



My Perimenopause Health Tracker

Monitoring your menopausal symptoms can empower you to make better care choices and set wellness goals with your doctor or OB-GYN. It's also an important way to detect health issues before they become more serious. Use this tracker for 1-3 months before your next appointment.

My menstrual cycle

My periods are:	<input type="checkbox"/> Heavy	<input type="checkbox"/> Light	<input type="checkbox"/> Not happening
My periods last:	<input type="checkbox"/> 2-3 days	<input type="checkbox"/> 3-5 days	<input type="checkbox"/> 6+ days
I get my period every 28 days:	<input type="checkbox"/> Like clockwork	<input type="checkbox"/> It varies	<input type="checkbox"/> Not sure
My last period:	First day:	Last day:	Notes

My symptoms

Symptom	When	How long it lasted	Notes
Hot flashes			
Night sweats			
Brain fog			
Irritable / moody			
Trouble sleeping			
Vaginal dryness			
Bladder issues			
Headaches / migraines			
Low libido			
Other issues			

Questions to ask my family

How old was mom / sister(s) at the start of menopause?
Did anyone in my family have breast or other female cancers?

Questions to ask my doctor

What is likely causing my symptoms / are my symptoms normal?
What lifestyle changes can I make to ease my symptoms?
Am I at risk for osteoporosis? If so, should I get tested, and when?
Is it time to talk about hormone therapy (HT)? <ul style="list-style-type: none">• What's involved?• What are the benefits?• Are there risks?
Can I still get pregnant?

Other questions or concerns

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This information is for educational purposes only. It isn't medical advice and does not replace care from a physician. Cigna Healthcare isn't responsible for issues due to the use, misuse, interpretation or application of this information. Always ask your provider for appropriate examinations, treatment, testing, and care recommendations.

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