

HelloMeno meets Elektra Health, providing personalized menopause care



Menopause care never looked so hot! With Elektra Health, get real support, just for you — because no two menopause journeys are the same.

With Elektra, receive one-on-one care with menopause-trained doctors and advanced practice professionals who “get you”, access 24/7 educational resources, and find inspiration from a supportive private community.

Elektra helps women take back control of common menopause symptoms like hot flashes, trouble sleeping, and vaginal dryness. (And in case you were wondering, Elektra is available as part of the HelloMeno program at no extra cost — **exclusively to Women's Health Plan members.**)

Available in Arizona, Florida, Georgia, Iowa, Missouri, Nebraska, Ohio (Buckeye), Ohio (Cleveland), Oklahoma, Tennessee, and Texas.



Compassionate care

Meet with a doctor or advanced practice professional via telehealth for an initial assessment, prescriptions, labs, and more.



Personalized 1:1 support

Pair up with an Elektra Coach to create a personalized wellness plan that includes nutrition, exercise, and self-care, all inside a judgment-free zone.



Education and community

Access educational info on common menopause topics, and attend members-only virtual events and discussion groups.



GET PERKS FOR USING ELEKTRA. BECAUSE THRIVING DESERVES A REWARD.

- Earn \$15 for using Elektra virtual support services (such as meeting with an Elektra Coach, accessing online educational resources, or attending a virtual event)
- Earn \$25 for meeting with an Elektra doctor or advanced practice professional

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



Program eligibility: Elektra Health is available to all eligible persons enrolled in the HelloMeno Plan in the following states: AZ, FL, GA, IA, MO, NE, OH-Buckeye, OH-Cleveland, OK, TN, and TX. Clinical cost share including virtual care, personalized coaching, prescriptions, and labs follow the member's medical plan option. Members should see their policy for further details. HelloMeno Plan members in OK are not eligible for Elektra Health rewards.

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.