

Introducing Midi.

An in-network virtual provider specializing in menopause and perimenopause care for women



Hormonal changes are a natural part of life, and every woman experiences them in her own unique way, but often times these shifts can bring challenges. There are more than 34 potential symptoms of menopause that can easily be confused with other conditions. But when you know the signs and the resources available to you, it can help make this stage of life one of your most healthy, joyful, and productive yet.

Offered as part of your Cigna Healthcare® medical plan, **Midi** – founded by women for women – has the largest national network of licensed clinicians specializing in treating dozens of women’s midlife hormonal changes and health concerns.

With Midi, you simply create an account, complete a questionnaire and pick a time that’s right for you.* Midi clinicians take the time to listen to your concerns, symptoms, and medical history. They create a personalized Care Plan, can coordinate tests and referrals as needed and stick with you throughout your journey – addressing new issues as they arise and adjusting treatment as needed.



Their patient-centered approach combines medical and lifestyle support to create personalized, sustainable Care Plans for long-term symptom management through a combination of:

- FDA-approved hormonal prescription, including hormone replacement therapy (HRT)
- Non-hormonal prescriptions
- Supplements and botanicals
- Lifestyle coaching
- Wellness therapies

Your experience of menopause is unique. So is your Midi Care Plan. To learn more or start your Midi journey, visit joinmidi.com/cigna or find them on myCigna. Midi offers flexible appointment options, including early mornings, evenings, and weekends, so you can find a time that works best for your schedule.

Midi

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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