



Progyny Women's Health and Family Building Benefits

Women's Health Resources and Support

Reproductive health is an important contributor to overall well-being. No matter what stage of life you're in, you deserve to understand your body's changes and receive unique care tailored to you. Explore educational resources below to support your individual journey.



Fertility & Family-Building

- **Education:** Compiled Progyny resources [↗](#)
- **Webinar:** Women's health milestones: Prioritizing wellness across reproductive life stages [↗](#)
- **Article:** 3 ways to support your fertility wellness [↗](#)



Pregnancy & Postpartum

- **Video:** Doctalk Episode 12: How to have a health pregnancy [↗](#)
- **Webinar:** Your pregnancy & postpartum care village [↗](#)
- **Article:** Postpartum recovery: Caring for your body and mind [↗](#)



Perimenopause & Menopause

- **Webinar:** Managing menopause: Understanding menopausal hormone therapy [↗](#)
- **Video:** Doctalk Episode 13: Managing symptoms of menopause [↗](#)
- **Podcast:** Episode 165: Menopause [↗](#)

To learn more about your available family & women's health benefits, contact Progyny at 888.597.5065.

Progyny is available Monday through Friday, 9 am–9 pm ET.

1. <https://pmc.ncbi.nlm.nih.gov/articles/PMC12039294/>