



Menopause support

Did you know? You have access to menopause support from Cleo! Menopause is a highly personal experience, with a wide variety of symptoms and challenges that can impact daily life. Through one-on-one support and personalized care, Cleo addresses your unique needs, ensuring that you receive the most effective support to help you navigate this stage with confidence and ease.

Cleo can help you with:

- Understanding the stages of menopause
- Explaining menopause to your family
- Symptom management and therapies
- Embracing menopause
- Emotional wellness and self-care
- Finding a provider that's aligned with your values
- Options for menopause care
- Building self-advocacy skills



How Cleo can support you



Support that is unique to your journey

No two menopause journeys are alike, which is why your Cleo Guide will provide guidance that's personalized to your goals, needs, and lifestyle.



Your trusted source for all things menopause

You can feel confident knowing that Cleo's resources are always evidence-based and updated as research evolves.



Everything you need, right at your fingertips

Scrolling the internet and scouring through information from multiple sources can be overwhelming and confusing. Consider Cleo your one-stop shop for all things menopause.

Get started today!

1. Open your Cleo app
2. Create your profile, or navigate to your existing profile
3. Click on the + symbol
4. Select 'I'd like support for myself'
5. Select the areas you'd like support, and add menopause



**Scan here to
open your
app or to sign
up for Cleo!**

For additional assistance, email support@hicleo.com