



# Pregnancy and Postpartum

## You've got this, and we've got you.

Provided by: **Bowdoin College**

Growing your family can feel overwhelming, but you don't have to do it alone. Lean on Progyny for personalized support for each stage of pregnancy, postpartum, and preparing to be a parent that puts expert care, guidance, and peace of mind at your fingertips.

### You'll get:



1:1 coaching for pregnancy and postpartum guidance



Postpartum recovery support



Access to labor & delivery nurses



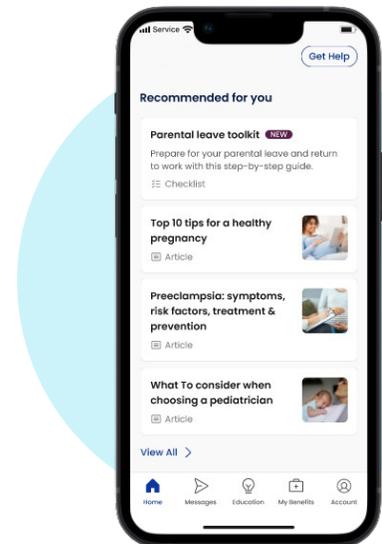
On-demand digital resources



Lactation and feeding support



Return-to-work planning



### At no cost to you!

Progyny is available to individuals and their covered spouse (throughout pregnancy and up to 12 months postpartum) enrolled in an eligible plan. There is no cost to you to access Progyny's personalized coaching support and app.

# Get started: Call 833.233.1088

Our 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.

\*Program available starting 1/1/2026