

Expert virtual care for perimenopause and menopause

Covered by insurance.
Now available nationwide.



Aetna is proud to partner with Midi Health's virtual menopause care benefit to support Aetna employees and their family members during this important life phase. We know how difficult it is to find clinicians with the expertise to treat women effectively and holistically in midlife and those transitioning through the stages of menopause.



Start your Midi journey at
joinmidi.com/aetna

MidiHealth |  aetna®

It's not you, it's your hormones

Most healthcare providers aren't trained in menopause care. Midi clinicians specialize in treating the dozens of symptoms that can stem from the hormonal changes of midlife.



WHAT MIDI TREATS

Hot flashes

Trouble sleeping

Weight changes

Painful sex

Brain fog

Mood issues

Period problems

Hair/skin changes

Menopause after cancer

Menopause with cancer risk

Bone loss

Preventative care

WHO'S COVERED?

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



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MidiHealth | 

OUR TREATMENTS

Your experience of menopause is unique. So is your Midi Care Plan.

Your treatment options include a personalized combination of:



FDA-approved hormonal prescriptions, including hormone replacement therapy (HRT)



Non-hormonal prescriptions



Supplements & botanicals



Lifestyle coaching



Wellness therapies

Clinical protocols are developed by world-class experts and aligned with:



HOW MIDI WORKS

1. Schedule your visit

Go to joinmidi.com/aetna to create an account, fill out a health questionnaire, and pick a time that's convenient for you. We're completely virtual, so expert care is just a video call away.

2. Meet with your Midi clinician

Midi clinicians take the time to listen to your concerns, symptoms, and medical history. Then they create a personalized Care Plan that includes a wide range of solutions. If you need tests, care coordinators will refer you to a convenient lab.

3. Get all the follow-up visits you need

We stick with you through your menopause journey, addressing new issues as they arise and adjusting treatment as needed. You can easily and securely share your Care Plan and lab results with your other doctors as you see fit.

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My clinician gave me the time I needed and had super actionable suggestions. I'm sleeping better than I have in 20 years!

Midi patient L.B., 49

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The Midi team was genuinely interested in my entire history, my progress, and my outcomes. I'm finally on the right track. Thank you, thank you!

Midi patient C.C., 52

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I was tired, I'd gained weight, and I just thought this is what it looks like to be 50. Then, Midi offered up solutions I'd never known existed. My experience was fantastic!

Midi patient L.L., 50



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