



# Menopause impacts your mental health

# EVERNOW

## DID YOU KNOW?

### Every woman experiences menopause

The menopausal transition is a 10–20 year journey with evolving symptoms.

Over 55 million women in the U.S. alone are experiencing symptoms.

2.2 million women enter menopause every year.

### Women can begin experiencing symptoms as young as:

#### 40s | PERIMENOPAUSE

Brain fog, mood swings, anxiety & depression, irregular periods, skin & hair changes, increased facial hair

#### 50s | MENOPAUSE

Hot flashes, night sweats, sleep disruption, joint pain, and all perimenopausal symptoms above

#### 60s | LATE MENOPAUSE

Vaginal dryness, painful sex, urinary issues, and some of the above symptoms



### 75% of women who seek care don't get it

Even though there are highly effective, FDA-approved treatments available



### No more searching for the right doctor.

No more scheduling appointments months away.

- ✓ **No waiting:**  
Meet with your personal Evernow medical provider whenever, wherever
- ✓ **Quick relief:**  
Most members feel relief in 2–4 weeks
- ✓ **Accessible:**  
\$49/mo to access high quality menopause care (with multi-month plans as low as \$29/mo). *If prescribed, medications at an extra cost.*
- ✓ **Insurance:**  
We accept HSA/FSA. *Starting Summer 2023, members can use insurance to receive prescriptions at their local pharmacy.*

EVERNOW WORKS

# Get your life back

Real results for real symptoms.

Start feeling relief in 2-4 weeks with lasting results:

Anxiety/depression

68%

improvement by month 3

Mood swings

77%

improvement by month 3

Brain fog

50%

improvement by month 2 63% by month 4

Sleep disruption

60%

reduction by month 2 70% by month 5

Hot flashes

74%

reduction by month 1 94% by month 2

Painful sex

73%

reduction by month 2

## THE SOLUTION

# Personal concierge care

### Medical care with safe, evidence-based treatments & expert telehealth

Try Evernow for free for 1 month with coupon code:

RELIEF23



start.evernow.com/MHP



#### Access to your care provider anytime, anywhere

Reach out to your medical provider whenever you need us with text-based, virtual care delivery



#### Personal care designed for you

Our team uses cutting edge technologies to ensure personal care for each member



#### Treatments that help you feel like yourself again

Get FDA approved, gold standard treatments for treating menopause (including hormonal therapies). Your treatment plan is personalized, prescribed, and overseen by your Evernow physician with regular follow-ups



#### On-the-go symptom tracking

Track your daily symptoms in our mobile app to discover insights on your progress

# Meet our menopause providers

Our team takes the time to get to know you. No more waiting for relief.

Our providers are all certified by the North American Menopause Society (NAMS) and are trained to provide high-quality, deeply empathetic, science-based medical care.

- Certified as experts in women midlife health-care
- Board-certified & licensed medical professionals
- Follow evidence-based care guidelines
- Embrace diverse patient backgrounds



Dr. Leah Millheiser, MD, NCMP

Chief Medical Advisor

OBGYN & Stanford Clinical Professor

#### Members of our clinical team include:



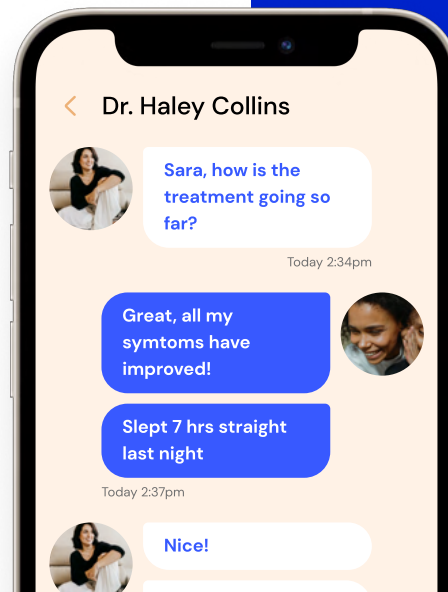
Dr. Taniqua Miller MD, FACOG, NCMP (she/her)



Haley Colins FNP-BC, NCMP (she/her)



Patricia Handler MSN, FNPC, NCMP (she/her)



Our mobile interface keeps you connected to your care provider, treatment plan, and symptom tracker.

Message directly with your expert care provider and manage your treatment plan on-demand.