

Bring better notes to your next visit.

MenoMap

MenoMap is an iPhone and Apple Watch app for logging hot flashes and night sweats in one tap and turning them into a one-page summary for your clinician.

For you

- One tap during a hot flash, from the Lock Screen, Control Center or Apple Watch
- Night Watch: a dim night-sweat button on your Lock Screen until morning
- A 4-question evening check-in (under 30 seconds)
- Works with Apple Health
- Everything stays on your iPhone. No account, no ads.

For your appointment

- 30 or 90 days of surges on one page: counts, strength, time of day
- Sleep, mood and energy averages
- Your medications and start dates
- The questions you want to ask
- Available in your clinician's language

Your clinic's code: 1 month of MenoMap Pro free

In the App Store, search "MenoMap", then open MenoMap → You → Redeem a clinic or friend code.

MenoMap is a wellness tracker and education tool. It does not diagnose menopause or any other condition, does not prescribe or change treatment, and does not replace care from a qualified clinician. Bleeding after menopause, chest pain, sudden severe headache, one-sided weakness, trouble breathing or fainting need in-person or emergency care. [gwllabs.app/menomap](mailto:gwllabs.app@menomap) · support@gwllabs.app