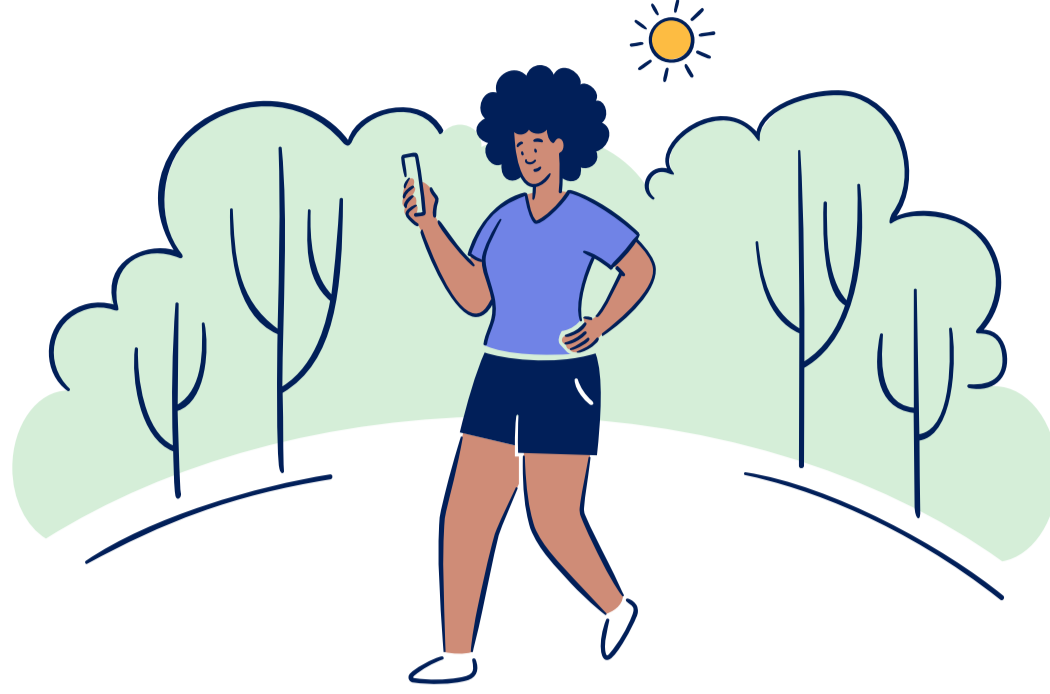


Step into summer with peri/ menopause support



Hot days, changing routines, new symptoms – peri/menopause doesn't pause for summer.

That's why [Company name] offers you or your eligible [spouse/domestic partner] access to Progyny, a benefit to help you navigate every shift with confidence, so you can feel your best and make the most of summer. 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. This benefit is designed to support those experiencing peri/menopause. If these services do not apply to you, please disregard or share as applicable.

Feeling off?

weight gain

sleep disruption

hot flashes

aches and pains

brain fog

mood swings

Progyny can connect you to:



✓ In-network menopause specialists

✓ 1:1 coaching

✓ nutritionists

✓ weight management support

✓ hormonal treatment

✓ mental health resources

Is there a cost?

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

[Claim Your Benefit](#)

Join Our Upcoming Webinars Menopause 101 Series



Monthly events with menopause specialists to get your top questions answered.

[View Events >](#)

Learn more

To learn more, [visit our site](#).

Questions?

Give us a call at: (xxx) xxx-xxxx



[Claim Your Benefit](#)



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Peri/menopause care that travels with you



With summer in full swing, warmer temperatures, changes in sleep, and travel schedules can make peri/menopause symptoms more noticeable.

With Progyny, available through [Company Name], you and/or your eligible [spouse/domestic partner] can get care from anywhere. To learn more, [visit our site](#).

[Claim Your Benefit](#)

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Your listening ear and trusted guide

- ✓ In-network menopause specialists
- ✓ Convenient virtual appointments
- ✓ Dedicated Progyny Care Advocate



Your peri/menopause care team is there to answer questions like:

Is what I'm experiencing normal?

Why does it feel harder to lose weight than it used to?

How can I improve my sleep or manage daily symptoms?

Do I need to see a specialist?

Should I explore hormonal or non-hormonal treatment?

Is there a cost?

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

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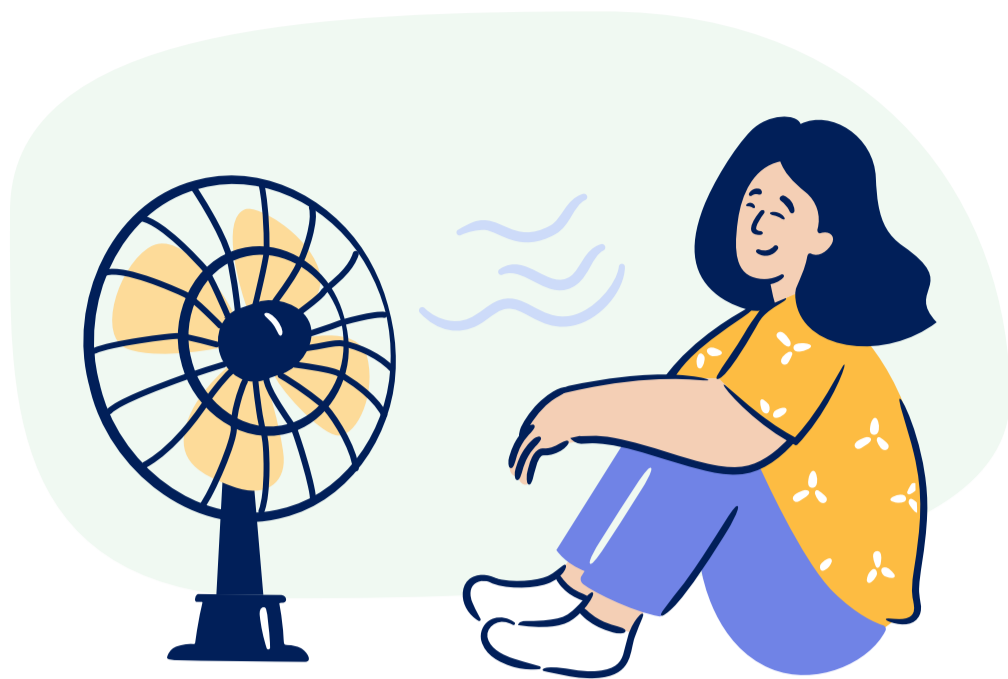


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Beat the heat with peri/menopause care



Summer is for enjoying, not dealing with bothersome symptoms like brain fog, weight gain, sleep disruption, or hot flashes.

Through [Company Name], you and/or your eligible [spouse/domestic partner] can get ongoing access to menopause specialists, personalized guidance, and treatment options that provide support all year round. To learn more, [visit our site](#).

[Claim Your Benefit](#)

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What's included?

Feel better with peri/menopause care through Progyny, including access to:

- ✓ In-network menopause specialists
- ✓ Hormonal and non-hormonal treatment options
- ✓ Weight management and nutrition support from RDNs
- ✓ Lifestyle guidance for sleep, mental health, and more
- ✓ Unlimited support from a Progyny Care Advocate

Is there a cost?

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

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