



# Pregnancy & Postpartum

Support and guidance for a healthy pregnancy and beyond

With Progyny's Pregnancy and Postpartum program, you are supported every step of the way. Our unique programming connects you with a dedicated Pregnancy and Postpartum Coach (PPC) and exclusive digital resources to complement your ongoing OB/GYN care.

We know new beginnings come with lots of questions, so we've created a program that takes out the guess work.



## What type of pregnancy and postpartum support does Progyny provide?

Progyny provides ongoing support, guidance, and education for expecting parents and those newly postpartum. You'll have personalized, high-touch support from dedicated Pregnancy and Postpartum Coaches (PPCs) as well as 24/7 access to an exclusive app. These consultations and educational resources are designed to empower you at each milestone and support your overall well-being.

## How do I access the app?

Once registered, your PPC will connect you with access to the Progyny app – a digital tool that includes educational articles and health tracking, and makes it easy to communicate with your PPC.

## How do I get started?

Call Progyny to verify your eligibility. You will then be onboarded and introduced to your PPC.

## I have questions about Progyny.

We're here to help! Call Progyny to connect.