



Perimenopause & Menopause Support

Including specialized care for your needs

Provided by: Conner Strong & Buckelew

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.

You'll get:

Understand your unique symptoms

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



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 Conner Strong & Buckelew individuals and/or their covered spouse 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
866.944.5507
to get started**

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