



Menopause and Midlife Care

The specialized care you deserve

The symptoms that come along with hormonal transitions can show up in many ways, at different times. We know navigating these changes can come with confusion and questions. Progyny is here to support you on the road ahead and connect you to a care team specifically trained to meet your unique needs. Call Progyny today to learn more and get started.

What type of care does Progyny provide?

You'll get a personalized treatment plan and lifestyle support from expert providers that will address your specific symptoms – such as weight fluctuation, anxiety, insomnia, and brain fog – and help boost your overall health.

What types of treatment plans and protocols can I expect?

Progyny's menopause and midlife care is individualized, and will be based on your symptoms, medical history, and personal goals. Your provider will review the solutions that fit best with your lifestyle and needs, from hormone therapies and non-hormonal medications, to supplements and lifestyle protocols (i.e., nutrition plans, acupuncture, mental health support).



How do I join a telehealth appointment?

Your care team will provide you with a link to join each of your telehealth appointments. We advise joining via desktop or laptop in a quiet environment with strong internet access.

What if I need in-person care?

Your provider will work with you to ensure you are up to date with any necessary care, like pap smears or mammograms. If you need testing, you can be referred to a lab near you. Your provider will always discuss any of this with you as part of your care plan.

What does this cost?

Financial responsibility will vary depending on your healthcare plan. You may be subject to costs - such as copays or coinsurances - associated with virtual visits, lab testing, blood work, and prescriptions. Your dedicated care team will review your coverage details with you during enrollment and as needed.



How do I get started?

Call Progyny to confirm your eligibility and get connected to the care you deserve.

