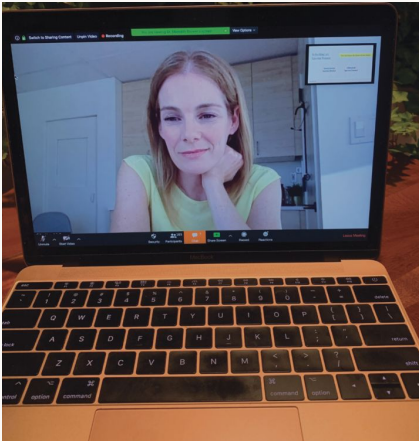




# Menopause Program

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, gynecologist, and psychologists/psychiatrists
- Prescription hormone therapy (if needed)
- Up to 3 holistic health sessions based on needs

*\*Visits with a Kindbody physician or board certified gynecologist will be covered under your major medical plan. These services are subject to any applicable copay, deductible or coinsurance under your respective 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](https://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 **KINDSPRINKLR** and your unique ID is your Workday employee ID; for your spouse/domestic partner, the unique ID is the Workday employee ID+ 'A'.
- 3** Book your virtual visit and **start your Kindbody journey!**