

Menopause Digital Hormone Balancing App Market Report 2025 | Growth, Key Factors, and Future Trends till 2029

*The Business Research Company's
Menopause Digital Hormone Balancing
App Global Market Report 2025 – Market
Size, Trends, And Global Forecast 2025-
2034*

LONDON, GREATER LONDON, UNITED
KINGDOM, October 11, 2025

/EINPresswire.com/ -- How Much Is The

[Menopause Digital Hormone Balancing App Market](#) Worth?

The [digital hormone balancing apps market size](#) targeting menopause has seen fast-paced growth in the last few years. The projected growth indicates a rise from \$1.30 billion in 2024 to \$1.52 billion in 2025, recording a compound annual growth rate (CAGR) of 17.4%. Factors that



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aided such robust growth during the historic period include increased inclination towards comprehensive wellness methods, expanded access to telehealth services, enhanced assistance from healthcare experts, emphasized focus on preventive healthcare, and the introduction of more stringent data privacy norms.

Expectations are high for rapid expansion in the menopause digital hormone balancing app market in the coming years, with predictions of its value increasing to \$2.86 billion by 2029, exhibiting a compound annual

growth rate (CAGR) of 17.1%. This expected growth can be linked to an increased understanding of hormonal health, higher usage of smartphones, more demand for individual health management programs, acceptance of menopause as a standard life stage, and an increase in menopausal indicators. Trends to watch out for during the forecast period include advancements in predictive analytics for symptom management, developments in gamified health and wellness attributes, incorporation of menopause care into larger digital health systems, progress in natural language chatbots for customized support, and breakthroughs in community-led virtual support networks.

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What Are The Factors Driving The Menopause Digital Hormone Balancing App Market?

The rise in smartphone usage is anticipated to fuel the expansion of the menopause digital hormone balancing app market. The term smartphone penetration denotes the proportion of a population or target market that owns or utilises a smartphone actively. The growing affordability of smartphones, which broadens their reach to a larger population, is fueling increased smartphone penetration. By broadening the potential user base, elevated smartphone penetration aids menopause digital hormone balancing apps, granting more women the ability to conveniently monitor symptoms, hormones, lifestyle guidance, and access educational resources on their devices. For example, a report issued by Uswitch Limited, a UK-based online and telephone comparison and switching service provider, in February 2023 revealed that 71.8 million mobile connections were in active use in 2022, marking a 3.8% rise from 2021. By 2025, the UK population will be 68.3 million, with 95% of them owning smartphones. Hence, the surge in smartphone penetration is a key driver for the growth of the menopause digital hormone balancing app market.

Who Are The Major Players In The Menopause Digital Hormone Balancing App Market?

Major players in the Menopause Digital Hormone Balancing App Global Market Report 2025 include:

- Chorus Health Inc.
- Noom Inc.
- Maven Clinic Co.
- Forth Ltd.
- Join Olivia AB
- Clue by BioWink GmbH
- Balance App Ltd.
- Peppy Health Ltd.
- Elektra Health Inc.
- Eli Health Inc.

What Are The Key Trends Shaping The Menopause Digital Hormone Balancing App Industry?

Leading enterprises in the menopause digital hormone balancing app market are concentrating on rolling out innovative solutions. These come in the form of AI-driven menopause applications that offer customized hormone regulation, symptom monitoring, and lifestyle tips to boost women's overall health and wellness. An AI-driven menopause application is a software tool that employs artificial intelligence to keep tabs on and analyze users' health statistics. It then provides individualized advice, symptom management, and lifestyle help, specifically tailored for unique menopausal needs. For instance, Lisa Health Inc., an American digital health firm, introduced Midday in July 2022, to deliver personalized advice and resources for women grappling with menopausal symptoms. Designed to personally assist through each stage of menopause, the

app delivers tailored findings, symptom tracking, expert medical counsel, and education, all supported by Mayo Clinic's proficiency. Consequently, it fills the care gap in menopause by providing appropriate measures to enhance the health and lifestyle of women during this crucial life stage.

Which Segment Accounted For The Largest Menopause Digital Hormone Balancing App Market Share?

The menopause digital hormone balancing app market covered in this report is segmented as

- 1) By App Type: Symptom Tracking, Hormone Monitoring, Lifestyle Management, Educational Apps, Other App Types
- 2) By Platform: iPhone Operating System, Android, Web-Based
- 3) By Subscription Model: Free, Paid, Freemium
- 4) By End-User: Women, Healthcare Providers, Clinics, Other End-Users

Subsegments:

- 1) By Symptom Tracking: Hot Flashes, Mood Swings, Sleep Disturbances
- 2) By Hormone Monitoring: Estrogen Levels, Progesterone Levels, Testosterone Levels
- 3) By Lifestyle Management: Nutrition Guidance, Exercise Regimens, Stress Management
- 4) By Educational Apps: Menopause Education, Hormone Therapy Information, Bone Health
- 5) By Other App Types: Community Support Platforms, Virtual Consultations, Medication Reminders

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<https://www.thebusinessresearchcompany.com/report/menopause-digital-hormone-balancing-app-global-market-report>

What Are The Regional Trends In The Menopause Digital Hormone Balancing App Market?

In the Menopause Digital Hormone Balancing App Global Market Report 2025, North America was identified as the leading region in 2024. Predictions indicate that the region with the most rapid growth in the coming years will be Asia-Pacific. The report encompasses various regions, specifically Asia-Pacific, Western Europe, Eastern Europe, North America, South America, the Middle East, and Africa.

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