



International Women's Day 2026

6 health topics that matter most for women – and how to get the right support

1. Preventative Screenings

Cervical and breast cancers are far more treatable when caught early, yet many women delay or miss their screenings.

A cervical screening is recommended every three to five years. Mammograms are typically offered from your mid-40s, or earlier if you have a family history or carry the BRCA gene.

If you've noticed any changes, a lump, skin changes or unusual discharge, don't wait. Speak to a clinician today.



2. Mental Health & Stress

Women are more likely to experience anxiety and depression, and often carry significant personal and professional pressures on top. Recognising when you're struggling is the first, most important step.

Lifestyle adjustments such as sleep, movement and reducing alcohol can all help. A Teladoc Health family doctor can provide initial support, discuss your options, and refer you to specialist mental health services where needed.

A virtual consultation is a confidential, low-barrier way to start that conversation.

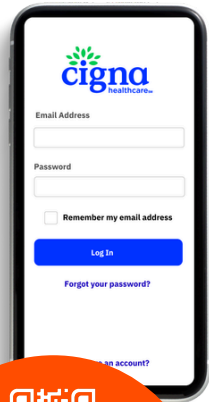


3. Musculoskeletal (MSK) Health

Women are at higher risk of osteoporosis, rheumatoid arthritis, and fibromyalgia, yet MSK issues are often under-treated.

Early intervention matters. If you have persistent joint pain, back problems, or reduced mobility, don't wait. A physiotherapy assessment or clinical review can make a significant difference quickly.

Prevention: calcium, vitamin D, and strength training all protect bone and joint health long-term.



If you're affected by any of the conditions mentioned in this article, download the Cigna Envoy app today and talk to one of our clinicians.



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4. Menopause & Brain Health

77% of women going through the menopause rate at least one symptom as 'very difficult' with brain fog, sleep problems, and anxiety or depression among the most common.* These aren't trivial complaints, and they deserve to be taken seriously.

HRT can make a profound difference for many women. If you've been dismissed or told to just get on with it, it's worth speaking to another clinician. You deserve proper support.



5. Gut Health

Your gut microbiome has a surprising reach. Around 90% of serotonin is produced in the gut, linking digestive health directly to mood. An imbalanced microbiome has also been linked to skin conditions like acne and eczema, and to hormonal imbalances that can affect fertility and conditions like PCOS and endometriosis.

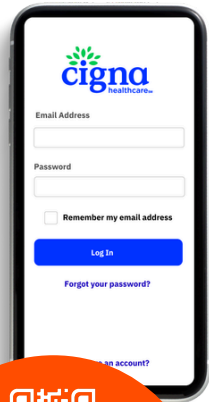
A fibre-rich, varied diet, limiting ultra-processed foods, and managing stress are the foundations of good gut health.

6. Virtual Care: Always There When You Need It

Not sure where to start? You can book a consultation 24/7 with a Teladoc Health clinician through the Cigna Envoy app. No waiting room, no referral needed.

Use it to:

- Talk through symptoms and get clinical guidance
- Upload photos of skin concerns for clinician review
- Discuss screening, test results or treatment options
- Get a referral to the right specialist



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*Sources

Menopause symptoms (77% stat). Fawcett Society. 'Menopause and the Workplace'. 2022. fawcettsociety.org.uk/menopauseandtheworkplace

Alzheimer's & women (two-thirds). Frontiers in Molecular Biosciences. 'Estrogen, menopause, and Alzheimer's disease'. 2025. doi.org/10.3389/fmolb.2025.1634502; Science Advances. 'Age at menopause and synaptic integrity on AD risk'. 2025. doi.org/10.1126/sciadv.adt0757

Gut serotonin (90% stat). Yano et al.. 'Indigenous bacteria from the gut microbiota regulate host serotonin biosynthesis'. Cell. 2015. doi.org/10.1016/j.cell.2015.02.047