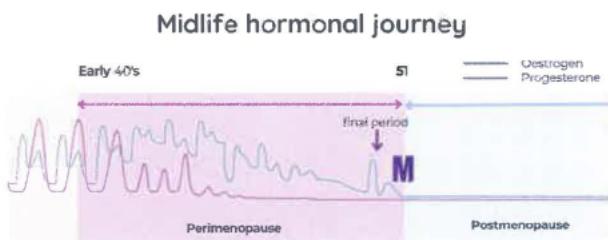


# Inquiry into issues related to menopause and perimenopause

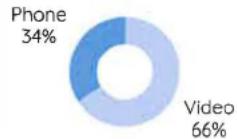
Witness Dr Louise Tulloh, viv Health (submission 5). Sydney 17.6.24

viv Health is a telehealth medical service for women experiencing menopause that offers synchronous and asynchronous care, symptom monitoring, prescription management and curated content.

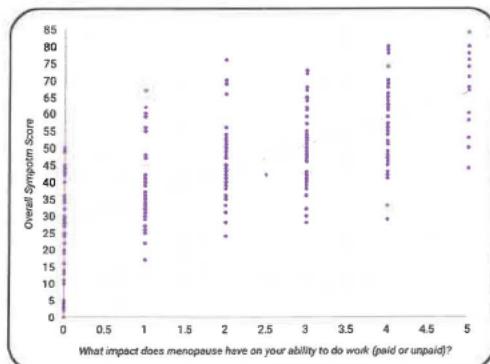
We have heard from our patients that access to reliable information and personal medical advice is restricted by either geography or expertise. Even when they receive appropriate prescriptions, they may not have had their concerns addressed and many still lack confidence in that advice.



viv patient distribution and mode of TH consult

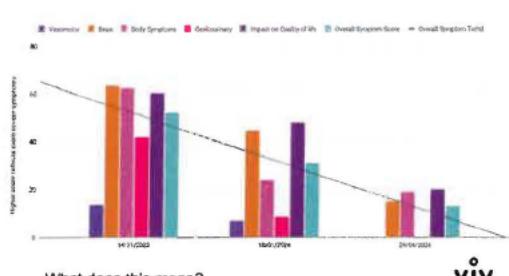


What viv patients tell us about impact on work



Individual results  
(sample viv patient report)

Showing symptom tracking in an individual patient



What does this mean?

At viv health, we closely monitor symptom severity and changes over time. This is important to assess your response to any medications you have been prescribed and to help inform the best care for you going forwards. Different categories of symptoms tend to occur at different stages of menopause. They can also respond differently to treatment.

Symptom categories

**VASOMOTOR**  
Hot Flashes  
Night Sweats  
Dizziness

**BRAIN**  
Headaches  
Migraines  
Depression  
Anxiety  
Memory Loss  
Sleep  
Brain fog

**BODY SYMPTOMS**  
Tiredness  
Energy  
Muscle/Joint Pain  
Dry Skin  
Pins & Needles  
Palpitations  
Weight Changes

**GENITOURINARY**  
Vaginal Symptoms  
Urinary Leakage  
Urinary Frequency  
Sex Drive

Aggregated viv results

% improvement if reported "moderate or severe" at baseline in viv Health patients after TH consult and 6 wks on a treatment plan

