



Support across life's milestones



Preconception & Trying-to-conceive Support

Personalized coaching and digital resources including guidance on nutrition, ovulation and intercourse tracking, a variety of mental health resources, and more.



Fertility & Family Building

Comprehensive coverage for fertility care (e.g., IUI, IVF, and more) from a network of top fertility specialists. Get guidance for every path to parenthood, including adoption and surrogacy. **Starting 1/1/26, coverage will increase from 2 to 3 Smart Cycles.*



Pregnancy & Postpartum

Month-by-month pregnancy and postpartum support from labor and delivery nurses with guidance on what to expect, birth preparation, baby feeding, and return to work planning. **Starting 1/1/26, get access to expanded services including virtual doula support and assistance navigating your leave benefits.*



Parent & Child Well-being

Resources for parents with children up to age 12 with 1:1 support covering developmental milestones, childcare planning, budgeting, family dynamics, self-care, and more. **New Starting 2026!*



Menopause & Midlife Care

Virtual care from a network of menopause specialist providers to address your symptoms and provide personalized treatment plans with hormonal and non-hormonal options, paired with ongoing 1:1 coaching.

Is there a cost?

You must be eligible through your employer to access the Progyny benefit. There is no cost to you for Progyny's resources, including unlimited coaching support and digital resources. If you see a physician or receive treatment, you will have financial responsibility according to your plan.

Questions? Give us a call at 833.283.1964

Our PCAs are available M-F from 9:00 am–9:00 pm ET to answer all of your questions, as often as you need them.

Claim your benefit

scan
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**New services available
beginning 1/1/2026*