

Embracing the Change:

Your Menopause Resource Guide

Menopause can significantly impact a woman's quality of life and overall health. It also increases the risk for conditions such as osteoporosis, heart disease, and urogenital issues. Access to timely information, treatment, and support can help manage symptoms and promote long-term well-being. If you're experiencing symptoms or have questions about menopause, talk to your primary care provider or OB/GYN.

Below is a listing of Menopause Resources available to you.

What's Included in your Medical Plan Benefits?

Blue Shield of California

Midi Health (HDHP Plan Participants)

Midi Health is an In-Network provider for HDHP plan participants and offers virtual face-to-face access to menopause-trained practitioners at 10% coinsurance after your deductible has been met. Based on your unique symptoms, medical history, lifestyle, and care preferences, your Midi clinician will create a tailored Care Plan that provides you with comfort and confidence.

Visit <https://www.joinmidi.com/> to learn more and schedule your first virtual visit.

Healthwise Knowledgebase

Blue Shield and Magellan Health partner to bring Healthwise, a knowledgebase that provides resources and information related to behavioral health, mental health, and preventative health. Articles include topics of Women's Health, Menopause, Ovarian Insufficiency and much more. Visit [Healthwise.net/magellanhealth](https://www.healthwise.net/magellanhealth) for more information.

Contact **Blue Shield of California** for more information at (888) 256-1915 or visit [blueshieldca.com](https://www.blueshieldca.com).

Kaiser

My Doctor Online

Kaiser's My Doctor Online provides timely and convenient care options through quick and convenient E-visits. Providers are available to help provide symptom management, understanding health impacts, and knowledge resources surrounding all phases of menopause, including perimenopause, menopause, and post menopause.

Visit <https://mydoctor.kaiserpermanente.org/ncal/home/> for more information.

Health Encyclopedia – Women's Health

Your health changes with your age and life experience. Whether you're going through parenthood, menopause, or beyond, you need care that helps you prioritize your total health. Explore various health topics related to women's health to help guide and support you as you build a relationship with your doctor to help you get care tailored to your needs.

Visit healthy.kaiserpermanente.org/health-wellness/womens-health for more information.

Navigating Menopause – Online Class and Resources

Kaiser offers a 2-hour virtual class led by ObGyns certified as menopause specialists to help women learn how to manage the menopause transition (perimenopause, menopause, and post menopause). Learn evidence-based strategies and options for managing symptoms and maintaining your overall health and wellbeing. This class is offered at no cost to you.

Visit healthy.kaiserpermanente.org/northern-California/health-wellness/classes-programs to learn more and register for the next online class.

Contact **Kaiser** for more information at (800) 464-4000 or visit [KP.org](https://kp.org) for more information.

Supplementary Resources Accessible to Everyone

Mental Wellbeing Support through Hewlett

Claremont – Call (800) 834-3773 or visit [Claremonteap.com](https://claremonteap.com)

Spring Health - Call (240) 558-5796 or visit [Springhealth.com](https://springhealth.com)

Balance

Balance is a hormone website and app that provides menopause support inclusive and accessible to everyone, globally. With the world's biggest menopause library, Balance provides medically-approved content to educate and empower women during this time of their lives.

Learn more by visiting <https://www.balance-menopause.com/> or downloading the app via Google Play or App Store for free [HERE](#).

Let's talk Menopause!

Let's Talk Menopause is a national nonprofit organization invested in changing the conversation around menopause so that women can access the information they need and the healthcare they deserve. Resources include Podcasts, monthly live Menopause Talks, Live events, ask the expert articles, and much more.

Visit LetsTalkMenopause.org to learn more and register for their next Live Menopause Talk.

