Midi

[Expert] virtual care for perimenopause and menopause

Covered by insurance



Discover real relief

Hormonal changes in midlife can bring on a host of symptoms that are often misunderstood. Midi can help you find safe, effective solutions.

Midi connects you to expert clinicians via virtual visits. After discussing your concerns and health history, they help you get any necessary lab tests and create a personalized Care Plan to meet your needs.

Your regimen may include:

- **FDA-approved hormonal medications**
- **Non-hormonal medications**
- **Supplements and botanicals**
- **Lifestyle coaching**
- **Wellness therapies**

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

**Coverage varies by plan; deductibles, coinsurance, and copays may still apply.*

- **Trouble sleeping**
- **Weight changes**
- **Brain fog**
- **Hair & skin changes**
- **Hot flashes**
- **Painful sex, low libido**
- **Period problems**
- **Bone loss**
- **Mood issues**
- **Menopause after cancer**
- **Menopause with cancer risk**

Start your Midi journey at **joinmidi.com/menopausebenefit**