



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), the ability to schedule virtual visits with lactation consultants and baby feeding experts to get a personalized feeding plan, and 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 at **833.233.0557** to connect.