



Removing the burden at every stage of working parenthood

Balancing work and family life is an ongoing challenge for many working parents, and the demands don't ease after bringing a child home—in fact, they often grow more complex. From child development concerns to behavioral complications, these stressors can take a significant toll on parents. Without the right support, many employees struggle to navigate their benefits and well-being, leaving them without the resources they need and limiting ability for employers to optimize benefit investments.

90%

of parents say they need greater support to manage responsibilities at work and home¹

57%

of parents reported burnout and mental health concerns²

10%

of children under 5 face clinically significant emotional, social and mental health issues³

A quarterback for parent well-being and navigation needs

Progyny's parenting solution takes a holistic approach to parenthood, supporting the emotional, mental, and practical aspects of raising a child, inclusive to all family building pathways and configurations.

We create a nurturing community and simplify the parenting journey by providing expert guidance for infants through early childhood and adolescence. Our comprehensive approach addresses the full spectrum of parenting needs through personalized support and resources. As part of our program members receive:



Unlimited 1:1 consultations with parenting wellness experts



Personalized benefits and care navigation for parent or pediatric needs



Education on employer specific resources and workplace policies



Clinician-facilitated peer support groups



24/7 accessible self-guided content



Digital companion experience

Educational content & resources

Health Assessments

Employer resource integration

Financial tools

Messaging



Comprehensive, expert led support

When a member joins our program, they are paired with a dedicated parenting expert who specializes in their employer's benefits, programs, and policies. As trained social workers with expertise in child development, behavior and family relationships by stage of childhood, they provide personalized support and take the time to build a personal connection with each parent, offering guidance and assistance through:



Onboarding support

Walking parents through the intake process and understanding their goals



Benefit navigation

Helping explain employer-specific resources and benefits



Ongoing support

Scheduling regular check-ins to ensure continuous care

Members also gain access to an in-house team of parent wellness coaches with diverse expertise by child stage, who specialize in parent-child relationships, emotional health and child development - many of whom are parents themselves.

Together, they provide a support system that empowers parents by providing guidance and resources across a range of relevant topics for parents, including:



Benefits navigation

- Medical/Rx benefits
- EAP/mental health benefits
- Autism/other therapies
- Supplemental insurance products
- Caregiving/childcare



Parent Well-being

- Parent emotional support
- Family/spousal relationships
- Work life balance
- Financial well-being tools
- Peer circles and ERGs



Child Well-being

- Maintaining healthy sleep and feeding routines
- Recognizing developmental concerns
- Connecting with local resources
- Supporting older siblings

Reach out to your Progyny contact to learn more



Progyny's subsidiary NPUA is URAC accredited

POP CSM V06

1. Bright Horizons Family Index, <https://www.brighthorizons.com/-/media/BH-New/MFI/MFI-2022/Bright-Horizons-MFI-2022.ashx> | 2. OSU, <https://nursing.osu.edu/news/2024/05/08/perfect-parent-study> | 3. American Academy of Pediatrics, Addressing Early Childhood Emotional and Behavioral Problems