



Menopause & Midlife Care

Provided by: AV

In 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.

You'll get:



Dedicated Progyny Care Advocate (PCA)



Virtual Care from Menopause Specialists



Hormonal & Non-Hormonal Treatment

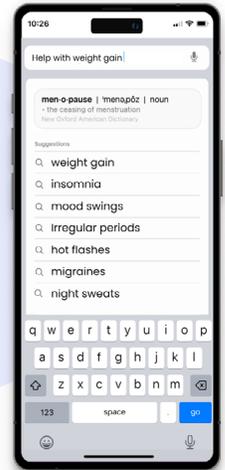


MD-approved Educational Resources



Lifestyle Tips for Symptom Relief

Understand your unique symptoms



Is there a cost?

Progyny is available to members and their covered spouse or domestic partner enrolled in an eligible plan. There is no cost to you for Progyny's resources, including unlimited coaching support and the app. If you have provider visits or prescriptions, you will have financial responsibility according to your medical insurance. Please reach out to your PCA to review coverage details.

Questions? Give us a call: at 866.947.6495

Our Progyny Care Advocates are available Monday - Friday from 9:00 am - 9:00 pm ET to answer all of your questions, as often as you need them.

Activate your benefit*: mypygny.com/av

*Program available starting 1/1/2026