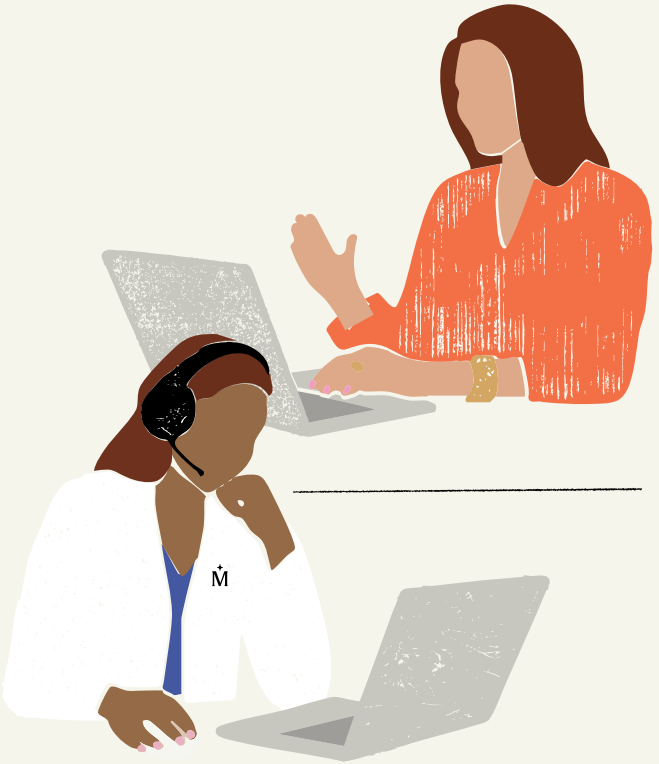


It's Not You, It's Your Hormones



Meet Midi: The virtual menopause clinic
covered by insurance

MidiHealth |  DELTA DENTAL®

Get started at joinmidi.com/deltadental












Hormonal Changes in Midlife

The hormones estrogen and progesterone decline in women ages 35–65. Eventually, periods stop and you reach **menopause**.

But related symptoms can start—and often be most severe—in the transition time leading up to this known as **perimenopause**.

This is normal, but that doesn't make it easy.

Peri/menopause can impact how you feel physically and mentally. Symptoms can include:

-  Hot flashes, night sweats
-  Low libido
-  Trouble sleeping
-  Brain fog
-  Mood issues
-  Weight changes
-  Fatigue
-  Vaginal dryness, painful sex
-  Hair/skin changes

Hormonal changes can also increase certain health risks.

Say Hello to Midi Health

A leading virtual clinic for women in
or approaching menopause

WHAT DOES MIDI DO?

Midi connects you with a menopause expert via virtual visits. You'll receive a personalized Care Plan that may include:

- Hormonal and/or non-hormonal medications
- Supplements and botanicals
- Lifestyle strategies

HOW ARE MIDI CLINICIANS TRAINED?

All Midi clinicians are licensed, experienced health professionals. Our industry-leading training program ensures they are highly specialized in women's midlife care.

DOES MIDI TAKE INSURANCE?

Yes, Midi is covered by most insurance plans.

Midi also accepts cash payment. Visit

joinmidi.com/pricing-insurance for details.

“

My life has changed thanks to Midi. Within two weeks of starting my Care Plan, my hot flashes disappeared. In the last two months, I've lost 10 pounds. I feel like I can breathe again.

- KELLEYENE P.

Getting Started Is Easy



SIGN UP AND SCHEDULE A VISIT

Go to joinmidi.com/deltadental to create an account and choose a convenient time for your first video visit.



MEET WITH YOUR MIDI CLINICIAN

Share your symptoms, health history, and treatment preferences. Receive your personalized Care Plan, prescriptions, and referrals for any necessary testing and speciality care.



GET ONGOING SUPPORT

Schedule follow-up Midi visits for ongoing monitoring, to address new concerns, or to adjust your treatment plan.

91% of women feel better within the first 2 months of meeting with Midi

NEXT STAGE™ WOMEN'S HEALTH

Delta Dental's Next Stage™ Women's Health takes a whole-health approach to menopause and pregnancy by offering enhanced dental benefits and comprehensive care.



Scan the QR code or visit joinmidi.com/deltadental to schedule your first visit within minutes.

MidiHealth |  **DELTA DENTAL**®