

## Your Path to Family Planning Starts Here



With Kindbody, [employer\_name]'s fertility and holistic health benefit, it's a great time to set family and health goals for 2025. Whether you're just exploring your options or are ready to take the next step, Kindbody provides expert support, comprehensive fertility services, and a team committed to guiding you in your journey.

### Activate your benefits

- [Employer]'s access code is [EMPLOYERCODE]
- Your Unique ID is your employee ID; for your spouse/domestic partner this is the employee ID + S' at the end



### Meet Kindbody

Your Kindbody benefits provide you and/or your partner with:

- Fertility services including IVF and egg freezing
- A world-class team of fertility experts
- Comprehensive fertility consultations
- Fertility clinics located across the country
- 24/7 chat access with our team

[Activate your benefits](#)

**Great news! You have new benefits from Kindbody starting this year! *[Only if applicable]***



#### KindMan

Male fertility services to help you and your partner conceive—including personalized assessments, semen analysis, and hormone management programs.



#### KindDoula

Our doula program offering personalized support during a pregnancy—providing you with guidance on birth plans, nutrition, fitness, and more.



#### Menopause

Program offering women crucial menopause support—including provider visits, hormone testing and therapy, nutrition and lifestyle coaching, and more.

Activate your Kindbody account to start exploring these new services.

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### Contact us at any time.

employeebenefits@kindbody.com  
1-855-KND-BODY





Hi [first name],

Happy New Year! 🎉 As we start 2025, it's a great time to focus on your family planning goals.

As your fertility and family-building benefit from [employer\_name], we're here to support you as you begin your journey.

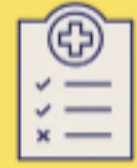
[Activate your benefits](#)

### Tips to start your journey:



#### Track Your Cycle

Use an app or journal to spot your fertile days.



#### Understand Your Health

Your fertility changes with age; it's normal, and we're here to help you plan.



#### Know Your Family History

Talk to female relatives to learn about any genetic factors that may affect your fertility.



#### Make Healthy Choices

Avoid smoking, limit caffeine and alcohol, and eat nutrient-rich foods like leafy greens, nuts, and berries.



#### Assess Your Fertility

Regular check-ins provide helpful insights. Kindbody offers hormone tests and assessments to guide your planning.

### Want to learn more about your fertility health?

Activate your Kindbody account to schedule a personalized assessment with a clinical expert.

[Activate your benefits](#)

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