

Women's Health


Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Spanish, Portuguese (Brazilian), Bahasa Melayu

Women's health goes beyond physical wellbeing - it's a lifelong journey shaped by hormonal, emotional, and often reproductive changes. For many women, understanding these shifts in menstrual cycles, fertility health, menopause and mental resilience, is key to better self-care and support.

How to use: Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, Whatsapp, Telegram etc.) to your whole organisation. You may also include this in your company-wide newsletter.


Suggested send date: 12 May 2025

English

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<p>👩👧 Happy Women's Health Month! Let's talk about something many women experience but rarely discuss - how menstrual cycles affect energy, focus, and productivity.</p> <p>From fluctuating hormones to dips in concentration, your cycle can influence how you feel. The good news? By understanding your cycle, you can work with your body, not against it.</p> <p>Check out our wellbeing benefit, Intellect's platform content like "Quick Relaxation Technique for Menstrual Pain" or "Rebuilding a Healthy Body Image" for a healthier relationship with your body.</p> <p><i>Men, we haven't forgotten about you! Stay tuned for content on Men's Health Month in June.</i></p> <p>If you haven't already, get started with Intellect on desktop/ mobile to start booking a coaching/ care/ holistic session.</p> <p>🖥️ On Web</p> <ol style="list-style-type: none"> 1. Visit app.intellect.co (please hyperlink here) 2. Enter access code CODE*/ Click "Continue with SSO"*** 3. Create your account using your work email address <p>📱 On App</p> <ol style="list-style-type: none"> 1. Select 'I'm new here', then 'With your organisation' 2. Use the code CODE*/ Click "Continue with SSO"*** 3. Sign up using your work email address <p>*please use your organisation's unique access code **for organisations with SSO only</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>  <p>The infographic is titled "A Wellbeing Guide for Your Cycle" and features the Intellect logo at the top. It is divided into four horizontal sections, each representing a phase of the menstrual cycle with corresponding advice:</p> <ul style="list-style-type: none"> Menstrual Phase (Days 1-5): Rest & Recharge. Advice includes: Prioritise deep work and solo tasks; Gentle yoga or stretching to ease cramps; Warm foods and herbal teas to support recovery. Follicular Phase (Days 6-14): Energy Boost. Advice includes: Best time for brainstorming and creative work; Try cardio or strength training for an energy surge; Fresh, nutrient-dense foods to fuel productivity. Ovulatory Phase (Days 15-17): Peak Productivity. Advice includes: Schedule important meetings and presentations; High-intensity workouts to match peak energy; Socialise and connect—confidence is at its highest. Luteal Phase (Days 18-28): Wind Down. Advice includes: Focus on detail-oriented tasks and planning; Low-impact movement like walking or pilates; Manage mood shifts with mindfulness and rest. <p>At the bottom of the infographic is the URL app.intellect.co.</p>

Simplified Chinese

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 女性健康月快乐，绽放你的独特光彩！让我们探讨一件许多女性经历却鲜少谈及的事情——生理期如何影响着精力、注意力和做事效率。

无论是激素水平波动，还是注意力一时难以集中，生理周期都可能影响着你的身心感受。好消息来啦！只要了解自己的周期，你就能顺应身体的节奏，而不是跟它较劲。

试试我们的健康福利资源，浏览Intellect平台内容，如“[痛经快速放松法](#)”或“[重建健康身体形象](#)”，助你与身体和谐相处。

男同胞们，我们也没忘了你们哦！六月份会有男性健康月专属内容，请保持关注！

如果还没用过Intellect，现在就用 [电脑或手机](#) 开始体验，预约 [辅导](#)、[关怀](#) 或 [整体健康](#) 服务吧。

电脑端

1. 访问 [app.intellect.co \(please hyperlink here\)](#) 并点击“注册”
2. 输入访问码 **CODE*** / “使用 **SSO** 登录”**
3. 使用您的工作邮箱创建账户

手机端

1. 选择“**I'm new here**”，然后选择“**With your organisation**”
2. 输入访问码 **CODE*** / 点击“**Continue with SSO**”**
3. 使用您的工作邮箱注册

*请使用您公司/机构的专属访问码

仅适用于已启用 **SSO 单点登录的公司/机构


Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.

[PNG version](#)

[PDF version](#)

Traditional Chinese

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 婦女健康月快樂！讓我們來聊聊一個許多女性都會經歷，卻很少有人會討論的話題——月經週期如何影響精力、專注力和工作效率。

從荷爾蒙波動到注意力下降，您的生理週期會影響您的感覺。哪好消息呢？透過了解您的週期，您可以順應您的身體，而不是對抗它。

查看我們的健康福利，體驗 Intellect 平台的內容，例如「[緩解經痛的快速放鬆技巧](#)」或「[重建健康的身體形象](#)」，幫助您與自己的身體建立更健康的關係。

男士們，我們沒有忘記您們！請繼續關注六月男性健康月的內容。

如果您們還沒有準備好，現在就透過 [電腦](#) / [手機](#) 使用 Intellect，預約 [輔導](#) / [關懷](#) / [全面課程](#) 吧！

網頁版

1. 瀏覽 [app.intellect.co \(please hyperlink here\)](#) 然後按一下「註冊」
2. 輸入登入代碼 **CODE*** / 點擊「使用 **SSO** 登入」**
3. 使用你的工作電子郵件創建帳戶

App版

1. 選擇「**I'm new here**」，然後選擇「**With your organisation**」
2. 輸入登入代碼 **CODE*** / 點擊「**Continue with SSO**」**
3. 使用你的工作電子郵件創建帳戶

*請使用你所在企業的唯一登入代碼

**只限支持單一登入的企業

Images to attach

Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.

[PNG version](#)

[PDF version](#)

Thai

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<p>👋 สุขสันต์วันสุขภาพสตรี! มาพูดถึงสิ่งที่ผู้หญิงหลายคนประสบพบเจอ แต่มักไม่ค่อยได้พูดถึงกันดีกว่า นั่นก็คือกับคำถามที่ว่า รอบเดือนอาจส่งผลต่อพลังงานสมาธิ และประสิทธิภาพการทำงานอย่างไรบ้างนั่นเอง</p> <p>ตั้งแต่ระดับฮอร์โมนที่ผันผวน ไปจนถึงระดับสมาธิที่ลดลง รอบเดือนของคุณอาจส่งผลต่อความรู้สึกของคุณได้ ทว่าข่าวดีก็คือ การทำความเข้าใจรอบเดือนให้มากขึ้น จะช่วยให้คุณทำงานร่วมกับร่างกายได้ ไม่ใช่ปล่อยให้ทำอะไรที่เป็นการต่อต้านมัน</p> <p>ลองมาดูประโยชน์เพื่อสุขภาพที่ดีของเรา จากเนื้อหาแพลตฟอร์มของ Intellect เช่น “เทคนิคผ่อนคลายอาการปวดประจำเดือนแบบเร่งด่วน” หรือ “การสร้างภาพลักษณ์ร่างกายที่แข็งแรงขึ้นใหม่” เพื่อความสัมพันธ์ที่ดีกว่ากับร่างกายของคุณ</p> <p>สำหรับคุณผู้ชายทั้งหลาย เราไม่ได้ลืมคุณ! โปรดติดตามเนื้อหาเกี่ยวกับเดือนแห่งสุขภาพผู้ชายได้ ในเดือนมิถุนายนที่จะถึงนี้</p> <p>หากคุณยังไม่ได้เริ่มใช้งาน Intellect ใน เดสก์ท็อป/ โนบาย เพื่อเริ่มต้นการจองเซสชัน การฝึกสอน/ การดูแล/ องค์กรรวม</p> <p>📱 ผ่านเว็บไซต์</p> <ol style="list-style-type: none">1. เข้าไปที่ app.intellect.co (please hyperlink here) และคลิก “สมัครใช้งาน”2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ “ดำเนินการต่อด้วย SSO”**3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี <p>📱 ผ่านแอป</p> <ol style="list-style-type: none">1. เลือก “I’m new here” ตามด้วย “With your organisation”2. ใช้รหัส CODE*/ คลิกที่ “Continue with SSO”**3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน <p>*โปรดใช้รหัสสิทธิ์เข้าถึงขององค์กรของคุณโดยเฉพาะ **สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Vietnamese

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<p>👋 Chào mừng Tháng Sức Khỏe Phụ Nữ! Hôm nay, hãy cùng nói về một chủ đề mà nhiều phụ nữ trải qua nhưng ít khi được nhắc đến—tác động của chu kỳ kinh nguyệt lên năng lượng, khả năng tập trung và hiệu suất làm việc.</p> <p>Từ sự dao động của hormone đến những khoảnh khắc mất tập trung, chu kỳ của bạn có thể ảnh hưởng đến cảm giác và hiệu suất làm việc. Tin tốt là bạn hoàn toàn có thể thấu hiểu cơ thể mình và làm việc hòa hợp thay vì chống lại nó.</p> <p>Khám phá các nội dung hữu ích trên nền tảng Intellect, như “Kỹ thuật thư giãn nhanh để giảm đau kinh nguyệt” hay “Xây dựng hình ảnh cơ thể khỏe mạnh” để có mối quan hệ tốt hơn với chính mình.</p> <p>Và các chàng trai, đừng lo nhé! Chúng ta sẽ tìm hiểu nội dung đặc biệt cho Tháng Sức Khỏe Nam Giới vào tháng 6 này.</p> <p>Nếu bạn chưa bắt đầu, hãy truy cập Intellect trên máy tính/ điện thoại để đặt lịch hẹn với chuyên gia khai vấn/ tham vấn hoặc chăm sóc sức khỏe toàn diện ngay hôm nay!</p> <p>📱 Trên máy tính</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

<p>1. Truy cập app.intellect.co (please hyperlink here) và nhấp vào “Đăng ký”</p> <p>2. Nhập mã truy cập CODE* / Nhấn “Tiếp tục với Đăng nhập một lần (SSO)”**</p> <p>3. Tạo tài khoản bằng email công việc của bạn</p> <p>Trên ứng dụng</p> <p>1. Chọn “I’m new here”, sau đó chọn “With your organisation”</p> <p>2. Nhập mã truy cập CODE* / Nhấn “Continue with SSO”**</p> <p>3. Đăng ký bằng email công việc của bạn</p> <p>*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp</p> <p>**áp dụng cho tổ chức dùng SSO</p>	
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Japanese

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<p> 今月は女性の健康月間！今回は、多くの女性が経験していながらあまり語られないテーマに注目してみましょう: 月経周期がエネルギーや集中力、生産性に与える影響についてです。</p> <p>ホルモンの変動や集中力の低下など、月経周期は心と体にさまざまな影響を与えます。ですが、自分のサイクルを理解することで、体に逆らうのではなく、うまく付き合っていくことができます。</p> <p>Intellectには、自分の身体とうまく付き合うための“ボディイメージの改善”や産後ママ向けの“マタニティブルー”に関するコンテンツをご用意しています。</p> <p>男性の皆さんへ！6月の男性の健康月間に関連したコンテンツも配信予定ですので、どうぞお楽しみに。</p> <p>まだIntellectを始めていない方は、デスクトップまたはスマホから コーチング / ケア / ホリスティック セッションをご予約ください。</p> <p>ウェブで</p> <p>1. app.intellect.coにアクセス (please hyperlink here) そして「続ける」をクリックする</p> <p>2. アクセスコードCODEを入力*/「SSOで続ける」**をクリック</p> <p>3. 勤務先のメールアドレスを使用してアカウントを作成します。</p> <p>アプリの場合</p> <p>1. 「I'm new here」を選択し、「With your organization」を選択します。</p> <p>2. CODE*/「Continue with SSO」**をクリックします。</p> <p>3. 勤務先のメールアドレスを使用してサインアップする</p> <p>*組織固有のアクセスコードを使用してください。</p> <p>**SSOを持つ組織のみ</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Korean

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<p> 여성 건강의 달을 환영합니다! 많은 여성이 경험하지만 거의 논의하지 않는 월경 주기가 에너지, 집중력, 생산성에 영향을 미치는지에 대해 이야기해 보시죠.</p> <p>오르내리는 호르몬 수치부터 집중력 저하까지 월경 주기는 여러분이 느끼는 감정에 영향을 미칠 수 있습니다. 좋은 소식인가요? 자신의</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

주기를 이해하시면 자신의 주기를 거스르는 것이 아니라 잘 활용할 수 있습니다.

자신의 신체를 더 건강하게 관리하기 위해 "[생리통에 대한 빠른 완화 기법](#)" 또는 "[더 건강한 신체 이미지 다시 만들기](#)"와 같은 Intellect의 플랫폼 콘텐츠인 당사의 웰빙 혜택을 확인해 보세요.

남자 여러분들도 잊지 않았습니다! 6월 남성 건강의 달을 기대해 주세요.

아직 하지 않으셨으면 **컴퓨터/ 모바일** 기기에서 Intellect로 시작하여 **코칭/ 케어/ 종합** 세션 예약을 시작해 보세요.

🖥️ 웹 버전

1. [app.intellect.co](#)에 방문합니다 (please hyperlink here) 를 클릭하고 "로그인"을 클릭합니다
2. 활성화 코드 **CODE**를 입력합니다*/ "**SSO**로 계속"을 클릭합니다**
3. 자신의 직장 이메일 주소를 사용하여 계정을 만듭니다

📱 앱 버전

1. "I'm new here"를 선택한 다음, "With your organisation"을 선택합니다
2. 활성화 코드 **CODE**를 사용합니다*/ "**Continue with SSO**"을 클릭합니다**
3. 자신의 직장 이메일 주소를 사용하여 가입합니다

*조직의 고유 활성화 코드를 사용하십시오




**SSO를 사용하는 조직만 해당합니다

Bahasa Indo


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<p>👩👧 Selamat Bulan Kesehatan Wanita! Mari kita bicarakan satu hal yang dialami banyak wanita tetapi jarang dibahas—bagaimana siklus menstruasi memengaruhi energi, fokus, dan produktivitas.</p> <p>Dari hormon yang naik turun sampai kemerosotan konsentrasi, siklus haid dapat memengaruhi emosi Anda. Kabar baiknya? Dengan memahami siklus haid, Anda dapat bekerja sama dengan tubuh Anda, bukan melawannya.</p> <p>Lihat manfaat kesejahteraan kami, konten platform Intellect seperti Teknik Relaksasi Cepat untuk Nyeri Menstruasi" atau "Membangun Kembali Citra Tubuh yang Sehat" untuk hubungan yang lebih sehat dengan tubuh Anda.</p> <p><i>Pria, kami tidak melupakan Anda! Tetap ikuti konten tentang Bulan Kesehatan Pria pada Juni ini.</i></p> <p>Jika belum, mulailah dengan Intellect di perangkat desktop/ seluler untuk memesan sesi pelatihan/ perawatan/ holistik.</p> <p>🖥️ Di Web</p> <ol style="list-style-type: none">1. Kunjungi app.intellect.co (please hyperlink here) dan klik "Lanjutkan"2. Masukkan kode akses KODE*/ Klik "Lanjutkan dengan SSO"***3. Buat akun menggunakan alamat email kantor Anda <p>📱 Di Aplikasi</p> <ol style="list-style-type: none">1. Pilih "I'm new here", lalu "With your organisation"2. Masukkan kode akses KODE*/ Klik "Continue with SSO"***3. Daftar menggunakan alamat email kantor Anda	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

***harap gunakan kode akses unik organisasi Anda**
****hanya bagi organisasi yang memiliki SSO**

Spanish

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<p> ¡Feliz Mes de la Salud de la Mujer! Hablemos de algo que muchas mujeres experimentan pero pocas veces se menciona: cómo el ciclo menstrual impacta la energía, la concentración y la productividad.</p> <p>Desde los cambios hormonales hasta las variaciones en la concentración, tu ciclo puede influir en cómo te sientes. ¿La buena noticia? Conociéndolo mejor, puedes trabajar con tu cuerpo, no en su contra.</p> <p>Descubre nuestro beneficio de bienestar con Intellect y accede a contenidos como “Técnica rápida de relajación para el dolor menstrual” o “Reconstruyendo una imagen corporal saludable” para mejorar tu relación con tu cuerpo.</p> <p><i>¡Hombres, no nos hemos olvidado de ustedes! Estén atentos al contenido especial por el Mes de la Salud Masculina en junio.</i></p> <p>Si aún no lo has hecho, comienza con Intellect en tu computadora o celular y agenda tu sesión de coaching/ bienestar/ cuidado holístico.</p> <p> En la web</p> <ol style="list-style-type: none">1. Visita app.intellect.co. (please hyperlink here) y haga clic en “Inscribirse”2. Ingresa el código de acceso CODE* o selecciona “Continuar con SSO”**.3. Crea tu cuenta con tu correo electrónico laboral. <p> En la app</p> <ol style="list-style-type: none">1. Selecciona “I’m new here” y luego “With your organisation”.2. Ingresa el código CODE* o selecciona “Continue with SSO”**.3. Regístrate con tu correo electrónico laboral. <p>*Usa el código único de acceso de tu empresa. **Solo para empresas con SSO.</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Portuguese (Brazilian)

Copy	Images to attach
<p> Feliz Mês da Saúde da Mulher! Vamos falar sobre algo que muitas mulheres vivenciam, mas raramente discutem - como os ciclos menstruais afetam a energia, o foco e a produtividade.</p> <p>De hormônios flutuantes a quedas na concentração, seu ciclo pode influenciar como você se sente. A boa notícia? Ao entender seu ciclo, você pode trabalhar com seu corpo, e não contra ele.</p> <p>Confira nosso benefício de bem-estar, o conteúdo da plataforma Intellect, como “Técnica de relaxamento rápido para dor menstrual” ou “Reconstrução de uma imagem corporal saudável” para um relacionamento mais saudável com seu corpo.</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Homens, não nos esqueçamos de vocês! Fiquem atentos ao conteúdo sobre o Mês da Saúde do Homem em junho.

Se você ainda não o fez, comece a usar o Intellect no **desktop/ celular** e agende uma sessão de **treinamento/ cuidados/ holística**.

Na Internet

1. Acesse app.intellect.co (please hyperlink here) e clique em "Cadastrar-se"
2. Insira o código de acesso CÓDIGO*/ Clique em "Continuar com o SSO"***
3. Crie sua conta usando seu endereço de e-mail de trabalho


No aplicativo

1. Selecione "I'm new here" e em seguida "With your organisation"
2. Utilize o código CÓDIGO*/ Clique em "Continue with SSO"***
3. Registre-se usando seu endereço de e-mail de trabalho

*use o código de acesso exclusivo da sua organização

**somente para organizações com SSO

Bahasa Melayu

Copy	Images to attach
<p> Selamat Menyambut Bulan Kesihatan Wanita! Mari kita bercakap tentang sesuatu yang dialami oleh ramai wanita tetapi jarang-jarang dibincangkan, iaitu kesan kitaran haid terhadap tenaga, daya tumpu dan produktiviti.</p> <p>Selain aras hormon yang turun naik dan kemerosotan daya tumpu, kitaran haid juga boleh mempengaruhi perasaan anda. Apa yang bagus? Jika anda memahami kitaran haid diri sendiri, anda boleh menyokong tubuh anda dan bukan menentangnya.</p> <p>Mari lihat manfaat kesejahteraan kita, kandungan pelantar Intellect, misalnya "Teknik Ketenangan Pantas untuk Senggugut" atau "Membina Semula Imej Badan yang Sihat" untuk memupuk hubungan yang lebih sihat dengan tubuh anda.</p> <p><i>Kaum lelaki, kami tidak melupai anda! Nantikan kandungan tentang Bulan Kesihatan Lelaki pada bulan Jun nanti.</i></p> <p>Jika anda belum bermula, dapatkan Intellect pada komputer/ alat mudah alih anda untuk menempah sesi bimbingan/ penjagaan/ menyeluruh.</p> <p>Di Web</p> <ol style="list-style-type: none">1. Lawati app.intellect.co (please hyperlink here)2. Masukkan kod akses CODE*/ Klik "Continue with SSO"3. Cipta akaun menggunakan alamat e-mel kerja anda <p>Di Aplikasi</p> <ol style="list-style-type: none">1. Pilih 'Saya pengguna baru', kemudian 'Dengan organisasi anda'2. Masukkan kod CODE*/ Klik "Continue with SSO"3. Daftar menggunakan alamat e-mel kerja anda <p>*sila gunakan kod akses unik organisasi anda **hanya untuk organisasi dengan SSO</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>