

CHAPTER 175

AN ACT concerning menopause and supplementing Title 45 of the Revised Statutes.

BE IT ENACTED *by the Senate and General Assembly of the State of New Jersey:*

C.45:9-7.10 Continuing medical education credits, State Board of Medical Examiners, study of menopause.

1. a. As used in this section:

“Menopause” means the biological process during which a woman’s hormone levels change, the woman permanently stops having menstrual periods, and is diagnosed after 12 months without a menstrual period. “Menopause” shall include the period known as “perimenopause,” during which the body makes the transition into menopause.

b. The State Board of Medical Examiners shall:

(1) require that the number of credits of continuing medical education required of each person licensed as a physician, as a condition of biennial registration pursuant to section 1 of P.L.1971, c.236 (C.45:9-6.1), include up to three optional credits of educational programs or topics concerning menopause . The continuing medical education requirement in this subsection shall be subject to the provisions of section 10 of P.L.2001, c.307 (C.45:9-7.1);

(2) track participation consistent with paragraph (1) of this subsection; and

(3) adopt rules and regulations if necessary to effectuate the purposes of this section pursuant to the "Administrative Procedure Act," P.L.1968, c.410 (C.52:14B-1 et seq.).

c. The optional credits of educational programs and topics concerning menopause established in subsection b. of this section may include information on the physiological and psychological aspects of menopause; available treatments, including hormone therapy and alternative options; health risks associated with menopause, such as cardiovascular health, osteoporosis, and mental health; best practices for screening, diagnosis, and management of menopause-related conditions; and patient communication strategies for discussing menopause and women’s health issues.

d. The optional credits under this section shall be made available through a variety of formats to ensure accessibility for all physicians, including online courses, webinars, workshops, and in-person seminars. These options shall permit physicians to complete the educational programs or topics concerning menopause at their own pace and according to their schedules.

e. Physicians who choose to complete the menopause and women’s health education programs shall receive continuing medical education credits toward their required 100 continuing medical education credits for license renewal. These credits shall count toward the total continuing medical education hours required, which includes a focus on patient safety, medical ethics, and other essential medical topics.

f. Nothing in this section shall prevent a physician from completing additional continuing education credits of educational programs or topics concerning menopause for satisfaction of their continuing education requirements.

C.45:11-26.5 Continuing medical education credits, New Jersey Board of Nursing, study of menopause.

2. a. As used in this section:

“Menopause” means the biological process during which a woman’s hormone levels change, the woman permanently stops having menstrual periods, and is diagnosed after 12 months without a menstrual period. “Menopause” shall include the period known as “perimenopause,” during which the body makes the transition into menopause.

b. The New Jersey Board of Nursing shall:

(1) require that the number of credits of continuing education required for nurses, as a condition of license renewal, include up to three optional credits of educational programs or topics concerning menopause;

(2) track participation consistent with paragraph (1) of this subsection; and

(3) adopt rules and regulations if necessary to effectuate the purposes of this section pursuant to the "Administrative Procedure Act," P.L.1968, c.410 (C.52:14B-1 et seq.).

c. The optional credits of educational programs and topics concerning menopause established in this section may include information on the physiological and psychological aspects of menopause; available treatments, including hormone therapy and alternative options; health risks associated with menopause, such as cardiovascular health, osteoporosis, and mental health; best practices for screening, diagnosis, and management of menopause-related conditions; and patient communication strategies for discussing menopause and women's health issues.

d. The optional credits under this section shall be made available through a variety of formats to ensure accessibility for all nurses, including online courses, webinars, workshops, and in-person seminars. These options shall permit nurses to complete the educational programs or topics concerning menopause at their own pace and according to their schedules.

e. Nurses who choose to complete the menopause and women's health education programs shall receive continuing education credits toward their required continuing education credits for license renewal. These credits shall count toward the total continuing education hours required.

f. Nothing in this section shall prevent a nurse from completing additional continuing education credits of educational programs or topics concerning menopause for satisfaction of their continuing education requirements.

3. The Division of Consumer Affairs shall promote awareness of this act, P.L.2025, c.175 (C.45:9-7.10 et al.) by providing notice on its website.

4. This act shall take effect 180 days following enactment.

Approved December 19, 2025.