



Support across life's milestones



Preconception & Trying-to-conceive Support

Personalized coaching and digital resources to understand your reproductive health and support your family building goals.

Get guidance on:

- Nutrition and exercise tips
- Ovulation and intercourse tracking
- Mental health resources
- Fertility testing, and more



Fertility & Family Building

Comprehensive coverage for fertility care and guidance for every path to parenthood.

Get access to:

- Treatment coverage for fertility care (e.g., IUI, IVF, and more)
- A network of top fertility specialists
- Counseling and support for adoption and surrogacy
- 1:1 support from a Progyny Care Advocate (PCA)

Is there a cost?

You must be eligible through your employer to access the Progyny benefit. There is no cost to you for Progyny's resources, including unlimited coaching support and digital resources. If you see a physician or receive treatment, you will have financial responsibility according to your plan.

**Give us a call
888.597.5065
to get started**

Our PCAs are available
M-F 9:00 am – 9:00 pm ET to
answer all of your questions, as
often as you need them.