

New Year, Renewed You



The New Year is a great opportunity to take advantage of Progyny’s women’s health benefit available through [Company Name]. Say goodbye to feeling misunderstood by your doctor or confused by changes in your body and mood. From the first signs of perimenopause through post-menopause, you’ll get personalized care from experts who understand what you’re going through. Relief starts here.

Getting started with your benefit is easy.

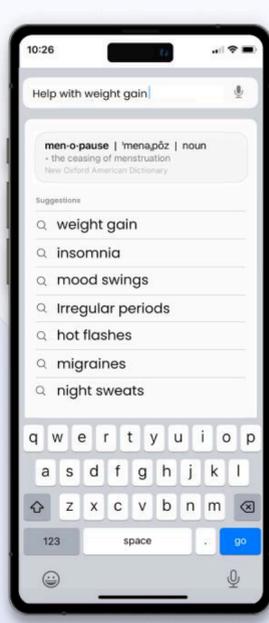
Contact us at no cost to you.

[Claim Your Benefit](#)

You’re receiving this email because you may be eligible for the Progyny benefit through your [employer/organization]. If these services do not apply to you, please disregard, or share with your [spouse/partner] or colleague as applicable.

Not feeling like yourself lately?

Perimenopause can start as early as your 30s and last several years, and hormone fluctuations can cause a wide array of symptoms. The Progyny benefit may be useful if you can relate to any of these common symptoms.



Progyny offers you access to expert care that’s tailored to you



Concierge Support

Connect with a Progyny Care Advocate (PCA) at no cost to you for menopause coaching to help you understand what you’re feeling and best next steps.



Menopause Specialists

Access virtual care from menopause specialist MDs/NPs in Progyny’s network.



Hormonal & Non-hormonal Rx

Explore FDA-approved hormonal and non-hormonal treatment options.



Lifestyle Tips

Learn lifestyle tips for fitness, nutrition, sleep, mental health, and more.

Not sure what you need?

Contact us and let’s figure it out together.

[Claim Your Benefit](#)

Is there a cost?

Progyny is available to [employees/individuals] and [spouses/domestic partners] on an eligible medical plan. There is no cost to you for Progyny’s resources, including unlimited coaching support and the app. If you see a physician or receive treatment, you will have financial responsibility according to your plan.

Join our upcoming webinars

Menopause 101 Series:

Monthly events with menopause specialist providers to get your top questions answered and learn more about how the Progyny benefit can help you get the care you deserve.

[View Events](#)



Give us a call

888.888.8888

Our PCAs are available to answer all of your questions, as often as you need them.

Monday – Friday
9:00am – 9:00pm EST

