



# Support for Menopause

Menopause is a natural stage of life, but its symptoms, which can vary widely in type, severity, and duration, can be challenging and difficult to predict. Providers at First Stop Health are here to help women feel supported through every phase.

## Virtual Primary Care Support

Primary care providers offer personalized support from the comfort of home, such as:

- Understanding menopause and perimenopause symptoms
- Reviewing medications and hormone-related concerns
- Checking in on sleep, mood, heart, and bone health
- Discussing treatment options and symptom management

## Wellness Specialists Support

A health coach or registered dietitian can help you:

- Manage stress and mood changes
- Improve sleep and energy levels
- Build healthy routines and adapt to changes
- Navigate weight or metabolism changes
- Create balanced eating habits to support bone health, nutrient intake, and overall wellbeing



### Scan for care

Schedule your visit to talk with a provider from where you're comfortable.