



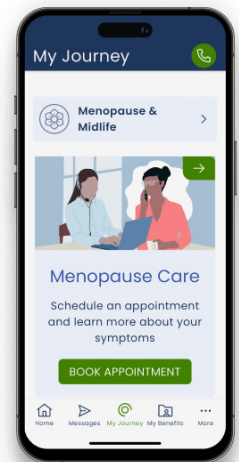
Move through Menopause with Progyny



In 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.



Support starts today:



Connect with your dedicated Progyny Care Advocate for coaching



Access virtual care from menopause specialist MDs/NPs



Tap into exclusive content from top menopause MDs, in-app or online



Explore hormonal and non-hormonal treatment options



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

Progyny is available to individuals and their eligible spouses/domestic partners on an eligible medical plan, and there's no cost for dedicated coaching and the app. If you have provider visits or prescriptions, they'll be in-network with your medical insurance.

Give us a call 833.233.1147

Our Menopause 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.

Get started:

