

## Perimenopause and Menopause Focus Areas

Focus Area	Definition	End Users
Defining Perimenopause and Menopause	<ul style="list-style-type: none"> <li>• Define perimenopause and menopause from patient perspective</li> <li>• Enhancing individual health literacy around perimenopause and menopause</li> <li>• Menopause-friendly Employer Practices</li> </ul>	<ul style="list-style-type: none"> <li>- Patient &amp; families</li> <li>- Clinicians</li> <li>- Delivery Systems</li> <li>- Employers</li> <li>- State Agencies</li> </ul>
Detection	<ul style="list-style-type: none"> <li>• Detection, identifying patient-specific goals</li> <li>• Shared decision making</li> <li>• Pharmacological and nonpharmacological interventions across age ranges</li> <li>• Integration across primary care</li> </ul>	<ul style="list-style-type: none"> <li>- Clinicians</li> <li>- Delivery systems</li> <li>- Health plans</li> <li>- Employers</li> <li>- State Agencies</li> </ul>
Management	<ul style="list-style-type: none"> <li>• Screening for health implications such as cardiovascular disease, osteoporosis, mental health concerns, urogenital and sexual health concerns</li> <li>• 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</li> </ul>	

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