

## MEET MIDI

# Expert virtual care for women in midlife

What you're going through is real. Activision Blizzard has partnered with Midi to bring you real relief. Take ownership over your wellbeing during perimenopause and menopause with the help of Midi clinicians.



My new dose is working!  
I'm feeling so much better.



Great to hear. And I just received your labs, so let's review.



## HOW MIDI WORKS

1

### Schedule your visit

Go to [joinmidi.com/abk](https://joinmidi.com/abk) to create an account, fill out a health questionnaire, and pick a time that's convenient for you. We're completely virtual, so expert care is just a video call away.

2

### Meet with your Midi clinician

She'll take the time to listen to your concerns, symptoms, and medical history, then create your personalized Care Plan. You'll leave ready to start feeling better! If you need tests, Midi's care coordinators will send you to a convenient local lab.

3

### Get all the follow-up visits you need

We stick with you through your menopause journey, adjusting treatments and addressing new issues with a wide range of solutions. Your Care Plan and lab results are easy to share with your other doctors whenever you'd like.

Start your Midi journey at  
[joinmidi.com/abk](https://joinmidi.com/abk)

## WHAT MIDI TREATS



Hot flashes



Trouble sleeping



Weight changes



Painful sex



Brain fog



Mood issues



Period problems



Hair/skin changes



Menopause after cancer



Menopause with cancer risk



Bone loss



Preventative care

# It's not you, it's your hormones

Hormonal change is at the root of dozens of symptoms women experience in midlife. That's why Activision Blizzard has partnered with Midi's team of perimenopause and menopause specialists to guide you towards safe, effective solutions.

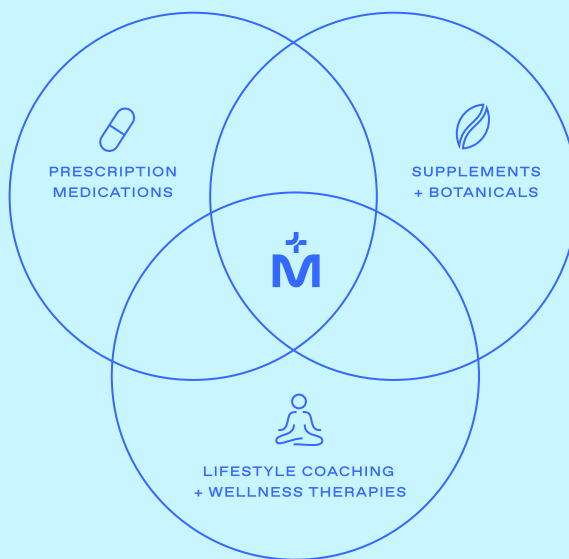


## WHO'S COVERED?

Midi Health is available to Collective Health and Centivo plan members.

Start your Midi journey at  
[joinmidi.com/abk](https://joinmidi.com/abk)

## OUR TREATMENTS



Your experience of menopause is unique.  
So is your Midi Care Plan.

Your treatment options include a  
personalized combination of:

- FDA-approved hormonal prescriptions, including hormone replacement therapy (HRT)
- Non-hormonal prescriptions
- Supplements + botanicals
- Lifestyle coaching
- Wellness therapies

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My clinician gave me the time I needed and had super actionable suggestions. I'm sleeping better than I have in 20 years!

Midi patient L.B., 49

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The Midi team was genuinely interested in my entire history, my progress, and my outcomes. I'm finally on the right track. Thank you, thank you!

Midi patient C.C., 52

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I was tired, I'd gained weight, and I just thought this is what it looks like to be 50. Then, Midi offered up solutions I'd never known existed. My experience was fantastic!

Midi patient L.L., 50

