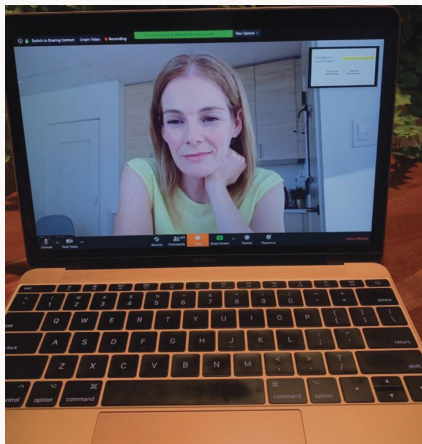




Menopause Support

All women experience menopause differently. Kindbody's menopause support includes preventative health and hormone replacement therapy, as well as diet and lifestyle modifications to address menopausal symptoms. Kindbody additionally provides access to nutritionists, therapists, and coaches who specialize in menopausal issues.



Program Features

- Virtual visit with Kindbody specialty providers
- Lifestyle assessment
- Kind-at-Home hormone testing
- Virtual follow-up to review results
- Referral and navigation to local in-network providers including primary care physician and gynecologist
- Psychologists/psychiatrists
- Prescription hormone therapy (if needed)
- Up to 8 holistic health sessions based on needs



Kindbody patient navigators



E-books, webinars, workshops, and support groups



Menopause community



Blogs, content, on demand educational videos

Get Started

- 1** Head to kindbody.com/activate and create your Kindbody account using any email address
- 2** Confirm eligibility by entering your access code **KINDFAMILY** and your Unique ID. Your Unique ID is your employee ID; for your spouse/domestic partner this is the employee ID + 'S' at the end. *Example: if the employee unique ID is 1234, then the spouse Unique ID is 1234S.*
- 3** Book your virtual visit and **start your Kindbody journey!**