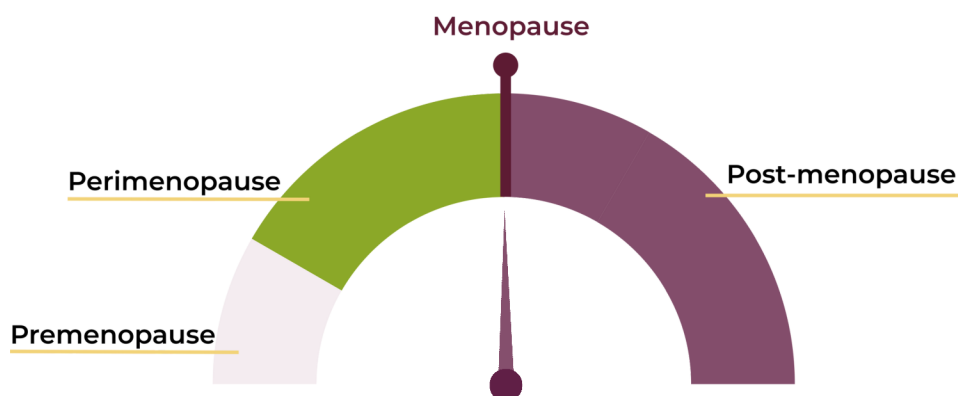


Expert Virtual Midlife Care



What Is Menopause

- A natural transition experienced by individuals born with a female reproductive system.
- Marked by the end of monthly menstruation.
- Symptoms can vary greatly from each person.
- The menopause transition can last over a 10-year period, typically occurring between ages 40-55.



Perimenopause

- Transition phase leading up to menopause.
- Begins typically 4-10 years before menopause.
- Hormone levels start to fluctuate.
- Irregular periods, hot flashes, mood changes, and sleep disturbances are common.

Menopause

- 12 consecutive months without a menstrual period.
- The end of a woman's reproductive years.
- Estrogen levels decline significantly, resulting in common symptoms like hot flashes, vaginal dryness, and sleep issues.

Postmenopause

- After menopause and lasts for the rest of a woman's life.
- Symptoms may subside or reduce in intensity.
- Lower levels of estrogen increase the risk of conditions like osteoporosis and heart disease.

Impact of Midlife Symptoms

75% ...of women experience confusing, disruptive symptoms for up to 15+¹ years. **1 in 2** admit they didn't know what was happening to them.²

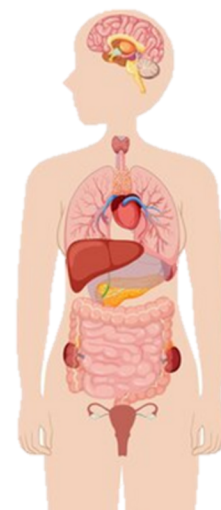
86% ...report that their symptoms significantly impact their quality of life.³

1 in 10 ...exit the workforce each year due to disruptive symptoms.⁴

The Influence of Estrogen

- Estrogen regulates reproductive functions like menstrual cycles and pregnancy.
- Also plays a crucial role in cognitive function, mood regulation and important body systems:

- Heart
- Brain
- Bones
- Immunity
- Metabolism
- Gastrointestinal
- Bladder
- Skin, Hair
- Nails
- Reproduction
- Vagina/Vulva
- Nerves



Access the care you need with sanoMidLife♀

In partnership with



5 Steps To Prioritize Your Midlife Health

1

Assess Your Symptoms

You start with a comprehensive menopause assessment, setting goals and gaining insights to guide informed, personalized care decisions.

2

Meet Your Care Team

Connect virtually with a menopause-trained Health Coach and Clinician, such as a Nurse Practitioner or Naturopathic Doctor.

3

Access Support Tools

24/7 access to an evidence informed midlife library, peer support and Sano, our virtual health assistant.

4

Receive Your Care Plan

Your care plan is personal and complete, covering medications, supplements, lifestyle changes and healthcare support.

5

Ongoing Care

Stay on track with ongoing appointments with your Health Coach and Clinician.



Put your health first and use your benefits to thrive—your midlife journey starts here:

www.sanomidlifecom/medaviebc

Sources: 1. Menopause Foundation of Canada, 2. Generation Menopause The Invisibility Report, 3. sanoLiving data, 4. The Fawcett Society

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