progyny | AmeriHealth Caritas







Pregnancy & Postpartum

Support and guidance for a healthy pregnancy and beyond

Receive ongoing one-on-one support from a dedicated Pregnancy and Postpartum Coach (PPC) and unlock access to exclusive resources that empower you with knowledge and confidence for the many milestones to come. We've got you covered - access personalized coaching and digital tools at no cost.

You'll get:

Personalized Support:

- Contact Progyny to verify your eligibility and enroll
- Meet your PPC (labor and delivery nurses), who will provide you with personalized education and support
- Receive advice at key stages of your pregnancy and postpartum journey, including return-to-work
- Connect with lactation consultants and baby feeding experts

Curated Digital Resources:

- Sign up for the member portal via web or by downloading the Progyny app on your mobile device. You must be enrolled to gain access
- Explore curated content, education, and checklists to support each milestone
- Access health trackers to monitor your pregnancy (i.e., blood pressure, mood, and weight)
- Track your baby's diapers, feeding, and growth

Call Progyny at 833.233.0381 to get started

Visit **progyny.com/benefits**

This program is available to members and their covered spouse or domestic partner (throughout pregnancy and up to 12 months postpartum) enrolled in an eligible plan. Personalized coaching and access to digital tools are offered to you for free by your employer with no member financial responsibility.