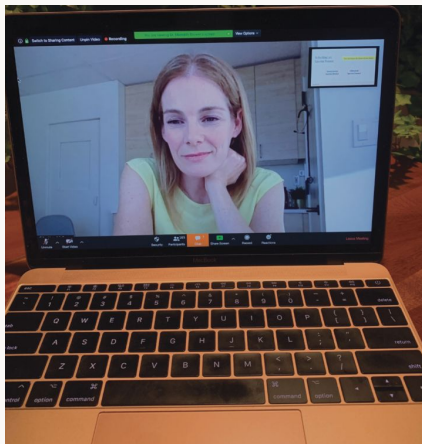




Menopause Support

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

- 2 virtual visits with a Kindbody specialty provider*
- Lifestyle assessment
- Prescription hormone therapy (if needed)*
- Up to 3 holistic health sessions based on your unique symptoms/needs
- Referral and navigation to local in-network providers including primary care physician, gynecologist, and psychologists/psychiatrists

**Billed to your major medical plan*



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 and your unique ID.
 - Your access code is **KINDNFP**
 - Your unique ID is your employee ID; for your spouse, the unique ID is the employee ID+ '01'; Child/Children - Member should contact Kindbody to register

Example: If the employee unique ID is 1234, the spouse Unique ID is 123401
- 3** Book your virtual visit and **start your Kindbody journey!**