

balance

Use of a menopause app to improve shared decision making in consultations

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Method:

A survey was sent to app users via a direct email

Results: Out of 1,062 responses...

90.25% 

90.25% stated that using the app had empowered them with knowledge and understanding of the perimenopause and menopause

60% 

In less than one month of use 60% users were able to self-diagnose that their symptoms related to perimenopause or menopause this increased to 85.2% after using the app for at least 5 months

57.7% 

57.7% of women stated that using the app had enabled them to access the **right treatment faster** for their symptoms

63.6% 

And 63.6% of those using the app for 4 to 6 months believed that using the app has reduced the number of appointments they needed with a healthcare professional

63.6% 

66.7% of respondents found their mental health improved when using the app for 5 months



Conclusion

In the UK, the majority of women do not take evidence based treatments which will improve symptoms as well as future health. This survey has shown that using the free menopause app 'balance' women become more empowered with accurate information which prompts them to seek help for their symptoms.

