

Women's health

Practical solutions for employers



Five tips for creating a more open dialogue around women's health issues at work



Start by normalising conversations about menstrual and reproductive health.



Extend these conversations to workplace wellbeing initiatives.



Provide education and training for managers so they understand chronic conditions.



Use inclusive language in policies to acknowledge menstrual health as a legitimate workplace concern.



Encourage open-door policies where employees feel safe discussing health-related challenges.

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Regardless of whether women choose to call in sick under another pretence or continue to work through the pain, the end result is likely to be the same: they won't get the support they need – whether that's from a clinician or their employer.

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Vicky Walker,
Group Head of People,
Westfield Health

Additional support resources

Menstrual Health Project supports those with menstrual health conditions. The charity provides easy-to-understand educational toolkits, ensuring access to accurate medical information.

Wellbeing of Women - From period problems and starting a family, to menopause and gynaecological cancers, Wellbeing of Women support women's gynaecological and reproductive health.



Potential workplace adjustments for chronic women's health challenges

- Offer sanitary products in women's toilets at work.
- Allow more frequent breaks to manage pain and fatigue.
- Offer ergonomic seating or standing desks to reduce discomfort.
- Provide quiet or rest spaces for employees to use when needed.
- Allow work-from-home days during flare ups where possible.

We've a range of solutions to support your employees' physical and mental health.

Workplace wellbeing solutions

Health Cash Plans

Money back, up to set limits, on essential healthcare. Plus access to services and benefits such as 24/7 telephone GP, specialist consultation and diagnostics and a 24 hour Advice and Information Line.

Private Health Insurance

Our private health insurance provides employees with immediate cover for new conditions and fast access to fixed-price private treatment packages. Depending on the plan chosen, cover is available for a wide range of procedures such as laparoscopies, gynaecological problems, prostate problems and hip and knee replacements.

Wellbeing Webinars and Workshops

Over 50 topics to choose from to help your employees live, work and think well. Including topics such as the menopause, women's health, staying healthy on shift, gut health and dealing with anxiety.

Get in touch

Contact us for a free consultation and help with your workplace wellbeing strategy.

0345 602 1629

businessenquiries@westfieldhealth.com

www.westfieldhealth.com/bookameeting