

Between May and December 2025,

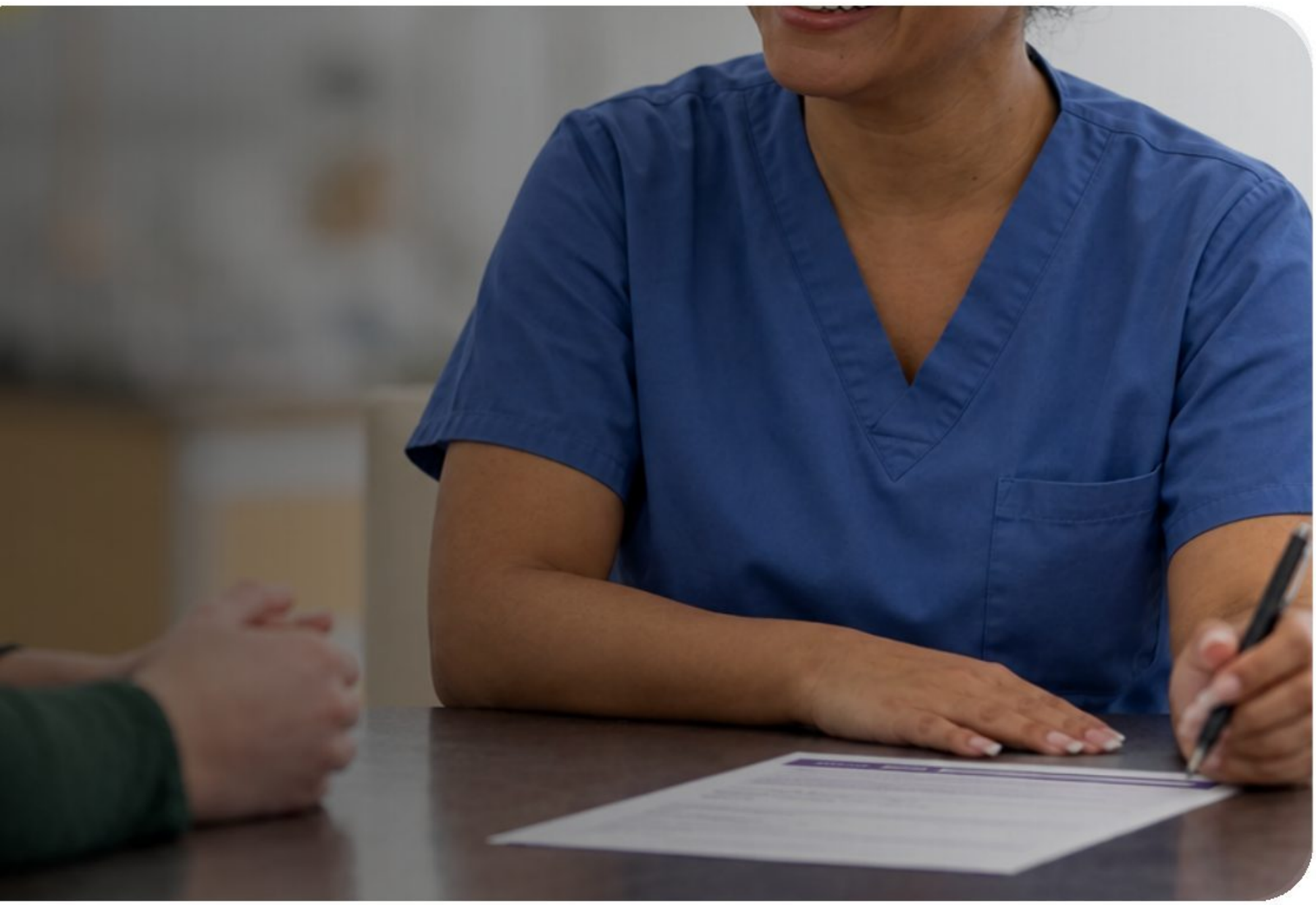
Mayo Clinic Center for Women's Health examined the effects of menopause education on primary care interactions.

Kling JM et al. 2026 | **Frontiers in Reproductive Health**
Volume 8 - Sep 2026 ;
Doi: 10.3389/frph.2026.1952673

Read further

emmii users arrived prepared for their consultation.

Women completed an app-based menopause assessment, & received **evidence-based education, treatment guidance** and a **printable discussion guide.**



< **25 %** menopause apps use evidence-based content.

< **30%** menopause apps involved medical professionals in their development

What the pilot study showed us

75%

reported **improved understanding** of menopause symptoms.

> 50%

reported **increased confidence** in asking questions about and discussing symptoms related to menopause with their clinicians.

2 x HRT initiation rates among women who received structured education before their visit, *through either **emmii** or a guideline-based digital pamphlet*,* compared to the general population.

*both performed equally on first treatment steps, emmii is built for the ongoing support that follows..

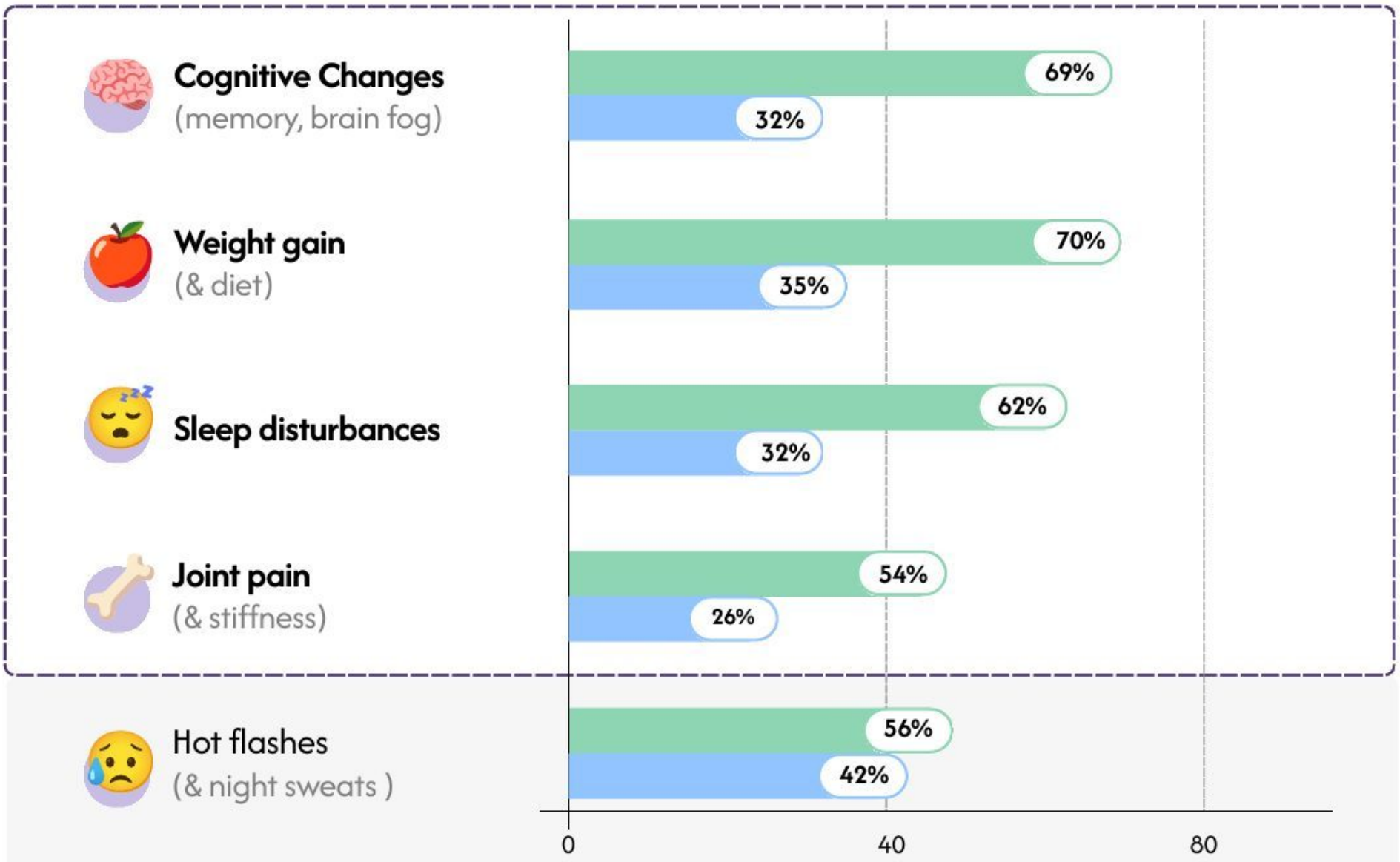
Kling JM et al. 2026 | **Frontiers in Reproductive Health**



When **needs go beyond hotflashes,** healthcare provisions may fall short.

Symptom / Condition of importance for women (self-reported).

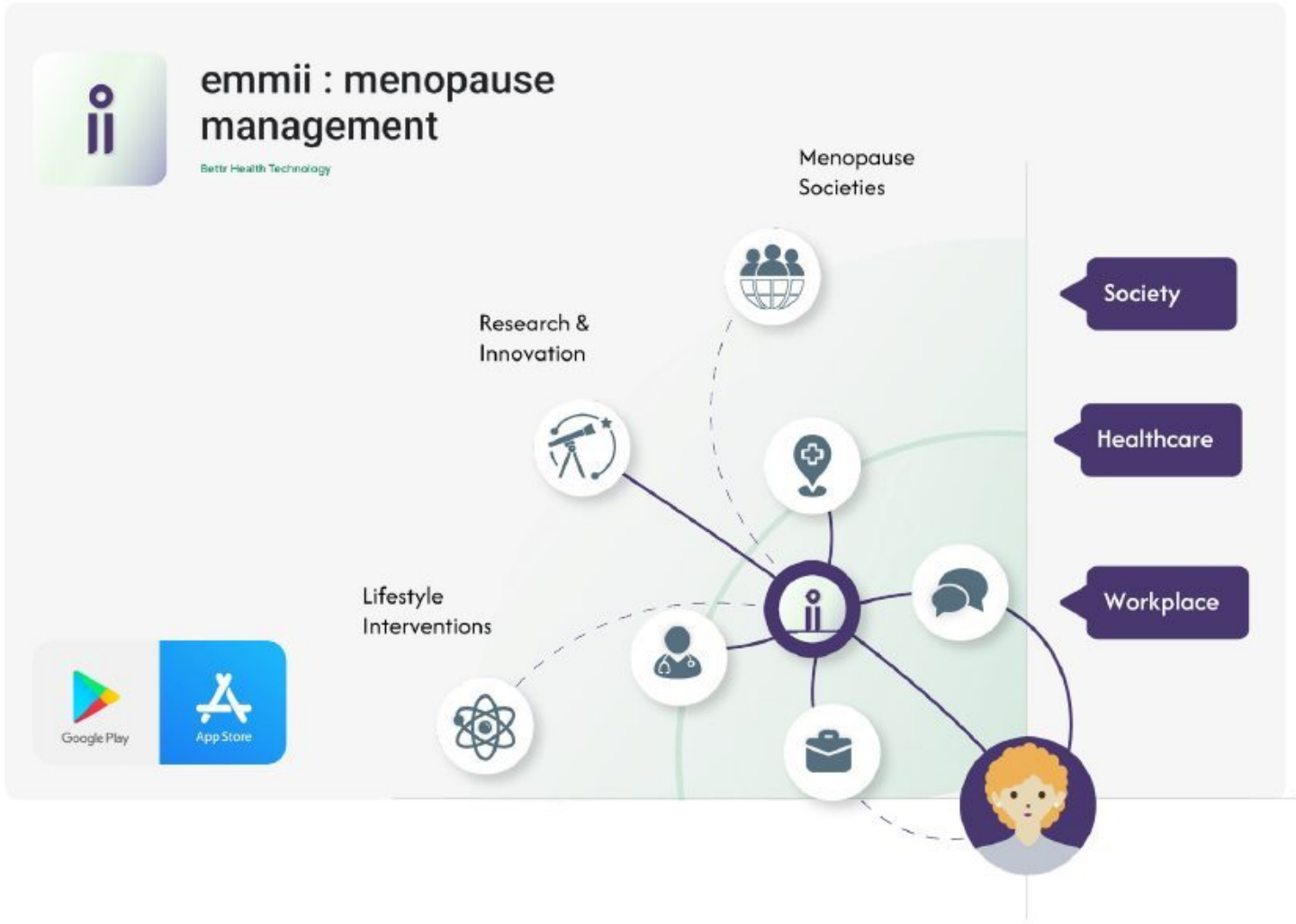
Satisfaction with current (health)care provisions (self-reported)



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emmii connects care and support from across the **ecosystem.**

With a key focus on prevention, risk-reduction, and sustained self-management - that works alongside existing formal care options, helping women **extend their healthy years, starting at mid-life.**



Organizations already building menopause support with **emmii**

sensire
leven zoals u wilt

menzis

Erasmus MC
University Medical Center Rotterdam

Read more at emmii. health