



Menopause and Midlife Care

The specialized care you deserve

A new standard of care is here. Progyny puts you and your health in focus, providing virtual care for all stages of menopause and all the unique symptoms that come with it. Our expert network combines evidence-based solutions with a personalized care plan so you can feel your best – utilizing a combination of hormonal and non-hormonal treatments, nutrition and weight management, sleep support, mental health care, and more.

Here's what to expect:

Easy enrollment

- Contact Progyny to get started - we'll confirm your eligibility and get you connected to menopause experts in your area

Convenient appointments

- Take a quick assessment to understand where you are in your menopause journey
- Book your first virtual visit within just days
- Meet with specialists trained in all stages of menopause and midlife care

Ongoing support

- Continue your care with a team of experts who will help you through nutrition, sleep, mood changes and other impacts to your life – and grow with you as your needs evolve
- Stay in touch with convenient online scheduling and messaging

Clarity for this new phase of life

- Dive deeper into educational articles and content to better understand and navigate the road ahead

No more stress, confusion, or struggling to find the right care

Call Progyny to get started

Partnering with you to treat and manage your symptoms:

- Weight fluctuations
- Anxiety
- Insomnia
- Brain fog
- Fatigue
- Joint pain
- Hot flashes

