



Support during menopause

Menopause is a complicated phase of life with many stages (perimenopause, menopause and postmenopause) that may present differently in you than it does in someone else. After all, you're unique, and so are your experiences. This journey sometimes lasts up to 10 or more years and is closely linked to other aspects of emotional and physical health, which is why Nestlé offers inclusive, holistic and specialized support — to focus on treating the whole you.

Spring Health

Your Mental Wellbeing Support offers confidential help to work through the difficult emotions that may accompany your physical changes. Contact your Care Navigator — a licensed clinician — with questions about symptoms and coping strategies, for assistance with scheduling same-week therapy appointments and more.

Get dependable support at
[Healthworksatnestle.com](https://healthworksatnestle.com) > [Spring Health](#).

Live Well With Menopause Journey

Check out the Live Well with Menopause Journey, through Personify Health, to see the positive in menopause. Establish healthy habits, achieve wellness goals and embrace the new you — and, ultimately, live well.

Understand menopause on
[Healthworksatnestle.com](https://healthworksatnestle.com) > [Personify Health](#).

Lifestyle Spending Account (LSA)

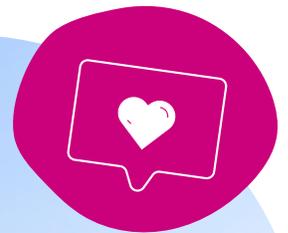
Nestlé gives you \$500 each year in an LSA to spend on your own physical, emotional, social and financial wellbeing. Some creative ways to spend the money include massages, yoga, menopause apps — and anything else you can think of to ease your mind and help your body adapt.

Learn more on [Healthworksatnestle.com](https://healthworksatnestle.com) > [LSA](#).

Medical and prescription coverage

Remember, your medical plan provides 100% coverage for preventive visits with your gynecologist. And, if you wish to explore hormone replacement therapy, you have coverage for that too.

Find coverage details on
[Healthworksatnestle.com](https://healthworksatnestle.com) > [Medical Plan](#).



**We're here for
you — at every age
and every stage.**

For more information, visit
[Healthworksatnestle.com](https://healthworksatnestle.com).

