MidiHealth | aetna®

Expert virtual care for perimenopause and menopause

Covered by insurance.
Now available nationwide.



Trouble sleeping ✦ Weight changes ✦ Brain fog ✦ Hair & skin changes
Hot flashes ✦ Painful sex, low libido ✦ Period problems ✦ Bone loss
Mood issues ✦ Menopause after cancer ✦ Menopause with cancer risk

Discover real relief

Hormonal changes in midlife can bring on a host of symptoms that are often misunderstood. Midi's expert clinicians can help you find safe, effective solutions.

Midi connects you to expert clinicians via virtual visits. After discussing your symptoms and health history, they help you get any necessary lab tests and create a personalized Care Plan.

Your regimen may include:

- FDA-approved hormonal medications
- Non-hormonal medications
- Supplements and botanicals
- Lifestyle coaching
- Wellness therapies

Midi Health has teamed up with Aetna to offer expert virtual menopause care for members with Aetna health plans.

Start your Midi journey at
joinmidi.com/aetna