



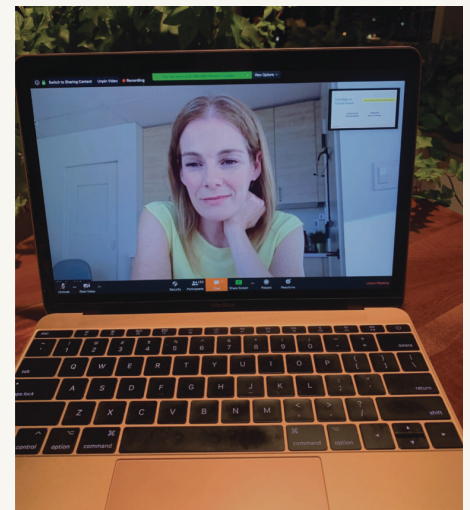
# Menopause Support

## Program Overview

All women experience menopause differently. Our 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 specialized in menopausal issues.

## Program Features

- Virtual visit with Kindbody physicians or board certified gynecologists
- Lifestyle assessment
- Hormone and diagnostic testing
- Referral and navigation to local in-network providers
  - Primary care physician
  - Gynecologist
  - Psychologists / psychiatrists
- Virtual follow-up to review results
- Prescription hormone therapy (if needed)
- Three holistic health sessions based on individual needs
- Kindbody patient navigators
- E-books, webinars, workshops, and support groups
- Menopause community
- Blogs, content, on demand educational videos



## How to Get Started with Kindbody

- 1 Head to **kindbody.com/activate**
- 2 Create your Kindbody account using your first name and last name as it appears in your employer's system and any email address
- 3 Confirm eligibility by entering your Access Code: **KINDCSVEBA** and Unique User ID as follows:
  - Employee: First Name + Last Name + -E + last four digit of your social security number (Example: JaneDoe-E1234)
  - Spouse/domestic partner: First Name + Last Name + -D + last four digit of the spouse/domestic partner's social security number (Example: JonDoe-D5678)

For more information, or if you have any questions, email [employeebenefits@kindbody.com](mailto:employeebenefits@kindbody.com)

*Employees and spouses/partners who are enrolled on the California Schools VEBA-sponsored Cigna, UHC, UMR or SIMNSA plans are eligible for the Menopause Support program.*