

Arivale ™

Your Guide to Navigating Menopause





Approximately 6,000 women in the US enter menopause every day.

They face a wide range of symptoms, from hot flashes to weight gain, as well as increased risk of long-term health issues, such as diabetes and heart disease.

Arivale helps women navigate the symptoms of menopause and lessen its long-term health risks using a proven program based in systems biology. That means we analyze data points from your blood, genetics, and lifestyle to create a highly customized and personalized wellness plan just for you. Then a registered dietitian or certified nutritionist works with you as a personal coach to explain your data and help you along your menopause journey.

Symptoms

- Concentration and memory issues
- Mood shifts and depression
- Joint pain
- Night sweats and hot flashes
- Sleep disruption
- Heart palpitations
- Hair loss
- Weight gain
- Decreased libido



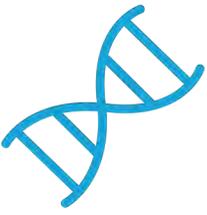
Long-Term Health Risks

- Cardiovascular disease
- Osteoporosis
- Heart attack
- Hypertension

With an Arivale membership, you get the full benefit of a scientific approach to navigating menopause.

www.arivale.com/menopause/get-started

Genetics



Arivale maps your DNA to:

- Give you insights into what diet will be best for your slowing metabolism.
- Identify your risk for low bone density—a major concern after menopause—and bone fracture.
- Reveal genetic factors related to blood pressure sensitivity to caffeine and salt.
- Identify genetic variants associated with heart health and blood vessel function.

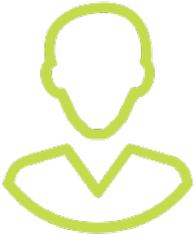
Blood



Arivale tracks your blood markers to:

- Keep tabs on your cholesterol, including a deep analysis into factors like LDL particle size.
- Provide additional insights into risks to your heart health, including homocysteine levels.
- Monitor your risk of diabetes through factors like insulin and glucose levels.

Coaching



Arivale's certified nutritionists and registered dietitians:

- Guide you through lifestyle changes to make an immediate impact on menopause symptoms.
- Work with you over time to adjust your diet and activity levels to lessen the long-term risks of menopause.
- Analyze your sleep patterns to provide better rest.

Results



Arivale members see results within six months:

- 63% of members who had low levels of vitamin D, a risk factor for osteoporosis, moved into a healthy range after six months with Arivale.
- 49% of members with an elevated risk factor for diabetes moved into a healthy range after six months with Arivale.
- 46% of members with a high marker for heart disease moved into a healthy range after six months with Arivale.

And...

- 84% of people who felt they had lost control of their lives no longer felt that way after joining Arivale.
- 73% of people who felt they were unable to focus no longer felt that way after joining Arivale.
- 71% of people who felt rundown no longer felt that way after joining Arivale.