

TAKE CHARGE IN 2025

Your Health, Your Family, Your Future.



Need Help with Your New Year Goals?

Make 2025 the year of achieving your health and family-building goals with support from Kindbody — your benefit from [employer_name]. Here are three tips to get you started:

- 1. Check-In Early:** Get a head start by scheduling fertility check-ups, like a simple hormone blood test.
- 2. Focus on nutrition:** Leafy greens, lean proteins, and whole grains support reproductive health.
- 3. Ease Stress:** Mindfulness can improve hormonal balance, which supports fertility.

More resources on [our blog](#).

Your Knowledge, Your Power: Maternal Health

Did you know that over **50,000 women** in the U.S. experience severe pregnancy-related complications each year, but **60% of these could be avoided** with proper care? *(Source: CDC)*

From prenatal care to postpartum support, staying informed about maternal health can reduce risks and lead to a healthier pregnancy.

[Learn more](#)



Patient Story: Alex & Ernie

“Kindbody gave us hope on our path to parenthood. Our dream of a family is now within reach.”

[Read more patient stories](#)



Get to Know a Physician: Dr. Fabiola Balmir

Reproductive Endocrinologist
Kindbody Minneapolis

What her patients say:

“Dr. Balmir is very warm and compassionate. She sat down and answered all of our questions and set expectations of success.”

[Learn more about Dr. Balmir](#)

Get Started With Kindbody

Your Kindbody benefits from [employer_name] include:

- Fertility services including IVF, egg freezing, and more
- A world-class team of fertility experts and clinicians
- Fertility clinics located across the country
- Clinical consultations: either in-person or virtual
- 24/7 chat access to have your questions answered

[Activate your benefit](#)

Contact us at any time.
employeebenefits@kindbody.com
1-855-KND-BODY

