

HelloMeno meets Atrium Health's Menopause Clinic, providing personalized menopause care



Hello North Carolina! Atrium Health's got a NEW Menopause Clinic, coming January 1, 2026! Carolinians are already familiar with the quality and innovative care that Atrium Health is known for. Now women can get the menopause support (and relief) they deserve, right in their neighborhood.

It's not a new building or new office. Think of the Menopause Clinic as a care experience. It's a wellness journey — delivered through expert care, compassionate support, and personalized guidance — virtual or in-person (it's up to you).

Take back control of common menopause symptoms like hot flashes, trouble sleeping, and vaginal dryness. (And in case you were wondering, access to Atrium Health's Menopause Clinic is available at no extra cost through the HelloMeno program — **exclusively to Women's Health plan members in North Carolina.**



Compassionate care

Meet with an Atrium doctor or advanced practice professional certified through the Menopause Society. They can help with prescriptions, labs, and more.



Personalized treatment plan

Atrium Health's menopause experts will partner with you to create a customized treatment plan that's right for you. (Let's face it, menopause is not one-size-fits-all.)



Nutritional counseling

What you eat can help ease symptoms and changes like hot flashes and weight gain, and give your body the extra care she deserves like boosting bone health to prevent osteoporosis.



GET PERKS FOR STAYING ON TOP OF MENOPAUSE. BECAUSE THRIVING DESERVES A REWARD.

- Earn \$15 for receiving nutritional counseling services - anywhere
- Earn \$25 for meeting with an Atrium Menopause Clinic doctor or advanced practice professional

Want to find out more? Learn more at hioscar.com/hellomeno



Program eligibility: Atrium Health is available to all eligible persons enrolled in the Women's Health Plan in NC. Clinical cost share including virtual care, in-person care, prescriptions, and labs follow the member's medical plan option. See your policy for further details.

Benefits and rewards: Benefits and rewards can vary by Plan, and certain restrictions apply. Further details can be found at hioscar.com/hellomeno.

Menopause Diet Source: Cleveland Clinic|Health Essentials: Menopause Diet: What To Eat To Help Manage Symptoms - health.clevelandclinic.org/menopause-diet.