

For you or someone you love- Feel like yourself again



Symptom relief is just around the corner.

As part of your [Company name] benefits, you (or your [spouse/ domestic partner]) have access to Progyny's perimenopause and menopause support.

Women's History Month invites us to recognize the progress made in women's health and take some time to prioritize well-being. When it comes to menopause care, we've come so far, but there's still a long way to go.

If you or a loved one is navigating the transition into peri/menopause, you are not alone. Whether you're bouncing from specialist to specialist or scratching your head about new symptoms and hormonal changes, Progyny can help.

Getting started with your benefit is easy.

Get in touch at no cost to you.

[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]. This message is intended to share available resources. If these services do not apply to you at this time, please disregard, or share as applicable.

Navigate symptoms with confidence

If you have symptoms like brain fog, vaginal dryness, irritability, fatigue, and more, the Progyny benefit may be useful to you. Let us help you access the care you deserve.



Personalized Support (at no cost)

Connect with a Progyny Care Advocate (PCA) who specializes in menopause coaching. They'll help you understand what you're feeling and the best next steps



Lifestyle Tips

Learn lifestyle tips for fitness, nutrition, sleep, mental health, and more



Menopause Specialists

Access virtual care from menopause specialist MDs/NPs in Progyny's network



Hormonal & Non-hormonal Rx

Explore FDA-approved hormonal and non-hormonal treatment options

[Claim Your Benefit](#)

Is there a cost?

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, copays, deductibles, and coinsurance may apply according to your plan.

Not sure if you need to see a doctor yet?

Peri/menopause can feel far off or go undetected for years, but being proactive is important for you to get the care you deserve. Progyny's resources and care advocates provide education and coaching to help you understand your symptoms and know what to expect, answer your questions, and connect you to expert menopause specialists as needed.

When you're ready, we'll be here.

[Claim Your Benefit](#)

Join our upcoming webinars

Menopause 101 Series:

Monthly events with menopause specialist providers to get your top questions answered and learn more about how Progyny can help you get the care you deserve.

[View Events](#)

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



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