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:
• 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