



Menopause & Midlife Care

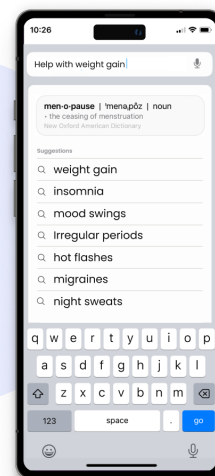
Provided by: Sony

In menopause, it's easy to feel like you don't know where to turn for answers you can trust.

Let's take care of you

You deserve relief and a specialized team by your side — Progyny helps you access expert menopause providers and coaches so you can develop a holistic plan that meets your unique needs.

**Understand
your unique
symptoms**



You'll get:



**Dedicated
Progyny Care Advocate
(PCA)**



**Virtual Care
from Menopause
Specialists**



**Hormonal &
Non-Hormonal
Treatment**



**MD-approved
Educational
Resources**



**Lifestyle Tips
for Symptom
Relief**

Is there a cost?

Progyny is available to employees and their covered spouse or domestic partner enrolled in an eligible plan. There is no cost to you to access Progyny's personalized coaching support and app. Services may be subject to your financial responsibility based on your medical plan. Reach out to your PCA to review coverage details.

**Get started:
Call 833.404.2011**

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.