

## ***Better Care, Better Equity, Better Health***

**Delivering health impact by partnering with stakeholders to co-create knowledge and use implementation to deliver impact through equitable, quality healthcare and public health.**

Includes 3 Centres of Research Excellence in women's health including the CRE Women's Health in Reproductive Life (CRE WHiRL)

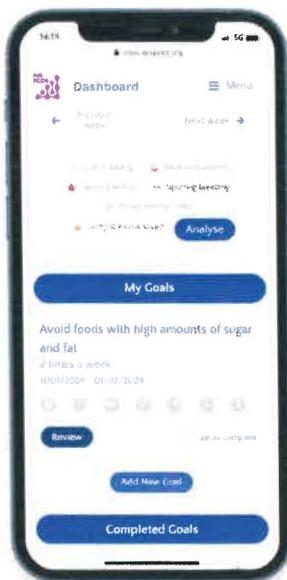
Community resources: [www.mchri.org](http://www.mchri.org) | Academic : [www.monash.edu/medicine/mchri](http://www.monash.edu/medicine/mchri)  
Director: Professor Helena Teede AM



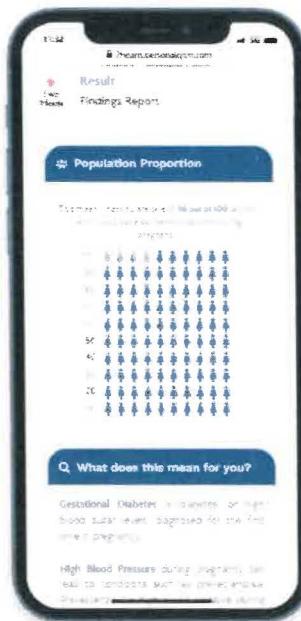
# MCHRI'S SCALABLE DIGITAL HEALTH TOOLS



## Consumer/ Self Management Apps



## Risk Calculators



## Lifestyle Interventions



## Change Implementation in Health and Advancing Women in Leadership Toolkits



## Interactive Women's Health & Wellbeing Scorecard

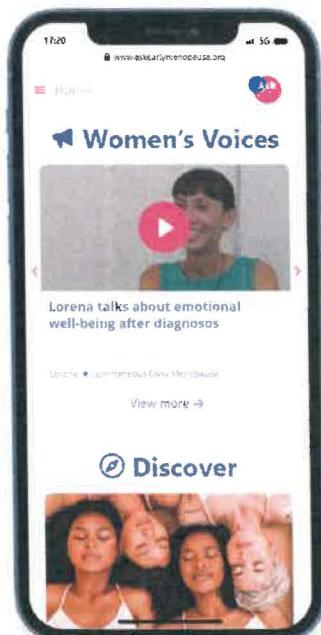


# MCHRI'S DIGITAL HEALTH APPS

## Ask Early Menopause



[www.askearlymenopause.org](http://www.askearlymenopause.org)



- 6.7K users
- 60% AUS users
- 109 countries

Incorporates the latest evidence-based POI Guideline.

Helps women with early menopause find trustworthy information from leading experts.

Tools include a personal dashboard to track symptoms, hear lived experience from other women, share experiences in a moderated discussion forum. Being extended to include a self care and shared decision making tool.

## Ask PCOS



[www.askpcos.org](http://www.askpcos.org)



- 66K users
- 32% AUS users
- 195 countries

Incorporates the latest evidence-based PCOS Guideline.

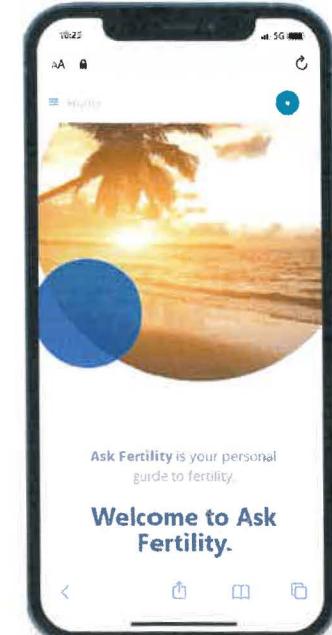
Helps women with polycystic ovary syndrome (PCOS) find evidence based information from leading experts.

Tools include a symptom tracker, a discussion forum with a community of women with PCOS. Resources to find the healthiest possible lifestyle and decide on the best management options. A question prompt list to prepare for consultation with health professionals. Being extended to include a self care and shared decision making tool.

## Ask Fertility



Coming in 2024



Monash Centre for Health Research and Implementation



# Healthtalk Australia - Early Menopause Women's Experiences

MCHRI provides the clinical leadership and research.



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## EARLY MENOPAUSE Women's experiences

### WOMEN'S PROFILES

Spontaneous early  
menopause

Kirsty

jessica

Sonia

Debra

Melinda

Anna

Ella

Vicki

Jenni

## Women's Profiles



Kirsty was 31 when she was diagnosed with POI after her periods stopped following a miscarriage...

[Read more...](#)



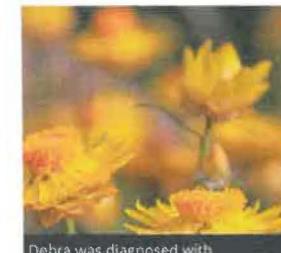
Jessica was 39 when she was diagnosed with spontaneous POI & is concerned about long term impacts...

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Sonia was diagnosed with early menopause and Hashimoto's Disease (a thyroid condition) at age 40 after...

[Read more...](#)



Debra was diagnosed with spontaneous EM at 40, following diagnoses of glandular fever and...

[Read more...](#)



Melinda was diagnosed at age 42 after an unsuccessful attempt to conceive a second child through IVF...

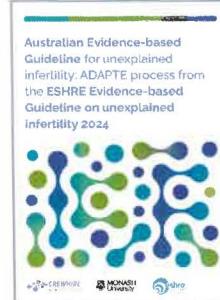
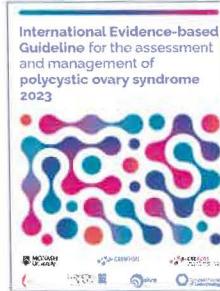
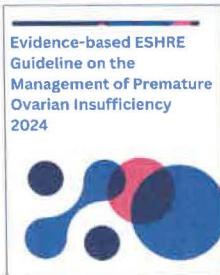
[Read more...](#)



Anna was diagnosed at age 35, after seeking medical advice for irregular periods and night sweats...

[Read more...](#)

## 3 International Guidelines



**Early Menopause Guideline - to be published Oct 2024**

**Guideline reach exemplified by  
PCOS Guideline - published in Sept 2023**

- Over 1M views
- Used in 195 countries

**Infertility Guideline - to be published Sept 2024**