progyny



Perimenopause & Menopause Support

Including specialized care for your needs

Provided by: Sony

In perimenopause and 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

- Mood changes
- Weight gain
- Hot flashes
- Night sweats
- Libido shifts
- Irregular periods
- Brain fog

You'll get:

- Dedicated Support from a Progyny Care Advocate (PCA)
- Personalized Coaching and Emotional Support
- Appointments with Menopause-Trained Doctors and RDNs
- Hormonal & Non-Hormonal Treatment
- Nutrition, Fitness, Sleep, and Lifestyle Support

Is there a cost?

Progyny's Perimenopause and Menopause program is available to individuals and/or their covered spouse/domestic partner on an eligible medical plan who experience menopause. There is no cost to you to access PCA support and digital resources. If you see a provider or receive treatment, you will have financial responsibility according to your plan (e.g., copays, deductibles).

Give us a call at 833.404.2011 to get started

Our PCAs are available Monday–Friday from 9:00 am–9:00 pm ET to answer all of your questions.