

Aging is inevitable.

How you age is up to you.

Longevity is about staying healthy and vibrant as you age so you can not only add more years to your life, but enjoy more life in those years.

Investing in your health today will help build the active, confident, and independent future you're looking forward to.



MidiHealth

Your Changing Body

Aging can increase the risk of diseases like cancer and impact your ability to do what matters to you most, longer. Women must also contend with the effects of hormonal decline. Though menopause often occurs in your 50s, hormone levels can start dropping in your 40s—or even 30s—making early preventive care essential.

Hormonal decline can contribute to:	Which can increase your risk of:
Bone loss and weaker muscles/joints	Musculoskeletal issues, such as osteoporosis and arthritis
High cholesterol and blood pressure	Cardiovascular disease, heart attack, and stroke
Slowed metabolism and weight gain	Several concerns, including obesity and diabetes
Changes in how the brain adapts, functions, and fuels itself	Mental health and cognitive issues, like depression and memory troubles

Taking Control of Your Future

Women live longer lives but spend 25% more time in poorer health than men.¹ The best stay-well approach for you depends on your health history and habits, but these strategies are essential for everyone:

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| Staying strong and active | Getting restorative sleep |
| Eating a healthful diet | Maintaining a healthy weight |
| Taming stress | Getting regular screenings |
| Challenging your mind | Managing cholesterol and blood pressure |

Source: 1. McKinsey Health Institute

Get Support From Midi Health

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