



LGBTQIA Fertility and Family-Building Benefits

Our mission at Progyny is to help anyone who wants to have a child. We provide an inclusive fertility benefit that can be used by all eligible employees and their covered partners, and we are proud to offer our innovative fertility and family-building benefit to LGBTQIA members.

Family-Building for Single Men or Same-Sex Male Couples

Surrogacy Benefit Management

Assisted reproduction and surrogacy for single men or same-sex male couples can be an expensive endeavor. Progyny is proud to partner with your employer to cover certain assisted reproduction services and to reduce some of the financial burden. This benefit is available for all employees and may be of specific interest to single men or same-sex male couples.

Assisted Reproduction Services for Embryo Creation

Surrogacy allows single men and same-sex male couples to use the intended parent's sperm to have a biological child with the assistance of an egg donor and a gestational carrier, or surrogate. Progyny's fertility benefit helps members offset the costs associated with the surrogacy process by covering pre-embryo transfer services, including diagnostic testing, fertilization, PGS testing, and cryopreservation. *For information on obtaining donor tissue, please contact your Patient Care Advocate (PCA.) Progyny coverage does **not** include procedures performed on gestational carrier.*

Surrogacy and Adoption Information and Counseling

Progyny PCAs will also provide you with information and counseling throughout the surrogacy or adoption process including information on what to expect, average costs, state specific laws, donor services, and legal services.

Assisted Reproduction for Single Women and Same-Sex Female Couples

The Progyny fertility benefit offers robust coverage for single women and same-sex female couples.

Intrauterine Insemination (IUI) with Donor Sperm

Intrauterine insemination (IUI), also called artificial insemination, is a process in which, after a course of medication and monitoring, semen is inserted directly into the uterus using a catheter. IUI may be an effective treatment option for single women or same-sex female couples who have purchased donor sperm. *Includes: in-cycle management such as monitoring, semen wash and preparation, insemination, and more. For information on obtaining donor tissue, please contact your PCA.*

Reciprocal or Partner (IVF) In Vitro Fertilization

For same-sex female couples in which both partners are covered under the Progyny benefit, Reciprocal IVF allows both partners to participate in the family-building process. Eggs are retrieved from one partner, fertilized with donor sperm, and the resulting embryos are genetically tested for viability. This process is known as an IVF Freeze-All cycle. The healthiest embryo is then identified and transferred into the other partner. This aspect of the process is referred to as a Frozen Embryo Transfer (FET). *Includes: in-cycle management such as monitoring and ultrasounds, semen wash and preparation, egg retrieval and fertilization, ICSI or assisted hatching, PGS biopsy and testing, cryopreservation of*

embryos, anesthesia, frozen embryo transfer, and more. For information on obtaining donor tissue, please contact your PCA.

Fresh (IVF) In Vitro Fertilization

Single women and same-sex female couples have the option to pursue a fresh IVF cycle where one partner undergoes the entire IVF process. A fresh IVF cycle starts by stimulating a woman's ovaries with a course of medications. Eggs are then retrieved, fertilized and develop into embryos in a three to five day time frame. At this point, an embryo is transferred back into the uterus of the same partner that underwent the egg retrieval in the hopes of achieving pregnancy. Any remaining embryos may be frozen for future use. *Includes: in-cycle management such as monitoring and ultrasounds, egg retrieval, semen wash and preparation, ICSI or assisted hatching, PGS testing and cryopreservation of remaining embryos (if applicable), anesthesia, fresh embryo transfer, and more. For information on obtaining donor tissue, please contact your PCA.*

Frozen (IVF) In Vitro Fertilization

IVF Freeze-All Cycle

If only one partner will undergo the IVF process, the couple has the option to undergo an IVF Freeze-All cycle which will allow for PGS testing to be performed. The IVF Freeze-All process differs from an IVF Fresh cycle and can increase the chances of success. After a woman has completed a course of stimulation medications and undergone an egg retrieval, the eggs are fertilized and develop into embryos. The embryos continue to develop and are biopsied and frozen using vitrification. The biopsy of the embryo tissue is sent to a genetic lab for pre-implantation genetic screening (PGS) for genetic abnormalities. The embryos remain frozen in storage while the PGS testing takes place. During this time, the woman's body has an opportunity to return to its pre-treatment state before a frozen embryo transfer is performed at a later date. *Includes: in-cycle management such as monitoring and ultrasounds, egg retrieval, semen wash and preparation, ICSI or assisted hatching, PGS biopsy and testing, cryopreservation of embryos, anesthesia, and more. For information on obtaining donor tissue, please contact your PCA.*

Frozen Embryo Transfer (FET)

Embryos that have been preserved during an IVF fresh cycle or an IVF freeze-all cycle can be thawed and transferred into a woman's uterus. A frozen embryo transfer is also performed following PGS testing to ensure that the most viable embryo is chosen for transfer. *Includes: in-cycle management such as monitoring and ultrasounds, embryo thaw and preparation, embryo transfer, and more.*

Assisted Reproduction for Transgender Individuals

Progyny understands that transgender individuals face unique challenges in their family-building journey. Depending on your doctor's recommendation, you may be able to utilize your benefit for fertility preservation and treatment. *For more information, please contact your PCA.*

Fertility Preservation

Fertility preservation, also known as tissue cryopreservation or egg/sperm/embryo freezing, is available to all members and allows an individual or couple to preserve their fertility for future use. Fertility preservation can also be used prior to reassignment therapies and treatments. *Egg freezing includes: in-cycle management such as monitoring and ultrasounds, egg retrieval, oocyte identification, cryopreservation, anesthesia, and more. Embryo freezing includes: in-cycle management such as monitoring and ultrasounds, egg retrieval, semen wash and preparation, ICSI or assisted hatching, PGS biopsy and testing, cryopreservation of embryos, anesthesia, and more.*

Get Started

We are here to help. Please reach out to a Progyny Patient Care Advocate to learn more about how we can help you build your family.