



New Progyny Study Finds Significant Improvement in Menopause Symptoms Through Connected Care Model

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More than 70% of members in the study reported symptom improvement, with the greatest gains among those receiving both personalized coaching and menopause-trained provider care

NEW YORK, Oct. 26, 2026 (GLOBE NEWSWIRE) -- Progyny, Inc. (Nasdaq: PGNY), a global leader in women's health and family building solutions, today announced findings from a new clinical outcomes study showing significant improvements in menopause symptoms among members receiving care through its [Menopause and Midlife program](#). The research found that more than 70% of members in the study experienced improvement in their menopause symptoms, with the greatest gains observed among those who received both personalized coaching and care from menopause-trained providers.

The findings, detailed in Progyny's new white paper, [Beyond the Hype: Evidence for a Connected Model of Menopause Care](#), come during Menopause Awareness Month and as demand for menopause support continues to grow, yet access to evidence-based care remains limited, inconsistent, and difficult to navigate. In an expanding marketplace of menopause solutions offering widely varying levels of clinical support, the research underscores the importance of a connected care model that integrates education, personalized guidance, and specialized clinical care to help women navigate this critical life stage.

"Menopause has historically been underdiscussed and undertreated. Growing awareness is an important step forward, but awareness alone isn't enough," said Dr. Janet Choi, Chief Medical Officer, Progyny. "Women need reliable education and access to knowledgeable providers who offer evidence-based care tailored to their individual symptoms, health needs and goals. With so many products and treatments promoted today, employers also need confidence that the benefits they invest in connect employees to care grounded in clinical best practices, tailored to improve their health and well-being."

Key findings from the study include:

- **More than 70% of members in the study experienced symptom improvement:** 70.8% of members reported an overall improvement in menopause symptoms, with an average 7.1-point improvement on the Menopause Rating Scale (MRS), a validated assessment of 11 common symptoms scored in severity on a scale from 0 to 44.
- **Coaching plus menopause-trained provider care was associated with the greatest improvements:** Members who received both experienced an average 7.6-point improvement in MRS scores, compared with 3.3 points among those who received coaching alone.
- **Significant improvements were observed across all 11 measured symptoms:** Members experienced reductions in hot flashes (52%), vaginal dryness (50%), cardiac symptoms (48%), and depressive mood (45%), among other symptoms.
- **Sleep disturbance fell 42%, addressing a symptom linked to cardiometabolic risk.**
- **Women with severe symptoms also experienced meaningful relief:** 40.4% of members who initially reported severe symptoms moved into a lower symptom severity category.

Addressing a growing gap in menopause care

Despite increasing attention to menopause in the workplace, many women continue to face challenges finding qualified providers and navigating treatment options. As recently as 2023, [fewer than one-third of OB-GYN residency programs included menopause management training](#), contributing to gaps in specialized care.

These challenges have a direct impact on employee well-being and performance. Research published in [Mayo Clinic Proceedings](#) estimated that menopause-related symptoms contribute to \$1.8 billion in annual lost productivity in the United States due to missed workdays alone.

Progyny's findings highlight the potential value of a more comprehensive approach to menopause support. Its Menopause and Midlife program combines evidence-based education, one-on-one coaching from clinically trained Progyny Care Advocates, and access to a curated network of menopause-trained providers. The model is designed to help members understand their symptoms, navigate treatment options, and access appropriate clinical care based on individual needs.

"A few months ago...the only thing I knew about menopause was that hot flashes were involved. While I was having hot flashes, the brain fog and joint pain were more debilitating. I felt like a shell of a human when I first contacted Progyny. [My Progyny Care Advocate] was very supportive, kind, understanding, and patient. She oriented me on my benefit and connected me with [a menopause provider]. I have a new lease on life. I feel so fortunate," said one Progyny member.

The full white paper, *Beyond the Hype: Evidence for a Connected Model of Menopause Care*, is available [here](#).

About Progyny

Progyny is a global leader in women's health and family building solutions, trusted by leading employers, health plans, and benefit purchasers worldwide. Through its comprehensive and personalized approach, Progyny supports members across fertility and family building, pregnancy and postpartum, menopause and midlife, and parent and child well-being journeys. Progyny combines differentiated clinical care, integrated pharmacy support through Progyny Rx®, and personalized guidance from Progyny Care Advocates® to deliver improved member experiences and better health outcomes. For more information, visit www.progyny.com.

About the study

The analysis was a retrospective longitudinal review of members enrolled in Progyny's Menopause and Midlife program during 2025–2026. The clinical outcomes sample included 179 members who completed an initial Menopause Rating Scale assessment during their first coaching call and a follow-up assessment an average of 109 days later. Findings reflect observed associations within the study population and do not establish causation.

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