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BeOnTrack
For Her

Better She A Journey of Strength and Self-Discovery

100% of women go through menopause, but none should worry. With **Better She**, it is a journey filled with strength and self-discovery.



Did you know:

13.7%

of Hongkongers
in peri- and menopause¹.

42%

have mood fluctuations,
anxiety and depression².

62%

encounter hot flashes².

Only **34.6%**

seek medical support².

Reclaim her health with Better She

AXA **Better She**, a 12-month health management programme, helps every woman on her life-changing journey. **Better She** provides in-person consultations, health check-ups, symptom relief, and other treatments to support her be on track for a 100% self.



¹ Source: HKSAR Census and Statistics Department 2023 data;

² Source: DAB's Women Affairs Committee – Women's Menopause Survey 2022

Better She Programme details

Support her menopausal journey with personalised consultations and advanced treatments led by medical experts.



Health check-ups and gynaecological consultation (two screens, one consultation)

Better She begins with focused health check-ups for breast and ovarian health. Upon understanding your health, our gynecologic expert will recommend the treatments tailored to your needs.

1

Relief treatment options (choose one)

Better She provides a range of health treatments, allowing you to choose the one that helps relieve your symptoms.



Dietitian consultation (2 sessions)

Tailored dietary advice and nutrient guidance.



Traditional Chinese medicine treatment (3 sessions)

Through herbal medicine for a harmonious transition.



BTL EMSELLA™ Treatment (1 session)

Non-invasive HIFEM technology to enhance pelvic floor muscle contractions and gynaecological well-being.



Mind health service (choose one)

Strengthen your mental resilience as you start this journey of self-discovery and personal growth.

3



Mind Health Consultation (1 session):

One-on-one psychological or psychiatric consultation to manage mood swings.



Aromatherapy (1 session):

Relaxation and calm symptoms with crafted essential oils.

Welcome gifts

4

As you begin your journey with **Better She**, we welcome you with a complimentary facial treatment. You will also get either a body composition analyzer or a blood pressure machine to monitor your health effortlessly.



Take Control of Your Menopausal Health with Better She

Join us on a journey of strength and self-discovery.

1



Download **Emma by AXA**

2



Have a question?
Contact us at 2802 2812.

Be on track for a 100% self.



Remarks:

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