



Menopause & Midlife Care

Provided by: IAFF Health & Wellness Trust

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**

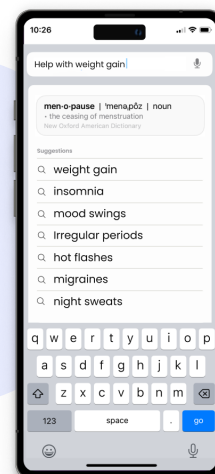


**MD-approved
Educational
Resources**



**Lifestyle Tips
for Symptom
Relief**

**Understand
your unique
symptoms**



Is there a cost?

Progyny is available to members 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.

**Get started: Call
866.946.0635**

Our PCAs are available M-F
9:00 am – 9:00 pm EST to
answer all of your questions,
as often as you need them.