

## Feeling off or a little down? Hormones may be behind it.



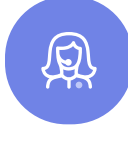
**Perimenopausal women are 40% more likely to experience depressive symptoms.<sup>1</sup>**

[Company Name] offers you or your [spouse/domestic partner] access to Progyny, a benefit providing peri/menopause support. Hormonal fluctuations during peri/menopause can impact mental and emotional well-being, leading to depression, mood swings, anxiety, and more. This Mental Health Awareness Month, get to know how Progyny can help you or a loved one through this transition. To learn more, [visit our site](#).

[Claim Your Benefit](#)

You're receiving this email because you or your dependent may be eligible for the Progyny benefit through your organization. Please know this message is intended to share available resources, and we recognize that these topics can be personal. If these services do not apply to you at this time, please disregard, or share as applicable.

### Get answers and supportive care: Holistic treatment options from menopause experts.



#### Feel heard.

Chat with a Progyny Care Advocate (PCA) to understand your symptoms and meet with in-network providers who are specially trained in menopause care.



#### Access care on your terms.

Conveniently schedule virtual appointments with providers to avoid long wait times and travel. Talk to your PCA via messaging or phone, as often as you need them.



#### Experience relief.

Get tailored treatment plans with hormonal and non-hormonal options, and learn lifestyle tips for mental health, sleep, weight, and more.



#### Prioritize your mental well-being.

Talk to your PCA and in-network provider to address symptoms impacting emotional and mental well-being, and get referrals to mental health specialists as needed.

### See what members are saying about the benefit:

"This has changed my entire life for the better. I was miserable with hot flashes and I didn't feel like myself. I love life again! I can sleep, I'm not sweating all the time, and I just feel good again." - Progyny Member

### Is there a cost?

There is no cost to you to access Progyny Care Advocate (PCA) support and digital resources. If you see a physician in Progyny's network or receive treatment, you will have financial responsibility according to your plan (e.g., copays, deductibles).

[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](#)

**Want to learn more? Visit our [benefits site](#)**

**Questions? Give us a call at 888.888.8888**

Our PCAs are available Monday - Friday, 9:00am - 9:00pm EST

1. [pubmed.ncbi.nlm.nih.gov/38642901/](https://pubmed.ncbi.nlm.nih.gov/38642901/)



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