

As we begin the new year, we would like to highlight an important resource available to you: your Kindbody benefit. In partnership with your employer, Kindbody provides comprehensive family-building and holistic health services at fully-covered or discounted rates, designed to support you and your loved ones in achieving your goals in 2025.

### Virtual Event

**Thinking Ahead:  
Proactive Fertility Prep**  
Tuesday, January 28th at 8pm ET

Join us as we outline the fertility fundamentals and how you can optimize your chances of conceiving now, or in the future.

[RSVP](#)



### Monthly Tips

**Goal Setting: Choosing Values-Based Goals During Fertility Treatments**

The start of a new year can come with mixed emotions for those engaged in the family-building process.

[Read more](#)



### Blog Spotlight

**Optimizing Maternal Health to Avoid Pregnancy-Related Complications**

Dr. Fahimeh Sasan shares her insights into how women can optimize their health to reduce the likelihood of pregnancy-related complications.

[Read the article](#)



Dr. Fahimeh Sasan

### Patient Story

**Meet Alex and Ernie**

“Remember that everyone’s journey is different. I was way more worked up than I needed to be going into it based on other people’s experiences.”

[Read their story](#)



**Contact us at any time.**  
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