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THRIVING THROUGH EVERY SEASON OF LIFE

RESOURCES

Virtual healthcare options for hormonal and general health concerns

July Health

Focused hormonal and multidisciplinary care

julyhealth.com

A virtual clinic addressing hormonal and related mental-health concerns, including PCOS, PMDD and endometriosis.

- A nurse practitioner may assess symptoms and arrange appropriate lab tests, imaging, prescriptions or specialist referrals.
- Additional support may include registered dietitians and registered social workers for nutrition and mental well-being.
- May be particularly helpful when irregular or painful periods, hormonal acne, weight changes, fatigue or mood symptoms overlap.
- July Health advertises appointments within days; actual availability varies.

Before booking:
Nurse-practitioner PCOS diagnostic appointments are currently listed for Ontario residents. Visit fees are private-pay and not OHIP-covered; confirm current fees and benefit eligibility. Eligible ordered lab work and imaging may be OHIP-covered.

Maple

On-demand general virtual healthcare

getmaple.ca

A general virtual-care platform for timely medical advice and common health concerns, rather than a hormone-specific clinic.

- Maple advertises 24/7 access to Canadian-licensed doctors and nurse practitioners through its membership service.
- Consultations may take place by secure text, audio or video.
- Clinicians may provide medical advice, prescriptions or lab requisitions when appropriate; some conditions require in-person assessment.

Before booking:
Review current membership or visit fees, provincial access rules and insurance coverage. A same-day appointment or prescription is not guaranteed.

Information checked October 19, 2026. Services, eligibility and costs can change. These listings are informational, not endorsements or substitutes for individual medical advice.

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Menopause & Healthy Aging Resources

Specialized care and continued learning through midlife and beyond

Modern Menopause

Canada | modernmenopause.ca

Specialized virtual care for women navigating perimenopause, menopause and healthy aging, including hormonal changes, weight management and lifestyle considerations.

- Personalized virtual menopause assessments and treatment plans.
- Hormone and non-hormone options may be considered when appropriate.
- Discuss sleep, nutrition, metabolic health and other midlife concerns.

Before booking: Confirm availability, fees and insurance coverage.

Midi Health

United States | joinmidi.com

Virtual women's healthcare specializing in perimenopause and menopause, with individualized treatment and wellness plans. Available across all 50 U.S. states.

- Care plans tailored to symptoms, medical history and goals.
- Treatment may include hormone or non-hormone approaches when suitable.
- Insurance and self-pay costs depend on state and plan.

Before booking: Confirm your insurance network and appointment costs.

Continue Your Learning

Pastor Jenni encourages women to explore evidence-based information from qualified experts on:

- Hormonal changes and healthy aging
- Strength training and muscle health
- Nutrition, metabolism and weight management
- Reverse dieting – consider the evidence and individual suitability.

Ask a qualified healthcare professional before changing treatment, exercise or nutrition plans.

Information checked October 19, 2026. Services and coverage may change.

ROAR WOMEN'S MINISTRY