FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response: 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| 1. Name and Address of Reporting Person* Bealer Jennifer | | | | | | | 2. Issuer Name and Ticker or Trading Symbol Progyny, Inc. [PGNY] | | | | | | | 5. Relationship of Reporting Person(s) to Iss (Check all applicable) Director 10% Ov Officer (give title Other (s | | | | vner |
|--|---|---------------------|--|---------|------------------------------|---|--|--------|--|-------|--|---|--|--|--|----------------------------------|--|--|
| (Last) (First) (Middle) C/O PROGYNY, INC. 1359 BROADWAY, 2ND FLOOR | | | | | | 3. Date of Earliest Transaction (Month/Day/Year) 05/17/2021 | | | | | | | | X Officer (give title Other (specify below) EVP, GENERAL COUNSEL | | | | |
| (Street) NEW YORK NY 10018 | | | | | 4. 11 | 4. If Amendment, Date of Original Filed (Month/Day/Year) | | | | | | | | 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person | | | | |
| (City) | (S | | (Zip) | | | | | • • | | | | f D . | | | | | | |
| 1. Title of Security (Instr. 3) 2. Transa Date | | | | | | | 2A. Deemed Execution Date, | | 3. Transaction Code (Instr. 8) | | 4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4 | | d (A) or | 5. Amou Securiti Benefic | unt of | Form (D) o | : Direct r Indirect | 7. Nature of Indirect Beneficial Ownership |
| | | | | | | | (, | | Code | v | Amount | (A) or (D) | Price | Transac | Reported Transaction(s) (Instr. 3 and 4) | | | (Instr. 4) |
| Common Stock | | | | | 05/17/2022 | | 2 | | М | | 1,126 | A | \$23.1 | 16 81 | 81,138 | | D | |
| Common Stock | | | | | 05/17/2022 | | 2 | | F | | 853 | D | \$37.3 | 5(1) 80 | 80,285 | | D | |
| Common Stock 0 | | | | | 05/17/2022 | | | | M | | 3,795 | A | \$3.9 | 5 84 | 84,080 | | D | |
| Common Stock 05/17/2 | | | | | /2022 | | | | F | | 1,244 | D | \$37.3 | 5(1) 82 | 82,836 | | D | |
| Common Stock 05/17 | | | | | /2022 | .022 | | | M | | 20,625 | A | \$3.9 | 5 103 | 3,461 | | D | |
| | | Т | able II | | | | | | | | osed of, convertib | | | y Owned | | | | |
| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative Security | se (Month/Day/Year) | 3A. Deen Executio if any (Month/D | n Date, | 4. Transa Code (8) | | | | 6. Date Exercis Expiration Dat (Month/Day/Ye | | ate | 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) | | 8. Price of Derivative Security (Instr. 5) | 9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4) | ly Ow For Oir Or (I) | 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 11. Nature of Indirect Beneficial Ownership (Instr. 4) |
| | | | | | Code | v | (A) | (D) | Date Exercis | sable | Expiration Date | Title | Amount or Number of Shares | | | | | |
| Stock Options | \$3.95 | 05/17/2022 | | | М | | | 3,795 | (2) | | 05/21/2029 | Stock Options | 3,795 | \$0 | 6,958 | | D | |
| Stock Options | \$3.95 | 05/17/2022 | | | M | | İ | 20,625 | (3) | | 05/23/2029 | Stock Options | 20,625 | \$0 | 44,688 | 3 | D | |
| Stock Option | \$23.16 | 05/17/2022 | | | M | | | 1,126 | (4) | | 03/08/2030 | Stock Option | 1,126 | \$0 | 4,497 | | D | |

Explanation of Responses:

- 1. Shares withheld for payment of withholding taxes.
- 2. One-fourth (1/4th) of the shares subject to the Option vested on March 20, 2020, and one thirty-sixth (1/36th) of the remaining shares subject to the Option vested or shall vest each month thereafter, subject to the Reporting Person continuing to provide service through each such date.
- 3. One-fourth (1/4th) of the shares subject to the Option vested on May 23, 2020, and one thirty-sixth (1/36th) of the remaining shares subject to the Option vested or shall vest each month thereafter, subject to the Reporting Person continuing to provide service through each such date.
- 4. Represents an annual merit grant made pursuant to the Issuer's 2019 Equity Incentive Plan. One-fourth (1/4th) of the shares subject to the Option vest on March 9, 2021, and the remaining shares subject to the Option vest in equal quarterly installments thereafter through March 9, 2024, subject to the Reporting Person continuing to provide service through each such date.

Jennifer Bealer, Attorney-in-Fact

** Signature of Reporting Person

05/19/2022

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.