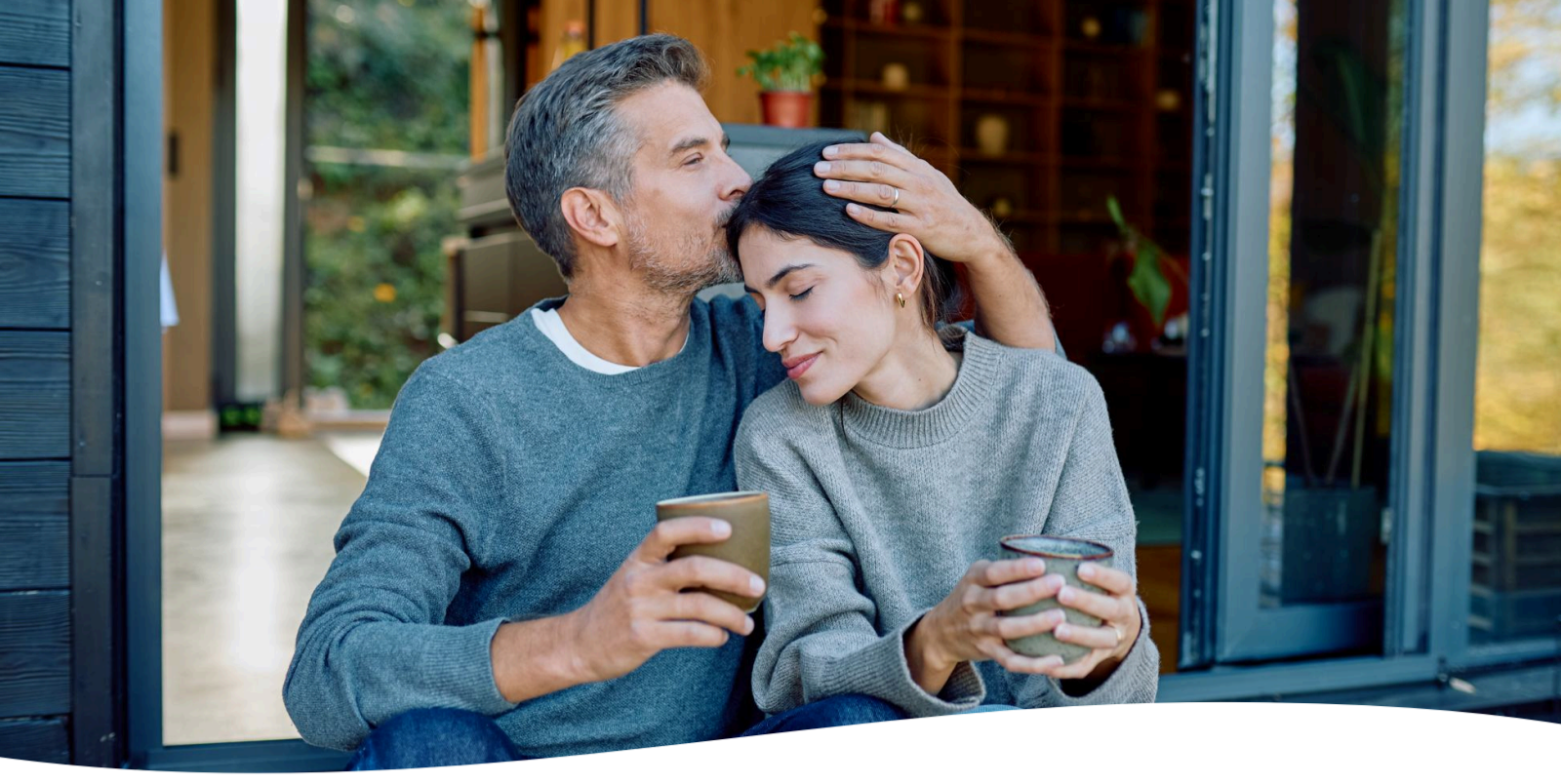


Get support through the ups and downs of growing your family



Lean on Progyny through every stage, so you never have to do it alone.

We recognize that the journey to parenthood can feel like an emotional roller coaster. This Mental Health Awareness Month, get to know how Progyny can help. We are a [Company Name] sponsored benefit, offering you and/or your [spouse/ domestic partner] support for fertility & family building, [pregnancy & postpartum, and parenting.] From clinical care to emotional support, we've got you covered. 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.

Your comprehensive Progyny benefit includes:



Trying-to-Conceive Support

Get guidance and resources for trying-to-conceive, including ovulation tracking, nutrition, mental health, and more.



Fertility Treatment Coverage

Access fertility care (e.g., IUI, IVF, and more) from top specialists and tap into financial coverage to help you manage your out-of-pocket costs.



[Pregnancy Guidance from Nurses [and Doulas]]

Get 1:1 support for pregnancy & your first year postpartum, plus get a cozy pregnancy/postpartum care package.*



[Postpartum Navigation]

Engage with your PCA for emotional support, to understand postpartum depression, and to get referrals to resources and additional support.



[Parenting Support]

Connect with experts trained in social work and child development for guidance on parent-child relationships, developmental milestones, and behavioral concerns for children up to age 12.

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

See what members are saying about the benefit:

"I had an amazing experience with my PCA. She was kind, patient, and did an excellent job educating me on the process... this is positively impactful as the process can be overwhelming."

-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](#)

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



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