progyny

Equitable care for women at critical stages of life and career

Women are often surprised by perimenopause symptoms as early as their mid-thirties to early forties – however, focused care is often hard to find. Only 6.8% of OB-GYNs are trained to address symptoms[1], which will impact roughly half the workforce and last a decade or more. Furthermore, stigma has long created a knowledge gap in this overlooked phase of life, leaving nearly 3 in 4 left untreated[2].

59%

reported missed workdays; 18% for 8 weeks or more[3]

1 in 5

considered leaving their job entirely due to symptoms[4]

$25B

annual health costs due to menopause symptoms[5]

47%

higher medical costs from polyshopping the wrong care for relief[6]

Barriers to adequate treatment:

- Stigma
- Lack of knowledge of symptoms
- Limited access to expert care

Direct and indirect costs:

- Productivity and retention loss
- Misplaced, additional health care spending

It's time to not just bring 'the menopause talk' to the workplace but help a major portion of the workforce understand how they can, with the right team of expert support and care—understand, manage and celebrate a key transition of their life.

Dr. Janet Choi
Chief Medical Officer, Progyny

A New Standard of Care is Here:
A Curated Menopause Expert Network

Progyny provides unparalleled access to menopause-specialized medical care in all 50 states through in-house clinical education support and leading providers, Midi Health and Gennev. Members engage early in essential knowledge about their health and seamlessly book virtual visits within days, accessing the best treatment path for them which can include FDA-approved prescriptions to improve quality of life where appropriate.

This is consistent with our vision of cohesive, clinically effective care for every member across life's milestones. Our unique, nationwide network includes North American Menopause Society (NAMS) certified health providers with multi-disciplinary expertise to address a wide variety of symptoms.

An Integrative, Impactful Approach at a Glance

Nationwide network of menopause experts

- Multi-disciplinary expertise with access in all 50 states
- Best-in-class care navigation
- Virtual care appointments available within days, not weeks/months
- Access to Menopause-specialized OB-GYNs, nurses and nutritionists

Integrative and ongoing care

- Tailored symptom recognition and relief
- FDA-approved hormone and non-hormone treatments
- Lifestyle support for nutrition, weight, sexual dysfunction, sleep and mood
- Preventative intervention for mental health and chronic conditions, with tailored referrals to in-network care

Streamlined benefits administration

- Seamless, low-lift implementation
- Turnkey access to full network with utilization-based pricing: $250 case rate per participant per year, plus claims
- Dedicated communications support for proactive destigmatization and education

Reporting & Outcomes

- Reporting will include member utilization, engagement, and member satisfaction at the same cadence as Progyny reporting.
- Self-reported outcomes may also include reduction in absenteeism, increased productivity, extended retention, and symptom improvement.

To learn more, reach out to your Progyny contact

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1. Menopause Management Knowledge in Postgraduate Family Medicine, Internal Medicine, and Obstetrics and Gynecology Residents: A Cross-Sectional Survey, Mayo Clinic
2. Incremental direct and indirect costs of untreated vasomotor symptoms, The Journal of The Menopause Society | 3. Impact of Menopause on Work, Newson Health Menopause Society 2023 | 4. Biote Women in the Workplace Survey, 2022 | 5. Impact of Menopause Symptoms on Women in the Workplace, Mayo Clinic, 2023. | 6. Direct and indirect costs of women diagnosed with menopause symptoms - PubMed (nih.gov)