Why am I receiving this?

Evia is our latest digital hypnotherapy app to help women manage menopause symptoms. We thought you might like to learn more with this handy fact sheet.

What's next?

Once you're up to speed, we'd love to arrange a phone chat with you to answer any questions and show you how to start referring Evia.

What is Evia?

Evia is the first science-backed digital therapeutic app that helps women manage menopause symptoms-naturally.

It is a five-week hypnotherapy program designed in partnership with Dr. Gary Elkins, a world-leading menopause researcher and Editor-in-Chief of the International Journal of Clinical and Experimental Hypnosis.

Hypnotherapy and Menopause

Hypnotherapy has been proven in clinical trials to be the most succcessful non-hormonal technique for managing hot flushes by retraining the brain to better respond to temperature changes.

In fact, clinical trials show up to an 80% reduction in hot flushes when hypnotherapy is used.[1]

Hot Flash Management

Why Evia?

By 2025, there will be over 1 billion women experiencing menopause in the world - that's 12% of the entire world population!

Unfortunately, the menopause market has been underserved. There are simply limited options available. When it comes to hormone replacement therapy (HRT), some women can't or choose not to take it, while others find that their dose doesn't sufficiently manage their symptoms.

How can you support your patient using Evia?

We've asked our members how they want help from healthcare providers. Here's what they said:

1. To feel heard about their menopause experience.
2. To be properly diagnosed.
3. To find the right tools that can help manage their symptoms.

In other words, they're looking for end to end support - starting with Evia.

Download Referral Script

Schedule Call With Us
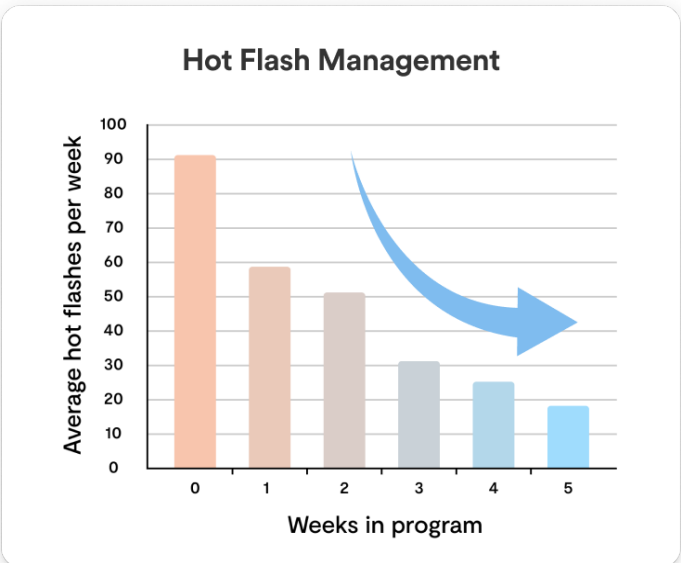
[1] Elkins, G. R., Fisher, W. I., Johnson, A. K., Carpenter, J. S., & Keith, T. Z. (2013). Clinical hypnosis in the treatment of postmenopausal hot flashes. Menopause, 20(3), 291–298. https://doi.org/10.1097/gme.0b013e31826ce3ed

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