



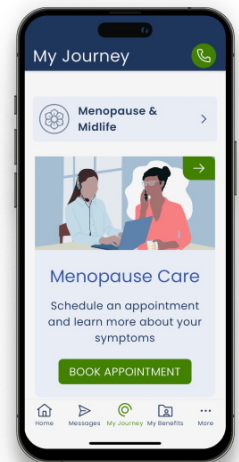
Move through Menopause with Progyny



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.



Support starts today:



Connect with your dedicated Progyny Care Advocate for coaching



Access virtual care from menopause specialist MDs/NPs



Tap into exclusive content from top menopause MDs, in-app or online



Explore hormonal and non-hormonal treatment options



Learn lifestyle tips for sleep, nutrition, mental health, and more

Progyny is available to members and spouses enrolled in BCBS TX plans, as well as Bloomfield Union members. There's no cost for dedicated coaching and the app. If you have provider visits or prescriptions, they'll be in-network with your medical insurance.

Give us a call 833.233.0717

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

Get started:

Scan to call

