

Long Bio

Dr. Tes Jordens, DO, MSCP, is a board-certified physician in Family Medicine and Obesity Medicine, and a Certified Practitioner of The Menopause Society. She is the founder of 1988™, a Wisconsin-based, women-owned telehealth practice delivering compassionate, evidence-based care for midlife women—focused on menopause, metabolic health and overall well-being.

Her path to medicine began in 2003 as a registered nurse. While working weekends and raising her child as a single mother, she studied for the MCAT, earned her medical degree from A.T. Still University–SOMA in 2015, and completed her Family Medicine residency at Carle Foundation Hospital in Illinois. These experiences shaped a clinician who listens deeply, values practical solutions, and understands the real lives behind the charts.

During her years in family medicine, Dr. Jordens noticed a troubling pattern: women in their 40s and 50s who looked “healthy” on paper but felt exhausted, foggy and unlike themselves. Lab results came back “normal,” yet these women knew something was wrong. The turning point came when one patient begged for help with hormone therapy. Dr. Jordens promised to learn—and did. She went on to train extensively with The Menopause Society, becoming certified to provide specialized midlife care.

From that promise, 1988™ was born—a clinic built to validate symptoms, personalize care, and support women in reclaiming their health and confidence. Today, Dr. Jordens’ mission is clear: to help lead a seismic shift in women’s health, so no woman feels invisible in midlife.

Short Bio

Dr. Tes Jordens, DO, MSCP, is a board-certified Family and Obesity Medicine physician and Certified Practitioner of The Menopause Society. She is the founder of 1988™, a Wisconsin-based, women-owned telehealth practice specializing in menopause, metabolic health, and midlife care. Her passion for this work began in family medicine, when she saw women struggling with “normal” labs but debilitating symptoms. Today, she helps women reclaim their health and confidence with personalized, evidence-based care.