



Pregnancy & Postpartum

Support and guidance for a healthy pregnancy and beyond

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. We've got you covered - access personalized coaching and digital tools at no cost.

You'll get:



Personalized Support:

- Contact Progyny to verify your eligibility and enroll
- Meet your PPC (labor and delivery nurses), who will provide you with personalized education and support
- Receive advice at key stages of your pregnancy and postpartum journey, including return-to-work
- Connect with lactation consultants and baby feeding experts



Curated Digital Resources:

- Sign up for the member portal via web or by downloading the Progyny app on your mobile device. You must be enrolled to gain access
- Explore curated content, education, and checklists to support each milestone
- Access health trackers to monitor your pregnancy (i.e., blood pressure, mood, and weight)
- Track your baby's diapers, feeding, and growth

Call Progyny at 833.233.0690 to get started

Visit progyny.com/benefits