

# Rixa Health Announces National Expansion of Specialized Telehealth Solutions for Women's Hormone Replacement Therapy

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Rixa Health, a telehealth medical care company based in Perrysburg, Ohio, has announced the national expansion of its specialized virtual care pathway for women seeking clinician-guided evaluation and management of perimenopause and menopause-related hormonal change. The program delivers personalized Women's HRT through a secure telehealth platform, pairing hormone therapy planning with ongoing clinical monitoring and metabolic health support.

The announcement follows increased national attention on menopause care access and patient education. On February 12, 2026, the U.S. Food and Drug Administration announced labeling changes to six menopausal hormone therapy products, intended to clarify risk considerations and support informed decision-making between women and their healthcare providers. Rixa Health states that its structured care model is designed to align with that goal by providing women with individualized clinical consultation rather than generalized treatment protocols.

Rixa Health Women's HRT program is structured to address the full range of symptoms commonly associated with perimenopause and menopause. These include vasomotor symptoms such as hot flashes and night sweats, sleep disruption, mood changes, cognitive complaints including brain fog, and genitourinary symptoms such as vaginal dryness. The company notes that symptom presentation during hormonal transition is frequently inconsistent, affecting multiple systems simultaneously, which can complicate evaluation in traditional care settings that assess one system at a time.

Each treatment plan under the program is customized based on the patient's unique physiological profile, medical history, and specific hormonal needs. The telehealth pathway begins with an online intake assessment, followed by a 30 to 45 minute virtual consultation with a licensed clinician to review history, evaluate laboratory considerations, and determine whether hormone therapy and related interventions are clinically appropriate. The service is delivered through a secure, HIPAA-compliant platform, allowing women to consult with specialized healthcare providers from the comfort and privacy of their homes.

Rixa Health reports that treatment plans may incorporate FDA-approved bioidentical hormones where clinically appropriate, with prescriptions routed to a local compounding pharmacy, medications shipped directly to a patient's home, or a combination of both, depending on the individualized plan and applicable state regulations. The company emphasizes that evidence-based treatment selection and patient safety remain the primary framework guiding all prescribing decisions.

The program is designed around a whole-body care model that addresses the impact of hormonal changes on metabolic health, bone density, and cardiovascular wellness ? not symptom management alone. Depending on clinical presentation and state-specific requirements, care planning may evaluate estrogen, progesterone, and where permitted, testosterone, while also considering thyroid function, glucose regulation, inflammation patterns, and gut-liver pathways involved in hormone metabolism. Patients receive ongoing clinical monitoring and regular follow-ups to adjust dosages and ensure optimal therapeutic results over time.

"Our focus is on empowering our patients to achieve long-term wellness, not just temporary fixes," said Dr. Tim Scott, DO, FACEP, Co-Founder of Rixa Health. "Women navigating perimenopause and menopause deserve a care model that looks at the whole picture ? hormones, metabolism, and the systems that connect them ? rather than a one-size-fits-all prescription."

Rixa Health's clinical team includes Dr. Tim Scott, a board-certified emergency medicine physician with functional medicine certification, and Mia Scott, FNP-BC, a board-certified family nurse practitioner with advanced training in women's hormone care, metabolic support, and functional nutrition. The company states that clinical oversight includes ongoing follow-up visits intended to support dose optimization and patient safety monitoring as part of a longer-term care relationship. Patients are supported by licensed medical

professionals who specialize in women's health and endocrine optimization throughout their treatment journey.

The telehealth model is also intended to reduce geographic and scheduling barriers for women who lack access to local clinicians with focused experience in menopause-related hormone management. By consolidating assessment, consultation, lab planning, and follow-up into a streamlined virtual workflow, Rixa Health positions the program as an access-oriented option that bridges the gap between patient need and specialist availability. Longer visit times, direct-pay pricing transparency, and secure messaging between scheduled appointments are among the structural features the company highlights as part of its patient-centered approach.

The Women's HRT program reflects the company's broader clinical philosophy, which emphasizes proactive health management and providing women with the tools and information needed to navigate hormonal transitions with confidence and sustained clinical support. The care model is designed for women seeking structured evaluation and continuity of care through the perimenopausal and menopausal years, with a long-term focus on quality of life, energy, sleep, and overall physical and mental well-being.

For more information, visit rixahealth.com/womens-hrt/.

About Rixa Health

Rixa Health is a telehealth medical care company offering virtual programs across multiple service lines, with an emphasis on individualized care planning and ongoing clinical follow-up. Based in Perrysburg, Ohio, the company's clinicians integrate telehealth visits with lab-informed decision-making and patient education to support long-term metabolic and hormonal health. Rixa Health's care model includes continuity through follow-up visits and secure communication tools that support monitoring between scheduled appointments.

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**Rixa Health**

*Rixa Health is a telehealth medical care company focused on personalized, patient-centered care. Rixa offers*

*cutting-edge treatments for weight loss and emphasizes  long-term wellness.*

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