



# Benefits designed with you and your family in mind

We are proud to partner with Progyny to provide comprehensive care and support across life’s many milestones. With a range of benefits covering family building, pregnancy, postpartum, and menopause support, we’re committed to empowering you every step of the way.

Your Progyny benefits include **concierge support** from a dedicated care team, **access to care** from Progyny’s expert provider networks, and **exclusive resources**.

**New benefits for 2025: Pregnancy & Postpartum Care and Menopause & Midlife care.**



## Fertility & Family Building

- Unlimited concierge support from a Patient Care Advocate (PCA)
- Inclusive treatment coverage for all paths to parenthood
- Access to top fertility specialists for the care you need
- Personalized support, education, and digital tools to support family planning



## Pregnancy & Postpartum

- Ongoing support from a personal Pregnancy and Postpartum Coach (PPC)
- Virtual access to baby feeding specialists to develop personalized feeding plans
- Exclusive digital tools to help you track your pregnancy and postpartum milestones
- Curated content and education for each stage of pregnancy and postpartum



## Menopause & Midlife Care

- Unlimited concierge support from a Menopause Patient Care Advocate (PCA)
- Virtual access to perimenopause and menopause experts
- Hormonal and non-hormonal treatment options to address your specific symptoms
- Care to support nutrition and weight management, sleep, mental health care, and more

To learn more visit [progyny.com/benefits](https://progyny.com/benefits) or call 866-880-5456

**\*\*You must be enrolled in a Nelson Mullins medical plan to have access to the Progyny benefit. You may be subject to financial responsibility according to your plan of benefit.\*\***