

# Hormones change - your care should too



Hormonal shifts can happen at any stage in life, and, too often, these changes are misunderstood or overlooked, leaving people to struggle in silence, unsure where to turn for answers.

**sparrow's Hormonal Health is here to change that.**



## Whether you're navigating:

### Perimenopause

Get ahead of hormonal changes with tools to help you stay focused, balanced, and in control.

### Menopause

Find comfort, stability, and renewed energy with care that supports you through every transition.

### Andropause

You don't have to power through alone – get support to boost motivation, energy, and mental clarity.

## Your path to hormonal balance

- 1. Build your foundation**  
Begin with a free nurse consult and biomarker testing for a clear picture of your health.
- 2. Get your personalized plan**  
Meet virtually with hormone health specialists and receive tailored guidance for your needs.
- 3. Stay supported**  
Connect with your care team anytime through direct messaging for ongoing support.

*Your first nurse consultation is free. Personalized plans, prescriptions, and treatments are available as a fee-for-service offering.*

**About 50% of Canadian women feel unprepared for perimenopause and menopause.**

Menopause Foundation of Canada

## Take the first step toward feeling your best

Get answers, expert support, and a plan designed for you. Start your Hormonal Health journey by logging in to your sparrows app.

Learn how to register

[solutions.groupsource.ca/sparrow](https://solutions.groupsource.ca/sparrow)

