

Menopause Support with Cleo

Care with Cleo & Midi

- Through Cleo, you can independently contract with Midi to **enhance menopause support offerings to your employees at no cost**
- Midi provides comprehensive clinical support for menopause symptoms **covered by insurance**
- Midi and Cleo together work to **streamline member experience through enhanced menopause support** and education, warm handoffs, and holistic caregiving support for those going through menopause



42%

Of managers are women¹
and women caregivers
report higher levels of
depression & anxiety²

20%

Of the total workforce
experiences menopause
each year³

Sources:

1. U.S. Government Accountability Office, 2023

2. Benefits Pro, 2022

3. Fast Company, 2016



Menopause support with Cleo

*Menopause is a highly personal experience, with a wide variation of symptoms and challenges that can impact daily life, including caring for oneself and others. Cleo Guides and on-demand digital support help members navigate this stage with confidence and ease. **Menopause support is included through Cleo's Self-Care offering** for Cleo members and employers.*

Menopause support with Cleo:

Symptom management & therapies

Guidance on finding a medical provider

Navigating menopause & perimenopause care

Understanding the stages of menopause

Explaining menopause to your family

Self-advocacy in the workplace

Health and wellbeing & self-care

Embracing menopause

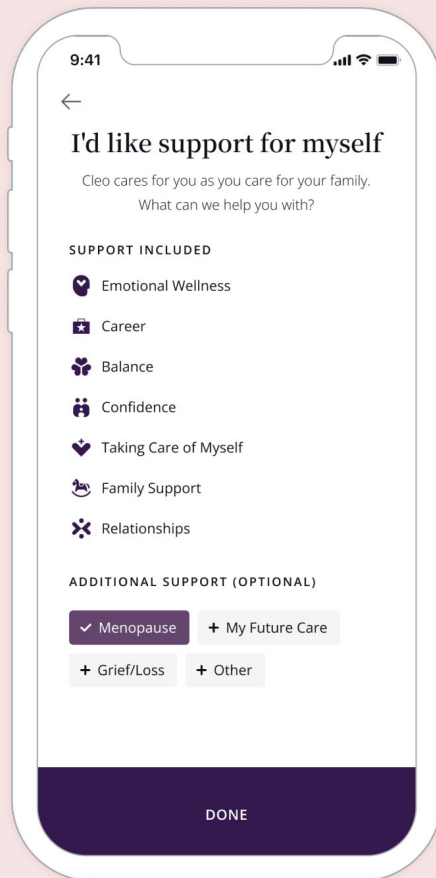
SELF-CARE

Menopause Support Plan

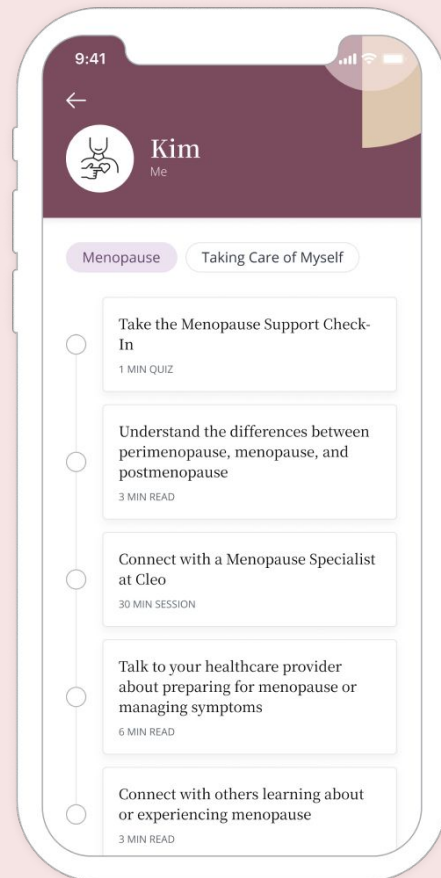
Delivered via the digital experience, Support Plans, and Guide support. **Menopause support includes:**

- Anticipatory guidance
- Education (curated content, webinars, Guide interactions)
- Guide & specialist sessions
- Guidance on finding a medical provider and on interacting with your medical provider
- Self-advocacy in the workplace

ENROLLMENT



SUPPORT PLAN



SUPPORT OVERVIEW

Menopause LifePathSM

This guided care pathway is available to members as an enhanced topic under Self-Care with Cleo. Menopause support helps members navigate this stage with confidence and ease.



HIGH VALUE INTERVENTIONS

Anticipatory guidance on perimenopause, menopause, and post-menopause

Health & Wellbeing Coaching for health goal-setting

Healthcare navigation support and coaching to and through care

Career Coaching for career goal-setting & self-advocacy at work

OUTCOMES

- + Improvement of FHI Score
- + Menopause symptom improvement
- + Increased workplace productivity and retention
- + Recommendations for care providers and referrals to community resources and employer benefits
- + Member accesses recommended care or resources provided

Menopause support & caregiver journey

