



MIDI

TRANSFORMING HEALTH CARE FOR WOMEN



Agenda

1. Midi Benefit Overview
2. Intro to Perimenopause and Menopause
3. Empower your team: How to Promote Midi to your district
4. Q&A

MEET MIDI

Expert care for people experiencing perimenopause & menopause symptoms

- Virtual care from anywhere
- Compassionate clinicians
- Covered by Anthem CA and Blue Shield of CA

SISC is proud to offer Midi Health's virtual menopause care benefit to eligible employees and their partners/dependents covered under **Anthem Blue Cross** and **Blue Shield of CA PPO Plans**. Standard cost-sharing applies.

Book a visit at www.joinmidi.com/sisc



MIDI HEALTH SOLUTION

Comprehensive, evidence-based virtual care clinic providing deep expertise and high quality care

- Treatment protocols designed by experts in perimenopause and menopause
- Holistic care plans that include hormonal and non-hormonal medications, supplements, lifestyle coaching, and vital preventative health guidance*
- Designed for all the ways women arrive at menopause-perimenopause, surgical, or cancer care
- Services integrated into the healthcare ecosystem with all visits billed to claims through insurance

*Coverage for treatment options, including prescriptions, is determined by SISC pharmacy benefits and may vary by plan.



SISC has partnered with Midi to help you take ownership over your wellbeing

WHO'S ELIGIBLE

SISC is proud to offer Midi Health's virtual menopause care benefit to eligible employees and their partners/dependents covered under Anthem Blue Cross and Blue Shield of CA PPO Plans*. Standard cost-sharing applies.

Schedule a virtual visit at joinmidi.com/sisc

*Midi does not participate with certain narrow network plans such as SISC's HPN (EPO)/Select plans



Midi welcomes members with a custom landing page



MEET YOUR MIDI BENEFIT

Menopause Relief Begins Now

Self-Insured Schools of California is proud to offer Midi Health's virtual menopause care benefit to eligible employees and their partners/dependents covered under Anthem Blue Cross and Blue Shield of CA PPO Plans.

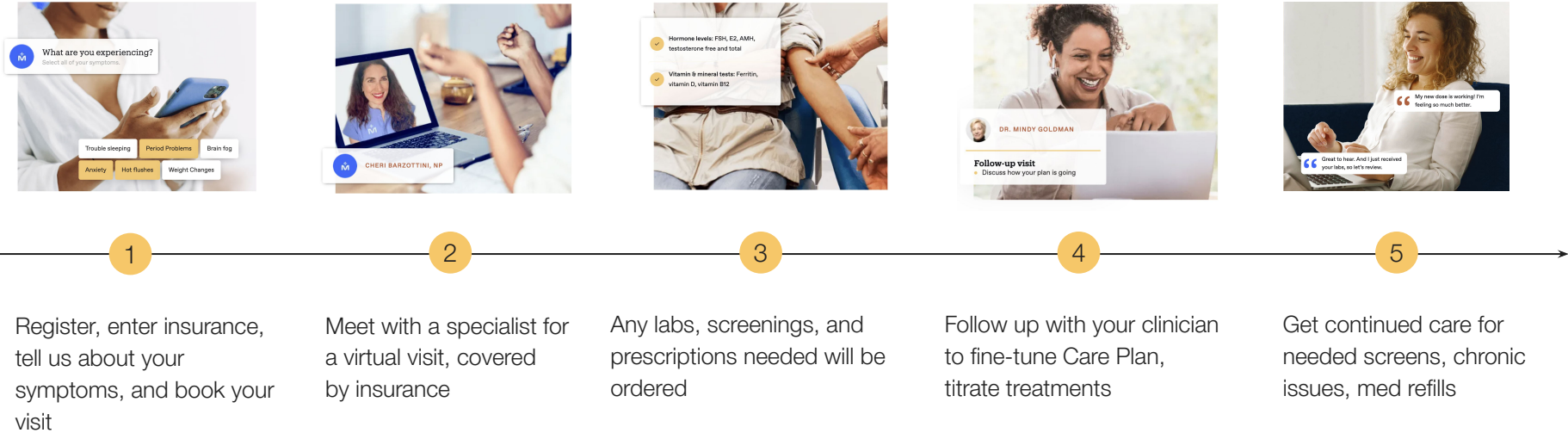
Few clinicians are trained in menopause care. Let's connect you with expert clinicians who can help.

Sign Up Now



URL: www.joinmidi.com/sisc

How Midi Works



Want to learn more?

- Visit our website for more information:
www.joinmidi.com/sisc
- You can also find our information on [the district manager portal](#) and [at this link](#)
- You can always reach out to our care coordination team with any questions:
care@joinmidi.com or **(888)-731-8994**.



MIDI HEALTH PRESENTS

Introduction to Perimenopause and Menopause



Reminder:

The information in today's webinar is for educational purposes only and is *not* medical advice.

This perimenopause Presentation has been prepared solely for patients and non-patients of Midi Health, Inc. and shall be maintained in strict confidence. Recipients agree that the contents of this Presentation are proprietary trade secrets, the disclosures of which may cause substantial and irreparable harm to the Company. Any reproduction or distribution of this Presentation, in whole or in part, or the disclosure of its contents is prohibited.

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Kathleen Jordan, MD

Chief Medical Officer,
Midi Health

BACKGROUND

Education: Stanford University, B.S., UCLA School of Medicine, M.D.

Clinical areas of Specialty: Internal Medicine, Menopause (Menopause Society Certified), Infectious Disease

Experiences include:

- Private Practice
- Hospital Board Member, Medical Executive Committee
- Chief Medical Officer, Saint Francis Memorial Hospital
- SVP Medical Affairs, Tia Inc.

Currently: Expanding menopause education and awareness as **Chief Medical Officer of Midi Health**, a virtual specialty clinic serving midlife women's care needs

The current menopause care landscape

80% OF OB-GYNs REPORT NOT RECEIVING
MENOPAUSE TRAINING

75% OF WOMEN SEEKING MENOPAUSE
CARE DON'T GET TREATMENT

40% OF WOMEN REPORT BEING UNCOMFORTABLE
DISCUSSING SYMPTOMS WITH THEIR CLINICIANS

BARRIERS TO SEEKING CARE:

- Broad spectrum of symptoms crosses multiple specialties (sleep, skin, weight, cholesterol, period changes, etc.)
- Stigma + embarrassment
- Belief that menopause symptoms are a normal part of aging
- Many physicians have long wait lists and don't take insurance



Why are we talking about **menopause at work?**

We can't talk about your success at work
without talking about menopause.



When you feel well, you do well at work, but...



Menopause symptoms drag down energy, clarity, and confidence



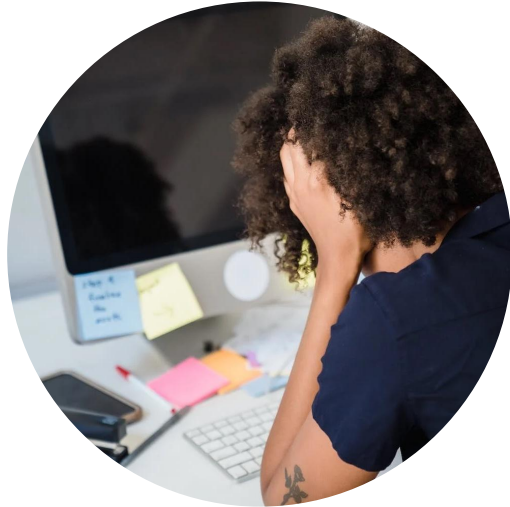
Symptoms hit at a critical career stage.
Average age 45-55. Typically lasts 7-14 years.



Symptoms contribute to stress and burnout at work



What this glass
ceiling looks like:



99% felt symptoms had negatively
impacted their careers

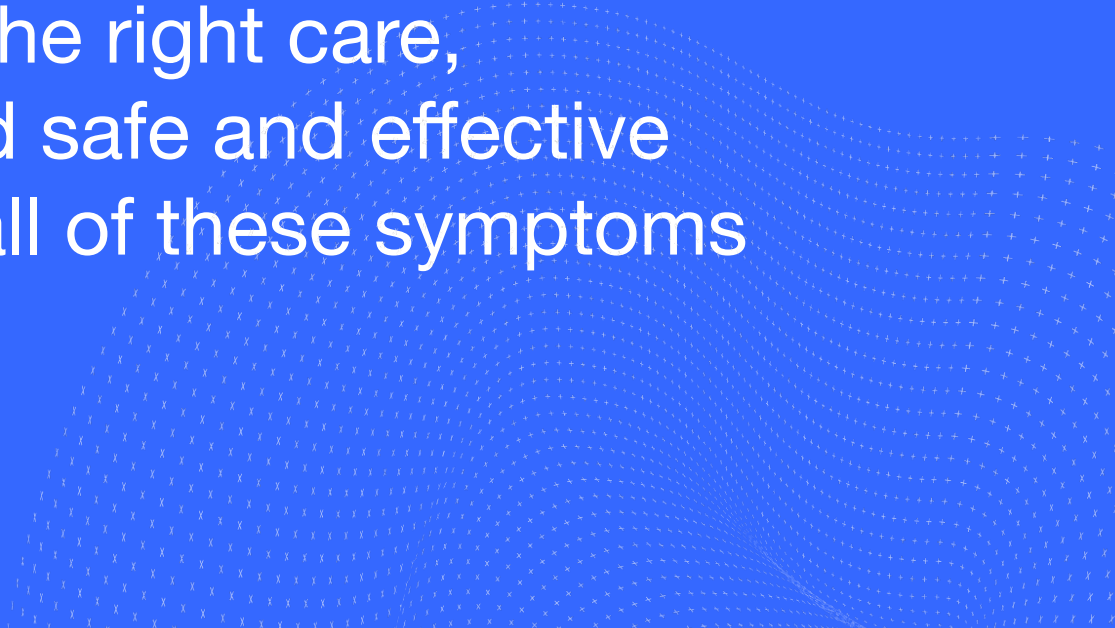
59% took off time due to symptoms—
18% for 8 weeks or more

47% say they are less likely to
apply for a promotion

23% consider leaving their jobs
because of their symptoms

#1 thing to know about menopause:

With the right care,
you can find safe and effective
solutions for all of these symptoms



WHAT IS MENOPAUSE?

12 months

FROM LAST MENSTRUAL PERIOD

Estrogen &
Progesterone

LEVELS DROP

These hormonal shifts can cause
physical and emotional symptoms





WHAT IS PERIMENOPAUSE?

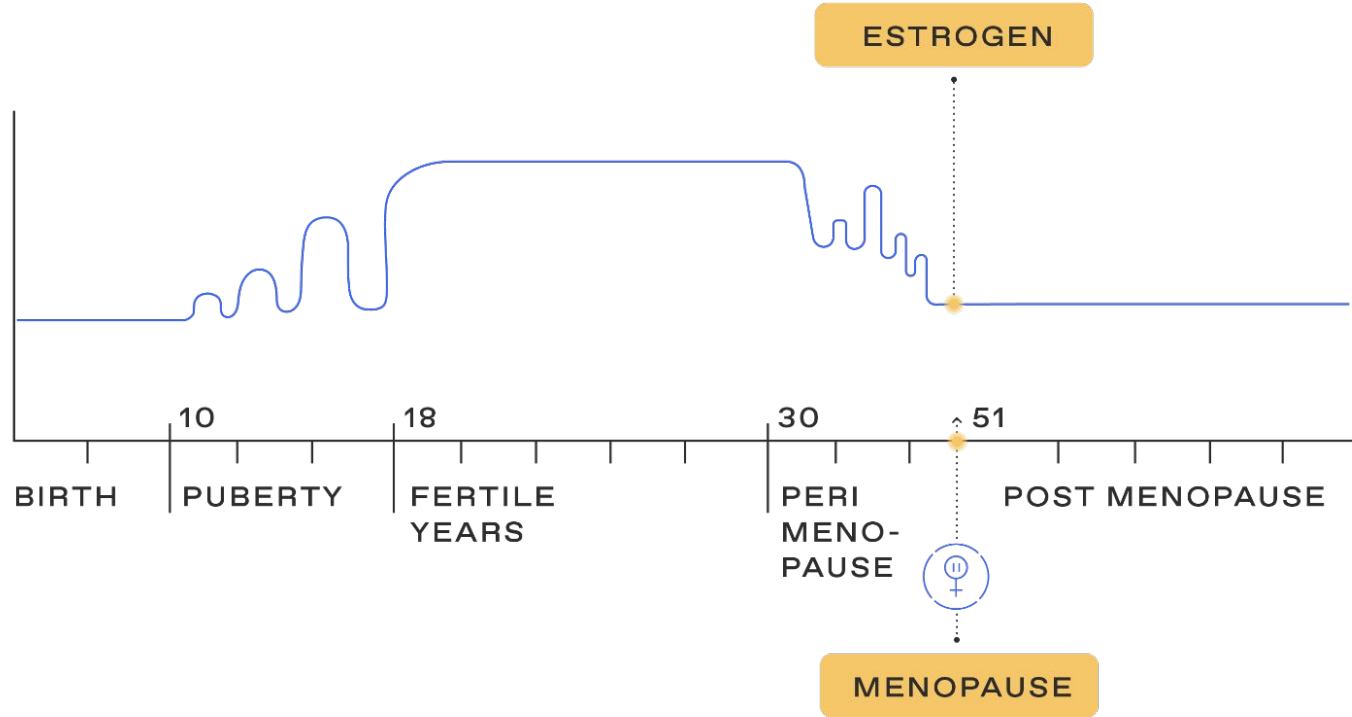
- Means “around menopause”: Defined as the months or years preceding menopause
- **Estrogen levels are dropping**
 - Fluctuating wildly instead of dropping in a steady way
- Can still be ovulating (pregnancy=a possibility!)
- **Typically starts between ages 40 and 50**, but some people experience it in their 30s
 - Average length: **4-6 years** (but can be as long as 10 years)

How do I know if I've reached **perimenopause** or **menopause**?

- ? Hormone testing
- ? Home menopause kits
- ✓ Look to symptoms



How estrogen levels shift over time





MENOPAUSE SYMPTOMS

Hot flashes

Night sweats

Insomnia

Forgetfulness

Irritability

Decreased libido

Cognitive issues

Anxiety

Weight gain

Vaginal dryness

Painful intercourse

Difficulty achieving orgasm

Urinary urgency

Recurrent urinary tract

infections

Changes in skin and hair

Joint pain

Dry mouth

**85% of women have at least
one of these symptoms**



LONG TERM CONSEQUENCES OF UNTREATED MENOPAUSE

INCREASED RISK OF...

Heart disease

Osteoporosis

Stroke

Sexual problems

Diabetes

Urinary symptoms

Weight gain

Wrinkles/Skin changes

Insomnia

Dementia

**100% of women stop
producing estrogen**

HOW **HOT FLASHES & INSOMNIA** HURT YOUR HEALTH

Heart health

Cardiovascular disease

Bone health

Weight gain

Sleep

Mood

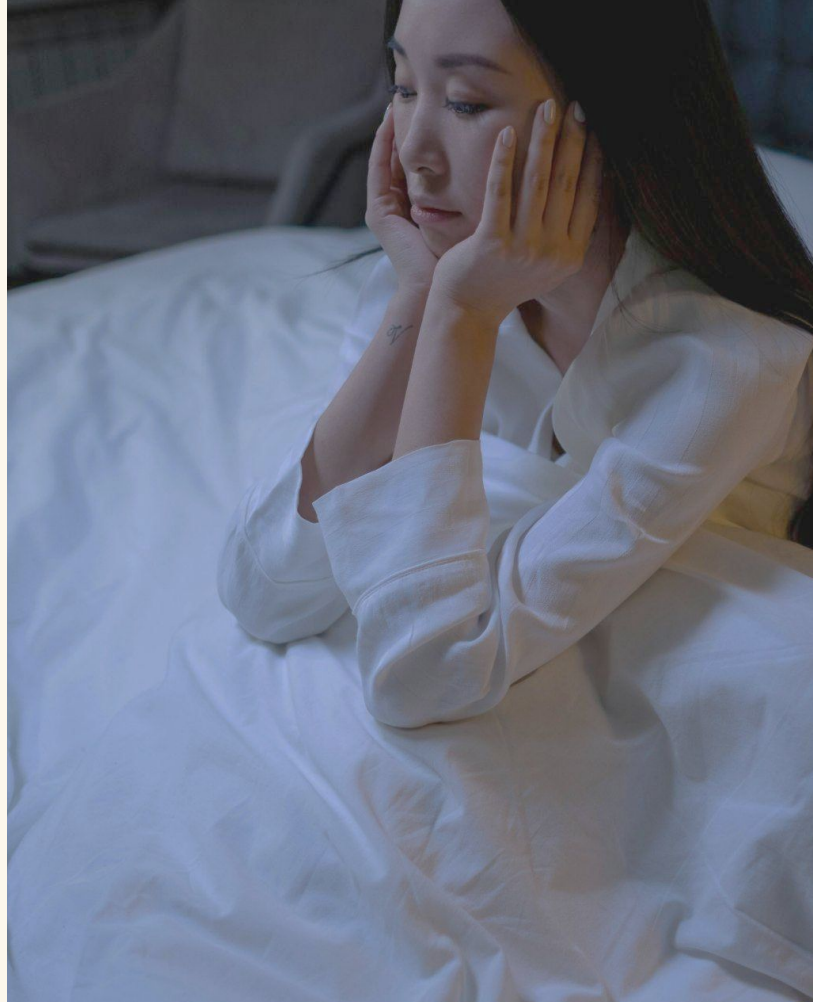
Depression

Cognition

Diabetes

Libido

Mid-life insomnia is associated with a **70% increased risk of heart attack and stroke.**



When am I “done” with menopause?

NON-GENITAL ESTROGEN RECEPTORS

Bone

Brain

Skin

Mouth

Joints

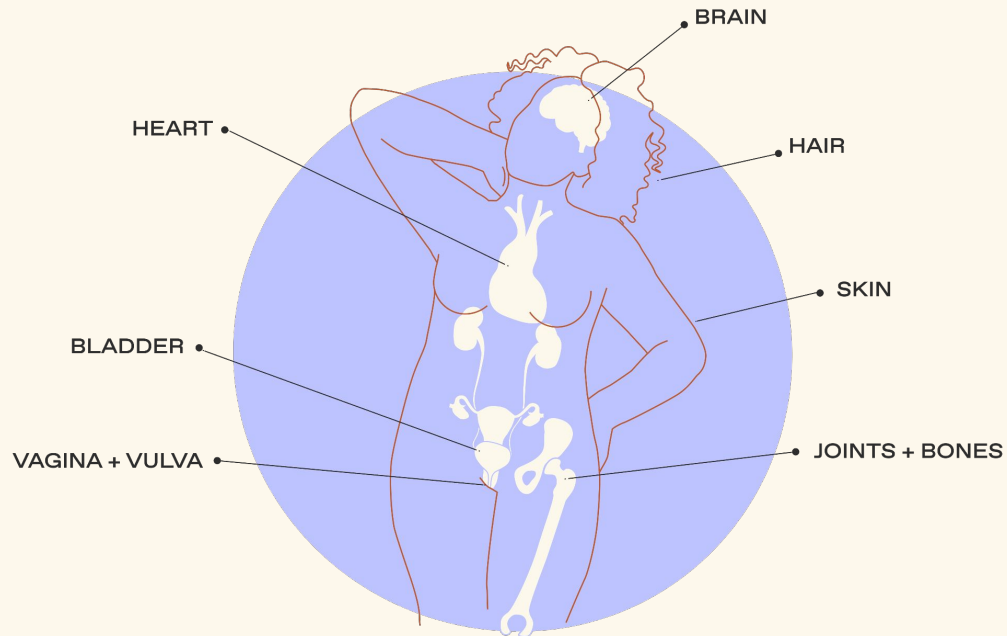
Blood vessels

GENITOURINARY SYSTEM

Vulva

Vagina

Bladder

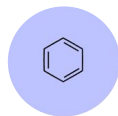


The background of the slide is a bright blue sky filled with soft, white, wispy clouds. The clouds are scattered across the frame, with some appearing more dense and others more delicate. The overall effect is a clean, airy, and positive visual.

Solutions

Many paths to effective treatment

Hormonal treatments



FDA-approved for the treatment of symptoms of hormone transition. Often most effective

Bioidentical (chemically and biologically similar to what the body creates)

Prescribed in the form that's right for you (patches, pills, vaginal rings, topical creams and gels)

Non-hormonal treatments



Recommended for women who shouldn't use hormones, or choose to avoid them

Used for hot flashes, mood problems, libido, weight management, and more

Supplements + botanicals



Recommended for women who shouldn't use hormones, or choose to avoid them

Used for hot flashes, mood problems, libido, weight management, and more

Evidence-based and third party tested

Lifestyle + preventative screenings



Exercise + weight training

Weight + diet/nutrition

Sleep

Bone + cardiovascular health

Cognitive screening

Cancer screening + prevention

HORMONE THERAPY

Hormone replacement therapy is the most effective treatment for immediate relief

Estrogen +/- progesterone

Immediate symptom relief

- **75-95%** reduction in prevalence of hot flashes/night sweats
- **75%** see improvement in urogenital atrophy (vaginal dryness, painful sex, urinary symptoms)
- Improvement in sleep & mood

Long term benefits: Evolving evidence suggests:

- Lower heart disease risk
- Decreased death from all causes
- Improved bone health
- Improved brain health



WHAT ALL WOMEN NEED TO KNOW:

Estrogen does NOT cause breast cancer

Reduces the risk of breast cancer by **21%**



SYSTEMIC HORMONE REPLACEMENT THERAPY

HRT should be personalized

Best if started within 10 years of your last period.

ORAL

- Estrogen pill
- Oral estrogen and progestogen
- Estrogen and progesterone
- Estrogen and SERM (bazedoxifene)

TRANSDERMAL

- Estrogen patch, spray, gel
- Estrogen and progestogen patch
- Vaginal ring (Femring)



HOW LONG CAN YOU TAKE HRT?

- No longer an age-defined stopping point
- Use shared decision making (look at screenings, current health history, any other changes)
- No clock ticking: Depends on your health approach
- What happens when you wean off? That's individual, too

Local vulvar & vaginal estrogen

- For dryness, painful intercourse, UTIs
- Used by itself, does not need a progesterone
- Several forms:
 - Tablets
 - Suppository
 - Cream
 - Insert
 - Ring



Patient Journey: **Roberta**



52-year-old patient in perimenopause. **Dealing with** night sweats that disrupt sleep, fatigue, weight gain, joint pain, thinning hair. **Dieting *hasn't* worked.**

FATIGUE

WEIGHT GAIN

JOINT PAIN

THINNING HAIR

Roberta's Care Plan:

- Hormone replacement therapy
- Minoxidil/Finasteride
- Vitamin D + calcium supplement
- Lifestyle changes:
 - Timed eating/Mediterranean diet
 - Graduated exercise program



91%

of Midi patients feel
better within 60 days

Midi's Impact: Symptom Improvement

HOT FLASHES AND
NIGHT SWEATS



TROUBLE SLEEPING
AND/OR INSOMNIA



MOODINESS, IRRITABILITY,
ANXIETY, AND/OR DEPRESSION



And within 5 months,
Midi patients reported
improvement of
these symptoms



89%

BRAIN FOG AND/OR MEMORY LOSS



87%

PAINFUL SEX, VAGINAL DRYNESS, AND/OR
LIBIDO CHANGE



83%

JOINT PAIN



82%

PERIOD PROBLEMS



80%

HAIR AND/OR SKIN CHANGES



54%

WEIGHT AND/OR BODY CHANGES

Who is Midi for?



**WOMEN IN
PERIMENOPAUSE**



**WOMEN IN
MENOPAUSE**



CANCER



POST-SURGICAL



Empower your team: How to Promote Midi to your district

1. **Download Materials**
Access ready-to-use flyers and resources from [Notion](#).
2. **Share with Your Employees**
[Use the pre-written email](#) to distribute materials quickly and easily.
3. **Repeat Throughout the Year**
We'll provide fresh content regularly to keep employees informed about Midi and the care it offers.



Scan the QR code once you have completed these steps to win a Midi T-Shirt!

MIDI

Questions? Ask us anything!

Many Midi patients start feeling better within weeks—even days.

Sign up today to take the first step.



1. [Scan the QR code or visit **www.joinmidi.com/sisc**](https://www.joinmidi.com/sisc) to sign up for your Midi Health benefit
2. Complete your eligibility verification and answer a few questions about your symptoms
3. Your dedicated clinician is waiting for you. [**Schedule your virtual visit upon enrolling!**](#)