

kindbody

NOVEMBER/DECEMBER 2024

# Navigating the Holidays

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As the holiday season approaches we are keenly aware of the sensitivity of this time, especially surrounding fertility and our health. This is an important time to seek support and education surrounding self-care and wellbeing.

We'd like to take this opportunity to highlight your Kindbody benefit, which offers comprehensive support for those facing fertility challenges or those who simply want to take better care of themselves—particularly with our Kindbody360 offering. With Kindbody, you have access to fertility services to support your reproductive health—including IVF, egg freezing, and more.

**With Kindbody, you and/or your partner have access to:**

- A world-class team of fertility experts
- Comprehensive fertility assessments
- IVF and other assisted reproductive services
- Egg freezing and fertility preservation options

**Knowledge is power.  
Activate your Kindbody benefits.**

Visit [kindbody.com/activate-now](https://kindbody.com/activate-now) to activate your benefits and schedule a personalized consultation from a Kindbody fertility expert.

**Questions?**

Email [employeebenefits@kindbody.com](mailto:employeebenefits@kindbody.com)



## **Navigating the Holidays**

90% of those that struggle with infertility experience depression. The holiday season can be particularly difficult for those dealing with fertility issues.

## **Self-care and Wellbeing**

According to WHO, 60% of related factors to individual health and quality of life are correlated to lifestyle. Nutrition, exercise, and prioritization of mental health are essential.

## **Kindbody360**

At Kindbody, supporting your emotional, mental, and physical health is an essential part of how we provide the best care possible. Our “whole person” approach curates integrative care plans based on all dimensions of your life.

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## **November/December Virtual Events**

### **Navigating Fertility Around the Holidays**

Thursday, November 14  
1:30pm ET / 10:30am PT

### **The Whole-Person Approach: Kindbody 360**

Wednesday, December 11th  
1:30pm ET / 10:30am PT



**Scan to register.**