



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 of menopause.

Virtual Primary Care Support

Primary care providers can offer personalized menopause support from the comfort of home. They can help with:

- 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

Schedule with a registered dietitian or health coach and they can help you:

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

Mental Health Support

Licensed therapists and mental health coaches can help you:

- Manage mood swings and irritability
- Build coping tools for stress, fatigue, and overwhelm
- Improve confidence and self-esteem
- Offer a safe place for you to talk through wants on your mind and take time just for you



Scan for care.

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