



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. Receive ongoing one-on-one support from a dedicated Pregnancy and Postpartum Coach (PPC) and unlock access to exclusive resources that empower you with knowledge and confidence for the many milestones to come. This benefit is offered to you for free by your employer.

Here's how to get started and what to expect:

- Contact Progyny to verify your eligibility and get registered
- Meet your PPC (doulas and RNs with labor and delivery experience), who will provide you with personalized education and support, and is available via email, secure messaging, and phone
- Partake in ongoing check-ins tied to key stages of your pregnancy, including prenatal milestones and postnatal transitions, such as return to work
- Use the Progyny app for 24/7 access to education and health tracking, and easily communicate with your PPC



We are here to help you prepare for the most important job yet – parenthood. Call Progyny to get started.

This program is effective 1/1/2024 and available to employees and their eligible dependents (throughout pregnancy and six months postpartum) enrolled in an eligible plan.