



LGBTQ+ Family Building Options

Progyny is here to help anyone who wants to have a child, no matter their path to parenthood. That means providing an equitable family building benefit by removing barriers to treatment and ensuring that everybody can pursue their dreams of family. LGBTQ+ individuals and couples have many options for family building through the Progyny benefit, whether that means attempting pregnancy immediately or preserving fertility for later.

Your dedicated Patient Care Advocate (PCA) provides education and support for your personal path to parenthood, and Progyny providers support all paths to parenthood, including single parents by choice, as well as same-sex, transgender, and gender non-conforming individuals.

Learn more about various family building options below and call your PCA to understand what coverage is available to you under your specific benefit.

Pre-Transfer Surrogacy Embryology Services | Allows individuals and 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. Unlike traditional insurance, Progyny's fertility benefit covers embryology services including diagnostic testing, fertilization, preimplantation genetic testing, and cryopreservation for the intended parent(s). This includes all the embryology services for the creation of embryos from eggs. The services begin once the eggs have been retrieved or thawed and do not include an embryo transfer if a gestational carrier is included in the treatment journey.

Surrogacy and Adoption Information and Counseling | Progyny PCAs provide information and counseling throughout the surrogacy and adoption process including information on what to expect, average costs, state specific laws, donor services, and legal services.

Intrauterine Insemination (IUI) with Donor Sperm | Also called artificial insemination. A process where, either with or without medication, and after monitoring, sperm 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.

IVF Fresh | Individuals and couples have the option to pursue fresh IVF where one person undergoes the entire IVF process (this is not the same cycle if donor eggs are being utilized). A fresh IVF cycle starts by stimulating the ovaries with a course of medications. Eggs are then retrieved, fertilized with donor sperm, and develop into embryos within 3-5 days. At this point, an embryo is transferred back into the uterus of the same



partner that underwent the egg retrieval with the hopes of achieving pregnancy. Any remaining embryos may undergo genetic testing and may be frozen for future use.

IVF Freeze-All | IVF freeze-all is similar to IVF fresh and may increase the chances of success. After the embryos develop, they undergo cryopreservation (freezing). Members may also choose to have their embryos undergo genetic testing, which allows the fertility specialist to choose the embryo with the highest chance of developing into a healthy pregnancy. Genetic testing is included as part of the Progyny benefit.

Frozen Embryo Transfer | Embryos that have been preserved during an IVF freeze-all, frozen oocyte transfer, or previous IVF fresh cycle can be thawed and transferred into the intended parent's uterus.

Reciprocal IVF | For 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 after the embryos develop they undergo cryopreservation (IVF freeze all). Members may also choose to have genetic testing performed on their embryos. The most viable embryo is then chosen and transferred to the other partner.

Fertility Preservation | Fertility preservation, also known as tissue cryopreservation or egg/sperm/embryo freezing, allows an individual or couple to preserve their fertility for future use. Fertility preservation can also be used prior to gender affirming therapies and treatments. In addition to fertility preservation, transgender individuals may pursue fertility treatments including IUI, IVF, FET, etc. using Progyny Smart Cycles.

Embryo Biopsy/Preimplantation Genetic Testing for Aneuploidy | Preimplantation genetic testing for aneuploidy (PGT-A) (formerly known as PGS) involves testing a small embryo biopsy for chromosomal abnormalities. This allows the fertility specialist to select the single best embryo for transfer. PGT-A testing greatly reduces the risk of miscarriage and increases the probability of a successful pregnancy.

Explore additional resources at [at progyny.com/education](https://progyny.com/education).
Call your PCA to get started.

