

THE 'PAUSE LIFE

March 11, 2026

Dear Delegate Spiegel,

As founder and president of The 'Pause Life, a leading voice in menopause education and advocacy, I am writing in strong support of HB 1435. This important legislation will help eliminate the financial barriers that prevent women from accessing proper diagnosis and treatment for perimenopause and menopause.

In my years helping women navigate this universal stage of life, I have seen firsthand that insufficient insurance coverage can have devastating consequences. Too many women endure unnecessary suffering because their symptoms go untreated, leaving them vulnerable to the long-term health effects of hormonal decline. When menopause care is under-covered or excluded from insurance plans, women may turn to unproven, high-cost "natural" remedies or unregulated wellness providers, often spending significant sums without receiving evidence-based care.

Menopause coverage is not only a public health imperative; it is an economic one. Menopause-related symptoms are estimated to cost the U.S. economy \$1.8 billion annually in lost productivity. When left untreated, symptoms can contribute to serious and costly conditions that shorten both lifespan and healthspan. Every day we learn more about how menopause affects every organ in a woman's body and has long-term health implications. Fortunately, there are safe, effective, FDA-approved treatments to alleviate symptoms, protect against the effects of hormonal loss, and reduce avoidable healthcare spending. These treatments help mitigate risks of osteoporosis, cardiovascular disease, dementia and the genitourinary syndrome of menopause, an almost universal condition that if treated in the Medicare population alone, could save \$6-20 billion dollars annually.

Globally, we face an urgent and long-overdue need to incorporate menopause care into routine health prevention, treat it as a standard component of medical care, and remove financial barriers to its diagnosis and treatment. I commend Massachusetts for joining more than 20 other states that have introduced menopause-focused reform legislation. Across the country, women are raising their voices about how menopause affects their physical and mental health, careers, and families. It's time our policies reflect that reality. I urge you to pass HB 1435 and take a stand for the health, dignity, and economic security of women across Massachusetts.

Thank you for your continued leadership in advancing women's health in Massachusetts. Please do not hesitate to reach out if I can provide any additional information or support.

Sincerely,

Mary Claire Haver, MD, FACOG, CMP
Founder and President
The 'Pause Life