

## + MIDI

Get expert menopause telehealth care, covered by insurance.

Trouble sleeping

**Weight Changes** 

**Brain Fog** 

Hair/Skin Changes

**Hot Flashes** 

Painful Sex

**Period Problems** 

**Bone Loss** 

**Mood issues** 

Menopause after cancer

Menopause with cancer risk



Midi's midlife specialists guide you toward safe, effective solutions for the symptoms of perimenopause and menopause. Because your body changes in midlife—your healthcare should, too.

The Midi journey starts with a convenient virtual visit. Your clinician will discuss your symptoms and health history, help you get any necessary lab tests, and create a personalized Care Plan.

## Your regimen may include:

- FDA-approved hormonal medications
- Non-hormonal medications
- Supplements
- Lifestyle coaching
- Wellness therapies

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



Start your Midi journey at joinmidi.com/abk