

Menopause specific apps

This is a quick guide to apps that may help support you during menopause. These tools offer symptom tracking, education, lifestyle guidance, and personalised support.



Please note that we do not control the content of external sites, and inclusion does not imply endorsement.

What you might notice:

Finding digital tools, you trust can feel overwhelming, especially with so many new menopause-related apps emerging. Some focus on symptom tracking, others on coaching or evidence-based information.

What may help:

Using a menopause-specific app can help you track symptoms, understand patterns, prepare for appointments, and build healthy habits at your own pace.

Cycle tracking and menopause specific apps

- Balance - an evidence-based menopause and hormone-health app founded by Dr Louise Newson. Available via the App Store or Google Play to download.
<https://apps.apple.com/app/id1503345959>
http://play.google.com/store/apps/details?id=com.balance_app.app&hl=en_GB
- Pausetrack - a peri-menopause symptom-tracking app. Features include tracking periods, sleep, mood, weight, medications, exercise & lifestyle changes, plus reports to support GP conversations.
<https://www.pausetrack.co.uk/>
- Stella - developed by doctors and specialists, offers personalised menopause treatment rooted in scientific research.
<https://apps.apple.com/gb/app/stella-menopause-relief/id1577904186>



<https://play.google.com/store/apps/details?id=com.virahealth.stella&hl=en-US>

- Caria - this app helps debunk the myths of menopause. It is not available on android.
<https://www.apple.com/uk/newsroom/2021/03/caria-app-helps-debunk-the-myths-of-menopause/>
- Flo - cycle tracking but increasingly used by perimenopausal users for mood, sleep, and cycle changes. Flo app is available on both iOS and Android devices.
<https://app.flo.health/>
- Peppy (UK Workplace Menopause Support App) - a digital health app used by employers to provide menopause support, symptom management, and 1-to-1 consultation with specialists.
<https://www.peppy.health/what-we-do/menopause/>
- Clue - is not a menopause-specific app, but it is widely used by people in perimenopause because of its strong cycle-tracking features and ability to monitor symptoms that fluctuate during hormonal transition. Clue app is available on both iOS and Android devices.
[Clue Period & Ovulation Tracker with Ovulation Calendar for iOS, Android, and watchOS](#)
- Health & Her Menopause - designed to help you through your menopause journey by building positive lifestyle habits that put you back in control. Available on both iOS and Android devices.
<https://apps.apple.com/gb/app/health-her-menopause-app/id1519199698>
https://play.google.com/store/apps/details?id=com.healthandher&hl=en_GB



Remember that you're not alone, and you don't have to wait until things feel overwhelming to talk. Reaching out can help you understand what your body is going through and make sure you have the support you need.

