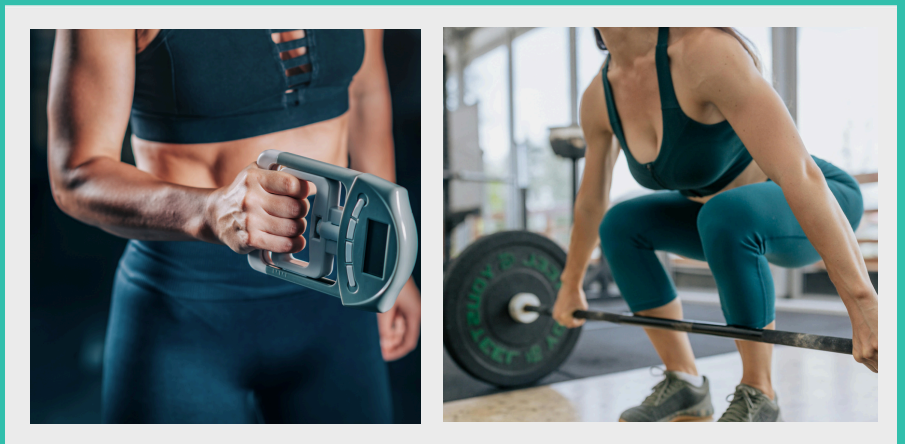




MENOPAUSE MOT® FAQ

THE PROFESSIONAL STANDARD IN MENOPAUSE SCREENING & ASSESSMENT

WHAT IS A MENOPAUSE MOT?

The Menopause MOT™ provides a structured, credible health check framework that enables you to support clients with confidence while demonstrating your commitment to women's health and wellbeing.

WHAT DOES IT INCLUDE?

Screening & Assessment toolkit includes:

- ✓ Cardiovascular fitness screening
- ✓ Strength and movement assessment
- ✓ Balance testing
- ✓ Bone health risk discussion
- ✓ Pelvic floor health screening
- ✓ Lifestyle review including sleep, stress, and activity levels
- ✓ A personalised health action plan

OPTIMISE YOUR BUSINESS ACUMEN

The Menopause MOT™ is more than just a toolkit—it's a business asset that can help you:

- ✓ Position yourself as a trusted menopause-aware professional
- ✓ Strengthen your professional credentials and client offering
- ✓ Attract and retain more midlife female clients
- ✓ Create meaningful conversations around women's health
- ✓ Increase brand awareness and business visibility
- ✓ Differentiate yourself in an increasingly competitive marketplace
- ✓ Deliver greater value and support to your existing community

THE MOT PATHWAY

🎓 STEP 1 – The Elite Package

One-time investment for all three stages of the MOT pathway.

Your complete training and toolkit to become a certified Menopause MOT Specialist:

- 🔧 **Foundation Course** (8hrs CPD)
- 🔧 **MOT® Advanced Practitioner Course** (6hrs CPD)
- 🔧 **Menopause MOT™ Toolkit** + Full Licensed Practitioner Framework

- ⚡ **Pay in Full: £880 (save £37)**
- ⚡ **Or spread it: 4 x £229.25**

🔑 STEP 2 – MOT Licence & Membership £12.99/month – required to practise

Unlocks and maintains everything you need to deliver the Menopause MOT™ in practice, for as long as you're licensed:

Once certified, your monthly licence fee keeps everything active. Think of it like your professional membership – it's what allows you to legally use the Menopause MOT® trademark, stay listed in the Practitioner Directory, and access ongoing CPD, research updates and community support.

Without it, you simply couldn't call yourself a Licensed Menopause MOT Specialist – so it's an essential (and brilliant value!) part of the journey. 🚀

- ✓ Licensed use of the Menopause MOT™ trademark
- ✓ Practitioner Directory listing
- ✓ Community Hub, latest research & ongoing CPD
- ✓ Business & marketing support

Any Question Email: hello@menopausemovement.co