

Women's health benefits that you (and your loved one) deserve



Peri/menopause can feel far off or go undetected for years, but being proactive can help you get the care you deserve.


This Women's Health Month, explore Progyny, a peri/menopause benefit available through [Company] for you and/or your eligible [spouse/domestic partner]. Gain access to menopause specialists and personalized support to understand your symptoms and navigate hormonal changes with confidence.

[Claim Your Benefit](#)

You're receiving this email because you or your dependent may be eligible for the Progyny benefit through your organization. Please know this message is intended to share available resources, and we recognize that these topics can be personal. If these services do not apply to you at this time, please disregard, or share as applicable.

Let us be your trusted guide.

If you have symptoms like brain fog, weight gain, vaginal dryness, irritability, and more, the Progyny benefit may be useful to you. Your benefit includes access to:

-  Appointments with menopause specialists
-  Hormonal & non-hormonal Rx
-  Lifestyle tips: fitness & weight management, sleep, & more
-  Mental health resources & referrals
-  Registered Dietitian Nutritionists

Is there a cost?

There is no cost to you to access Progyny Care Advocate (PCA) support and digital resources. If you see an physician in Progyny's network or receive treatment, you will have financial responsibility according to your plan (e.g., copays, deductibles).

[Claim Your Benefit](#)

Join our upcoming webinars

Menopause 101 Series

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



[View Events](#)

Want to learn more? Visit our benefits site

Questions? Give us a call at 888.888.8888

Our PCAs are available Monday - Friday, 9:00am - 9:00pm EST



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