



Parent and Child Well-being

Real support for everyday parenting

Provided by: Nebraska Medicine

Progyny's Parent and Child Well-being program is designed for parents and caregivers of children up to age 12. The program offers access to expert, personalized guidance for the real-life challenges of raising kids. From navigating developmental milestones, to managing challenging behaviors, or balancing the emotional load of parenting, **you can lean on Progyny, at no cost to you.**

You'll get:



Unlimited 1:1 support from a Progyny Care Advocate (PCA)



Help understanding additional benefits and resources that can help you as a parent



Access to parenting wellness experts trained in social work & child development



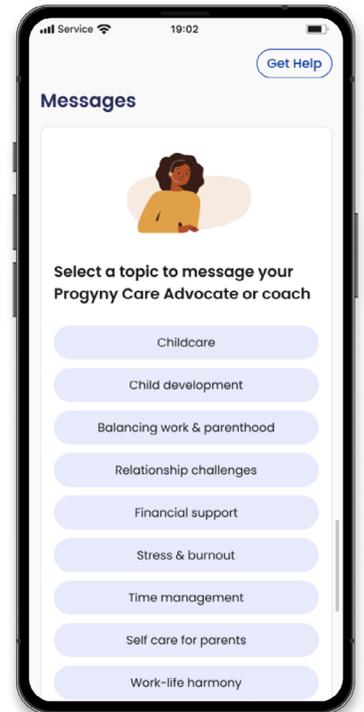
Guidance planning for, finding, & funding childcare



On-demand digital resources for support navigating developmental milestones



Tools for managing daily needs like work-life balance, budgeting, and self-care



At no cost to you!

Progyny is available to employees and spouses on an eligible medical plan. There is no cost to you for Progyny's resources, including coaching support and the app.

Questions?

Give us a call at 888.666.3523

Our Progyny care team is available M-F 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