progyny | IBEW Local 176

Menopause and Midlife Care

The specialized care you deserve

Progyny puts you and your health in focus, providing virtual care for all stages of menopause and all the unique symptoms that come with it. 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.

Partnering with you to treat and manage your symptoms:

- Weight fluctuations
- Anxiety
- Insomnia
- Brain fog
- Fatigue
- Joint pain
- Hot flashes

You'll get:

Easy Enrollment

- Contact Progyny to get started, confirm your eligibility, and gain access to menopause experts and digital tools
- Take a quick assessment to understand where you are in your menopause journey

Convenient Virtual Care

- Book your first virtual visit via the member portal
- Meet with specialists trained in all stages of perimenopause and menopause care to address your unique needs

Hormonal and Non-hormonal Treatment

- Receive a personalized plan based on your symptoms, medical history, and goals
- Your care plan may include guidance for nutrition and weight management, sleep support, mental health care, and more

Concierge Support

- Connect with your Progyny Menopause Patient Care Advocate for care coordination, emotional support, and guidance
- Continue your care with a team of experts who will coach you through each change, share resources, and adjust with your needs

Call Progyny at 866.946.0636 to get started

Visit **progyny.com/benefits**

This program is available to employees and their eligible dependents enrolled in an eligible medical plan. Services are subject to your financial responsibility, which may include deductible, coinsurance, copayment, and/or out of pocket maximum depending on your medical plan.