



Access benefits for baby feeding support



Get support through pregnancy and postpartum:



Connect virtually with certified lactation consultants



Adjust back to work with strategies for milk storage and feeding routines



Access expert-curated mental health resources and/or referrals



Get guidance on breastfeeding, bottle, formula, or combination feeding



Navigate postpartum recovery with physical and emotional health strategies

You don't have to do it alone. Get paired with a women's health expert, a labor and delivery nurse, who can guide you through each milestone, up to 12 months postpartum.

Questions?

Give us a call at 888.597.5065

Progyny's Pregnancy and Postpartum program is available to eligible individuals and covered dependents (throughout pregnancy and up to 12 months postpartum) enrolled in an eligible plan, at no cost to you.

Scan to explore your benefit:

Scan here

