

# Personalized menopause care through your primary care benefit

Menopause is a natural stage of life — yet it's one of the least understood and supported in healthcare. Through your sponsored One Medical benefit, you can access personalized perimenopause and menopause care alongside comprehensive primary care.

## Personalized care for your journey

One Medical providers understand and treat the full spectrum of symptoms:

- ✓ Hot flashes and night sweats
- ✓ Mood changes and brain fog
- ✓ Sleep difficulties
- ✓ Weight fluctuations and more

## The One Medical menopause experience



In-Person and Video Visits with trained providers\*



Onsite lab testing specific to your health and hormones



24/7 Video Care through the One Medical app



Personalized treatment options, from lifestyle guidance to medication



Ongoing support throughout your health journey



### What members are saying

"I truly trust Dr. Kelsey as she's very knowledgeable, takes the time to thoroughly explain my treatment options, and is responsive through messaging whenever I have concerns."

– Melissa A. in Austin, TX

## Plus, comprehensive primary care for all your health needs

- ✓ Preventive care
- ✓ Mental health support
- ✓ Chronic condition management
- ✓ Same/next-day appointments

Our inclusive care supports all patients, including transgender and nonbinary individuals. Talk with a provider about creating a care plan tailored to you.

\*In-Person and Video Visits are billed to your insurance; copays and deductibles may apply. Remote Visits are only available in states with One Medical offices. Peri/Menopause Visits available in every One Medical region, not always every office.

## Activate your sponsored membership today.

The cost of membership is covered for you, your spouse/partner, and dependents. Sign up now at [onemedical.com/myhealth](https://onemedical.com/myhealth).

Already a Member? Book an Initial Peri/Menopause Visit today.

