

TOOLKIT QUICK LINKS & RESOURCES

Period Tracking Apps

- **Clue:** <https://helloclue.com>
- **Eve:** <https://glowing.com/apps#eve>
- **Flo:** <https://flo.health/>
- **Period Tracker Period Calendar:**
 - **App Store:** <https://apps.apple.com/us/app/period-trackerperiod-calendar/id896501514>
 - **Google Play:** <https://play.google.com/store/apps/details?id=com.popularapp.periodcalendar>
- **Spot On:** <https://www.plannedparenthood.org/get-care/spot-on-period-tracker>

Sleep and Meditation Apps

- **Calm:** <https://www.calm.com>
- **Headspace:** <https://www.headspace.com>
- **Insight Timer:** <https://insighttimer.com>

Federal Trade Commission: Guidance on Health Apps

https://www.ftc.gov/sites/default/files/u544718/flo_health_app_infographic_11022020_en_508_0.jpg

Menopause Education Resources

- **Hormone Health Network - Menopause Map:** <https://www.endocrine.org/menopausemap/index.html>
- **Let's Talk Menopause:** <https://www.letstalkmenopause.org>
- **Menopause: Unmuted Podcast:** <https://www.menopauseunmuted.com>
- **National Menopause Foundation:** <https://nationalmenopausefoundation.org>
- **North American Menopause Society:** <https://www.menopause.org/for-women>
- **Red Hot Mamas:** <https://www.redhotmamas.org>

Support Organizations

- **Black Girl's Guide to Surviving Menopause:** <https://blackgirlsguidetosurvivingmenopause.com>
- **British Menopause Society:** <https://thebms.org.uk>
- **Daisy Network:** <https://www.daisynetwork.org>
- **Inspire Social Network Communities:** <https://www.inspire.com>
- **Menopause Café:** <https://www.menopausecafe.net>
- **Menopause Matters:** <https://www.menopausematters.co.uk>

Navigating Insurance

- **Consumer Assistance Program:**
<https://www.cms.gov/ccio/resources/consumer-assistance-grants#statelisting>
- **Employee Benefits Security Administration:**
<https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa>

Prescription Discounts

- **GoodRx:** <https://www.goodrx.com>
- **RxSaver:** <https://www.rxsaver.com>
- **Singlecare:** <https://www.singlecare.com>