

## WHAT IS IN VITRO FERTILIZATION?

**In vitro fertilization (IVF) is recommended for individuals with a wide range of fertility issues looking to conceive.** Simplified, the IVF process consists of hormone stimulation of multiple follicles, egg retrieval, fertilization, and embryo transfer. There are other tests and procedures such as intracytoplasmic sperm injection (ICSI), assisted hatching/embryo biopsy, preimplantation genetic testing (PGT) and elective single embryo transfer (eSET) included in your benefit, which can help increase the odds of a healthy pregnancy.

### Fresh IVF

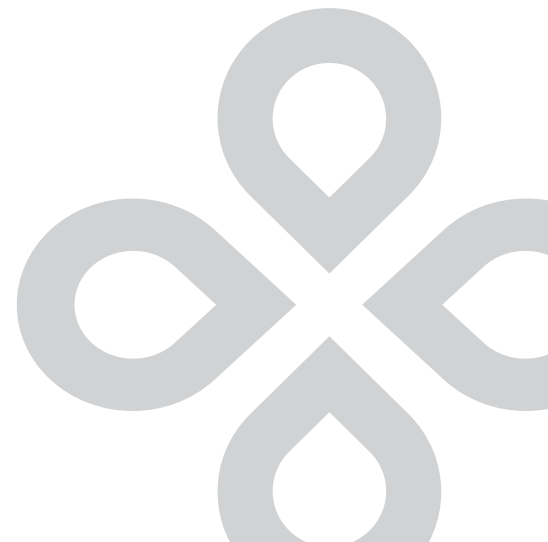
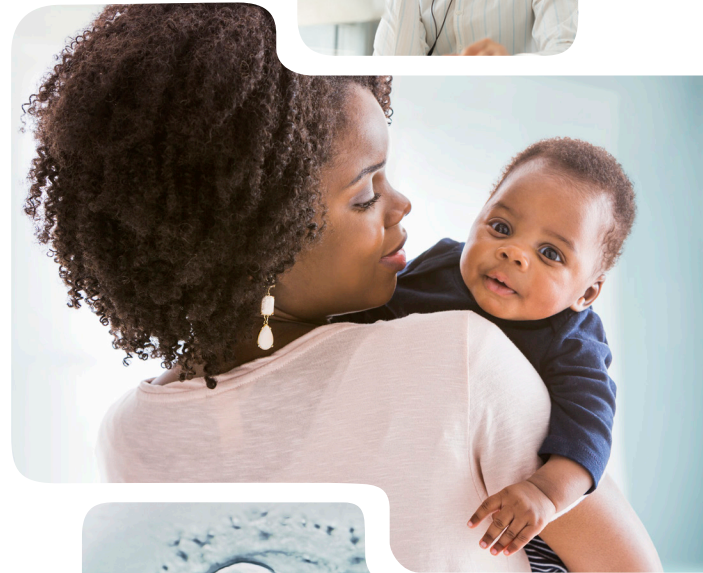
Fresh IVF starts with a consultation with a fertility specialist. The visit may include ovarian reserve tests, including a transvaginal ultrasound and a blood test for anti-mullerian hormone (AMH). In addition to testing ovarian reserve, you may also have other blood work performed, such as infectious disease testing and other routine blood tests. When the treatment cycle begins, you'll need to administer fertility medications and visit your doctor regularly for 8-10 days of monitoring before undergoing the egg retrieval. The egg retrieval is an outpatient procedure in which, under sedation, an ultrasound-guided needle is inserted vaginally, and a small needle is used to puncture the follicles and aspirate the eggs from the follicle. Once the eggs are retrieved, they are cultured in the lab with partner or donor sperm, with the hope that fertilization will occur. The eggs go through cell division and embryos develop in about 3-5 days. At this point an embryo is transferred to a woman's uterus in an outpatient procedure. Any remaining embryos may undergo genetic screening (as described below) and can be frozen for future use.

### Freeze All IVF

Freeze all IVF is similar to fresh IVF, as described above. However, after the embryos develop, they undergo cryopreservation. Patients may choose to have preimplantation genetic testing performed on their embryos, shown to decrease miscarriages and increase pregnancy success rates.

### Learn More

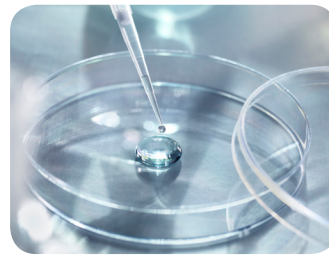
You can learn more about this and other treatment options by contacting your Patient Care Advocate (PCA) at your employer's dedicated Progyny phone line or by emailing [info@progyny.com](mailto:info@progyny.com).



## IN VITRO FERTILIZATION

### Intracytoplasmic Sperm Injection (ICSI)

In some instances, a single sperm is injected into a female egg to increase the odds of fertilization in the lab. This procedure may be used in cases of male factor infertility, when past IVF cycles have not resulted in fertilized eggs, or to increase chances of fertilization.



### Embryo Biopsy/Preimplantation Genetic Testing for Aneuploidy (PGT-A)

Preimplantation genetic testing for aneuploidy (PGT-A) *(formerly known as PGS)* provides information about the chromosomal makeup of embryos. Transfer of a screened embryo is shown to increase implantation rate, decrease the chance of a miscarriage, and assist the fertility specialist in selecting the best embryo for transfer.



### Elective Single Embryo Transfer (eSET)

Elective single embryo transfer (eSET) includes identifying an embryo with a high chance of a successful pregnancy, transferring that single embryo to the uterus, and freezing any other healthy embryos for future use. A high chance of pregnancy and lower risk of complications due to multiples are both benefits of eSET.

### Frozen Embryo Transfer (FET)

Embryos that have been preserved after Fresh IVF or Freeze All IVF can be thawed and transferred into a woman's uterus.

### Learn More

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