

Introducing Gennev.

An in-network virtual provider specializing in holistic menopause and midlife health for women.



As women get older, menopause becomes a natural part of the journey — but that doesn't mean it's easy. From hot flashes and brain fog to mood swings and sleep disruptions, menopause can affect nearly every part of life. And while it's a natural phase, that doesn't mean women should have to navigate it alone. With the right care and support, women can feel more like themselves and take charge of this stage with strength and clarity.

Offered as part of your Cigna Healthcare® medical plan, **Gennev** offers virtual menopause care led by board-certified OB/GYNs and Registered Dietitian Nutritionists, available in all 50 states. Care plans are tailored to each individual's physical, emotional, and lifestyle needs, helping women manage symptoms and protect long-term health.

Their patient-centered approach includes:



Evidence-Based Therapies

- Hormone Replacement Therapy (HRT)
- FDA-approved non-hormonal medications
- Birth control for symptom management



Lifestyle & Behavioral Support

- Nutrition and weight management
- Sleep and fatigue solutions
- Mood and emotional wellness
- Mindfulness and stress reduction



Expert-Led Care Team

- Board-Certified OB/GYNs
- Registered Dietitian Nutritionists
- Behavioral Health Specialists



Convenient Virtual Access

- Available in all 50 states
- Private, 30-minute telehealth visits
- Most appointments are available within a week

Menopause is not one size fits all. Everyone's symptoms and wellness goals are unique and your treatment plan should be too.

To learn more or sign up, visit www.gennev.com or find them on myCigna.

Most appointments are available in less than a week; Monday – Friday, 7am to 8pm EST.



Offered by Cigna Health and Life Insurance Company

*Standard copays or coinsurance will apply.

Cigna Healthcare provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and all services may not be available in all areas; subject to state regulations. Referrals are not required. Video may not be available in all areas or with all providers. Refer to plan documents for complete description of virtual care services and costs. Includes eligible in-network preventive care services. Some preventive care services may not be covered, including most immunizations for travel. Reference plan documents for a list of covered and non-covered preventive care service.

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