



STELLA

Better menopause care. Feel more in control.

Stella is an online clinic for menopause offering affordable, personalised menopause care. We provide access to all treatment options, including HRT, if appropriate, ongoing support and community through our menopause app.

Lack of sleep, anxious feelings and hot flushes are just a few of the 40+ menopause symptoms that can make you feel less capable and focused.

Many feel overwhelmed during menopause, at home and work. It doesn't have to be this way and that's why we are here to help.

How does it work?

Stella has everything needed to manage menopause in one place, without referral to different specialists.

You start with an in-depth online assessment which recommends personalised treatment options based on your medical history, symptoms, lifestyle and preferences. Medications are delivered, if eligible, within 3-5 days.

Your subscription includes online doctor's appointments and ongoing medication review. You can also access the Stella menopause support app with a personalised plan for specific symptoms, coaching and menopause resources.

THE IMPACT OF MENOPAUSE

90% cannot get the help they need from their doctor

30% had to miss work unexpectedly due to their symptoms

8% resigned from their jobs due to the impact of their symptoms

6-7 average number symptoms during menopause

Sources: Stella research 2022. Menopause Statistics 2019. Survey of 1,000 UK women over 45. Conducted by Forth. Wellbeing of Women Survey 2016

Can an app really help?

75%

of those who complete a Stella plan report improved symptoms

80%

of those who complete a Stella plan feel better

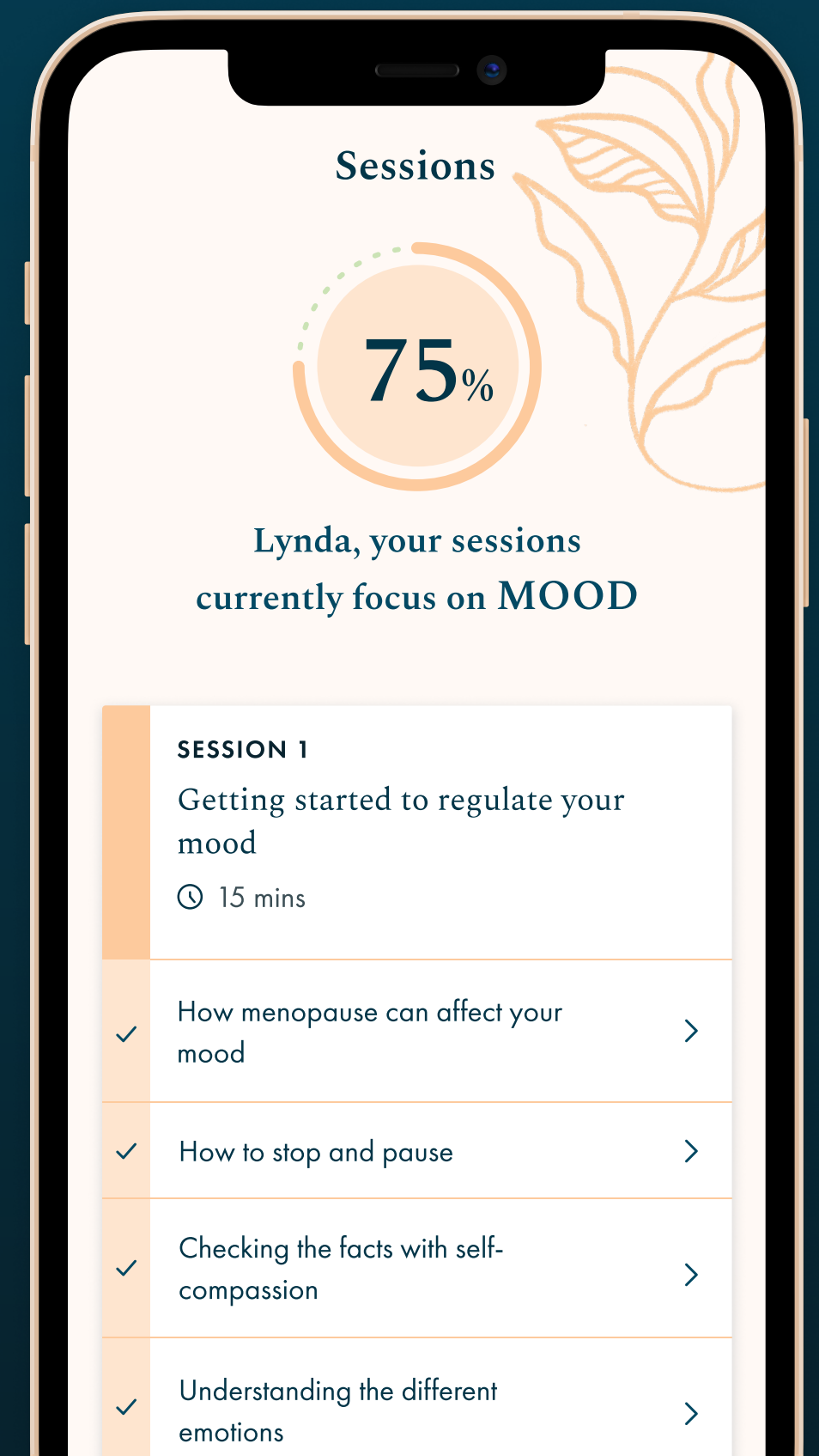
“ I felt I was not in control and I needed to be in my job. Stella helps me keep on track and now I have strategies to manage my symptoms. I struggle to remember my life before Stella.”

Emma, 49

INTERESTED IN PARTNERING?

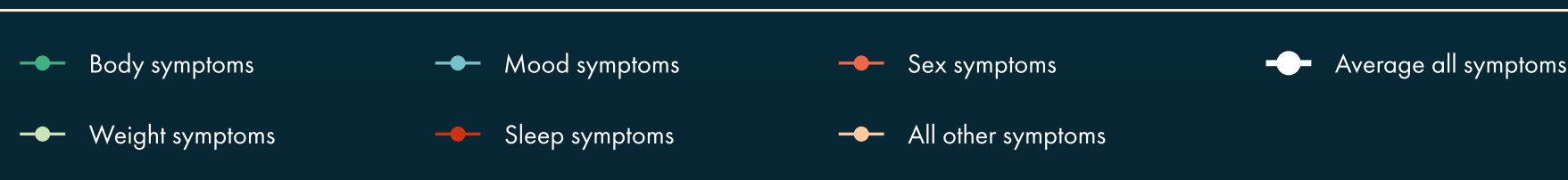
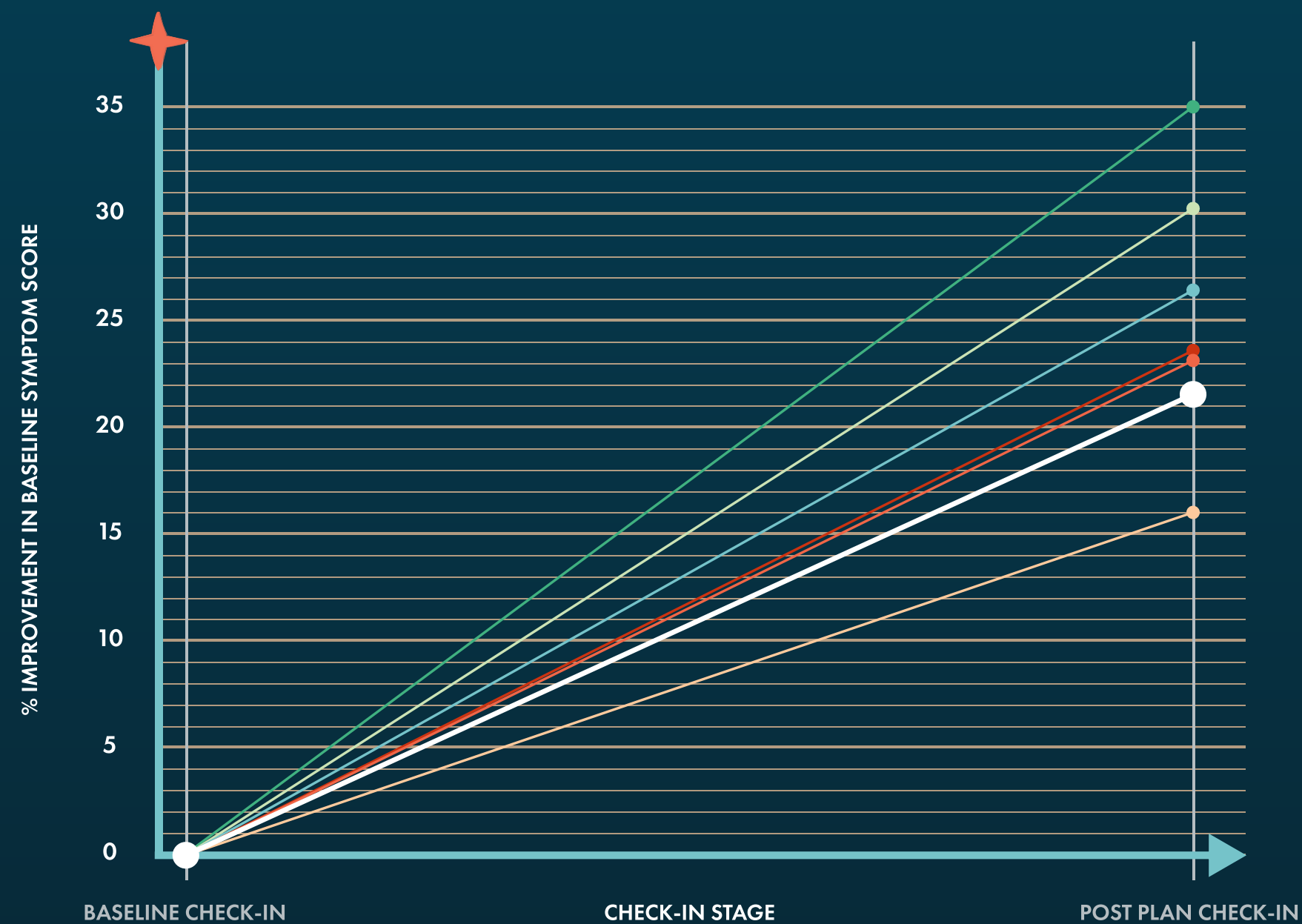
Email us to find out about partnership opportunities. Contact us at hello@onstella.com

[Click here to find out more](#)



An online menopause clinic personalising treatment to your needs

Symptom improvement after completing a Stella plan



What's included

- ✓ Online assessment for recommended treatments
- ✓ Personalised symptom plan through the Stella app
- ✓ 1:1 & group coaching
- ✓ Menopause resources, articles & stories
- ✓ Behavioural techniques & mindfulness
- ✓ Supportive community & online events with experts
- ✓ Online doctor's appointments
- ✓ HRT prescriptions if eligible, delivery in 3-5 days

Join the growing movement with Stella



Don't take our word for it,
see what our customers think

