



## Providing proactive management of maternal health risks

Through multi-disciplinary maternity experts and personalized navigation, members are fully supported through each step of pregnancy, postpartum and return-to-work.

### Created to address the most critical challenges in maternal health

Our program follows the American College of Obstetricians and Gynecologists' guidelines and combines advanced risk identification tools, such as behavioral health assessments (PHQ, GAD, EPDS) and maternal health questionnaires, to empower early intervention on health risks and concerns for birthing parents and partners.

Helping members to make informed decisions about their health with unlimited support from a team of:



#### Registered Nurses

Our dedicated labor and delivery nurses, each with 6 to 20 years of experience in high-risk maternity, NICU, or labor and delivery, provide proactive clinical coaching. They help members through key milestones, help manage risk factors, and offer timely education and emotional support.



#### Lactation Consultants

International Board Certified Lactation Consultants (IBCLCs) provide breastfeeding support, latching guidance, pumping education, and support members with individualized needs across all feeding arrangements.



#### Certified Doulas

Trained professionals, doulas provide emotional, physical, and mental health support throughout pregnancy, childbirth, and postpartum. This prepares parents for birth and recovery while also reducing high-cost health risks through continuous guidance and care.

## Helping parents plan for leave & parenthood

Our team gains a comprehensive understanding of your company's benefit programs to simplify transitions to and from work, guiding in areas such as:



#### Navigating labor laws & state regulations

1. Family and Medical Leave Act (FMLA)
2. Disability claim forms
3. Tax forms and navigation



#### Benefit guidance

1. Benefit enrollment
2. Time off and leave planning
3. Financial calculators



#### Return-to-work planning

1. Childcare resources
2. College savings
3. Career planning

## Offering a nurturing member experience

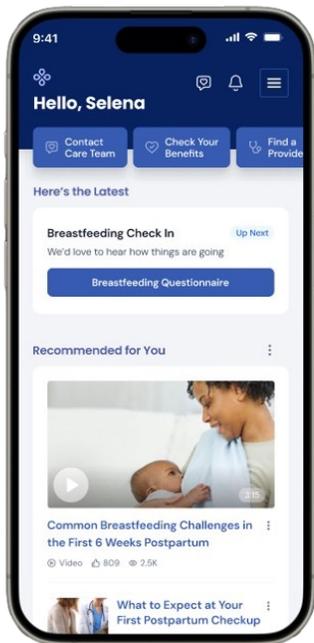
Our high-touch, comprehensive support reduces the stress and anxiety that comes with this exciting chapter while promoting early intervention on clinical risks throughout pregnancy, postpartum, and child health. This helps the birthing parent and their partner with navigating the physical, emotional, and practical needs, including but not limited to:

### Prenatal Support

- Nutritional and lifestyle guidance
- Breastfeeding preparation
- Labor and delivery planning
- Self-care

### Postpartum & Loss Support

- Postpartum depression & anxiety
- Baby care and lactation/feeding
- Pelvic floor rehabilitation
- Infant care and milestones



Members have access to a digital companion app that offers:



**Secure messaging**



**Assessments and trackers**



**Videos and podcasts**



**Curated education**

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*Progyny's support has been my most valuable asset in the third trimester—I feel so much more prepared and less alone in becoming a parent for the first time.*

- Progyny Member

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## Proactively managing maternal risk factors\*

By fostering earlier intervention, we support healthier pregnancies and improve maternal, parental and child well-being, resulting in:

**85%** more adherence to pre and postnatal visits

**100%** enrolled members screened for mental health risks

**94%** return-to-work rate

**Reach out to your Progyny contact to learn more**

