



ELEKTRA HEALTH



Mass General Brigham
Health Plan

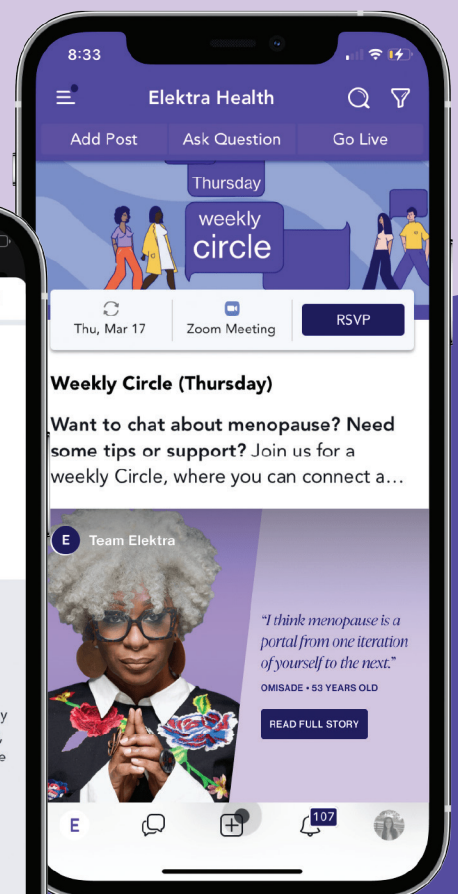
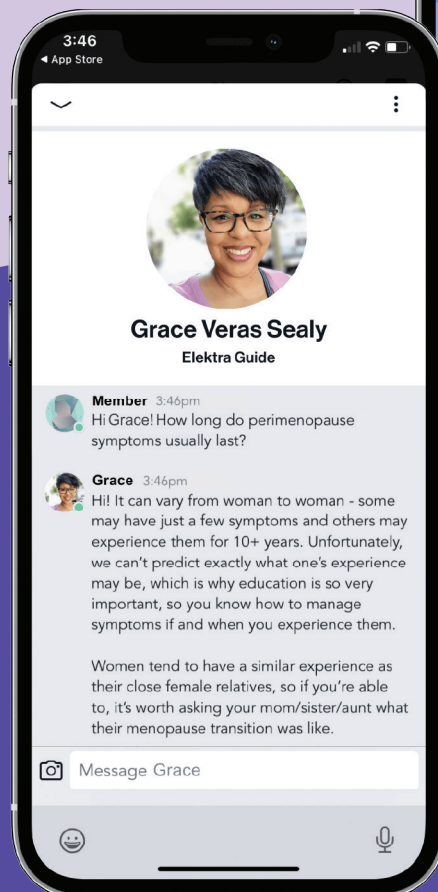
Take control of your menopause journey

Mass General Brigham Health Plan is proud to offer eligible members 12 months of access to Elektra Health, a digital platform built around your needs with evidence-based education, 1:1 expert support, and a private community.

Scan the code to sign up or visit
elektrahealth.com/mgbhealthplan



SCAN ME



Menopause expertise & care for the 21st-century woman



Get personalized, symptom-based **support and wellness plans** from a dedicated Elektra Guide (aka menopause doula).



Access **science-backed educational content and recommendations** on hot flashes, sleep issues, mood changes, weight fluctuations, and everything in between.



Join a **safe, private, expert-led community** to connect with peers, ask questions, and share advice.

“When I opened the email from my...company, it was like I wished upon a star. This is just what I needed.”
- Beth, 52



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Eligible members have access to 12 months of Elektra Health with Mass General Brigham Health Plan's commercial fully-insured individual or employer-sponsored plans.

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