

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Subject: Reminder: Your Annual Well-Woman and Perimenopause Consultation

Dear [Patient Name],

Our records indicate that it is time to schedule your annual Well-Woman preventative care appointment. As you enter the perimenopause transition, regular check-ups are essential for managing your long-term health and addressing new symptoms.

During this visit, we will focus on:

- Preventative screenings (including pelvic and breast exams).
- Reviewing changes in your menstrual cycle or hormone levels.
- Discussing symptoms such as hot flashes, sleep changes, or mood shifts.
- Bone density and cardiovascular health screenings.
- Medication and supplement review.

Preventative care is often covered at 100% by most insurance providers. Please contact our office at [Phone Number] or visit our online portal at [URL] to schedule your visit.

We look forward to seeing you and supporting your health during this transition.

Sincerely,

[Provider Name or Practice Name]

[Phone Number]

[Website]