list-style-type: none"> Screening for health implications such as cardiovascular disease, osteoporosis, mental health concerns, urogenital and sexual health concerns Considerations for caring for people who identify as LGBTQ+ and/or are utilizing gender affirming care, for people who arrive at menopause surgically or early for other reasons, and other special populations as identified 	

Across all these focus areas, we will:

- Identify and recommend relevant clinician, organization and system level quality indicators
- Identify and recommend ways to address inequities
- Recommend reimbursement and payment systems and structures that incent quality and reduce cost