



Women's
Health

Progyny Fertility and Family Building Benefits

Women's Health Resources and Support

There are many factors that can impact women's reproductive health. Conditions like PCOS, endometriosis, and fibroids can each play a role in infertility, so understanding your symptoms, diagnoses, and general wellbeing is one of the first steps in taking control of your fertility and family building journey. Below we have compiled some helpful tools as a starting point for understanding various health conditions impacting women, treatment options, and tips on finding support.



Start Here

We've gathered women's health resources to help individuals and couples get started on their fertility and family building journeys:

- [Female Fertility + Health Resource Center](#)



This is Infertility Podcast

Listen to these episodes of our podcast to hear the unique perspectives and shared experiences from women going through treatment, including those with preexisting health conditions:

- **Episode 4:** Trying to Conceive with Premature Menopause
- **Episode 24:** Egg Freezing & Taking Control of Her Future
- **Episode 39:** Supporting Family Building Needs for Working Women
- **Episode 140:** The Fight with Fibroids



Additional Resources

Explore these articles to learn more.

- **What is PCOS?** A comprehensive infographic
- **What is Endometriosis?** The basics around symptoms and the impact on fertility
- **Female Fertility Evaluation:** What to know before your appointment

**To learn more about your benefit,
contact your Patient Care Advocate**