

COMPREHENSIVE REVIEW OF MENOPAUSE-RELATED LEGISLATION IN THE UNITED STATES

Covering Federal, State, and Municipal Legislation
Across All 50 States

Prepared for: Menopause Education Center

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Senator Lori Urso

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Executive Summary

As of June 4, 2026, menopause-related legislation has been introduced in more than 20 states, one municipality, and at the federal level. Ten states and one municipality have enacted menopause-related laws from 2024-2026, including Rhode Island, which became the first state to mandate workplace accommodations for menopause. There are five federal bills and fourteen states with 70 active bills advancing through the legislative process. Bills with bipartisan support address insurance coverage expansion, workplace protections, provider education, research & study, and public awareness in the current federal and state legislative sessions.

Compilation Methodology

This compilation provides current information on menopause-related legislation across all 50 states, municipalities, and the federal level. It is a living document that will be continuously updated throughout the current legislative sessions. Ongoing updates will follow the same methodology, with full details available in Appendix A.

Enacted State and Municipal Menopause-Related Laws

Ten states and one municipality successfully enacted menopause-related legislation in the 2024-2026 legislative sessions, addressing workplace protections, insurance coverage, and public awareness.

1. Rhode Island (Workplace)

S 0361/ H 6161

Added menopause and menopause-related conditions to the state's Fair Employment Practices Act, for which employers are directed to provide reasonable accommodations. Rhode Island was the first state to enshrine these explicit protections into law.

Introduced: February 21, 2025 | Effective: June 24, 2025

Introduced by Senator Lori Urso and Representative Karen Alzate.

Contact Information:

- Sen. Urso:
 - sen-urso@rilegislature.gov
 - (401) 276-5567 | 82 Smith Street, Providence, RI 02903
- Rep. Alzate:
 - rep-alzate@rilegislature.gov
 - (401) 222-1882 | State House, Room 136, 82 Smith Street, Providence, RI 02903

Resources:

- Bill Texts: [S 0361](#) and [H 6161](#)
- Press Release: [Rhode Island first state to enact workplace protections for women experiencing menopause](#)

2. Louisiana (Insurance)

HB 392 (2024) Act 784

Expands coverage by private insurance and Medicaid for menopausal and perimenopausal care and eliminates prior authorization for the administration or prescription of any medication, or hormone replacement therapy used to treat the symptoms of menopause or perimenopause, reducing administrative barriers to care.

Effective: August 1, 2024

Introduced by Representatives Aimee Adatto Freeman and Tehmi Jahi Chassion.

Contact Information:

- Rep. Freeman:
 - hse098@legis.la.gov
 - (504) 861-1614 | 200 Broadway Street, Suite 212, New Orleans, LA 70118
- Rep. Chassion:
 - hse044@legis.la.gov
 - (337) 262-2368 | 718 S. Buchanan St., Lafayette, LA 70501

Resources:

- Bill Overview: [HB 392](#)
- Bill Text: [HB 392 Act 784](#)

3. Illinois (Insurance)

HB 5295

Amends the Illinois Insurance Code to require a group, individual, or managed care plan in Illinois to cover medically necessary hormone therapy treatment to treat menopause and shall include all federal FDA-approved modalities, including, but not limited to, oral, transdermal, topical, and vaginal rings. The bill eliminates the prior limit of coverage to hormone therapy after hysterectomy, ensuring broader and more equitable access to care for women experiencing menopause symptoms.

Enacted: July 19, 2024 | Effective: January 1, 2026

Introduced by Senator Linda Holmes.

Contact Information:

- Message: [Contact Form](#)
- Springfield Office: (217) 782-0422 | 505 Capitol Building, Springfield, IL 62706
- District Office: (630) 820-8650 | 4255 Westbrook Dr., Suite 216, Aurora, IL 60504

Resources:

- Bill Text: [HB 5295](#)
- News Release: [Holmes secures equitable insurance coverage for menopause relief treatment](#)

4. Maine (Public Awareness)

LD 1079

Directs Maine DHHS to create educational materials on perimenopause and menopause in collaboration with healthcare providers. These resources, available online and in print, aim to improve public understanding, support early symptom detection, guide treatment decisions, and address gaps in provider training. Strong advocacy from actress Halle Berry helped move this bill.

Enacted: July 1, 2025 | Effective: September 24, 2025

Sponsored by Representative Kristen Cloutier.

Note: Rep. Cloutier resigned from the House on October 31, 2025, and now serves as Chief of Staff to the Maine Senate President.

Resources:

- Bill Overview: [LD 1079](#)
- Bill Text: [LD 1079](#)
- News Release: [Governor signs Cloutier legislation to help address the knowledge gap around perimenopause and menopause](#)

5. Maryland (Insurance and Provider Training)

HB 1365 / SB 0892 Health Occupations, Public Health, and Insurance - Menopause - Provider Training Coverage Requirements, Policy Initiatives, and Access to Care

Amends Maryland law to (1) require health occupations boards that mandate continuing education for licensees or certificate holders to grant specified credit hours for coursework on menopause and menopause-associated symptoms; (2) require certain insurers, nonprofit health service plans, and health maintenance organizations to provide coverage for the evaluation and management of menopause and menopause-associated conditions; and (3) require the Maryland Commission for Women to conduct a specified evaluation regarding menopause.

Enacted: May 26, 2026 | Effective dates: July 1, 2026, October 1, 2026, and January 1, 2027, for different provisions.

HB 1365 is sponsored by Delegate Joseline A. Peña-Melnyk.

SB 0892 is sponsored by Senator Dawn Gile.

Contact Information:

- Del. Peña-Melnyk:
 - joseline.pena.melnyk@house.maryland.gov
 - (410) 841-3800 | H-101 State House, 100 State Circle, Annapolis, MD 21401
- Sen. Gile:
 - dawn.gile@senate.maryland.gov
 - (410) 841-3568 | Miller Senate Office Bldg., 3 East Wing, 11 Bladen St., Annapolis, MD 21401

Resources:

- Bill Overviews: [HB 1365](#) and [SB 0892](#)
- Bill Text: [HB 1365](#) and [SB 0892](#)

6. New Jersey (Insurance)

A5278 / S4148 New Jersey Menopause Coverage Act

Requires health insurance providers to cover medically necessary treatments for perimenopause and menopause, including, but not limited to, hormonal therapies, non-hormonal treatments, behavioral health care and counseling services, pelvic floor physical therapy, bone health treatments, and preventative care for related health conditions.

Enacted: January 9, 2026 | Effective date is 90 days after enactment for general group insurance and January 1, 2027, for policies and contracts under the Individual Health Coverage Program.

A5278 is sponsored by Assemblymembers Heather Simmons, Roy Freiman, and Lisa Swain.

S4148 is sponsored by Senators John J. Burzichelli and Angela V. McKnight.

Contact Information:

- Asm. Simmons
 - AswSimmons@njleg.org | (856) 226-3530
 - District Office 1: 711 North Main St., Glassboro, NJ 08028
 - District Office 2: 199 East Broadway, Ste G, 1st Floor, Salem, NJ 08079
- Asm. Freiman
 - asmfreiman@njleg.org
 - (908) 829-4191 | 390 Amwell Rd, Suite 301, Hillsborough, NJ 08844
- Asm. Swain
 - AswSwain@njleg.org
 - (201) 576-9199 | 205 Robin Road, Suite 122, Paramus, New Jersey 07652
- Sen. Burzichelli
 - Message: [Contact Form](#)
 - District Office 1: (856) 226-3530 | 711 North Main St., Glassboro, NJ 08028
 - District Office 2: (856) 279-2920 | 199 East Broadway, Ste G, 1st Floor, Salem, NJ 08079
- Sen. McKnight
 - Message: [Contact Form](#)
 - (201) 360-2502 | 2324 John F. Kennedy Boulevard, Jersey City, NJ 07304

Resources:

- Bill Overviews: [A5278](#) and [S4148](#)
- Current Bill Texts: [A5278](#) and [S4148](#)

Note: A duplicative Senate bill, S722 (2026-2027 session), was briefly introduced and then withdrawn on January 13, 2026, because the Menopause Coverage Act had already been approved as P.L.2025, c.200.

7. New Jersey (Continuing Medical Education)

A5309 / S4147 CME Credits for Menopause

Permits up to three credits of continuing medical education (CME) on menopause to be used by advanced practice nurses and physicians for license renewal. Developed by the Department of Health, program topics shall include the physiological and psychological aspects of menopause, available treatment, health risks, best practices for screening, & patient communication strategies. Financial incentives and certifications may apply.

Enacted: December 19, 2025 | Effective: June 17, 2026

In the subsequent 2026-2027 legislative session, S721 was introduced to carry forward and potentially refine the menopause CME framework established by A5309/S4147.

A5309 is sponsored by Assemblymembers Heather Simmons, Roy Freiman, et al.

S4147 is sponsored by Senators John J. Burzichelli and Angela V. McKnight.

Contact Information:

- Asm. Simmons
 - AswSimmons@njleg.org | (856) 226-3530
 - District Office 1: 711 North Main St., Glassboro, NJ 08028
 - District Office 2: 199 East Broadway, Ste G, 1st Floor, Salem, NJ 08079
- Asm. Freiman
 - asmfreiman@njleg.org
 - (908) 829-4191 | 390 Amwell Rd, Suite 301, Hillsborough, NJ 08844
- Sen. Burzichelli
 - Message: [Contact Form](#)
 - District Office 1: (856) 226-3530 | 711 North Main St., Glassboro, NJ 08028
 - District Office 2: (856) 279-2920 | 199 East Broadway, Ste G, 1st Floor, Salem, NJ 08079
- Sen. McKnight
 - Message: [Contact Form](#)
 - (201) 360-2502 | 2324 John F. Kennedy Boulevard, Jersey City, NJ 07304

Resources:

- Bill Overviews: [A5309](#) and [S4147](#)
- Current Bill Texts: [A5309](#) and [S4147](#)

8. Oregon (Insurance)

HB 3064

Requires all health benefit plans, the Oregon Educators Benefit Board, and the Public Employees Benefits Board to cover treatment for perimenopause, menopause, and postmenopause, including, but not limited to, FDA-approved hormone therapies, SSRIs/SNRIs, vaginal estrogen, osteoporosis medications, neurokinin B antagonists, topical hormones, and bioidentical hormones.

Enacted: July 17, 2025 | Effective: January 1, 2026

Chief Sponsors are Representative Shelly Boshart Davis, Senator Janeen Sollman, et al.

Contact Information:

- Rep. Davis:
 - Rep.ShellyBoshartDavis@oregonlegislature.gov
 - (503) 986-1415 | 900 Court St. NE, H-389, Salem, Oregon 97301
- Sen. Sollman:
 - Sen.JaneenSollman@oregonlegislature.gov
 - (503) 986-1715 | 900 Court St. NE, S-207, Salem, Oregon 97301

Resources:

- Bill Overview: [HB 3064](#)
- Bill Text: [Enrolled HB 3064](#)

9. Philadelphia (Workplace)

Bill No. 250849 (Philadelphia)

Ordinance amending Philadelphia's Fair Practices Ordinance to explicitly protect employees from workplace discrimination based on menstruation, perimenopause, and menopause, and requiring employers to provide reasonable accommodations when symptoms substantially interfere with job performance.

Enacted: November 20, 2025 | Effective: January 1, 2027

Introduced by: Councilmember Nina Ahmad, et al.

Contact Information:

- Message: [Contact Form](#)
- (215) 686-3450 | City Hall, Room 577, Philadelphia, PA 19107

Resource:

- Bill Overview: [Bill No. 250849](#)
- News Release: [Philly City Council Backs Menopause Protections, Presses State To Act On Human Trafficking Awareness](#)

10. Washington (Insurance)

HB 1971

Requires that a health plan issued or renewed on or after January 1, 2026, that includes coverage for prescription hormone therapy, provide reimbursement for a 12-month refill of prescription hormone therapy, provided it may be safely stored for 12 months, and at the discretion of the prescribing provider. The law is not specific to menopausal hormone therapy and, therefore, may improve access to therapies for transgender individuals or others requiring long-term treatment.

Enacted: April 25, 2025 | Effective: July 27, 2025
Introduced by Representative Nicole Macri.

Contact Information:

- Message: [Contact Form](#)
- (360) 786-7826 | JLOB 336, PO Box 40600, Olympia, WA, 98504

Resources:

- Bill Overview: [HB 1971](#)
- Bill Text: [Engrossed Substitute HB 1971](#)
- News Release: [Governor Signs 12-month Supply of Hormone Therapy](#)

11. Utah (Insurance)

HCR 10 Concurrent Resolution Directing PEHP Regarding Hormone Replacement Therapy

Concurrent resolution directing the Public Employees' Benefit and Insurance Program (PEHP) to provide hormone replacement therapy (HRT) for menopausal symptoms for state employees.

Enacted and effective: March 25, 2026
Chief Sponsor: Representative Karianne Lisonbee.

Contact Information:

- karilisonbee@le.utah.gov
- (801) 589-2934 | PO Box 160152, Clearfield, UT, 84016

Resources:

- Bill Overview: [HCR 10](#)

12. Virginia (Insurance)

SB 790 Health Insurance; Mandated Benefits; Treatment of Menopause and Perimenopause

Requires each insurer, health services plan corporation, and health maintenance organization providing individual or group accident and sickness insurance policies or health care plans to provide coverage for medically necessary treatment and care for menopause and perimenopause.

Enacted: April 13, 2026 | Effective: July 1, 2026

Introduced by Senator Ryan T. McDougle.

Contact Information:

- senatormcdougle@senate.virginia.gov
- Capitol Office: (804) 698-7526 | General Assembly Building, Room 1406, 201 North 9th Street, Richmond, VA 23219
- District Office: (804) 730-1026 | P.O. Box 187, Mechanicsville, VA 23111

Resources:

- Bill Overview: [SB 790](#)
- Bill Text: [SB 790](#)

Enacted State Menopause-Related Executive Orders

Washington is the first state to enact an executive order directing workplace accommodations and agency policy review related to menopause and perimenopause.

1. Washington

Executive Order 26-01 Addressing Menopause-Related Workplace Accommodations Under the Washington Law Against Discrimination

An executive order directing the Washington State Women's Commission to work with all executive and small cabinet agencies to ensure they have appropriate workplace reasonable accommodation policies for employees experiencing menopause and perimenopause, consistent with the Washington Law Against Discrimination (WLAD), chapter 49.60 RCW. The order directs the Women's Commission and Office of Financial Management to review existing agency policies, identify best practices, and assist agencies in adopting or updating accommodation policies tailored to each agency's workforce. The Women's Commission is further directed to work with the Department of Health, the Bree Collaborative, and the Health Care Authority to develop workplace training materials on menopause- and perimenopause-related reasonable accommodations, and to draft guidance resources for state agencies and other public and private employers. The order also directs the Women's Commission to work with relevant health profession licensing boards to review possibilities for providers to earn professional licensing credits for menopause and perimenopause education, with recommendations due to the Governor's office within twelve months. A written progress report is due to the Governor's office on or before April 30, 2027.

Enacted and effective: June 1, 2026

Signed by Governor Bob Ferguson.

Contact Information:

- Message: [Contact Form](#)
- (360) 902-4111 | Office of the Governor, PO Box 40002, Olympia, WA 98504

Resources:

- Executive Order: [Executive Order 26-01](#)
- Press Release: [Governor Ferguson Signs Executive Order to Support Women in the Workplace Experiencing Perimenopause and Menopause](#)

Adopted State Menopause-Related Resolutions

The following states have passed resolutions recognizing menopause as a significant health issue and calling for increased awareness, education, or support.

1. Hawaii (Public Awareness - Historical)

HCR 126

Designates September as "Menopause Awareness Month" in Hawaii to raise public awareness of menopause and the benefits and risks of hormone therapy, support the FDA's national menopause awareness campaign, and encourage healthcare provider education on menopause care.

Adopted: 2006

Sponsored by the Hawaii House of Representatives.

Resource:

- Signed Resolution: [HCR 126](#)

2. Illinois (Public Awareness)

SJR0025

Designates October 12-18, 2025, "Menopause Awareness Week" in Illinois, to raise public awareness of the health impacts of menopause and perimenopause, highlight the importance of equitable healthcare access, and encourage better training for medical professionals in menopause care.

Adopted: May 30, 2025

Sponsored by Senator Kimberly Lightford.

Contact Information:

- Message: [Contact Form](#)
- District Office: (708) 632-4500 | High Point Plaza, 4415 W. Harrison St., Suite 550, Hillside, IL 60162
- Springfield Office: (217) 782-8505 | 309-H Capitol Building, Springfield, IL 62706

Resources:

- Bill Overview: [SJR0025](#)
- Bill Text: [SJR0025](#)

SJR0052 Menopause Awareness Week

Declares October 11 through October 17, 2026, as Menopause Awareness Week in the State of Illinois.

Adopted: June 1, 2026

Sponsored by Senator Adriane Johnson.

Contact Information:

- adriane@senatoradrianejohnson.com
- Springfield Office: (217) 782-8181 | Stratton Office Building, Section F, Room E, Springfield, IL 62706
- District Office: (847) 672-6201 | 149 S. Genesee St., Waukegan, IL 60085
- Additional: (224) 352-2849 | 1 Overlook Pt., Suite 520, Lincolnshire, IL 60069

Resources:

- Bill Overview: [SJR0052](#)
- Current Bill Text: [SJR0052](#)

3. Pennsylvania (Public Awareness)

Designates October 2025 as "Menopause Awareness Month" in Pennsylvania to raise awareness of menopause symptoms, health impacts, and the importance of medical professional education and preventive care.

Adopted: October 27, 2025

Sponsored by Representative Melissa Shusterman.

Contact Information:

- Message: [Contact Form](#)
- Office Locations: <https://www.pahouse.com/Shusterman/Contact> (4)

Resources:

- Bill Overview: [HR 262](#)
- Bill Text: [HR 262](#)

4. Washington (Public Awareness)

SR 8657

A Senate resolution that calls for greater support and resources for people experiencing menopause, that highlights legislative intent to improve awareness and reduce gaps in care and strengthens support for individuals navigating this life stage.

Adopted: April 23, 2025

Sponsored by Senator Annette Cleveland.

Contact Information:

- annette.cleveland@leg.wa.gov
- (360) 786-7696 | 223 Cherberg Building, PO Box 40449, Olympia, WA 98504-0449

Resources:

- Bill Overview: [SR 8657](#)
- Original Bill Text: [SR 8657](#)

Active Federal Menopause-Related Legislation

Five federal bills targeting improved menopause care and mid-life women's health are currently moving through the legislative process. This section highlights S.4503, introduced by Senator Patty Murray, which directs the NIH to coordinate and expand federal research into perimenopause and postmenopausal health outcomes.

1. H.R.219 Improving Menopause Care for Veterans Act of 2025

Requires the U.S. Government Accountability Office (GAO) to study and report on the medical services provided by the Veterans Administration (VA) for veterans experiencing menopause, genitourinary syndrome of menopause, and menopause stages. The VA is directed to also report to Congress on a strategic plan to (1) implement any recommendations GAO makes in its report, (2) improve the quality of menopause care, and (3) improve the access of veterans to menopause care.

Introduced: January 7, 2025

Introduced by Representative Julia Brownley.

Status: Active - Referred to House Veterans' Affairs Subcommittee on Health on February 11, 2025. The bill must advance to the House Veterans' Affairs Committee and pass the House Floor. It must then pass through a Senate committee and the Senate Floor in concurrence before it may advance to the President's desk for signature or veto. The 119th Congress is in session through January 2027. The bill shall advance within that timeframe.

- 2nd attempt. [H.R. 8347](#) (118th Congress) did not advance.

Contact Information:

- Message: [Contact Form](#)
 - There is a zip authentication, enter 93030 for Zip Code and 6233 +4 Extension.
- Washington D.C. Office: (202) 225-5811 | 2262 Rayburn HOB, Washington, DC 20515
- Thousand Oaks, CA Office: (805) 379-1779 | 223 East Thousand Oaks Boulevard, Suite 220, Thousand Oaks, CA 91360
- Oxnard, CA Office: (805) 379-1779 | 201 East Fourth Street, Suite 209B, Oxnard, CA 93030

Resources:

- Bill Overview: [H.R.219](#)
- Bill Text: [H.R.219](#)

2. H.R.2717 / S.1320 Servicewomen and Veterans Menopause Research Act

Directs Secretaries of Defense and Veterans Affairs to evaluate certain research related to menopause, perimenopause, or mid-life women's health, and for other purposes, among women who are members of the armed forces or veterans, and the impact of such service and the effect of combat roles on perimenopause and menopause, and mental health. The Secretaries are directed to submit a report to Congress not later than 180 days after the date of enactment.

- 2nd attempt. [H.R.7596](#) (118th Congress) did not advance.

Introduced: Both H.R.2717 and S.1320 was introduced on April 8, 2025.

H.R.2717 is sponsored by Representative Chrissy Houlahan.

S.1320 is sponsored by Senator Patty Murray.

Status: Active - H.R.2717 was referred to the Committee on Armed Services and Veterans' Affairs on April 8, 2025. S.1320 was reported by Senate Committee on Veterans' Affairs with amendments on December 2, 2025. Placed on Senate Legislative Calendar under General Orders, Calendar No. 275. The bill must pass the Senate floor, then advance through a House committee and the House floor. Upon passage by both chambers, the bill shall be transmitted to the President for signature or veto. The 119th Congress is in session through January 2027. The bill shall advance within that timeframe.

Contact Information:

- Rep. Houlahan:
 - Message: [Contact Form](#)
 - There is a zip authentication, enter 19341 for Zip Code and 2715 +4 Extension.
 - All Office Locations: <https://houlahan.house.gov/contact/> (3)
- Sen. Murray:
 - Message: [Contact Form](#)
 - All Office Locations: <https://www.murray.senate.gov/office-locations> (8)

Resources:

- Bill Overviews: [H.R.2717](#) and [S.1320](#)
- Bill Texts: [H.R.2717](#) and [S.1320](#)

3. S.Res.480 A Resolution Expressing Support for the Recognition of October 2025 as "World Menopause Awareness Month"

Expresses the sense of the Senate in support of recognizing October 2025 as World Menopause Awareness Month; recognizes the impact of menopause on women's health and economic participation; promotes menopause training in health worker curricula; and encourages the Secretaries of Health and Human Services, Defense, and Veterans Affairs to provide updated information to patients and providers, conduct additional research, and improve available resources on menopause care and treatment.

Introduced: October 30, 2025

Introduced by Senator Cory Booker.

Status: Active - S.Res.480 was referred to the Committee on Health, Education, Labor, and Pensions on October 30, 2025. As a Senate resolution, it requires only Senate approval. The resolution must be reported by the committee, then agreed to on the Senate floor. The 119th Congress is in session through January 2027. The bill shall advance within that timeframe.

Contact Information:

- Sen. Booker:
 - Message: [Contact Form](#)
 - All Office Locations: <https://www.booker.senate.gov/contact> (3)

Resources:

- Bill Overview: [S.Res.480](#)
- Bill Text: [S.Res.480](#)

4. S.4503 Advancing Menopause Care and Mid-Life Women's Health Act

Improves menopause care and mid-life women's health by directing the NIH to coordinate and expand federal research on perimenopause, menopausal symptoms, and postmenopausal health outcomes; authorizing grants for biomedical and public health research and innovation; expanding public health promotion and prevention activities; establishing a national awareness, education, and outreach program for patients, providers, and first responders; creating training programs for health professionals; and designating Centers of Excellence in Menopause Care and Mid-Life Women's Health.

- 2nd attempt. [H.R.8223](#) / [S.4246](#) (118th Congress) did not advance.

Introduced: May 12, 2026

Introduced by Senator Patty Murray.

Status: Active - S.4503 was read twice and referred to the Committee on Health, Education, Labor, and Pensions on May 12, 2026. The bill must be reported by the committee, then pass the Senate floor, then advance through a House committee and the House floor. Upon passage by both chambers, the bill shall be transmitted to the President for signature or veto. The 119th Congress is in session through January 2027. The bill shall advance within that timeframe.

Contact Information:

- Sen. Murray:
 - Message: [Contact Form](#)
 - All Office Locations: <https://www.murray.senate.gov/office-locations> (8)

Resources:

- Bill Overview: [S.4503](#)
- Bill Text: [S.4503](#)

Active State Menopause-Related Legislation

Menopause-related legislation is currently under consideration in fourteen U.S. states. These bills represent a variety of policy approaches that address gaps in menopause care by focusing on insurance coverage, workplace protections, healthcare provider education, and public awareness campaigns.

1. California

AB-1940

Amends Government Code Sections 12926 & 12950 and adds Section 8423 to expand FEHA's "sex" definition to include perimenopause, menopause, postmenopause, and related conditions. Requires Civil Rights Department poster update by July 1, 2027. Mandates Governor's Office awareness campaigns on workplace protections.

Introduced: February 13, 2026

Introduced by Assemblymember Lisa Calderon

Status: Active - Referred to the Committee on Appropriations, where it was placed on the suspense file on May 6, 2026, and passed on May 14, 2026. Passed the Assembly on May 26, 2026. Read first time in the Senate on May 27, 2026, and referred to the Senate Rules Committee for assignment. The bill must be assigned to and pass through Senate committee(s), then pass the Senate floor. Upon passage by both chambers, the bill shall be transmitted to the Governor for signature or veto. If enacted, the Governor shall act no later than September 30, 2026.

Contact Information:

- Message: [Contact Form](#)
- Capitol Office: (916) 319-2056 | P.O. Box 942849, Sacramento, CA 94249
- District Office: (562) 692-5858 | 13181 Crossroads Parkway North, Ste. 160, City of Industry, CA 91746

Resources:

- Bill Overview and Text: [AB-1940](#)

2. Delaware

SB 319 Coverage for Diagnostic Services and Treatment for Menopause and Perimenopause

Requires individual and group health insurance plans, the state employee health plan, and state Medicaid to cover medically necessary diagnostic services and treatment for menopause, perimenopause, and related symptoms, including hormonal and non-hormonal therapies, behavioral health services, pelvic floor physical therapy, bone health treatments, and preventative screenings. Prohibits prior authorization or step therapy requirements for hormone replacement therapy supported by national clinical guidelines. Includes a religious exemption for group health policies.

Introduced: May 13, 2026

Sponsored by Senator Nicole Poore, Representative Kamela Smith, et al.

Status: Active - Introduced on May 13, 2026, and referred to the Senate Health and Social Services Committee. The bill is now on the Ready List for Senate floor consideration. Upon passage, the bill must also pass the House before the 153rd General Assembly adjourns on June 30, 2026. The Governor will then have 10 days, excluding Sundays, to sign or veto; if no action is taken within that window, the bill becomes law automatically.

Contact Information:

- Sen. Poore:
 - Nicole.Poore@delaware.gov
 - (302) 744-4164 | 411 Legislative Ave., Dover, DE 19901
- Rep. Smith:
 - kamela.smith@delaware.gov
 - Dover Office: (302) 744-4531 | 411 Legislative Ave., Dover, DE 19901
 - Wilmington Office: (302) 577-8476 | 820 North French St., Wilmington, DE 19801

Resources:

- [Bill Overview](#)
- [Bill Text](#)

3. Illinois

SB3325 Menopause Continuing Ed Course

Amends the Department of Professional Regulation Law of the Civil Administrative Code of Illinois. In provisions concerning implicit bias awareness training, provides that, on and after January 1, 2027, a course covering the topics of perimenopause and menopause may count toward the requirement that a health care professional who has continuing education requirements complete at least a one-hour course in training on implicit bias awareness per renewal period. Defines "menopause" and "perimenopause". Effective January 1, 2027.

Introduced: February 3, 2025

Sponsored by Senator Adriane Johnson.

Status: Active - Passed the Senate on April 16, 2026. Passed the House on May 21, 2026. The bill has been transmitted to the Governor, who shall have 60 days to sign or veto following adjournment. If the Governor takes no action within 60 days, the bill shall automatically become law. If enacted, the bill takes effect January 1, 2027.

Contact Information:

- adriane@senatoradrianejohnson.com
- Springfield Office: (217) 782-8181 | Stratton Office Building, Section F, Room E, Springfield, IL 62706
- District Office: (847) 672-6201 | 149 S. Genesee St., Waukegan, IL 60085
- Additional: (224) 352-2849 | 1 Overlook Pt., Suite 520, Lincolnshire, IL 60069

Resources:

- Bill Overview: [SB3325](#)
- Current Bill Text: [SB3325](#)

SB3688 Menopause Therapy & Education

Amends the Medical School Curriculum Act to require every state-operated medical school in Illinois to include the study of perimenopause and menopause recognition and management in its curriculum. Amends the Nurse Practice Act to include perimenopause and menopause recognition and management in LPN and RN curricula. Amends the Physician Assistant Practice Act of 1987 to include perimenopause and menopause recognition and management within the training standards for physician assistant programs set by the Department of Financial and Professional Regulation. Effective January 1, 2027.

Introduced: February 5, 2026

Sponsored by Senator Meg Loughran Cappel.

Status: Active - Passed the Senate on March 26, 2026. Passed the House on May 21, 2026. The bill has been transmitted to the Governor, who shall have 60 days to sign or veto following adjournment. If the Governor takes no action within 60 days, the bill shall automatically become law. If enacted, the bill takes effect January 1, 2027.

Contact Information:

- Message: [Contact Form](#)
- Springfield Office: (217) 782-0052 | 623 Capitol Building, Springfield, IL 62706
- District Office: (815) 267-6119 | 20660 Caton Farm Rd., Unit D, Crest Hill, IL 60403

Resources:

- Bill Overview: [SB3688](#)
- Current Bill Text: [SB3688](#)

HB5284 Human Rights-Menopause Care

Creates the Illinois Menopause Equity and Care Act. Requires the Department of Public Health to develop and make publicly available educational materials on menopause, including symptoms, evidence-based treatment options, and patient rights. Amends the Illinois Insurance Code to require coverage for medically necessary hormonal and non-hormonal therapy for menopausal and perimenopausal symptoms, including all FDA-approved modalities, medications for menopause-related osteoporosis, and non-hormonal therapies for vasomotor symptoms, effective January 1, 2028. Amends the Illinois Human Rights Act to include menopause-related conditions within the reasonable accommodations framework for pregnancy, with required employer notice. Effective January 1, 2027, except insurance provisions take effect January 1, 2028.

Introduced: February 10, 2026

Sponsored by Representatives Yolonda Morris, Lisa Davis, and Michael Crawford.

Status: Active - Passed the House on April 17, 2026. Passed the Senate on May 21, 2026. The House concurred in Senate Floor Amendment No. 4 on May 28, 2026. The bill has been transmitted to the Governor, who shall have 60 days to sign or veto following adjournment. If the Governor takes no action within 60 days, the bill shall automatically become law.

Contact Information:

- Rep. Morris:
 - 9thDistrictInfo@gmail.com
 - Springfield Office: (217) 782-8116 | 276-S Stratton Office Building, Springfield, IL 62706
 - District Office: (773) 565-4005 | 4325-27 W. Roosevelt Rd., Chicago, IL 60624
- Rep. Davis:
 - districtdirector32@gmail.com
 - Springfield Office: (217) 782-1702 | 252-W Stratton Office Building, Springfield, IL 62706
 - District Office: (872) 267-7915 | 8620 S. Pulaski Road, Chicago, IL 60652
- Rep. Crawford:
 - districtdirector31@gmail.com
 - Springfield Office: 250-W Stratton Office Building, Springfield, IL 62706
 - District Office: (872) 267-4384 | 8620 S. Pulaski Road, Chicago, IL 60652

Resources:

- Bill Overview: [HB5284](#)
- Current Bill Text: [HB5284](#)

4. Iowa

SF 85 Health Equity Program for Menstrual and Post-Menstrual Health

Establishes a health equity program to reimburse costs for menstrual and post-menstrual health services and treatments not covered by insurance, including hormone treatments, urinary tract treatments, vaginal estrogens, and nerve therapies for periods, fibroids, endometriosis, perimenopause, menopause, incontinence, atrophic vaginitis, and other hormone-related conditions. Creates a health equity program fund with an appropriation based on 20 years of state spending on reproductive and urinary health medications for state employees (2002-2022).

Introduced: January 22, 2025

Sponsored by Senator Janet Petersen.

Status: Active - Assigned to Appropriations subcommittee on January 28, 2025. The bill must advance through committee and pass both chambers by the end of the 2026 session. If passed, the Governor has three options: sign, veto (legislature can override with two-thirds majority), or take no action (becomes law after 3 days during session; pocket veto after adjournment). The 91st General Assembly ends January 10, 2027.

Contact Information:

- janet.petersen@legis.iowa.gov
- (515) 281-3371 | 1007 E Grand Ave, Des Moines, IA 50319

Resources:

- Bill Overview and Text: [SF 85](#)

5. Louisiana

HB 944 Louisiana Women's Health Consortium

Establishes the Women's Health Consortium within the Louisiana Department of Health to coordinate statewide women's health policy, research, and education. The consortium is explicitly directed to focus on perimenopause, menopause, and postmenopause as significant health issues, and must develop an annual Interagency Women's Health Agenda with those three stages as primary emphases. The consortium must submit an annual report to the legislature and the Governor by December 31 each year.

Introduced: February 27, 2026

Sponsored by Representative Stephanie Hilfert.

Status: Active - Passed the House on May 13, 2026, and transmitted to the Senate. The Senate passed the bill with amendments on May 29, 2026. The House concurred with the Senate amendments on May 31, 2026. The bill has been transmitted to the Governor, who has 20 days to sign or veto following the official delivery of the enrolled bill. If no action is taken within that window, the bill becomes law without the Governor's signature. If enacted, the law takes effect immediately upon the signature of the Governor (or upon the expiration of the 20-day window if no action is taken).

Contact Information:

- hilfertys@legis.la.gov
- (504) 885-4154 | 3331 Severn Ave. Suite 206 Metairie, LA 70002

Resources:

- [Bill Overview](#)
- [Bill Text](#)

6. Massachusetts

H.5303 An Act expanding access to perimenopause and menopause care

Amends Massachusetts law to expand access to menopause care and awareness by combining previous legislative efforts. Key provisions include establishing a special legislative commission to study menopause care and workforce impacts, mandating the Department of Public Health to develop public education programs, and requiring specific continuing education (CME) for healthcare providers regarding menopause diagnosis and treatment.

- Note: This bill is a new, consolidated draft replacing earlier bills H.2499 and H.4838.

Introduced: March 26, 2026

Sponsored by Representative Marjorie Decker.

Status: Active - Reported favorably by the Joint Committee on Public Health and referred to the Joint Committee on Health Care Financing (March 26, 2026). The reporting date has been extended to December 31, 2026. The bill must receive a favorable committee report and pass three readings in both the House and Senate in identical form by July 31, 2026 (the formal session deadline). Upon passage, the Governor shall have 10 days to sign, veto, or return with amendments. If enacted without an emergency preamble, the Act shall take effect 90 days after it is signed.

Contact Information:

- marjorie.decker@mahouse.gov | (617) 722-2130
- State House, Room 130, Boston, MA 02133

Resources:

- Bill Overview: [H.5303](#)
- Previous iterations for context: [H.2499](#) and [H.4838](#)

7. Michigan

HB 4790

Requires the Board of Medicine and Board of Osteopathic Medicine and Surgery to approve continuing education courses on women's midlife health, including menopause symptom management and related chronic conditions, as part of physician license renewal requirements.

Introduced: August 21, 2025

Sponsored by Representatives Jaime Thompson, Joseph Pavlov, Douglas Wozniak, et al.

Status: Active - The bill successfully passed the House on March 5, 2026, and crossed over to the Senate. It was referred to the Senate Committee on Health Policy on March 10, 2026, where it currently awaits a hearing. Upon passage by both chambers, the Governor shall have 14 days to sign, veto, or take no action. If vetoed, the Legislature may override with a two-thirds vote in each house. The Michigan legislative session runs through December 31, 2026.

Contact Information:

- Rep. Thompson:
 - JamieThompson@house.mi.gov
 - (517) 373-1772 | N-792 House Office Building, Lansing, MI 48933
- Rep. Pavlov:
 - JosephPavlov@house.mi.gov
 - (517) 373-1795 | N-998 House Office Building, 124 N. Capitol Ave., Lansing, MI 48933
- Rep. Wozniak:
 - DouglasWozniak@house.mi.gov
 - (517) 373-0832 | Anderson House Office Building, N-993 House Office Bldg., Lansing, MI 48933

Resources:

- Bill Overview: [HB 4790](#)
- Current Bill Text: [HB 4790](#)

HB 4791

Establishes a menopause transition awareness program through the Department of Health and Human Services to provide public education and resources on menopause.

Introduced: August 21, 2025

Sponsored by Representatives Samantha Steckloff, Joseph Pavlov, Jaime Thompson, et al.

Status: Active - The bill successfully passed the House on March 5, 2026, and crossed over to the Senate. It was referred to the Senate Committee on Health Policy on March 10, 2026, where it currently awaits a hearing. Upon passage by both chambers, the Governor shall have 14 days to sign, veto, or take no action. If vetoed, the Legislature may override with a two-thirds vote in each house. The Michigan legislative session runs through December 31, 2026.

Contact Information:

- Rep. Steckloff:
 - SamanthaSteckloff@house.mi.gov
 - (517) 373-3920 | N-698 House Office Building, 124 N Capitol Ave, Lansing, MI 48933
- Rep. Pavlov:
 - JosephPavlov@house.mi.gov
 - (517) 373-1795 | N-998 House Office Building, 124 N. Capitol Ave., Lansing, MI 48933
- Rep. Thompson:
 - JamieThompson@house.mi.gov
 - (517) 373-1772 | N-792 House Office Building, Lansing, MI 48933

Resources:

- Bill Overview: [HB 4791](#)
- Current Bill Text: [HB 4791](#)

HB 4814 / SB 718

Requires health insurance coverage for medically necessary menopause and perimenopause treatment, including hormone replacement therapy, and prohibiting prior authorization requirements for hormone replacement therapy prescriptions.

Introduced: August 26, 2025, in the House, and December 2, 2025, in the Senate.

HB 4814 is sponsored by Representatives Julie Rogers, Morgan Foreman, Carol Glanville, et al.

SB 718 is sponsored by Senators Rosemary Bayer, Sylvia Santana, and Mary Cavanagh.

Status: Active - Referred to Committee on Insurance on August 26, 2025, where it remains under consideration. SB 718 referred to Committee on Health Policy on December 2, 2025. To become law, the bill must pass three readings in both the House and Senate with a majority vote of members elected and serving, be printed and in possession of each house for at least five days before passage and then be sent to the Governor. Upon receipt, the Governor has 14 days to sign the bill, veto it, or take no action. If signed or unsigned while the Legislature is in session, the bill becomes law 90 days after the Legislature adjourns unless given immediate effect by a two-thirds votes in each chamber. If vetoed, the Legislature may override with a two-thirds vote of members elected and serving in each house. The Michigan legislative session runs through December 31, 2026.

Contact Information:

- Rep. Rogers:
 - JulieRogers@house.mi.gov
 - (517) 373-1783 | N-890 House Office Building, 124 N. Capitol Ave., Lansing, MI 48933
- Rep. Foreman:
 - MorganForeman@house.mi.gov
 - (517) 373-0820 | N 797 House Office Building, 124 N. Capitol Ave., Lansing, MI 48933
- Rep. Glanville:
 - caglanville@house.mi.gov
 - (517) 373-0476 | S-1188 House Office Building, 124 N. Capitol Ave., Lansing, MI 48933
- Sen. Bayer:
 - SenRBayer@senate.michigan.gov
 - (517) 373-2417 | Post Office Box 30036, Lansing, MI 48909
- Sen. Santana:
 - SenSSantana@senate.michigan.gov
 - (517) 373-0990 | Post Office Box 30036, Lansing, MI 48909
- Sen. Cavanagh:
 - SenMCavanagh@senate.michigan.gov
 - (517) 373-7748 | Post Office Box 30036, Lansing, MI 48909

Resources:

- Bill Overviews: [HB 4814](#) and [SB 718](#)
- Current Bill Texts: [HB 4814](#) and [SB 718](#)

HB 4815 / SB 717

Requires Medicaid coverage for medically necessary menopause and perimenopause treatment, including hormone replacement therapy, and prohibiting prior authorization and step therapy requirements for hormone replacement therapy prescriptions under Medicaid.

Introduced: August 26, 2025, in the House, and December 2, 2025, in the Senate.

HB 4815 is sponsored by Representatives Morgan Foreman, Julie Rogers, Carol Glanville, et al.

SB 717 is sponsored by Senators Sylvia Santana, Rosemary Bayer, and Mary Cavanagh.

Status: Active - HB 4815 referred to Committee on Insurance on August 26, 2025. SB 717 referred to Committee on Health Policy on December 2, 2025. To become law, the bills must pass three readings in both the House and Senate with a majority vote of members elected and serving, be printed and in possession of each house for at least five days before passage and then be sent to the Governor. Upon receipt, the Governor has 14 days to sign the bill, veto it, or take no action. If signed or unsigned while the Legislature is in session, the bill becomes law 90 days after the Legislature adjourns unless given immediate effect by a two-thirds votes in each chamber. If vetoed, the Legislature may override with a two-thirds vote of members elected and serving in each house. The Michigan legislative session runs through December 31, 2026.

Contact Information:

- Rep. Foreman:
 - MorganForeman@house.mi.gov
 - (517) 373-0820 | N 797 House Office Building, 124 N. Capitol Ave., Lansing, MI 48933
- Rep. Rogers:
 - JulieRogers@house.mi.gov
 - (517) 373-1783 | N-890 House Office Building, 124 N. Capitol Ave., Lansing, MI 48933
- Rep. Glanville:
 - caglanville@house.mi.gov
 - (517) 373-0476 | S-1188 House Office Building, 124 N. Capitol Ave., Lansing, MI 48933
- Sen. Santana:
 - SenSSantana@senate.michigan.gov
 - (517) 373-0990 | Post Office Box 30036, Lansing, MI 48909
- Sen. Bayer:
 - SenRBayer@senate.michigan.gov
 - (517) 373-2417 | Post Office Box 30036, Lansing, MI 48909
- Sen. Cavanagh:
 - SenMCavanagh@senate.michigan.gov
 - (517) 373-7748 | Post Office Box 30036, Lansing, MI 48909

Resources:

- Bill Overviews: [HB 4815](#) and [SB 717](#)
- Bill Text: [HB 4815](#) and [SB 717](#)

SB 765

Appropriates \$10 million from the state general fund for a menopause navigator program. Creates a menopause navigator program fund to be deposited into the fund established in section 9525 of the Public Health Code, with funds available for expenditure for purposes described in section 9523 of the Public Health Code.

Introduced: January 14, 2026

Sponsored by Senator Sylvia Santana

Status: Active - Referred to Committee on Appropriations on January 14, 2026. To become law, the bill must pass three readings in both the House and Senate with a majority vote of members elected and serving, be printed and in possession of each house for at least five days before passage and then be sent to the Governor. Upon receipt, the Governor has 14 days to sign the bill, veto it, or take no action. If signed or unsigned while the Legislature is in session, the bill becomes law 90 days after the Legislature adjourns unless given immediate effect by a two-thirds votes in each chamber. If vetoed, the Legislature may override with a two-thirds vote of members elected and serving in each house. The Michigan legislative session runs through December 31, 2026.

Contact Information:

- SenSSantana@senate.michigan.gov
- (517) 373-0990 | Post Office Box 30036, Lansing, MI 48909

Resources:

- Bill Overview: [SB 765](#)
- Bill Text: [SB 765](#)

8. Missouri

SB 1569 Insurance Coverage for Menopause-Related Conditions

Requires health benefit plans delivered, issued for delivery, continued, or renewed in Missouri on or after January 1, 2027, to provide coverage for treatment of perimenopause, menopause, and postmenopause, including specified forms of hormone therapy and related medications, limited to drugs approved by the U.S. Food and Drug Administration and subject to no greater deductibles or copayments than comparable services under the plan. The Act shall take effect August 28, 2026.

Introduced: January 20, 2026

Sponsored by Senator Patty Lewis.

Status: Active - Introduced and First Read in the Missouri Senate on January 20, 2026, then Second Read and referred to the Senate Insurance and Banking Committee on February 5, 2026, where it is pending a public hearing and committee action. The bill must be reported out of committee, perfected on the Senate floor, and approved on Third Reading before moving to the House, where it must repeat the committee, perfection, and Third Reading steps. Upon passage of identical language by both chambers, the Governor shall have 15 days in session or 45 days after adjournment (May 15, 2026) to sign, veto, or allow the bill to become law.

Contact Information:

- Message: [Contact Form](#)
- (573) 751-6607 | 201 W. Capitol Ave., Rm. 425, Jefferson City, MO, 65101

Resources:

- Bill Overview: [SB 1569](#)
- Bill Text: [SB 1569](#)

9. New Jersey

S721 Continuing Medical Education on Menopause

Permits up to three credits of continuing medical education on menopause to be used by advanced practice nurses and physicians for license renewal, continuing the CME framework established under [A5309](#) / [S4147](#) (P.L.2025, c.175). It directs that eligible CME address menopause-related physiology, symptom management, treatment options, health risks, and communication best practices, supporting more consistent, evidence-based menopause care.

Introduced: January 13, 2026

Sponsored by Senators John J. Burzichelli and Angela V. McKnight.

Status: Active - Referred to the Health, Human Services and Senior Citizens Committee on January 13, 2026. The bill must advance from committee and pass both chambers before the end of the 2026-2027 legislative session in January 2028. Upon passage, the Governor may sign, veto (subject to two-thirds override), or allow the bill to become law without signature.

Contact Information:

- Sen. Burzichelli
 - Message: [Contact Form](#)
 - District Office 1: (856) 226-3530 | 711 North Main St., Glassboro, NJ 08028
 - District Office 2: (856) 279-2920 | 199 East Broadway, Ste G, 1st Floor, Salem, NJ 08079
- Sen. McKnight
 - Message: [Contact Form](#)
 - (201) 360-2502 | 2324 John F. Kennedy Boulevard, Jersey City, NJ 07304

Resources:

- Bill Overview: [S721](#)
- Bill Text: [S721](#)

S2825 Interagency Menopause Council and Patient Education

Establishes an interagency council on menopause within the Department of Health and requires certain licensed health care professionals to distribute menopause informational pamphlets in specified circumstances. This structure is designed to coordinate menopause policy across agencies and ensure patients receive standardized educational materials at key points of care.

Introduced: January 13, 2026

Sponsored by Senators Angela V. McKnight, M. Teresa Ruiz, and Troy Singleton.

Status: Active - Referred to the Health, Human Services and Senior Citizens Committee on January 13, 2026. The bill must advance from committee and pass both chambers before the end of the 2026-2027 legislative session in January 2028. Upon passage, the Governor may sign, veto (subject to two-thirds override), or allow the bill to become law without signature.

- 3rd attempt. Similar menopause council and patient education bills, [A4624](#) / [S3525](#) (2022-2023 session) and [A3894](#) / [S2693](#) (2024-2025 session), were previously introduced but did not advance. S2825 reintroduces this concept in the 2026-2027 term.

Contact Information:

- Sen. McKnight:
 - Message: [Contact Form](#)
 - (201) 360-2502 | 2324 John F. Kennedy Boulevard, Jersey City, NJ 07304
- Sen. Ruiz:
 - Message: [Contact Form](#)
 - (973) 484-1000 | 475 Bloomfield Avenue, Newark, NJ 07107
- Sen. Singleton:
 - Message: [Contact Form](#)
 - (856) 234-2790 | 400 North Church Street, Suite 260, Moorestown, NJ 08057

Resources:

- Bill Overview: [S2825](#)
- Bill Text: [S2825](#)

A4336 / S2826 Menopause Informational Pamphlet

Requires licensed health care professionals performing annual physical examinations on female patients ages 35-39 to provide a menopause informational pamphlet covering premature menopause, early menopause, primary ovarian insufficiency, and the stages of menopause. The Department of Health is directed to publish the pamphlet online within 90 days of the effective date, with distribution beginning 180 days thereafter.

Introduced: February 19, 2026, in the Assembly, and January 13, 2026, in the Senate.

A4336 is sponsored by Assemblywoman Shanique Speight.

S2826 is sponsored by Senator Angela V. McKnight.

Status: Active - A4336 was referred to the Community Development and Women's Affairs Committee on February 19, 2026. S2826 was referred to the Health, Human Services and Senior Citizens Committee on February 13, 2026. The bills must advance from committee and pass both chambers before the end of the 2026-2027 legislative session in January 2028. Upon passage, the Governor may sign, veto (subject to two-thirds override), or allow the bill to become law without signature.

- 3rd attempt. Similar menopause pamphlet bills, [A4622](#) / [S3527](#) (2022-2023 session) and [A3576](#) / [S2694](#) (2024-2025 session) were previously introduced but did not advance. S2826 reintroduces this concept in the 2026-2027 term.

Contact Information:

- Asm. Speight:
 - Message: [Contact Form](#)
 - (862) 237-9752 | 50 Park Place, Lobby 5, Newark, New Jersey 07102
- Sen. McKnight:
 - Message: [Contact Form](#)
 - (201) 360-2502 | 2324 John F. Kennedy Boulevard, Jersey City, NJ 07304

Resources:

- Bill Overviews: [A4336](#) and [S2826](#)
- Bill Text: [S2826](#)

A4325 / S2827 Menopause informational Pamphlet

Requires licensed health care professionals performing annual physical examinations on female patients 40 years of age or older to provide an informational pamphlet on perimenopause, menopause, and post-menopause. The Department of Health is directed to publish the pamphlet online within 90 days of the effective date, with distribution beginning 180 days thereafter.

Introduced: February 19, 2026, in the Assembly, and January 13, 2026, in the Senate.

A4325 is sponsored by Assemblywoman Shanique Speight.

S2827 is sponsored by Senators Angela V. McKnight, M. Teresa Ruiz, and Troy Singleton.

Status: Active - A4325 was referred to the Health Committee on February 19, 2026. S2827 was referred to the Health, Human Services and Senior Citizens Committee on January 13, 2026. The bills must advance from committee and pass both chambers before the end of the 2026-2027 legislative session in January 2028. Upon passage, the Governor may sign, veto (subject to two-thirds override), or allow the bill to become law without signature.

- 3rd attempt. Similar menopause pamphlet bills, [A4623](#) / [S3526](#) (2022-2023 session) and [A3569](#) / [S2695](#) (2024-2025 session), were previously introduced but did not advance. S2827 reintroduces this concept in the 2026-2027 term.

Contact Information:

- Asm. Speight:
 - Message: [Contact Form](#)
 - (862) 237-9752 | 50 Park Place, Lobby 5, Newark, New Jersey 07102
- Sen. McKnight:
 - Message: [Contact Form](#)
 - (201) 360-2502 | 2324 John F. Kennedy Boulevard, Jersey City, NJ 07304
- Sen. Ruiz:
 - Message: [Contact Form](#)
 - (973) 484-1000 | 475 Bloomfield Avenue, Newark, NJ 07107
- Sen. Singleton:
 - Message: [Contact Form](#)
 - (856) 234-2790 | 400 North Church Street, Suite 260, Moorestown, NJ 08057

Resources:

- Bill Overviews: [A4325](#) and [S2827](#)
- Bill Text: [S2827](#)

S3057 Menstrual Disorders Remote Work Accommodation

Requires employers in New Jersey to provide remote work accommodations up to two days per month for employees with chronic symptoms arising from qualifying menstrual disorders, unless doing so creates an undue burden. Employers may request medical documentation, cannot penalize employees for requesting accommodations, and face fines for violations (\$1,000-\$10,000). While the language of the bill does not specifically include perimenopause among the qualifying disorders, it does allow for "any condition" arising from the employee's menstrual cycle that causes discomfort but does not debilitate the employee.

Introduced: January 13, 2026

Sponsored by Senators Benjie E. Wimberly and Angela V. McKnight.

Status: Active - Referred to the Labor Committee on January 13, 2026. The bill must advance from committee and pass both chambers before the end of the 2026-2027 legislative session in January 2028. Upon passage, the Governor may sign, veto (subject to two-thirds override), or allow the bill to become law without signature.

- 3rd attempt. Similar menstrual disorders remote work accommodation bill, [A5544](#) (2022-2023 session) and [S4197](#) (2024-2025 session), were previously introduced but did not advance. S3057 reintroduces this concept in the 2026-2027 term.

Contact Information:

- Sen. Wimberly:
 - Message: [Contact Form](#)
 - (973) 925-7061 | 301 Main Street, Suite 360, Paterson, NJ 07505
- Sen. McKnight:
 - Message: [Contact Form](#)
 - (201) 360-2502 | 2324 John F. Kennedy Boulevard, Jersey City, NJ 07304

Resources:

- Bill Overview: [S3057](#)
- Bill Text: [S3057](#)

AJR142 / SJR109 Postmenopause Day

Designates October 18 of each year as "Postmenopause Day" in New Jersey.

Introduced: February 19, 2026, in the Assembly, and March 12, 2026, in the Senate.

AJR142 is sponsored by Assemblywoman Shanique Speight.

SJR109 is sponsored by Senator Angela V. McKnight.

Status: Active - AJR142 was introduced and referred to the Community Development and Women's Affairs Committee on February 19, 2026. SJR109 was introduced and referred to Health, Human Services and Senior Citizens Committee on March 12, 2026. The bills must advance from committee and pass both chambers before the end of the 2026-2027 legislative session in January 2028. Upon passage, the Governor may sign, veto (subject to two-thirds override), or allow the bill to become law without signature.

- 3rd attempt. Similar "Postmenopause Day" designation bills, [AJR187](#) / [SJR114](#) (2022-2023 session) and [AJR124](#) / [SJR86](#) (2024-2025 session), were previously introduced but did not advance. AJR142 reintroduces this concept in the 2026-2027 term.

Contact Information:

- Asm. Speight:
 - Message: [Contact Form](#)
 - (862) 237-9752 | 50 Park Place, Lobby 5, Newark, New Jersey 07102
- Sen. McKnight:
 - Message: [Contact Form](#)
 - (201) 360-2502 | 2324 John F. Kennedy Boulevard, Jersey City, NJ 07304

Resources:

- Bill Overviews: [AJR142](#) and [SJR109](#)
- Bill Texts: [AJR142](#) and [SJR109](#)

AJR143 Perimenopause Day

Designates October 11 of each year as "Perimenopause Day" in New Jersey.

Introduced: February 19, 2026

Sponsored by Assemblywoman Shanique Speight.

Status: Active - Referred to the Community Development and Women's Affairs Committee on February 19, 2026. The bill must advance from committee and pass both chambers before the end of the 2026-2027 legislative session in January 2028. Upon passage, the Governor may sign, veto (subject to two-thirds override), or allow the bill to become law without signature.

- 3rd attempt. Similar "Perimenopause Day" designation bills, [AJR189](#) / [SJR115](#) (2022-2023 session) and [AJR125](#) (2024-2025 session), were previously introduced but did not advance. AJR143 reintroduces this concept in the 2026-2027 term.

Contact Information:

- Message: [Contact Form](#)
- (862) 237-9752 | 50 Park Place, Lobby 5, Newark, New Jersey 07102

Resources:

- Bill Overview: [AJR143](#)
- Bill Text: [AJR143](#)

AJR148 / SJR62 Menopause Awareness Month, Perimenopause Day, and Postmenopause Day

Designates October of each year as "Menopause Awareness Month" October 11 of each year as "Perimenopause Day," and October 18 of each year as "Postmenopause Day" in New Jersey.

Introduced: February 19, 2026, in the Assembly, and January 13, 2026, in the Senate.

AJR148 is sponsored by Assemblywoman Shanique Speight.

SJR62 is sponsored by Senators Angela V. McKnight and Nicholas P. Scutari.

Status: Active - AJR148 was referred to the Community Development and Women's Affairs Committee on February 19, 2026. SJR62 passed the Senate on May 28, 2026. It was received in the Assembly and referred to the Assembly Community Development and Women's Affairs Committee. The bills must advance from committee and pass both chambers before the end of the 2026-2027 legislative session in January 2028. Upon passage, the Governor may sign, veto (subject to two-thirds override), or allow the bill to become law without signature.

- 3rd attempt. Similar "Menopause Awareness Month, Perimenopause Day, and Postmenopause Day" designation bills, [AJR188](#) / [SJR116](#) (2022-2023 session) and [AJR123](#) / [SJR85](#) (2024-2025 session), were previously introduced but did not advance. AJR148 reintroduces this concept in the 2026-2027 term.

Contact Information:

- Asm. Speight:
 - Message: [Contact Form](#)
 - (862) 237-9752 | 50 Park Place, Lobby 5, Newark, New Jersey 07102
- Sen. McKnight:
 - Message: [Contact Form](#)
 - (201) 360-2502 | 2324 John F. Kennedy Boulevard, Jersey City, NJ 07304
- Sen. Scutari:
 - Message: [Contact Form](#)
 - (732) 827-7480 | 67 Walnut Avenue, Suite 406, Clark, NJ 07066

Resources:

- Bill Overviews: [AJR148](#) and [SJR62](#)
- Bill Texts: [AJR148](#) and [SJR62](#)

A4487 / S3779 Prohibits Workplace Discrimination based on Menstruation, Perimenopause, and Menopause

Amends the New Jersey Law Against Discrimination to prohibit employment discrimination based on menstruation, perimenopause, or menopause when the symptoms of those conditions substantially interfere with an employee's ability to perform one or more job functions. The bill adds statutory definitions of "menopause" and "perimenopause" and extends protections to cover employers, labor organizations, and employment agencies. Retaliation against employees who assert rights under the bill is also prohibited.

Introduced: February 24, 2026, in the Assembly, and March 5, 2026, in the Senate.

A4487 is sponsored by Assemblywoman Luanne M. Peterpaul Esq.

S3779 is sponsored by Senators Vin Gopal and Angela V. McKnight.

Status: Active - A4487 was introduced and referred to the Labor Committee on February 24, 2026, where it is currently pending a first hearing. S3779 was introduced and referred to Labor Committee on March 5, 2026. The bills must advance from committee and pass both chambers before the end of the 2026-2027 legislative session in January 2028. Upon passage, the Governor may sign, veto (subject to two-thirds override), or allow the bill to become law without signature.

Contact Information:

- Asm. Peterpaul Esq.:
 - Message: [Contact Form](#)
 - (732) 695-3371 | 766 Shrewsbury Avenue, Suite 100, Tinton Falls, New Jersey 07724
- Sen. Gopal:
 - Message: [Contact Form](#)
 - (732) 704-3808 | 766 Shrewsbury Avenue, Suite 100, Tinton Falls, New Jersey 07724
- Sen. McKnight:
 - Message: [Contact Form](#)
 - (201) 360-2502 | 2324 John F. Kennedy Boulevard, Jersey City, NJ 07304

Resources:

- Bill Overviews: [A4487](#) and [S3779](#)
- Bill Texts: [A4487](#) and [S3779](#)

A4642 / S4054

Amends the New Jersey Menopause Coverage Act to explicitly include testosterone therapy as a covered treatment for menopause, clarifying that insurers must cover testosterone therapy prescribed for menopause-related conditions.

Introduced: March 10, 2026, in the Assembly, and March 23, 2026, in the Senate.

A4642 is sponsored by Assemblywomen Heather Simmons and Rosaura Bagolie.

S4054 is sponsored by Senator John Burzichelli.

Status: Active - A4642 was introduced and referred to the Assembly Financial Institutions and Insurance Committee on March 10, 2026. S4054 was introduced and referred to the Senate Commerce Committee on March 23, 2026. The bills must advance from committee and pass both chambers before the end of the 2026-2027 legislative session in January 2028. Upon passage, the Governor may sign, veto (subject to two-thirds override), or allow the bill to become law without signature.

Contact Information:

- Asm. Simmons:
 - AswSimmons@njleg.org | (856) 226-3530
 - District Office 1: 711 North Main St., Glassboro, NJ 08028
 - District Office 2: 199 East Broadway, Ste G, 1st Floor, Salem, NJ 08079
- Asm. Bagolie:
 - AswBagolie@njleg.org
 - (973) 535-5017 | 651 Old Mount Pleasant Avenue, Livingston, New Jersey 07039
- Sen. Burzichelli
 - Message: [Contact Form](#)
 - District Office 1: (856) 226-3530 | 711 North Main St., Glassboro, NJ 08028
 - District Office 2: (856) 279-2920 | 199 East Broadway, Ste G, 1st Floor, Salem, NJ 08079

Resources:

- Bill Overviews: [A4642](#) and [S4054](#)

AR135 / SR102

Urges Congress to pass the federal "Improving Menopause Care for Veterans Act of 2025.

Introduced: May 7, 2026, in the Assembly, and May 21, 2026, in the Senate.

AR135 is sponsored by Assemblyman Alex Sauickie.

SR102 is sponsored by Senator Angela V. McKnight.

Status: Active - AR135 was introduced and referred to the Assembly Military and Veterans' Affairs Committee on May 7, 2026. SR102 was introduced and referred to the Senate Military and Veterans' Affairs Committee on May 21, 2026. The bills must advance from committee and pass both chambers before the end of the 2026-2027 legislative session in January 2028. Upon passage, the Governor may sign, veto (subject to two-thirds override), or allow the bill to become law without signature.

Contact Information:

- Asm. Sauickie:
 - Message: [Contact Form](#)
 - (609) 758-0205 | 405 Route 539, Cream Ridge, New Jersey 08514
- Sen. McKnight:
 - Message: [Contact Form](#)
 - (201) 360-2502 | 2324 John F. Kennedy Boulevard, Jersey City, NJ 07304

Resources:

- Bill Overviews: [AR135](#) and [SR102](#)

10. New York

A1940 / S3908 New York Menstrual and Menopause Act

Amends the workers' compensation law to provide four days of paid leave for menstrual complications and menopause.

Introduced: January 14, 2025, in the Assembly, and January 30, 2025, in the Senate

A1940 is sponsored by Assemblywoman Jenifer Rajkumar.

S3908 is sponsored by Senator Kevin Parker.

Status: Active - Referred to Assembly and Senate Labor Committees on January 7, 2026. The bills must pass both houses by June 2026. Upon passage, the Governor shall have 10 days to act if the Legislature is in session, or 30 days if the Legislature is out of session.

- Package: Part of the three-bill NY Menopause Package (A5444, A5436, A1940/S3908)
- Note: This bill was previously introduced in the 2023-2024 legislative session as [S202](#) / [A5857](#) but died in committee without advancing. The legislation has been reintroduced in the 2025-2026 session as S3908 and A1940.

Contact Information:

- Asm. Rajkumar:
 - rajkumarj@nyassembly.gov
 - District Office: (718) 805-0950 | 83-91 Woodhaven Boulevard, Woodhaven, NY 11421
 - Albany Office: (518) 455-4621 | LOB 637, Albany, NY 12248
- Sen. Parker:
 - parker@nysenate.gov
 - District Office: (718) 629-6401 | 3021 Tilden Ave., 1st floor & Basement, Brooklyn, NY 11226
 - Albany Office: (518) 455-2580 | 172 State Street, Room 504, Capitol Building, Room 504C, Albany, NY 12247

Resources:

- Bill Overviews: [A1940](#) and [S3908](#)
- Current Bill Texts: [A1940](#) and [S3908](#)

A5444C / S9230

Provides hospital, surgical, and medical insurance coverage for perimenopausal and menopausal care and treatment.

Introduced: February 18, 2026, in the Assembly, and February 14, 2025, in the Senate.

A5444C is sponsored by Assemblywoman Linda B. Rosenthal.

S9230 is sponsored by Senator Jessica Scarcella-Spanton.

Status: Active - A5444C recommitted to Insurance Committee on January 28, 2026 (this is its third amendment). S9230 was referred to Women's Issues on February 18, 2026. The bills must pass both houses by June 2026. Upon passage, the Governor shall have 10 days to act if the Legislature is in session, or 30 days if the Legislature is out of session.

Package: Part of the three-bill NY Menopause Package (A5444C, A5436, A01940/SB3908)

Contact Information:

- Asm. Rosenthal:
 - Message: [Contact Form](#)
 - District Office: (212) 873-6368 | 230 West 72nd Street, Suite 2F, New York, NY 10023
 - Albany Office: (518) 455-5802 | LOB 943, Albany, NY 12248
- Sen. Scarcella-Spanton: spanton@nysenate.gov
 - All Office Locations: <https://www.nysenate.gov/senators/jessica-scarcella-spanton/contact> (3)

Resources:

- Bill Overview: [A5444C](#) and [S9230](#)
- Current Bill Text: [A5444C](#) and [S9230](#)

A5436B / S10265

Amends the executive and labor laws to prevent discrimination and increase awareness of perimenopause or menopause; makes it unlawful for an employer to refuse to provide reasonable accommodations to menstrual or menopausal-related conditions of an employee, prospective employee, or member; requires employers to provide employees with an informational pamphlet on any regulations relating to the rights of employees for menstrual and menopausal conditions.

Introduced: February 14, 2025, in the Assembly, and May 11, 2026, in the Senate.

A5436B is sponsored by Assemblywoman Linda B. Rosenthal.

S10265 is sponsored by Senator Lea Webb.

Status: Active - A5436B was recommitted to Governmental Operations Committee on January 28, 2026, following second amendment. S10265 was introduced and referred to Investigations and Government Operations Committee on May 11, 2026. The bills must pass both houses by June 2026. Upon passage, the Governor shall have 10 days to act if the Legislature is in session, or 30 days if the Legislature is out of session.

- Package: Part of the three-bill NY Menopause Package (A5444B, A5436, A01940/SB3908)

Contact Information:

- Asm. Rosenthal:
 - Message: [Contact Form](#)
 - District Office: (212) 873-6368 | 230 West 72nd Street, Suite 2F, New York, NY 10023
 - Albany Office: (518) 455-5802 | LOB 943, Albany, NY 12248
- Sen. Webb:
 - leawebb@nysenate.gov
 - District Office: (607) 773-8771 | 44 Hawley St., 1607 State Office Bldg., Binghamton, NY 13901
 - Albany Office: (518) 455-2170 | Legislative Office Building, Room 848, Albany, NY 12247

Resources:

- Bill Overviews: [A5436B](#) and [S10265](#)
- Bill Texts: [A5436B](#) and [S10265](#)

A8542A / S7495A Menopause Awareness Improvement Act

Establishes a menopause education program, coursework, or training in menopausal health, and directs the Commissioner of Labor to conduct a study on the impact of menopause on the workforce. The intent is to enhance awareness and education among patients and healthcare providers regarding the menopause transition, with the aim of improving healthcare outcomes and informing the development of supportive workplace policies.

Introduced: April 17, 2025, in the Senate, May 20, 2025, in the Assembly

A8542 is sponsored by Representative Alicia Hyndman.

S7495 is sponsored by Senator Roxanne J. Persaud.

Status: Active - S7495A was discharged from the Senate Women's Issues Committee, amended, and placed on the Senate Floor Calendar. A8542A was amended and recommitted to the Assembly Health Committee on May 5, 2026, where it is currently pending. The bills must pass both houses by June 2026. Upon passage, the Governor shall have 10 days to act if the Legislature is in session, or 30 days if the Legislature is out of session.

Contact Information:

- Rep. Hyndman:
 - hyndmana@nyassembly.gov
 - District Office: (718) 723-5412 | 232-06A Merrick Blvd., Springfield Gardens, NY 11413
 - Albany Office: (518) 455-4451 | LOB 717, Albany, NY 12248
- Sen. Persaud:
 - Persaud@nysenate.gov
 - District Office: (718) 649-7653 | 1222 East 96th St., Brooklyn, NY 11236
 - Albany Office: (518) 455-2788 | 409 Legislative Office Building, Albany, NY 12247

Resources:

- Bill Overviews: [A8542A](#) and [S7495A](#)
- Current Bill Texts: [A8542A](#) and [S7495A](#)

A9000A

Directs the Department of Health to develop an informational pamphlet concerning menopause, which shall include information concerning the stages of menopause, the signs and side effects of menopause, and options for the management and treatment of menopause; requires that such informational pamphlet be made available on the department's website and available for order as a printed deliverable; requires practitioners to make such informational pamphlet available to patients.

Introduced: August 13, 2025

Sponsored by Assemblywoman Linda B. Rosenthal.

Status: Active - Referred to Ways and Means Committee on February 11, 2026, after it was amended and recommitted in the Health Committee on January 28, 2026. No Senate companion bill has been introduced. The bill must pass both houses by June 2026. Upon passage, the Governor shall have 10 days to act if the Legislature is in session, or 30 days if the Legislature is out of session.

Contact Information:

- Message: [Contact Form](#)
- District Office: (212) 873-6368 | 230 West 72nd Street, Suite 2F, New York, NY 10023
- Albany Office: (518) 455-5802 | LOB 943, Albany, NY 12248

Resources:

- Bill Overview: [A9000A](#)
- Current Bill Text: [A9000A](#)

A9170

Requires course work or training in menopausal health for physicians, physician assistants, nurses, mental health practitioners, psychologists, and social workers.

Introduced: October 17, 2025

Sponsored by Assemblywoman Linda B. Rosenthal.

Status: Active - Referred to the Higher Education Committee on January 7, 2026. No Senate companion bill has been introduced. No Senate companion bill has been introduced. The bill must pass both houses by June 2026. Upon passage, the Governor shall have 10 days to act if the Legislature is in session, or 30 days if the Legislature is out of session.

Contact Information:

- Message: [Contact Form](#)
- District Office: (212) 873-6368 | 230 West 72nd Street, Suite 2F, New York, NY 10023
- Albany Office: (518) 455-5802 | LOB 943, Albany, NY 12248

Resources:

- Bill Overview: [A9170](#)
- Current Bill Text: [A9170](#)

A9304 / S8543

Directs the Department of Health to establish and maintain a menopause informational and resource webpage on the department website.

Introduced: December 10, 2025, in the Assembly, and October 22, 2025, in the Senate.

A9304 is sponsored by Assemblywoman Linda B. Rosenthal.

S8543 is sponsored by Senator Lea Webb.

Status: Active - A9304 passed the Assembly on April 27, 2026, and was referred to the Senate Women's Issues Committee, where it is currently pending. S8543 advanced to third reading on May 27, 2026. The bills must pass both houses by June 2026. Upon passage, the Governor shall have 10 days to act if the Legislature is in session, or 30 days if the Legislature is out of session.

Contact Information:

- Asm. Rosenthal:
 - Message: [Contact Form](#)
 - District Office: (212) 873-6368 | 230 West 72nd Street, Suite 2F, New York, NY 10023
 - Albany Office: (518) 455-5802 | LOB 943, Albany, NY 12248
- Sen. Webb:
 - leawebb@nysenate.gov
 - District Office: (607) 773-8771 | 44 Hawley St., 1607 State Office Bldg., Binghamton, NY 13901
 - Albany Office: (518) 455-2170 | Legislative Office Building, Room 848, Albany, NY 12247

Resources:

- Bill Overviews: [A9304](#) and [S8543](#)
- Current Bill Text: [A9304](#) and [S8543](#)

A10045 / S8894

Establishes an awareness campaign on the use of hormone replacement therapy in treating the symptoms of perimenopause and menopause

Introduced: January 30, 2026, in the Assembly, and January 13, 2026, in the Senate.

A10045 is sponsored by Assemblymember Phara Souffrant Forrest.

S8894 is sponsored by Senator Roxanne J. Persaud.

Status: Active - A10045 passed the Assembly on May 29, 2026, and was delivered to the Senate, where it was substituted for S8894 and placed on the Senate Floor Calendar (Cal. 1321) on June 1, 2026. The bills must pass both houses by June 2026. Upon passage, the Governor shall have 10 days to act if the Legislature is in session, or 30 days if the Legislature is out of session.

Contact Information:

- Asm. Forrest:
 - souffrantforrestp@nyassembly.gov
 - District Office: (718) 596-0100 | 55 Hanson Place, Brooklyn, NY 11217
 - Albany Office: (518) 455-5325 | LOB 731, Albany, NY 12248
- Sen. Persaud:
 - Persaud@nysenate.gov
 - District Office: (718) 649-7653 | 1222 East 96th St., Brooklyn, NY 11236
 - Albany Office: (518) 455-2788 | 409 Legislative Office Building, Albany, NY 12247

Resources:

- Bill Overviews: [A10045](#) and [S8894](#)
- Bill Texts: [A10045](#) and [S8894](#)

A10270 / S9244

Relates to providing five days of paid leave for menopause.

Introduced: February 20, 2026, in the Assembly, and February 18, 2026, in the Senate.

A10270 is sponsored by Assemblymember Rebecca A. Seawright.

S9244 is sponsored by Senator Cordell Cleare.

Status: Active - A10270 was referred to the Labor Committee on February 20, 2026. S9244 was referred to the Labor Committee on February 18, 2026. The bills must pass both houses by June 2026. Upon passage, the Governor shall have 10 days to act if the Legislature is in session, or 30 days if the Legislature is out of session.

Contact Information:

- Asm. Seawright:
 - SeawrightR@nyassembly.gov
 - District Office: (212) 288-4607 | 1485 York Avenue, New York, NY 10075
 - Albany Office: (518) 455-5676 | Legislative Office Building, Room 824, Albany, NY 12248
- Sen. Cleare:
 - cleare@nysenate.gov
 - District Office: (212) 222-7315 | 163 W. 125th St., Adam Clayton Powell St. Off. Bldg., Ste. 912, New York, NY 10027
 - Albany Office: (518) 455-2441 | Legislative Office Building, Room 905, Albany, NY 12247

Resources:

- Bill Overviews: [A10270](#) and [S9244](#)
- Bill Text: [A10270](#) and [S9244](#)

A10296 / S9247

Requires employers to provide a leave of absence of at least five days in every twelve-month period for an employee to use for menopause symptoms; directs the Labor and Health commissioners to develop workplace menopause guidance and a public awareness campaign.

Introduced: February 20, 2026, in the Assembly, and February 18, 2026 in the Senate.

A10270 is sponsored by Assemblymember Rebecca A. Seawright.

S9247 is sponsored by Senator Cordell Cleare.

Status: Active - A10296 was referred to the Labor Committee on February 20, 2026, and S9247 was referred to Labor Committee on February 18, 2026. The bills must pass both houses by June 2026. Upon passage, the Governor shall have 10 days to act if the Legislature is in session, or 30 days if the Legislature is out of session.

Contact Information:

- Asm. Seawright:
 - SeawrightR@nyassembly.gov
 - District Office: (212) 288-4607 | 1485 York Avenue, New York, NY 10075
 - Albany Office: (518) 455-5676 | Legislative Office Building, Room 824, Albany, NY 12248
- Sen. Cleare:
 - cleare@nyenate.gov
 - District Office: (212) 222-7315 | 163 W. 125th St., Adam Clayton Powell St. Off. Bldg., Ste. 912, New York, NY 10027
 - Albany Office: (518) 455-2441 | Legislative Office Building, Room 905, Albany, NY 12247

Resources:

- Bill Overviews: [A10296](#) and [S9247](#)
- Bill Text: [A10296](#) and [S9247](#)

11. North Carolina

S522 Thrive at Midlife Act

Comprehensive legislation expanding access to affordable, comprehensive healthcare for women in midlife through improved health insurance and Medicaid coverage, provider training programs, tax credits, public awareness campaigns, data collection, and establishment of a Midlife Health Advisory Council.

Introduced: March 25, 2025

Sponsored by Senators Caleb Theodros, Woodson Bradley, and Joyce Waddell.

Status: Active - Referred to the Senate Committee on Rules and Operations on March 26, 2025. Because the bill contains appropriations, it is exempt from the legislative crossover deadline and remains eligible for consideration during the 2025-2026 session. It must be released from committee and pass both chambers before the legislature adjourns sine die, which is expected between July 31 and August 31, 2026. Upon passing both chambers, it will be sent to the Governor to be signed into law or vetoed.

Contact Information:

- Sen. Theodros:
 - Caleb.Theodros@ncleg.gov
 - (919) 715-3050 | 300 N. Salisbury Street, Rm. 515, Raleigh, NC 27603
- Sen. Bradley:
 - Woodson.Bradley@ncleg.gov
 - (919) 715-8331 | 300 N. Salisbury Street, Rm. 518, Raleigh, NC 27603
- Sen. Waddell:
 - Joyce.Waddell@ncleg.gov
 - (919) 733-5650 | 16 West Jones Street, Rm. 1106, Raleigh, NC 27601

Resources:

- [Bill Overview](#)
- [Bill Text](#)

SB 912 Menopause Omnibus

A comprehensive bill to improve menopause-related healthcare and workplace rights. It promotes healthcare provider training and establishes continuing medical education (CME) double-credit incentives for perimenopausal and menopausal care. Additionally, the bill mandates Medicaid and state health insurance plans to cover menopause-related care and amends labor laws to prevent workplace discrimination and require reasonable accommodations for menopausal conditions.

Introduced: April 30, 2026

Sponsored by Senators Natalie S. Murdock, Kandie D. Smith, Sophia Chitlik, et al.

Status: Active - Passed its 1st Reading in the Senate and was re-referred to the Senate Committee on Appropriations/Base Budget on April 30, 2026. Because the bill contains appropriations, it is exempt from the legislative crossover deadline and remains eligible for consideration during the 2025-2026 session. It must be released from committee and pass both chambers before the legislature adjourns sine die, which is expected between July 31 and August 31, 2026. Upon passing both chambers, the Governor has 10 days to sign or veto the legislation if the legislature is in session, or 30 days if they have adjourned. If no action is taken, the bill automatically becomes law.

Contact Information:

- Sen. Murdock:
 - Natalie.Murdock@ncleg.gov
 - (919) 733-4599 | 16 West Jones Street, Rm. 1118, Raleigh, NC 27601
- Sen. Smith:
 - Kandie.Smith@ncleg.gov
 - (919) 715-8363 | 16 West Jones Street, Rm. 1113, Raleigh, NC 27601
- Sen. Chitlik:
 - Sophia.Chitlik@ncleg.gov
 - (919) 733-4809 | 16 West Jones Street, Rm. 1111, Raleigh, NC 27601

Resources:

- [Bill Overview](#)
- [Bill Text](#)

12. Ohio

HB 767 Enact Menopause, Perimenopause, and Hormone Therapy Coverage Act

Requires health insurers and the Ohio Medicaid program to cover the diagnosis, evaluation, and treatment of menopause and perimenopause. This includes coverage for FDA-approved hormone therapies and non-hormonal treatments for symptoms such as hot flashes, sleep disruption, and bone density loss. The bill explicitly prohibits insurers from labeling these treatments as "elective" or "cosmetic" to deny care, and prevents them from imposing stricter cost-sharing or utilization management requirements than those applied to general medical benefits.

Introduced: March 17, 2026

Sponsored by: Representatives Ashley Bryant Bailey and Anita Somani, M.D.

Status: Active - Referred to the House Insurance Committee on March 25, 2026. The bill must pass the House Health Committee, then the House floor, followed by Senate committee and floor vote. Upon passage by both chambers, the Governor shall have 10 days to sign or veto. The Act shall take effect 90 days after filing with the Secretary of State. The Legislature ends December 31, 2026.

Contact Information:

- Rep. Bailey:
 - Message: [Contact Form](#)
 - (614) 466-1308 | 77 South High Street, 10th Floor, Columbus, OH 43215
- Rep. Somani:
 - Message: [Contact Form](#)
 - (614) 466-5358 | 77 South High Street, 10th Floor, Columbus, OH 43215

Resources:

- [Bill Overview](#)
- [Bill Text](#)

13. Pennsylvania

HB 1345

Provides medical assistance (Medicaid) coverage for menopause treatments, including therapies to help patients cope with menopausal symptoms and treatment for menopause induced by hysterectomy.

Introduced: April 30, 2025

Introduced by Representative Morgan B. Cephas.

Status - Referred to Human Services Committee on April 30, 2025. The bill must move through House and Senate committees and chambers and pass in concurrence by the end of the 2025-2026 legislative session, November 30, 2026. Upon passage, the Governor shall have 10 days to sign or allow the bill to become law without signature if presented during the legislative session, or 30 days if the Legislature is out of session.

Contact Information:

- Message: [Contact Form](#)
- Philadelphia Office: (215) 879-6625 | 7538 Haverford Ave., Philadelphia, PA 19151
- Harrisburg Office: (717) 783-2192 | 324 Main Capitol, Harrisburg, PA 17120

Resources:

- Bill Overview: [HB 1345](#)
- Bill Text: [HB 1345](#)

HB 1346

Requires private health insurers regulated under the Insurance Company Law of 1921 to cover menopause treatment, including therapies for menopausal symptoms and medically induced menopause.

Introduced: May 5, 2025

Introduced by Representative Liz Hanbidge.

Status - Referred to Insurance Committee on May 5, 2025. The bill must move through House and Senate committees and chambers and pass in concurrence by the end of the 2025-2026 legislative session, November 30, 2026. Upon passage, the Governor shall have 10 days to sign or allow the bill to become law without signature if presented during the legislative session, or 30 days if the Legislature is out of session.

Contact Information:

- Message: [Contact Form](#)
- Blue Bell Office: (610) 277-3230 | 1098 W. Skippack Pike, Blue Bell, PA 19422
- Harrisburg Office: (717) 783-4102 | 121 Irvis Office Building, P.O. Box 202061, Harrisburg, PA 17120

Resources:

- Bill Overview: [HB 1346](#)
- Bill Text: [HB 1346](#)

HB 1411

Amends the Administrative Code of 1929 relative to the powers and duties of the Department of Health to provide for perimenopause and menopause education through partnerships with healthcare providers and the creation of informational materials.

Introduced: May 6, 2025

Introduced by Representative Liz Hanbidge.

Status: Active - Referred to the Health Committee on May 6, 2025. The bill must move through House and Senate committees and chambers and pass in concurrence by the end of the 2025-2026 legislative session, November 30, 2026. Upon passage, the Governor shall have 10 days to sign or allow the bill to become law without signature if presented during the legislative session, or 30 days if the Legislature is out of session.

Contact Information:

- Message: [Contact Form](#)
- Blue Bell Office: (610) 277-3230 | 1098 W. Skippack Pike, Blue Bell, PA 19422
- Harrisburg Office: (717) 783-4102 | 121 Irvis Office Building, P.O. Box 202061, Harrisburg, PA 17120

Resources:

- Bill Overview: [HB 1411](#)
- Current Bill Text: [HB 1411](#)

HR 282

House Resolution designating the month of September 2025 as “Perimenopause Awareness Month” in Pennsylvania.

Introduced: July 10, 2025

Introduced by Representative Melissa Shusterman.

Status: Active - Referred to the House Health Committee on July 10, 2025; reported as committed on September 30, 2025; laid on the table pursuant to House Rule 71 on December 17, 2025, where it remains unless the House votes to take it from the table. The Resolution does not require Senate or gubernatorial approval to take effect if adopted.

Contact Information:

- Message: [Contact Form](#)
- Office Locations: <https://www.pahouse.com/Shusterman/Contact> (4)

Resources:

- Bill Overview: [HR 282](#)
- Bill Text: [HR 282](#)

HR 287

House Resolution directing the Joint State Government Commission to conduct a study and issue a report on workplace policies related to perimenopause and menopause offered by public and private employers.

Introduced: July 18, 2025

Introduced by Representative Melissa Shusterman.

Status: Active - Referred to the House Health Committee on July 21, 2025; reported as amended on October 7, 2025; laid on the table pursuant to House Rule 71 on February 2, 2026, where it remains unless the House votes to take it from the table and consider it for adoption. The Resolution does not require Senate or gubernatorial approval to take effect if adopted.

- Study deadline: The Joint State Government Commission is directed to report findings and recommendations to the House no later than 18 months following passage of the resolution.

Contact Information:

- Message: [Contact Form](#)
- Office Locations: <https://www.pahouse.com/Shusterman/Contact> (4)

Resources:

- Bill Overview: [HR 287](#)
- Current Bill Text: [HR 287](#)

HR 292

House Resolution that directs the Joint State Government Commission to conduct a study on menopause continuing medical education requirements and the preparedness of health care providers to provide care for women's health issues, including perimenopause and menopause.

Introduced: August 5, 2025

Introduced by Representative Melissa Shusterman.

Status: Active - Referred to the House Professional Licensure Committee on August 10, 2025. The Resolution must pass the House floor and does not require Senate or gubernatorial approval to take effect.

- Study deadline: The Joint State Government Commission shall report findings and recommendations to the House no later than 18 months following passage.

Contact Information:

- Message: [Contact Form](#)
- Office Locations: <https://www.pahouse.com/Shusterman/Contact> (4)

Resources:

- Bill Overview: [HR 292](#)
- Current Bill Text: [HR 292](#)

HB 1827

Provides medical assistance (Medicaid) coverage and private insurance coverage for screening, prevention, and treatment measures for osteoporosis resulting from menopause.

Introduced: September 2, 2025

Introduced by Representative Melissa Shusterman.

Status: Active - Referred to the Insurance Committee on September 2, 2025. The bill must move through House and Senate committees and chambers and pass in concurrence by the end of the 2025-2026 legislative session, November 30, 2026. Upon passage, the Governor shall have 10 days to sign or allow the bill to become law without signature if presented during the legislative session, or 30 days if the Legislature is out of session.

Contact Information:

- Message: [Contact Form](#)
- Office Locations: <https://www.pahouse.com/Shusterman/Contact> (4)

Resources:

- Bill Overview: [HB 1827](#)
- Bill Text: [HB 1827](#)

SB 1118

Amends the Administrative Code of 1929 to authorize and require the Department of Health to provide perimenopause and menopause education. Requires partnerships with healthcare providers, OB-GYNs, community health centers, and hospitals, and mandates creation of electronic and print educational materials on symptoms, treatments, the biological process, when to seek care, and communication strategies. Effective 60 days after enactment.

Introduced: December 22, 2025

Introduced by Senator Maria Collett.

Status: Active - Referred to Health & Human Services Committee on December 22, 2025. The bill must move through House and Senate committees and chambers and pass in concurrence by the end of the 2025-2026 legislative session, November 30, 2026. Upon passage, the Governor shall have 10 days to sign or allow the bill to become law without signature if presented during the legislative session, or 30 days if the Legislature is out of session.

Contact Information:

- Senatorcollett@pasenate.com
- District Office: (215) 368-1429 | 1035 Virginia Drive, Suite 201, Fort Washington, PA 19034
- Capitol Office: (717) 787-6599 | 458 Main Capitol, Senate Box 203012, Harrisburg, PA 17120

Resources:

- Bill Overview: [SB 1118](#)
- Bill Text: [SB 1118](#)

SB 1122

Amends the Insurance Company Law of 1921 to require health insurance policies to cover hormonal and non-hormonal treatments for the management of menopausal symptoms, including all FDA-approved drugs, devices and combination products for menopausal symptoms, behavioral therapy to help individuals cope with menopausal symptoms, and therapy to treat menopause induced by hysterectomy.

Introduced: December 22, 2025

Introduced by Senator Maria Collett.

Status: Active - Referred to Banking & Insurance Committee on December 22, 2025. The bill must move through House and Senate committees and chambers and pass in concurrence by the end of the 2025-2026 legislative session, November 30, 2026. Upon passage, the Governor shall have 10 days to sign or allow the bill to become law without signature if presented during the legislative session, or 30 days if the Legislature is out of session.

Contact Information:

- Senatorcollett@pasenate.com
- District Office: (215) 368-1429 | 1035 Virginia Drive, Suite 201, Fort Washington, PA 19034
- Capitol Office: (717) 787-6599 | 458 Main Capitol, Senate Box 203012, Harrisburg, PA 17120

Resources:

- Bill Overview: [SB 1122](#)
- Bill Text: [SB 1122](#)

HB 2135

Provides for reasonable accommodations for employees with pregnancy-related and menopause-related conditions, including more frequent or longer breaks, temporary job transfers, light duty, modified work schedules, and private space for breast milk expression. Defines menopause broadly to include natural menopause, premature ovarian insufficiency, surgical menopause, and treatment-induced hypoestrogenic states. Prohibits employers from denying employment, refusing reasonable accommodations, or retaliating against employees who request accommodations. Employers are directed to provide written notice of rights to all employees and have burden of proof to demonstrate undue hardship. Takes effect 60 days after enactment.

Introduced: January 12, 2026

Introduced by Representative Morgan B. Cephas.

Status: Active - Referred to Labor and Industry Committee on January 12, 2026. The bill must move through House and Senate committees and chambers and pass in concurrence by the end of the 2025-2026 legislative session, November 30, 2026. The Governor has 10 days to sign the bill or allow it to pass without signature if it is presented during the legislative session. If the Legislature is out of session, the Governor has 30 days to act or allow it to fail without action.

Contact Information:

- Message: [Contact Form](#)
- Philadelphia Office: (215) 879-6625 | 7538 Haverford Avenue, Philadelphia, PA 19151
- Harrisburg Office: (717) 783-2192 | 324 Main Capitol, PO Box 202192, Harrisburg, PA 17120

Resources:

- Bill Overview: [HB 2135](#)
- Bill Text: [HB 2135](#)

HB 2545

Requires health insurance policies issued, offered, or renewed in Pennsylvania to provide coverage for vaginal estrogen for the treatment of menopausal symptoms and the prevention of urinary tract infections. The coverage must include all FDA-approved drugs, devices, and combination products for the administration of vaginal estrogen, subject to standard policy cost-sharing and utilization review terms.

Introduced: May 27, 2026

Introduced by Representative Melissa Shusterman.

Status: Active - Introduced and referred to the House Insurance Committee on May 27, 2026. The bill must move through House and Senate committees and chambers and pass in concurrence by the end of the 2025-2026 legislative session, November 30, 2026. The Governor has 10 days to sign the bill or allow it to pass without signature if it is presented during the legislative session. If the Legislature is out of session, the Governor has 30 days to act or allow it to fail without action.

Contact Information:

- Message: [Contact Form](#)
- Office Locations: <https://www.pahouse.com/Shusterman/Contact> (4)

Resources:

- [Bill Overview](#)
- [Bill Text](#)

14. Rhode Island

H7951

Creates a 17-member special legislative commission to study women's reproductive health across the life course, with perimenopause, menopause, and post-reproductive health designated as explicit areas of inquiry. Commission membership includes a designated seat for a clinician specializing in menopause or midlife women's health. The commission shall examine the prevalence and health impacts of reproductive life stages, availability of clinical services, adequacy of insurance coverage, racial and socioeconomic health disparities, provider training, and gaps in research. The commission shall report its findings and recommendations to the House of Representatives no later than March 2, 2027, and shall expire on May 2, 2027.

Introduced: February 27, 2026

Sponsored by: Representatives Karen Alzate, Julie A. Casimiro, David Place, et al.

Status: Active - Introduced on February 27, 2026, and referred to the House Health and Human Services Committee. The committee scheduled a hearing for March 19, 2026, at which it recommended the resolution be held for further study. As a House Resolution, it does not require Senate approval or the Governor's signature. The resolution must pass a floor vote by the full House before the General Assembly adjourns on June 30, 2026.

Contact Information:

- Rep. Alzate:
 - rep-alzate@rilegislature.gov
 - (401) 663-5600 | State House, Room 136, 82 Smith Street, Providence, RI 02903
- Rep. Casimiro:
 - rep-casimiro@rilegislature.gov
 - (401) 222-4263 | State House, Room 205, 82 Smith Street, Providence, RI 02903
- Rep. Place:
 - rep-place@rilegislature.gov
 - (401) 222-2259 | State House, Room 106, 82 Smith Street, Providence, RI 02903

Resource:

- Bill Text: [H7951](#)

H8587 / S2890A

Amends Rhode Island General Laws governing accident and sickness insurance, nonprofit hospital/medical service corporations, and HMOs to mandate coverage for medically necessary hormonal and non-hormonal therapies to treat symptoms of perimenopause and menopause (including surgically induced menopause). To qualify for coverage, the therapy must be recommended by a qualified, state-licensed healthcare provider and proven safe and effective in peer-reviewed scientific studies. The bill specifically requires insurers to cover at least one FDA-approved treatment, including at least one option in each of the following modalities: oral, transdermal, topical, and vaginal (including vaginal rings). If passed, these requirements will apply to policies delivered, issued, or renewed on or after January 1, 2027.

Introduced: March 4, 2026, in the Senate, and May 27, 2026, in the House.

S2890A is sponsored by Senators Lori Urso, Melissa Murray, Linda L. Ujifusa, et al.

H8587 is sponsored by Representatives Karen Alzate, Jenni A. Furtado, Julie A. Casimiro, et al.

Status: Active - A substitute version (Sub A) of S2890 was proposed on May 20, 2026, and the committee recommended passage on May 21, 2026. The full Senate passed Sub A on May 28, 2026. The bill was referred to the House Health and Human Services Committee on May 29, 2026, where it now awaits a hearing and committee vote. H8587 was introduced and referred to the House Health & Human Services Committee on May 27, 2026. It is scheduled for a committee hearing and consideration on June 2, 2026. Both chambers must pass identical language before the General Assembly's scheduled adjournment on June 30, 2026. Upon passage, the bill shall be sent to the Governor for signature or veto.

Contact Information:

- Sen. Urso: sen-urso@rilegislature.gov | (401) 276-5567
- Sen. Murray: sen-murray@rilegislature.gov | (401) 276-5568
- Sen. Ujifusa: sen-ujifusa@rilegislature.gov | (401) 472-4721
- Address: 82 Smith Street, Providence, RI 02903 (all Senators above)
- Rep. Alzate:
 - rep-alzate@rilegislature.gov
 - (401) 663-5600 | State House, Room 136, 82 Smith Street, Providence, RI 02903
- Rep. Furtado:
 - rep-furtado@rilegislature.gov
 - (401) 222-2296 | State House, Room 08A, 82 Smith Street, Providence, RI 02903
- Rep. Casimiro:
 - rep-casimiro@rilegislature.gov
 - (401) 222-4263 | State House, Room 205, 82 Smith Street, Providence, RI 02903

Resources:

- Bill Texts: [H8587](#) and [S2890A](#)

Stalled Federal Menopause-Related Legislation

Three federal menopause bills from the 118th Congress stalled in committee. However, the frameworks for future legislative efforts have been established in the process.

1. H.R.6749 Menopause Research and Equity Act of 2023

Requires the Director of the National Institutes of Health to evaluate the results and status of completed and ongoing research related to menopause, perimenopause, or mid-life women's health, to conduct and support additional such research, and for other purposes.

Introduced: December 13, 2023

Introduced by Representative Yvette D. Clarke.

Status: Stalled in the House Subcommittee on Health following its referral on December 15, 2023. Failed to advance before the 118th Congress adjourned on January 3, 2025.

Contact Information:

- Message: [Contact Form](#)
 - There is a zip authentication, type 11215-4304.
- Brooklyn Office: (718) 287-1142 | 222 Lenox Road, Suites 1&2, Brooklyn, NY 11226
- Washington D.C. Office: (202) 225-6231 | 2058 Rayburn House Office Building, Washington, DC 20515

Resources:

- Bill Overview: [H.R.6749](#)
- Bill Text: [H.R.6749](#)

2. H.R.8223 / S.4246 Advancing Menopause Care and Mid-Life Women's Health Act

Improves menopause care and women's mid-life health, and for other purposes including the coordination and expansion of research activities, the eligibility of grants, expansion of outreach and engagement, the promotion of public health and prevention activities, and the training of health professionals.

Introduced: Both H.R.8223 and S.4246 were introduced on May 2, 2024.

H.R.8223 is sponsored by then Representative Lisa Blunt Rochester (now a Senator).

S.4246 is sponsored by Senator Patty Murray.

Status: H.R.8223 was stalled in the Subcommittee on Health following its referral on May 10, 2024. S.426 was stalled in the Committee on Health, Education, Labor, and Pensions following its referral on May 2, 2024. Failed to advance before the 118th Congress adjourned on January 3, 2025.

Contact Information:

- Rep. Rochester:
 - Message: [Contact Form](#)
 - All Office Locations: <https://www.bluntrochester.senate.gov/contact/> (4)
- Sen. Murray:
 - Message: [Contact Form](#)
 - All Office Locations: <https://www.murray.senate.gov/office-locations/> (8)

Resources:

- Bill Overviews: [H.R.8223](#) and [S.4246](#)
- Bill Texts: [H.R.8223](#) and [S.4246](#)

3. H.R.6743 We're Addressing the Realities of Menopause (WARM) Act 2023-24

Amends the Public Health Service Act to include public awareness about menopause and related chronic conditions, and for other purposes.

Introduced: December 13, 2023

Introduced by Senator Lisa Blunt Rochester (D-DE).

Status: Stalled in the Subcommittee on Health on December 15, 2025. Failed to advance before the 118th Congress adjourned on January 3, 2025.

Contact Information:

- Message: [Contact Form](#)
- All Office Locations: <https://www.bluntrochester.senate.gov/share-your-opinion/> (4)

Resources:

- Bill Overview: [H.R.6743](#)
- Bill Text: [H.R.6743](#)

Stalled State Menopause-Related Legislation

Fifteen U.S. states introduced menopause legislation in 2024-2026 that failed to advance out of committee or was vetoed. Though unsuccessful, these efforts demonstrate growing nationwide policy interest and may serve as blueprints for future legislation.

1. Arizona

HB2734

Requires the Department of Health Services to partner with healthcare providers to educate women on perimenopause and menopause, and create informational materials covering symptoms, treatments, when to seek care, biological processes, and communication strategies.

Introduced: February 10, 2025

Introduced by Representative Nancy Gutierrez, et al.

Status: Stalled in the House Health and Human Services Committee. Failed to advance before the end of the legislative session on June 27, 2025.

Contact Information:

- NGutierrez@azleg.gov
- (602) 926-4134 | 1700 West Washington Street, Room 300, Phoenix, AZ 85007

Resources:

- Bill Overview: [HB2734](#)
- Bill Text: [HB2734](#)

HB2929 Perimenopause; Menopause; Task Force

Establishes the Legislative Perimenopause and Menopause Task Force to identify methods for enhancing the treatment and education of women experiencing perimenopause and menopause. The 16-member task force is charged with reviewing healthcare education standards, developing nonbinding recommendations or competency frameworks for educational and licensing bodies, and examining compensation models for health professionals providing menopause-related care. The task force must submit its findings to state leadership by December 31, 2027, and December 31, 2028, with the act scheduled for repeal on June 30, 2029.

Introduced: January 28, 2026

Sponsored by Representative Nancy Gutierrez.

Status: Stalled in the House Health and Human Services and the House Rules Committees. Failed to advance before a committee hearing on February 20, 2026.

Contact Information:

- NGutierrez@azleg.gov
- (602) 926-4134 | 1700 West Washington Street, Room 300, Phoenix, AZ 85007

Resources:

- Bill Overview: [HB2929](#)
- Bill Text: [HB2929](#)

2. California

AB-360

Requires the Department of Health Care Access and Information to work with the state Medical Boards and higher education entities to assess physician and surgeon training relating to menopause diagnosis and treatment and prepare a report to the Legislature by January 1, 2027 that identifies gaps in medical education and training related to menopause diagnosis and management practices.

Introduced: January 30, 2025

Introduced by Assemblymembers Diane Papan and Gail Pellerin

Status: Held under submission in the Appropriations Committee on May 23, 2025, and failed to advance before the January 31, 2026, constitutional deadline.

Contact Information:

- Asm. Papan:
 - Message: [Contact Form](#)
 - Capitol Office: (916) 319-2021 | 1021 O St., Suite 4220, P.O. Box 942849, Sacramento, CA 94249
 - District Office: (650) 349-2200 | 1528 South El Camino Real, Suite 302, San Mateo, CA 94402
- Asm. Pellerin:
 - Message: [Contact Form](#)
 - All Office Locations: <https://pellerin.asmdc.org/contact> (4)

Resource:

- Bill Overview and Text: [AB-360](#)

AB-432 Menopause Care Equity Act

Requires health insurance plans to provide full coverage for perimenopause and menopause treatments without utilization management restrictions. The bill incentivizes physician and surgeon menopause education by offering two continuing medical education (CME) credits for menopause-related training effective July 1, 2026. The bill also requires a health care service plan or health insurer to annually provide clinical care recommendations for hormone therapy to contracted primary care providers who treat perimenopause or menopause, and that the state reimburse local agencies and school districts for certain costs mandated by the state, effective January 1, 2026.

Introduced: February 5, 2025

Introduced by Assembly Member Rebecca Bauer-Kahan.

Status: Vetoed by Governor Newsom on October 13, 2025. In his veto message, he cited significant concerns over the bill's potential costs and implementation.

Contact Information:

- Message: [Contact Form](#)
- Capitol Office: (916) 319-2016 | State Capitol, Sacramento, CA 95814
- District Office: (925) 244-1600 | 12677 Alcosta Boulevard, Suite 395, San Ramon, CA 94583

Resources:

- Bill Overview and Text: [AB-432](#)
- Veto Message: [AB-432](#)

3. Colorado

HB26-1122 Mandatory Coverage Hormone Replacement Therapy

Requires health benefit plans and the state Medicaid program to cover hormone replacement therapy prescribed for menopause or perimenopause. Coverage phased in beginning January 1, 2027, for large employer plans; January 1, 2028, for individual and small group plans; and July 1, 2027, for Medicaid.

Introduced: February 4, 2026

Sponsored by Representative Rebecca Keltie.

Status: The House Health & Human Service Committee voted to postpone indefinitely on February 24, 2026. The bill will not advance further in the 2026 legislative session.

Contact Information:

- rebecca.keltie.house@coleg.gov
- (303) 866-2937 | 200 E Colfax, RM 307, Denver, CO 80203

Resources:

- Bill Overview: [HB26-1122](#)
- Bill Text: [HB26-1122](#)

4. Connecticut

H.B. No. 6593 An Act Concerning Menopause Awareness and Education

Requires the Department of Public Health to develop and distribute guidelines and educational resources to health care providers regarding menopause, health care providers to complete at least one continuing education module regarding menopause care and management, and the Department of Public Health to conduct a public awareness campaign to educate residents regarding menopause.

Introduced: January 24, 2025

Introduced by Representative Kai Belton.

Status: Stalled in the Joint Committee on Public Health following its referral. Failed to advance prior to the end of the legislative session on June 4, 2025.

Contact Information:

- Kai.Belton@cga.ct.gov
- (860) 240-8585 | Legislative Office Building, Room 3001, Hartford, CT 06016

Resources:

- Bill Overview: [H.B. No. 6593](#)
- Bill Text: [H.B. No. 6593](#)

H.B. No. 5389

Requires the Department of Public Health, in consultation with the UConn Health Center's Health Disparities Institute, to develop and distribute a provider toolkit for the diagnosis and treatment of menopause, perimenopause, and postmenopause. The toolkit must provide evidence-based, culturally appropriate guidance to health care providers across fields including obstetrics, gynecology, internal medicine, family medicine, emergency medicine, psychiatry, mental health, social work, and dentistry. It must include a comprehensive description of symptoms, evidence-based treatment guidelines including hormone replacement therapy and testosterone therapy, information on insurance coverage, and continuing education modules. The Commissioner of Public Health must distribute the toolkit to providers no later than January 1, 2027.

Introduced: February 26, 2026

Sponsored by Representatives Kate Farrar, Kathy Kennedy, and Kai Belton.

Status: The legislation stalled on the House calendar and expired without a vote upon the session's adjournment on May 6, 2026

Contact Information:

- Rep. Farrar:
 - Kate.Farrar@cga.ct.gov
 - (860) 240-8585 | Legislative Office Building, Room 4039, Hartford, CT 06106
- Rep. Kennedy:
 - Kathy.Kennedy@housegop.ct.gov
 - (860) 240-8700 | Legislative Office Building, Room 4200, Hartford, CT 06106
- Rep. Belton:
 - kai.belton@cga.ct.gov
 - (860) 240-8585 | Legislative Office Building, Room 3001, Hartford, CT 06106

Resources:

- Bill Overview: [H.B. No. 5389](#)
- Bill Text: [H.B. No. 5389](#)

S.B. No. 353

Amends Connecticut's fair employment statutes to require employers to provide reasonable accommodations for conditions related to menopause and prohibit retaliation against employees who request such accommodations. Requires employers to provide written notice of the right to be free from discrimination related to menopause and related conditions. Directs the Commission on Human Rights and Opportunities to develop a model workplace policy on menopause accommodations and education materials regarding menopause and related medical conditions, both to be published on the Commission's website. If enacted, the bill takes effect October 1, 2026.

Introduced: February 26, 2026

Sponsored by Representative Kai Belton.

Status: The legislation stalled on the Senate calendar and expired without a vote upon the session's adjournment on May 6, 2026

Contact Information:

- kai.belton@cga.ct.gov
- (860) 240-8585 | Legislative Office Building, Room 3001, Hartford, CT 06106

Resources:

- Bill Overview: [S.B. No. 353](#)
- Bill Text: [S.B. No. 353](#)

5. Florida

HB 161 / SB 190 Impact of Perimenopause and Menopause on Women's Health

Requires the Department of Health to establish a perimenopause and menopause policy workgroup; provides requirements for the workgroup; requires the department, in collaboration with others, to develop & make publicly available information relating to perimenopause & menopause; provides requirements for such information. Effective July 1, 2026.

Introduced: October 14, 2025, in the House, and January 13, 2026, in the Senate.

HB 161 is sponsored by Representatives Yvonne Hayes Hinson and Daryl Campbell.

SB 190 is sponsored by Senator Barbara Sharief.

Status: Stalled in the Health Professions & Programs Subcommittee. Failed to advance prior to end of the legislative sessions on March 13, 2026.

Contact Information:

- Sen. Sharief:
 - Message: [Contact Form](#)
 - Capitol Office: (850) 487-5035 | 205 Senate Bldg., 404 S. Monroe St., Tallahassee, FL 32399
 - District Office: (954) 424-6674 | 3351 N. University Drive, Suite A, Davie, FL 33024
- Rep. Hinson:
 - Message: [Contact Form](#)
 - Capitol Office: (850) 717-5021 | 1102 The Capitol, 402 S. Monroe St., Tallahassee, FL 32399
 - District Office: (352) 663-1140 | Suite 202, 2815 Northwest 13th St., Gainesville, FL 32609
- Rep. Campbell:
 - Message: [Contact Form](#)
 - Capitol Office: (850) 717-5099 | 1102 The Capitol, 402 S. Monroe St., Tallahassee, FL 32399
 - District Office: (954) 697-4270 | PO Box 679, Fort Lauderdale, FL 33302-0679

Resources:

- Bill Overview: [HB 161](#) and [SB 190](#)
- Current Bill Text: [HB 161](#) and [SB 190](#)

6. Georgia

HB 988 State Employees' Hormone Replacement Therapy Coverage

Requires the state health benefit plan to cover hormone replacement therapy for biological women experiencing perimenopause and menopause when prescribed by a licensed physician. The bill defines "hormone replacement therapy" and "state health benefit plan," and clarifies that covered benefits may be subject to standard deductibles, coinsurance, copayments, and utilization review. The Act shall become effective July 1, 2026, and shall apply to all policies or contracts issued, delivered, or renewed in Georgia on or after that date, with coverage under the state health benefit plan required beginning January 1, 2027.

Introduced: January 15, 2026

Sponsored by Representative Beth Camp, Jan Jones, Leesa Hagan, et al.

Status: Stalled in the House Health Committee. Failed to advance prior to the end of the legislative session on April 2, 2026.

Contact Information:

- Rep. Camp:
 - beth.camp@house.ga.gov
 - District Office: 1235 Strickland Rd, Concord, GA 30206
 - Capitol Address: (404) 656-7153 | 218-D State Capitol, Atlanta, GA 30334
- Rep. Jones:
 - jan.jones@house.ga.gov
 - District Office: 12850 Highway 9 Suite 600-356, Milton, GA 30004
 - Capitol Address: (404) 656-5072 | 340 State Capitol, Atlanta, GA 30334
- Rep. Hagan:
 - leesa.hagan@house.ga.gov
 - District Office: P.O. Box 1228, Lyons, GA 30436
 - Capitol Office: (404) 656-0177 | 501-H Coverdell Legislative Office Bldg., Atlanta, GA 30334

Resources:

- Bill Overview: [HB 988](#)
- Bill Text: [HB 988](#)

7. Illinois

HB3006 Hormone Therapy Coverage for Menopause

Amends the Illinois Public Aid Code. Provides that the medical assistance program shall provide coverage for medically necessary hormone therapy treatment to treat menopause (instead of only treating menopause that has been induced by a hysterectomy). Effective immediately.

Introduced: February 6, 2025

Sponsored by Representatives Laura Faver Dias and Katie Stuart.

Status: The bill failed to meet its March 2025 committee deadline and was re-referred to the Rules Committee (Rule 19(a)). As a result, the bill is dead and cannot meet the May 31, 2026 deadline to pass both chambers of the 104th General Assembly.

Contact Information:

- Rep. Dias:
 - info@repfaverdias.com
 - District Office: (224) 541-4453 | 10 N. Lake St., Suite 102, Grayslake, IL 60030
 - Springfield Office: (217) 782-7320 | 282-S Stratton Office Building, Springfield, IL 62706
- Rep. Stuart:
 - repkatiestuart@gmail.com
 - District Office: (618) 365-6650 | 2105 Vandalia St., Unit #16, Collinsville, IL 62234
 - Springfield Office: (217) 782-8018 | 278-S Stratton Office Building, Springfield, IL 62706

Resources:

- Bill Overview: [HB3006](#)
- Current Bill Text: [HB3006](#)

SB2967 Menstrual Health-Paid Leave

Creates the Menstrual Health Workplace Equity Act. Allows an employee who experiences a menstrual health condition, including conditions associated with menopause, to use up to 40 hours per year of paid leave available under the Paid Leave for All Workers Act for menstrual health reasons. If that paid leave is insufficient, the employee may request an additional 40 hours of paid menstrual leave per year or request a hybrid work option. The bill establishes employer responsibilities and enforcement by the Illinois Department of Labor. Effective immediately.

Introduced: January 27, 2026

Sponsored by Senator Adriane Johnson.

Status: The bill missed its final committee deadline on May 22, 2026, and was automatically re-referred to Assignments under Senate Rule 3-9(a). As a result, the bill is dead for the session and cannot meet the May 31, 2026 deadline to pass both chambers.

Contact Information:

- adriane@senatoradrianejohnson.com
- Springfield Office: (217) 782-8181 | Stratton Office Building, Section F, Room E, Springfield, IL 62706
- District Office: (847) 672-6201 | 149 S. Genesee St., Waukegan, IL 60085
- Additional: (224) 352-2849 | 1 Overlook Pt., Suite 520, Lincolnshire, IL 60069

Resources:

- Bill Overview: [SB2967](#)
- Current Bill Text: [SB2967](#)

8. Maryland

HB 536 Employment Discrimination - Reasonable Accommodations - Disabilities Due to Childbirth, Menopause, and Related Medical Conditions

Expands Maryland’s employment discrimination protections so that temporary disabilities caused or contributed to pregnancy, childbirth, menopause, or related medical conditions are treated the same as other temporary disabilities for all job-related purposes. It revises State Government Article §20-609 to define “reasonable accommodation” to include these conditions, defines “related medical condition” to cover lactation and management of vasomotor symptoms related to menopause, and requires employers to apply leave, benefits, seniority, reinstatement, and sick-leave policies on equal terms, explore reasonable accommodations (such as modified duties, hours, transfers, or leave), and provide notice of these rights in postings and handbooks. Effective October 1, 2026.

Introduced: January 27, 2026

Sponsored by Delegates Stephanie Smith, Marlon Amprey, Regina T. Boyce, et al.

Status: After receiving a hearing in the Senate Judicial Proceedings Committee on March 25, 2026, it failed to advance further and expired when the legislative session adjourned Sine Die on April 13, 2026.

Contact Information:

- Del. Smith:
 - stephanie.smith@house.maryland.gov
 - Interim/Annapolis Office: (410) 841-3486 | 307 Lowe House Office, Bldg. 6 Bladen St., Annapolis, MD 21401
- Del. Amprey:
 - marlon.amprey@house.maryland.gov
 - Interim/Annapolis Office: (410) 841-3520 | 314 Lowe House Office, Bldg. 6 Bladen St., Annapolis, MD 21401
- Del. Boyce:
 - regina.boyce@house.maryland.gov
 - Interim/Annapolis Office: (410) 841-3476 | 304 Lowe House Office, Bldg. 6 Bladen St., Annapolis, MD 21401

Resources:

- Bill Overview: [HB 536](#)
- Bill Text: [HB 536](#)

HB 1435 Health Insurance - Required Coverage - Hormone-Related Care

Requires certain insurers, nonprofit health service plans, and health maintenance organizations in Maryland to provide coverage for hormone-related care, including hormone therapy to treat perimenopausal and menopausal symptoms, and establishes additional requirements and prohibitions governing how this coverage is provided. It also requires these carriers to report specified data on hormone-related care to the Maryland Insurance Administration. Effective January 1, 2027.

Introduced: February 13, 2026

Sponsored by Delegates Ryan Spiegel, Christopher Eric Bouchat, Charlotte Crutchfield, et al.

Status: The bill received a hearing in the House Health Committee on March 13, 2026, but failed to advance. It did not advance without a committee vote when the legislative session adjourned Sine Die on April 13, 2026.

Contact Information:

- Del. Spiegel:
 - ryan.spiegel@house.maryland.gov
 - Interim/Annapolis Office: (410) 841-3792 | 223 Lowe House Office, Bldg. 6 Bladen St., Annapolis, MD 21401
- Del. Bouchat:
 - christopher.bouchat@house.maryland.gov
 - Interim/Annapolis Office: (410) 841-3200 | 321 Lowe House Office, Bldg. 6 Bladen St., Annapolis, MD 21401
- Del. Crutchfield:
 - charlotte.crutchfield@house.maryland.gov
 - Interim/Annapolis Office: (410) 841-3485 | 403 Lowe House Office, Bldg. 6 Bladen St., Annapolis, MD 21401

Resources:

- Bill Overview: [HB 1435](#)
- Bill Text: [HB 1435](#)

HB 1451 / SB 485 Public Health - Women's Health Care Data - Report

Requires the Maryland Department of Health to create a standardized system to collect annual statewide data on the costs of prenatal, birth, postpartum, abortion, and menopausal care. Limits reportable data and mandates an annual report to the General Assembly by December 1. Effective June 1, 2026.

Introduced: February 2, 2026

HB 1451 is sponsored by Delegates Susan K. McComas, Barry Beauchamp, Brian Chisholm, et al.

SB 485 is sponsored by Senators Mary Beth Carozza, Justin Ready, Chris West, et al.

Status: The bill received a hearing in the Senate Finance Committee on February 19, 2026, but failed to advance. It did not advance without a committee vote when the legislative session adjourned Sine Die on April 13, 2026.

Contact Information:

- Del. McComas:
 - susan.mccomas@house.maryland.gov
 - (410) 836-9449 (Interim) / (410) 841-3272 (Annapolis) | 411 Lowe House Office, Bldg. 6 Bladen St., Annapolis, MD 21401
- Del. Beauchamp:
 - barry.beauchamp@house.maryland.gov
 - Interim/Annapolis Office: (410) 841-3431 | 310 Lowe House Office, Bldg. 6 Bladen St., Annapolis, MD 21401
- Del. Chisholm:
 - brian.chisholm@house.maryland.gov
 - Interim/Annapolis Office: (410) 841-3206 | 412 Lowe House Office, Bldg. 6 Bladen St., Annapolis, MD 21401
- Sen. Carozza:
 - marybeth.carozza@senate.maryland.gov
 - Interim/Annapolis Office: (410) 841-3645 | 316 James Senate Office Bldg., 11 Bladen St., Annapolis, MD 21401
- Sen. Ready:
 - justin.ready@senate.maryland.gov
 - Interim/Annapolis Office: (410) 841-3683 | 315 James Senate Office Bldg., 11 Bladen St., Annapolis, MD 21401
- Sen. West:
 - chris.west@senate.maryland.gov
 - Interim/Annapolis Office: (410) 841-3648 | 322 James Senate Office Bldg., 11 Bladen St., Annapolis, MD 21401

Resources:

- Bill Overviews: [HB 1451](#) and [SB 485](#)
- Bill Text: [HB 1451](#) and [SB 485](#)

9. Nevada

SB297

Designates October each year as Menopause Awareness Month, requiring the Governor to issue an annual proclamation encouraging its observance.

Introduced: March 6, 2025

Sponsored by Senator Rochelle Nguyen.

Status: Vetoed by Governor Joe Lombardo on June 2, 2025. In his veto message, “Currently, there is no need to codify additional months into law.” He suggested that the bill sponsor request a proclamation from his office before October. Currently no news that Senator Rochelle has requested.

Contact Information:

- rochelle.nguyen@sen.state.nv.us | (775) 684-1422
Address: P.O. Box 26025, Las Vegas, NV 89126-0025

Resources:

- Bill Overview: [SB297](#)
- Bill Text: [SB297](#)
- Veto Message: [SB297](#)

10. New Hampshire

HB1656 Relative to Insurance Coverage for Pelvic Health Therapy

Requires insurance coverage for pelvic floor physical therapy for pelvic-floor dysfunction, including dysfunction related to pregnancy, childbirth, gynecologic conditions, pelvic surgeries, menopause, and aging. Coverage includes one initial comprehensive evaluation and twelve weeks of supervised therapy, including therapeutic exercises, biofeedback, vaginal or rectal manual therapy, myofascial release, neuromuscular retraining, bladder or bowel retraining, behavior modification, education, pelvic girdle stabilization, and telehealth or group sessions.

Introduced: January 7, 2026

Sponsored by Representatives Paige Beauchemin, Eleana Colby, Janet Lucas, et al.

Status: Following a public hearing on February 17, 2026, and executive session on February 18, 2026, the Commerce and Consumer Affairs Committee voted 15-0 to recommend Inexpedient to Legislate. The bill is unlikely to advance further in the 2026 session.

Contact Information:

- Rep. Beauchemin:
 - paige.beauchemin@gc.nh.gov
 - State House 107 N. Main St., Concord, NH 03301
- Rep. Colby:
 - eleana.colby@gc.nh.gov
 - State House 107 N. Main St., Concord, NH 03301
- Rep. Lucas:
 - janet.lucas@gc.nh.gov
 - State House 107 N. Main St., Concord, NH 03301

Resources:

- Bill Overview: [HB1656](#)
- Bill Text: [HB1656](#)

11. New York

A2698 / S1720

Amends the state's public health law to establish an awareness campaign on the use of hormone replacement therapy in treating the symptoms of perimenopause and menopause, including information on symptoms, potential health risks, the types of hormone replacement therapy available, including benefits, side effects, and current recommendations.

Introduced: A2698 on January 13, 2025, and S1720 on January 13, 2025

A2698 was introduced by Assemblymember Phara Souffrant Forrest.

S1720 was introduced by Senator Roxanne J. Persaud.

Status: Vetoed by Governor Hochul on October 16, 2025. In her veto message, "Enactment of this package of legislation would impose a cost to the department that is not accounted for in the state Financial Plan."

Contact Information:

- Asm. Forrest:
 - souffrantforrestp@nyassembly.gov
 - District Office: (718) 596-0100 | 55 Hanson Place, Brooklyn, NY 11217
 - Albany Office: (518) 455-5325 | LOB 731, Albany, NY 12248
- Sen. Persaud:
 - Persaud@nyenate.gov
 - District Office: (718) 649-7653 | 1222 East 96th Street, Brooklyn, NY 11236
 - Albany Office: (518) 455-2788 | 409 Legislative Office Building, Albany, NY 12247

Resources:

- Bill Overviews: [A2698](#) and [S1720](#)
- Bill Texts: [A2698](#) and [S1720](#)
- Veto Message: [Full list: Hochul vetoes 22 bills, signs 41 others](#)

12. Ohio

SR 445 Urge Congress to Enact Menopause Care and Mid-Life Women's Health Act

Senate resolution urging the United States Congress to enact the Advancing Menopause Care and Mid-Life Women's Health Act (federal legislation S.4246).

Offered: September 18, 2024

Sponsored by Senator Catherine D. Ingram.

Status: Stalled in the Senate Health Committee following its referral on November 12, 2024. Failed to advance before the end of the 135th Regular Session on December 31, 2024.

Contact Information:

- Message: [Contact Form](#)
- (614) 466-5980 | Senate Building, 1 Capitol Square, Ground Floor, 056, Columbus, OH 43215

Resources:

- Bill Overview: [SR 445](#)
- Bill Text: [SR 445](#)

13. Texas

HB 3814

Requires that a health benefit plan that provides prescription drug benefits provide coverage for a prescription drug to treat perimenopause or menopause.

Introduced: March 5, 2025

Introduced by Representatives Katrina Pierson, Donna Howard, and Ann Johnson.

Status: Stalled in the House Insurance Committee following its referral on March 26, 2025. Failed to advance before the end of the 89th Regular Session on June 2, 2025. Not eligible for consideration in special sessions.

Contact Information:

- Rep. Pierson:
 - Message: [Contact Form](#)
 - Capitol Office: (512) 463-0484 | Room E2.714, P.O. Box 12910, Austin, Texas 78711
 - District Office: 101 East Rusk Street, Suite 201, Rockwall, TX 75087
- Rep. Howard:
 - Message: [Contact Form](#)
 - Capitol Office: (512) 463-0631 | Room GW.11, P.O. Box 12910, Austin, Texas 78711
 - District Office: (512) 463-0631 | P.O. Box 2910, Austin, TX 78768
- Rep. Johnson:
 - Message: [Contact Form](#)
 - Capitol Office: (512) 463-0389 | Room E2.718, P.O. Box 12910, Austin, Texas 78711
 - District Office: (713) 592-0006 | 5601 West Loop S, Suite C218, Houston, Texas 77081

Resource:

- Bill Overview: [HB 3814](#)
- Bill Text: [HB 3814](#)

HB 3961

Related to the establishment of a perimenopause and menopause educational program by the Department of State Health Services regarding symptoms and treatments, the physiological process, how to communicate, and other information, and shall develop informational materials. The Department may consult with health care providers to implement the program.

Introduced: March 6, 2025

Introduced by Representative Christina Morales.

Status: Stalled in the House Public Health Committee following referral on March 27, 2025. Failed to advance before the end of the 89th Regular Session on June 2, 2025. Not eligible for consideration in special sessions.

Contact Information:

- Message: [Contact Form](#)
- Capitol Phone: (512) 463-0732 | Room GN.10, P.O. Box 12910, Austin, Texas 78711
- District Office: (713) 718-5915 | 6960 Rustic St., Ste. 107, PG, Bldg. C, Houston, TX 77087

Resources:

- Bill Overview: [HB 3961](#)
- Bill Text: [HB 3961](#)

14. Virginia

HB 1173 / SB 258 Virginia Human Rights Act; Menopause and Perimenopause Protections

Amends the Virginia Human Rights Act to prohibit discrimination based on menopause or perimenopause in public accommodations, employment, and government programs. Expands the definition of sex discrimination to explicitly include menopause and perimenopause. Establishes reasonable accommodation requirements for employees with menopause or perimenopause-related limitations, including more frequent or longer bathroom breaks, temporary job transfers, light duty assignments, and modified work schedules. Prohibits employers from denying employment or promotion, taking adverse action against employees who request accommodations, or requiring leave if alternative accommodations are available. Applies to employers with five or more employees. HB 1173 also directs the Commissioner of Labor and Industry, in consultation with the Commissioner of Health, to conduct a comprehensive study on menopause in the workforce, existing menopause-related policies, and workplace accommodations, with recommendations due to the Governor and General Assembly by July 1, 2028.

Introduced: January 14, 2026, in the House, and January 12, 2026, in the Senate.

HB 1173 was introduced by Delegate Kathy K.L. Tran.

SB 258 was introduced by Senator Stella G. Pekarsky and Senator Angelia Williams Graves.

Status: Vetoed by Governor Abigail Spanberger on May 19, 2026. In her veto message, “Under, the Virginia Human Rights Act, women experiencing menopause or perimenopause are protected from workplace discrimination based on existing protections for age and gender.”

Contact Information:

- Rep. Tran:
 - DelKTran@house.virginia.gov
 - Capitol Office: (804) 698-1018 | General Assembly Building, Room 1113, 201 North 9th Street, Richmond, VA 23219
 - District Office: (703) 539-2066 | P.O. Box 2731, Springfield, VA 22152
- Sen. Pekarsky:
 - senatorpekarsky@senate.virginia.gov
 - Capitol Office: (804) 698-7536 | General Assembly Building, Room 621, 201 North 9th Street, Richmond, VA 23219
 - District Office: (571) 249-5907 | P.O. Box 231191, Centreville, VA 20120
- Sen. Williams Graves:
 - senatorwilliamsgraves@senate.virginia.gov
 - Capitol Office: (804) 698-7521 | General Assembly Building, Room 507, 201 North 9th Street, Richmond, VA 23219

Resources:

- Bill Overviews: [HB 1173](#) and [SB 258](#)
- Bill Texts: [HB 1173](#) and [SB 258](#)
- Veto Message: <https://lis.virginia.gov/bill-details/20261/HB1173/text/HB1173VG>

15. Wisconsin

AB381 / SB356 Perimenopause and Menopause Education

Requires the Wisconsin Department of Health Services to collaborate with healthcare providers to create menopause education materials.

Introduced: June 27, 2025, in the Senate; July 31, 2025, in the Assembly

AB381 was introduced by Representative Karen DeSanto, Representative Robyn Vining, et al.

SB356 was introduced by Senator Dianne H. Hesselbein, Senator Rachael Cabral-Guevara, et al.

Status: AB381 stalled in the Committee on Health, Aging and Long-Term Care and SB356 stalled in the Committee on Health. Both AB381 and SB356 did not advance on March 23, 2026, pursuant to Senate Joint Resolution 1, which ended the 2025-2026 legislative session.

Contact Information:

- Rep. DeSanto:
 - Rep.DeSanto@legis.wisconsin.gov
 - (608) 237-9140 | Room 7 West, State Capitol, PO Box 8952, Madison, WI 53708
- Rep. Vining:
 - Rep.Vining@legis.wisconsin.gov
 - (608) 237-9113 | Room 104 North, State Capitol, PO Box 8953, Madison, WI 53708
- Sen. Hesselbein:
 - Sen.Hesselbein@legis.wisconsin.gov
 - (608) 266-6670 | Room 206 South, State Capitol, PO Box 7882, Madison, WI 53707
- Sen. Cabral-Guevara:
 - Sen.Cabral-Guevara@legis.wisconsin.gov
 - (608) 266-0718 | Room 323 South, State Capitol, PO Box 7882, Madison, WI 53707

Resources:

- Bill Overviews: [AB381](#) and [SB356](#)
- Current Bill Texts: [AB381](#) and [SB356](#)

States to Watch: Menopause Policy in Discussion.

Two states show early menopause policy development signaling potential future legislation.

1. Arkansas

- Interim Study Proposal (ISP-2025-086) authorizes joint Senate and House committees to study perimenopause, menopause, and postmenopause health. Recommendations due December 1, 2026, with anticipated legislation for the 2027 Regular Session.
 - [Interim Study Proposal \(ISP-2025-086\)](#)

2. California

- Governor Newsom's 2026–27 budget trailer bill proposal includes provisions related to perimenopause, menopause, and postmenopausal healthcare. Following the May 2026 budget revision, the proposal retains funding of approximately \$3 million to \$3.4 million for a statewide public awareness campaign. Additional provisions would direct health plans, including Medi-Cal, to expand coverage for FDA-approved menopause treatments, require menopause screenings for patients age 40 and older during primary care and OB/GYN visits, and support professional training programs focused on menopause care. The proposal coincides with ongoing legislative activity, including AB 1940, which would add menopause-related protections to California's Fair Employment and Housing Act.
 - [First Look: Understanding the Governor's 2026-27 May Revision](#)
 - [Statement from Assemblymember Bauer-Kahan on Governor Newsom's Menopause Healthcare Budget Proposal](#)

States with Gubernatorial Proclamations

Fifteen governors issued proclamations declaring September 2025 as Perimenopause Awareness Month, demonstrating bipartisan executive recognition across diverse states: **Colorado, Georgia, Maryland, New Mexico, North Carolina, Ohio, Oregon, South Carolina, South Dakota, Texas, Wyoming, Arkansas, West Virginia, Illinois, and Vermont.**

While proclamations don't carry the force of law, they signal:

- Executive-level acknowledgment of menopause as a public health issue.
- Potential groundwork for future legislative initiatives.
- Support for educational campaigns and community awareness efforts.
- Cross-partisan recognition of the need for menopause policy.

Resource:

- [Historic First: Perry & NMF Secure State Proclamations for Perimenopause Awareness Month](#)

Note that two jurisdictions have **Menopause Awareness Month proclamations**: Pennsylvania and Washington, D.C. These proclamations acknowledge the importance of menopause awareness and education for women's health.

Resources:

- Pennsylvania: [Governor's Advisory Commission on Women Hosts Conversation on Women's Health with National Menopause Expert Dr. Sharon Malone](#)
- Washington D.C.: <https://www.instagram.com/p/DPo6ufqD1j-/>

Existing Menopause Policy Resources

Several advocacy organizations have pioneered important work in tracking menopause-related legislation, creating valuable foundational resources for policy monitoring. This section reviews existing menopause policy tracking efforts to acknowledge current work in the field and contextualize how this research builds upon and expands these initial efforts with additional detail and verification.

1. Source: A Citizen's Guide to Menopause Advocacy

- **Author:** Jennifer Weiss-Wolf, Dr. Mary Claire Haver
- **Website:** <https://thepauselife.com/pages/menopause-advocacy>
- **Links:** [A Citizen's Guide to Menopause Advocacy](#)
[2025 Summary of State Menopause Bills](#)
- **Details:**
 - Menopause legislation data as of March 31, 2025.
 - Jennifer Weiss-Wolf is the executive director of Ms. partnerships and strategy. A lawyer, fierce advocate and frequent writer on issues of gender, feminism and politics in America, Weiss-Wolf has been dubbed the “architect of the U.S. campaign to squash the tampon tax” by Newsweek. She is the author of *Periods Gone Public: Taking a Stand for Menstrual Equity*, which was lauded by Gloria Steinem as “the beginning of liberation for us all,” and is a contributor to *Period: Twelve Voices Tell the Bloody Truth*. She is the author of the forthcoming book *Generation Menopause: A User's Manual and Citizen's Guide* (Hachette US-Sheldon Press, 2026). She is also the executive director of the Birnbaum Women's Leadership Center at NYU Law.
 - Dr. Mary Claire Haver, MD, FACOG, MSCP, is a board-certified OB/GYN, Menopause Society Certified Practitioner, Certified Culinary Medicine Specialist, entrepreneur, and bestselling author. She trained at Louisiana State University Medical Center and completed her OB/GYN residency at the University of Texas Medical Branch. Seeing patients struggle with menopause inspired her to create The Galveston Diet program and her 2023 bestseller. In 2021, she launched The Mary Claire Wellness Clinic, a practice focused on menopausal care using her “Menopause Toolkit”—a mix of medical history, symptoms, nutrition, exercise, supplements, and hormone therapy. With over 3 million social media followers, Dr. Haver shares advice and learns from her community. She also founded The Pause Life, promoting lifestyle-focused menopause education, and authored the #1 New York Times bestseller, *The New Menopause*.

2. Source: Menopause Advocacy Map

- **Author/Organization:** Let's Talk Menopause
- **Website:** <https://www.letstalkmenopause.org/>
- **Link:** <https://www.letstalkmenopause.org/advocacy-map>
- **Details:**
 - The site does not include an 'as of' date for its menopause legislation data, and the information appears to be outdated.
 - Let's Talk Menopause is a national nonprofit founded in 2020-2021 to improve education, awareness, and healthcare access for the 75 million U.S. women in perimenopause, menopause, or post-menopause. Co-founders Donna Klassen, LCSW, a clinical social worker whose own surgical menopause journey inspired her advocacy, and Samara Daly, a government relations expert motivated by her challenging perimenopause experience, lead the organization's programs. They run virtual events, maintain a provider directory, track legislation, and advocate for policy change, combining personal experience and professional expertise to fill gaps in menopause information and care, including public awareness campaigns like NYC subway ads.

3. Source: "SWHR Legislative Tracker"

- **Author/Organization:** Society for Women's Health Research
- **Website:** <https://swhr.org/>
- **Link:** <https://swhr.org/policy/legislative-tracker/>
- **Details:**
 - It's for all women's health-related federal legislation and doesn't include states. You can search "menopause" for menopause specific federal legislation.
 - A national thought leader dedicated to advancing women's health and promoting research on sex differences to optimize women's health, the Society for Women's Health Research (SWHR) plays a critical role in identifying clinical and research gaps; raising awareness of diseases, conditions, and life stages that differently, disproportionately, or exclusively affect women; and promoting policies that could positively shape health outcomes for women. Over its more than 30-year history, SWHR has been advancing women's health through its core functions of science, policy, and education.

Appendix A

Research Methodology

This compilation represents one of the most comprehensive assessments of menopause-related legislation available in the United States, utilizing official state legislative databases, municipal legislative records, current bill text, and communication with legislative offices where necessary to ensure accuracy.

Data Collection Process

Primary Sources: Official websites for the 50 state legislatures, municipal legislative bodies (including city councils), sponsoring legislators, legislative staff, and bill text. Federal legislation was confirmed through Congress.gov and official House and Senate records.

Verification Standards: Legislative information was verified against the primary sources listed above. Each bill's introduction date, sponsor information, committee referrals, and current status were from bills accessed online on state, municipal, and federal legislative websites, whether in original or amended form.

Currency: This report is reviewed and updated every 90 days. The most recent update is June 4, 2026, with ongoing verification of rapidly changing bill statuses. Session calendars and deadlines were confirmed through official legislative calendars.

Accuracy Framework

Bill Text Analysis: Bill summaries presented in the report were extracted directly from bills accessed online on state, municipal, and federal legislative websites, whether in original or amended form.

Contact Information: Legislator contact details were verified through official legislative directories and office websites to ensure accuracy for advocacy purposes.

Session Timeline Verification: Legislative deadlines, recess periods, and session end dates were sourced from official legislative calendars and clerk offices where available. Due to variations in how states publish session information and the frequency of schedule changes, users should verify current session dates directly with each legislature's website before taking time-sensitive action.

Scope and Limitations

Geographic Coverage: Compilation includes all 50 states, select municipalities, plus federal legislation, focusing primarily on jurisdictions with active or recently enacted menopause-related bills. "States to Watch" represents preliminary policy development based on public executive initiatives or confirmed bill drafting.

Bill Selection Criteria: This report includes legislation that includes the keywords menopause, perimenopause, or menstrual conditions that could be interpreted to include perimenopause.

Disclaimer - Information Currency: Legislative status changes rapidly. To ensure current bill status, users of this report should visit the legislative website for the most up-to-date information. This report provides an accurate snapshot as of the publication date, but it cannot account for daily legislative developments.