

Subject: Let's Make Our Workplace Menopause-Friendly

Dear [HR Manager's Name],

I recently attended a panel discussion on the importance of menopause support in the workplace with [MiDOViA](#), and it opened my eyes to how critical this issue is for employee well-being and productivity. Given that 1 in 4 employees consider leaving their jobs due to menopause-related challenges, I wanted to reach out to explore how our organization could take steps to become a menopause-friendly employer.

I'd love to better understand what, if any, policies and support systems we currently have in place. Could you help answer a few key questions?

- Do we have a specific menopause policy or guidance document?
- Are there menopause-related benefits available for employees?
- Do we offer awareness training or educational resources on menopause?
- Are there any support networks or initiatives in place for employees navigating menopause?

I believe taking proactive steps in this area will foster a more inclusive and supportive work environment while also benefiting retention and productivity. I'd love to connect and discuss how we can move forward in making our workplace truly supportive for everyone.

Thank you for your time and consideration. I look forward to your thoughts.

Best regards,

[Your Name]

[Your Job Title]

[Your Contact Information]