



Menopause & Midlife Care

Provided by: Nebraska Medicine

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

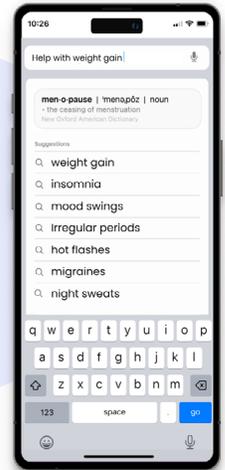


MD-approved Educational Resources



Lifestyle Tips for Symptom Relief

Understand your unique symptoms



Is there a cost?

Progyny is available to employees and their covered spouse 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.

Questions? Give us a call: at 888.666.3523

Our Progyny Care Advocates are available Monday - Friday from 8:00 am - 8:00 pm CT to answer all of your questions, as often as you need them.

Activate your benefit:

mypgny.com/nebmed

*Program available starting 1/1/2026