Expert virtual care for perimenopause and menopause

Covered by insurance

Perimenopause and menopause bring real symptoms that deserve real relief.

We have partnered with Midi Health to connect you to expert clinicians who can help.



It’s not you, it’s your hormones

Most healthcare providers aren't trained in menopause care. Midi clinicians specialize in treating dozens of symptoms and health risks related to women’s hormonal changes.



Who’s covered?

We are excited to offer Midi's virtual menopause care benefit to employees and their partners/dependents through our employee health plan.

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
- Preventive care concerns

Start your Midi journey at
joinmidi.com/menopausebenefit

Midi

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

Your treatment options include a personalized combination of:

- Hormone therapy
- Non-hormonal prescriptions
- Supplements
- Lifestyle coaching
- Wellness therapies

Clinical protocols are developed by world-class experts and aligned with:

ACOG
American College of Obstetricians & Gynecologists

The Menopause Society™

How Midi works

1. Schedule your visit

Go to joinmidi.com/menopausebenefit 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

Midi clinicians take the time to listen to your concerns, symptoms, and medical history. Then they create a personalized Care Plan that includes a wide range of solutions. If you need tests, care coordinators will refer you to a convenient lab.

3. Get all the follow-up visits you need

We stick with you through your menopause journey, addressing new issues as they arise and adjusting treatment as needed. You can also easily and securely share your Care Plan and lab results with other healthcare professionals.

"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

"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

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

Midi patient L.L., 50

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