Cancer survivors & high-risk women deserve expert menopause care

Midi Health is the only virtual care clinic that provides personalized menopause treatment for ALL women—including those with a history or high risk of cancer—so they can feel their best.

Wherever you are in your cancer journey, and whatever your diagnosis, we can help.



Treatment as unique as you are

We know that you may have a complex health story. That's why a specialist in survivorship and cancer will guide your care.

You may not be a candidate for hormone therapy, but you can still find relief from symptoms like hot flashes and vaginal dryness. Midi guides you toward the right combination of alternatives for you.

At risk of cancer?

If you're at a higher risk of developing cancer because of your health history or a genetic mutation, we'll counsel you in screening and prevention strategies. We can also help you think through the options for preventive surgery and create a customized Care Plan that meets your needs.

Pricing and insurance

Midi is in-network with most major insurance plans. Visit **joinmidi.com/pricing-insurance** to check your coverage.

If you're uninsured or Midi care is out-of-network under your plan, we also accept cash payment for services. Visits are between $120-250, depending on visit length and care complexity.

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What Midi treats

- Menopause after cancer
- Menopause with cancer risk
- Weight changes
- Painful sex
- Brain fog
- Mood issues
- Period problems
- Hair/skin changes
- Hot flashes
- Trouble sleeping
- Bone loss
- Preventive care concerns

Our treatments

Your Midi clinician will explain a variety of options. Together, you'll decide which will become part of your personalized plan.

Treatment may include a combination of:

- **FDA-approved non-hormonal and hormonal prescriptions**
- **Supplements**
- **Lifestyle coaching**
- **Wellness therapies**



Care led by world-class experts

Midi's Chief Clinical Officer, Mindy Goldman, MD, is a nationally recognized expert in the menopause symptoms cancer survivors experience. She designed our holistic approach to treatment and oversees our care for cancer survivors and at-risk women.

Start your Midi journey at joinmidi.com/cancer

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My perimenopausal and post-breast cancer issues are well under control thanks to Midi's personalized approach and availability of leaders in the field of women's health.

Midi patient S.S., 52

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Through Midi, I was able to get guidance from an expert in menopause and cancer survivorship. My clinician provided me with advice, education, and a plan that was tailored specifically for my complex needs. We discussed genetics, my treatment plan and alternatives. It was such a relief to feel understood and supported, all without leaving home.

Midi patient K.G., 56

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The appointment was very easy to schedule and finally I have access to this type of specialized care after years of trying with my regular doctors. My clinician was very informative and took the time to listen to me and tailor her recommended course of action based on my individual needs.

Midi patient V.H., 49

How Midi works

1. **Schedule your visit**
   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**
   They’ll take the time to listen to your concerns, symptoms, and medical history, then create your personalized Care Plan. We partner with you and your cancer team to find the most effective treatment that follows the guidelines of all major cancer organizations.

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 needed.



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