

# Let's take care of you



## Expert care for women and families at every stage.

[Company name] provides access to Progyny, a comprehensive family building and women's health benefit, available for you and your covered [spouse/domestic partner].

Women's History Month is a time to celebrate the progress made in women's health and the importance of prioritizing well-being no matter what stage of life you're in. Progyny provides personalized care and coaching for anyone thinking about fertility and family building, [pregnancy and postpartum], [and parenting].

### We've got you covered.

[Claim Your Benefit](#)

You're receiving this email because you (or your [spouse/domestic partner]) may be eligible for the Progyny benefit through your [employer/organization]. Please know this message is intended to share available resources, and we recognize that these topics can be deeply personal and everyone's experience is unique. If these services do not apply to you at this time, please disregard or share as applicable.

## Get the expert care you deserve.

- 1:1 Care Navigation & Coaching**  
 Coaching from fertility, [pregnancy, postpartum, parenting,] and women's health experts, **at no cost to you!**
- Trying-to-Conceive Support**  
 Get resources and guidance for trying-to-conceive including ovulation tracking, nutrition, mental health, and more.
- Coverage for Fertility Treatment**  
 Access fertility care (e.g., IUI, IVF, and more) from top specialists.
- Coaching from Labor & Delivery Nurses [and Doulas]**  
 Get 1:1 support for pregnancy & your first year postpartum, plus get a cozy pregnancy/postpartum care package.\*
- Support from Parenting Experts**  
 Connect with experts trained in social work & child development for support raising children up to age 12.
- On-demand Resources**  
 Explore resources and doctor-approved education to support you through each milestone.

[Claim Your Benefit](#)

\*Pregnancy/postpartum care packages are only available as part of the Pregnancy and Postpartum program.

## Wondering about costs and eligibility?

Progyny is available to [Company Name] [employees/individuals] and [spouses/domestic partners] on an eligible medical plan. There is no cost to you to contact Progyny and access the benefit, which includes unlimited coaching support and educational resources in the app. If you see a physician or receive treatment for fertility care, copays, deductibles, and coinsurance may apply according to your plan.

### Getting started with your benefit is easy.

Get in touch at no cost to you.

[Claim Your Benefit](#)

## How we can support you

No matter where you are in your journey, Progyny can help connect you to the right care. Explore below to learn more about the programs available to you.

### Fertility & Family Building

- Trying-to-conceive resources for nutrition, mental health, & more
- Financial coverage for fertility treatments (e.g., IVF, IUI, [egg/sperm freezing])
- Adoption & surrogacy guidance and resources[, plus financial assistance]

### Pregnancy & Postpartum (at no cost to you)

- Expert guidance from nurses, [doulas,] and lactation consultants
- Ongoing support up to 12 months postpartum for recovery, mental health, and feeding
- [Assistance navigating your leave benefits for a smooth transition/ Support for return-to-work planning]

### Parent & Child Well-being (at no cost to you)

- Personalized support from parenting wellness experts trained in social work & child development
- Guidance for planning, finding, and funding childcare options
- Tools to manage work-life balance, budgeting, and everyday self-care

[Claim Your Benefit](#)

### Give us a call

**888.888.8888**

Our PCAs are available to answer all of your questions, as often as you need them.

Monday - Friday  
9:00am - 9:00pm EST

