

Menopause Program



Navigating menopause can be overwhelming, but you don't have to do it alone. Kindbody's comprehensive menopause program is designed to support your unique journey with personalized care and expert guidance. Let us help you feel empowered and supported every step of the way.

Employees and spouses/partners who are enrolled on the California Schools VEBA - sponsored Cigna, UHC, UMR, Surest or SIMNSA plan are eligible for the Kindbody Menopause Program.



Enroll in our Menopause Journey

No more suffering in silence.

If you are experiencing perimenopausal or menopausal symptoms, enroll today to learn how we can help you live more vibrantly. Program includes personalized care with menopause trained OBGYNs along with our holistic team of providers to support you with:

- Gynecology/Wellness
- Nutrition & Fitness
- Mental & Emotional health
- Sexual Health
- Career and Life transitions

Enroll Today

Program Features

- 2 virtual visits with a Kindbody specialty provider
- Lifestyle assessment
- Prescription hormone replacement therapy (if appropriate)*
- Up to 3 holistic health sessions based on your unique symptoms/needs
- Referral and navigation to local in-network providers including primary care physician, gynecologist, and psychologists/psychiatrists

**Billed to your major medical plan*



Kindbody patient navigators



E-books, webinars, workshops, and support groups



Menopause community



Blogs, content, on demand educational videos

Get Started

- 1 Head to kindbody.com/activate and create your Kindbody account using any email address
- 2 Confirm eligibility by entering access code **KINDCSVEBA** and your 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)
- 3 Navigate to the Menopause tile in your Patient Portal landing page, select "Enroll Today" and schedule your intake call.