

When a patient brings Apple's perimenopause notification

A one-page orientation, revised August 2026 — latest version at perigee-app.com/clinicians. Apple has previewed the feature for iOS 27, expected fall 2026; details may shift at release.

WHAT THE NOTIFICATION IS

With iOS 27, the Health app will be able to read a user's logged menstrual-cycle history — Apple describes using about six months of it — and notify users **40 and older** when repeated deviations look consistent with perimenopause. It draws on **logged cycles, not Apple Watch sensors**; no wearable is required. Apple positions it as a prompt to pay attention, with symptom logging and educational content alongside — a statistical flag, not a clinical finding.

- An unexpected notification can also reflect incomplete or irregular logging, or cycle changes from thyroid conditions, stress, medications, and other causes unrelated to the transition.
- Unexplained bleeding changes warrant evaluation on their own merits, regardless of what an app says.

WHAT AN APPLE WATCH RECORDS OVERNIGHT

- **Heart-rate variability** (SDNN, ms) and **respiratory rate** during sleep.
- **Sleep duration and awakenings**, dated per night.
- **Wrist temperature** (Series 8 or later, SE 3, or Ultra) as a nightly deviation from a personal baseline — relative, not core temperature.
- **Resting heart rate** is a daytime estimate: Apple computes it from waking rest, not from sleep.

Perigee does not use these readings to detect, stage, or rule out perimenopause or vasomotor symptoms. What they offer is context, not conclusions: dated trends against the patient's own baseline, next to what she reports.

IF A PATIENT HANDS YOU A PERIGEE SUMMARY

Some patients may bring a short summary generated by our app, Perigee — made on her iPhone (nothing uploaded), over a window she picks: 4, 8, or 12 weeks. It contains:

- Night-by-night charts of HRV, wrist temperature, sleep and respiratory rate — each against her own usual range; missed nights stay gaps.
- Her symptom log (type, frequency, intensity 1–3) and dated HRT log, on the same timeline. It never suggests medication changes.
- Averages with nights of data noted; daytime resting heart rate as an average and range.

"This is a wellness summary, not a diagnosis. It compares Apple Watch readings with what's usual for you and is meant to support a conversation with your doctor. It does not detect, diagnose or stage a condition, and it never recommends medication changes."

Printed on every report. Actual sample:

perigee-app.com/clinicians/perigee-sample-report.pdf

Sources: Apple's published preview of iOS 27 Cycle Tracking (June 2026) · Apple Watch wrist-temperature documentation, support.apple.com/102674 · ACOG patient guidance on perimenopausal bleeding, [acog.org](https://www.acog.org).