Ontario and Toronto menopause resources

Navigation and coverage questions | original edition

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

Eligibility, referral requirements, wait times and fees can change. Confirm details directly with the clinic, hospital, pharmacist or program.

Ontario coverage questions

- OHIP generally covers medically necessary insured physician and hospital services; exact coverage depends on the service, setting and eligibility.
- Private menopause consultations, pelvic-floor physiotherapy, counselling, supplements, forms and devices may be privately paid, employer-insured or program-dependent.
- Prescription medicines outside hospital are generally not covered by OHIP. ODB, OHIP+, Trillium, Exceptional Access and private plans have different rules.
- Ask the clinic, hospital, pharmacist or program to confirm fees, referral requirements and eligibility.

Navigation

- Health811: call 811 for non-emergency nurse advice and service navigation; it is not an emergency service.
- Ontario Health's menopause quality standard describes evidence-based identification, treatment options and referral expectations.
- Women’s College Hospital Menopause Clinic is a Toronto resource; confirm current eligibility and referral rules directly.
- In an emergency, call 911 or go to the nearest emergency department.

Sources opened and checked 20 November 2026

Ontario Health / SOGC menopause quality standard: https://www.sogc.org/common/Uploaded%20files/HUB%20Pages/menopause/qs-menopause-en.pdf

SOGC Guideline 422a: https://sogc.org/common/Uploaded%20files/ACSC/ACSC2024/gui422aCPG2110E.pdf

SOGC Menopause Tool: https://sogc.org/en/en/content/events/HUB-Pages/Menopause-Tool.aspx

Canadian Menopause Society pocket guide: https://www.canadianmenopausesociety.org/sites/default/files/pdf/publications/Pocket%20Guide%20-%20udpated%202023%20Final.pdf

Osteoporosis Canada menopause and bone health: https://osteoporosis.ca/menopause-and-bone-health/

Government of Canada menopause guide: https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/women-diversity-health/health-guide/wdh-menopause-guide.html

Government of Canada clinician guide: https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/women-diversity-health/womens-health-care-clinicians/medical-management-menopause-symptoms.html

HealthLink BC post-menopause: https://www.healthlinkbc.ca/healthwise/post-menopause

The Menopause Society hormone therapy: https://menopause.org/patient-education/menopause-topics/hormone-therapy

The Menopause Society position statements: https://menopause.org/professional-resources/position-statements

NICE NG23 menopause guideline: https://www.nice.org.uk/guidance/ng23/resources/menopause-identification-and-management-pdf-1837330217413

NHS menopause and perimenopause treatment: https://www.nhs.uk/conditions/menopause-and-perimenopause/treatment/

Endotext: The Postmenopausal Women: https://www.ncbi.nlm.nih.gov/sites/books/NBK279050/