

# Menopause Resource Chart

Navigating menopause can be overwhelming, especially when symptoms affect daily life, work, and overall well-being. The good news is that many trustworthy resources are available to help you understand your symptoms, explore treatment options, and feel supported throughout every stage of the menopause journey.

This tip sheet brings together convenient telehealth platforms, evidence based- educational websites, insightful books, and reliable medical professionals on Instagram who specialize in menopause care. Whether you're seeking medical guidance, lifestyle strategies, or simply a community that understands what you're experiencing, these resources are designed to empower you with knowledge and support—anytime, anywhere.

You're not alone. There are tools, experts, and communities ready to help you feel your best.



## TELEHEALTH PLATFORMS

Name	Description
<a href="#"><u>Midi Health</u></a>	A virtual clinic providing specialty care for perimenopause and menopause, offering personalized care plans, prescription options, supplements, and lifestyle guidance. <b>Midi has been added as an exception list provider under Avalon's medical plans. This means that even though they are considered out-of-network, you can be reimbursed for claims through Midi at the in-network level of benefits. You will have to pay out-of-pocket, then submit a claim through Luminare for reimbursement.</b>
<a href="#"><u>Winona</u></a>	A menopause-focused telehealth service offering bioidentical hormone replacement therapy (BHRT), personalized treatment plans, and ongoing clinician support for symptoms.
<a href="#"><u>Hers (Hims &amp; Hers Menopause Care)</u></a>	A telehealth platform offering personalized menopause treatment plans, including clinically supported hormonal and non-hormonal options, delivered fully online.
<a href="#"><u>Evernow</u></a>	A telehealth platform specializing in HRT with simple onboarding and access to expert clinicians.
<a href="#"><u>Gennev</u></a>	An education-driven menopause platform offering telehealth visits, coaching, classes, and symptom management. Seeks a holistic or non-HRT-first approach.
<a href="#"><u>Alloy</u></a>	A telehealth service with the mission is to bring safe and effective solutions to everyone experiencing menopause. Includes care for weight, skin, gut, and hair.

## EDUCATION

Name	Description
<a href="#"><u>HERS Foundation</u></a>	Provides educational resources, including symptom explanations and guidance on the transition into perimenopause and postmenopause.
<a href="#"><u>Let's Talk Menopause</u></a>	Includes expert talks and advocacy to raise awareness and access to menopause care.
<a href="#"><u>National Menopause Foundation</u></a>	Provides education, community support, and advocacy.

## EDUCATION (Continued)

[The Menopause Society \(formerly NAMS\)](#)

Offers evidence-based menopause information, a provider directory, and educational materials for patients and clinicians.

[Red Hot Mamas](#)

Includes articles, community groups, and symptom-management resources.

## BOOKS

Name	Author
Hormone Havoc	by Amy Shah, MD
Next Level: Your Guide to Kicking Ass, Feeling Great, and Crushing Goals Through Menopause and Beyond	by Stacy T. Sims, PhD
The New Menopause The New Peri Menopause	by Mary Claire Haver, MD
Unbreakable: A Woman's Guide to Aging with Power	by Vonda Wright, MD
Estrogen Matters (Revised & Updated Edition)	by Avrum Bluming, MD, and Carol Travis, PhD
The Menopause Brain	by Lisa Mosconi, PhD
The Menopause Moment and You Are Not Broken	by Kelly Casperon, MD
How to Menopause	by Tamsen Fadal

## PODCASTS

*You are Not Broken* – Kelly Casperon, MD

*The TAMSEN Show*- Tamsen Fadal

*unPAUSED* – Dr. Mary Claire Haver

*The Dr Vonda Show* – Dr. Vonda Wright

*The Dr. Louise Newson Podcast* – Dr. Louise Newson



## SOCIAL MEDIA

### Mary Claire Haver, MD

OBGYN, Menopause Specialist

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[The Pause Life by Dr. Mary Claire Haver](#)

### Rachel Rubin, MD

Urologist, Sexual Medicine

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### Vonda Wright, MD

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### Dr. Corinne Menn, DO

Telehealth & education consults; breast cancer survivorship

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### Tamsen Fadal, Author

NYT Bestseller of How to Menopause

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