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POLICY GOAL #1:

Reset The Record About Menopausal Hormone Treatment

Contact the NIH's [Office of Research on Women's Health](#) — orwhinfo@nih.gov or 301-402-1770 — and tell them you want them to publicly, unequivocally reset the record with current data that clarifies the efficacy, safety, and scope of risk of menopausal hormone treatment.

POLICY GOAL #2:

Catalyze A Modern, Equitable Menopause Research Agenda

Members of Congress and your state representatives need to hear from you that continued funding for menopause research is an urgent priority. Here is how to contact them:

- U.S. Senate — [call or write your Senators](#) to express support for the *Advancing Menopause and Mid-Life Women's Health Act*
- U.S. House of Representatives — [call or write your Representatives](#) to express support for the *Menopause Research and Equity Act*
- State Leadership — call or write to urge your state [representative](#) and [governor](#) to establish an interagency council on menopause and designate and/or direct resources toward public university research (see [New Jersey AB 3804 and SB 2693](#))

POLICY GOAL #3:

Update – And Mandate – Menopause Education For Providers

Members of Congress, and your state and local leaders need to hear from you that they must be a driver for improving menopause educational standards. Here is how to contact them:

- U.S. Senate — [call or write your Senator](#) to express support for the *Advancing Menopause and Mid-Life Women's Health Act*
- U.S. House of Representatives — [call or write your Representative](#) to express support for the *We're Addressing the Realities of Menopause (WARM) Act*
- State Leadership — call or write to urge your state [representative](#) and [governor](#) to support legislation that requires providers to receive training and continuing professional education in menopause care (see [California AB 2270](#))

POLICY GOAL #4:

Make Menopause Treatments Affordable

Members of Congress, and your state and local leaders need to hear from you that they must support new legislation to make menopause treatments affordable and accessible. Here is how to contact them:

- U.S. Senate — [call or write your Senator](#) to urge them to introduce a modern version of the *Menopausal Hormone Replacement Therapies and Alternative Treatments and Fairness Act of 2011*
- U.S. House of Representatives — [call or write your Representative](#) to urge them to reintroduce a modern version of the *Menopausal Hormone Replacement Therapies and Alternative Treatments and Fairness Act of 2011*
- State Leadership — call or write to urge your state [representative](#) and [governor](#) to support legislation that requires public and private health insurance plans to cover perimenopause and menopause treatments (see [Louisiana HB 392](#) and [Illinois amended HB 5295](#))

POLICY GOAL #5:

Make Menopause Treatments Free of Outdated Warning Labels

- [Unboxing Menopause](#) is the national citizens campaign directed at the FDA, coordinated by the nonprofit Let's Talk Menopause, and joined by a physician's sign-on letter initiative
- You can send your own letter to the FDA urging them to remove the outdated, misleading "boxed warning" on local vaginal estrogen products by clicking [here](#)

POLICY GOAL #6:

Ensure Meaningful Workplace Interventions

- Share the Menopause Society's bundle of resources, [Making Menopause Work](#), with your employer
- Same for the U.S. Department of Labor, Women's Bureau materials ([Let's Talk About It: Menstruation and Menopause At Work](#))
- Other recommended reading: [How Companies Can Support Employees Experiencing Menopause](#), Harvard Business Review and [What All Bosses Should Do About Menopause](#), Oprah Daily

Together we can and will change the course of menopause history!