progyny | REPUBLIC SERVICES



Perimenopause & Menopause Support

Including specialized care for your needs

Provided by: Republic Services

In perimenopause and menopause, it's easy to feel like you don't know where to turn for answers you can trust.

Let's take care of you

You deserve relief and a specialized team by your side—Progyny helps you access expert menopause providers and coaches so you can develop a holistic plan that meets your unique needs.

Understand your unique symptoms

- Mood changes
- Weight gain
- Hot flashes
- Night sweats
- Libido shifts
- Irregular periods
- Brain fog

You'll get:

- Dedicated Support from a Progyny Care Advocate (PCA)
- Personalized Coaching and Emotional Support
- Appointments with Menopause-Trained Doctors and RDNs
- Hormonal & Non-Hormonal Treatment
- Nutrition, Fitness, Sleep, and Lifestyle Support

Is there a cost?

Progyny's Menopause and Midlife program is available to individuals and/or their covered spouse/domestic partner on an eligible medical plan who experience menopause. There is no cost to you to access PCA support and digital resources. If you see a provider or receive treatment, you will have financial responsibility according to your plan (e.g., copays, deductibles).

Give us a call at 844.767.3446 to get started

Our PCAs are available Monday–Friday from 9:00 am–9:00 pm ET to answer all of your questions.