

Menopause Service

Would you like specialist medical support with the menopause? Bia Care's Menopause Programme is an NHS service, connecting you to a menopause doctor who can help to improve your menopause journey.

Meet the menopause doctor



Introducing

Dr. Jane Davis

- Jane is one of the UK's leading menopause doctors, acting as a director of the NHS Women's Health special interest group as well as dedicating her time to training other doctors in menopause.
- Jane is a GP and Specialty Doctor in Sexual and Reproductive Healthcare, and is an accredited British Menopause Society Specialist.
- Jane is a passionate advocate for women's health, she leads the campaign, "Rock My Menopause".

We answer your frequently asked questions below.

How do I access the service?

You can ask your GP practice to refer you to the service, or else you might be invited to self-refer.

What happens after I am referred?

We will contact you within two working days via telephone and/or email. We will ask you to complete questionnaires, which our doctors use to understand more about your menopause symptoms and history.

What happens during the appointment?

The menopause doctor will see you within a virtual group consultation, you will access this through a video link in the Bia Care portal, which we will make available to you. During the consultation, there will be other women with similar menopausal symptoms in the group with the doctor. The consultation takes place over a 90-minute consultation.

What happens after the appointment?

We will provide you with a personalised treatment plan. This may include lifestyle advice, prescription recommendations, or suggested changes to existing medication. You will have a copy of this treatment plan, and so will your GP.

Who can I contact at Bia Care with any queries?

The Bia Care team are available Monday to Friday 9am – 6pm to answer any queries and support patients throughout their journey. The number to contact is: 0203 488 8536. Outside of these hours the team have an email address which is reviewed daily and patients can expect a call back within 24 hours (biacare.eastcornwall.menopause@nhs.net)