

## Welcome to KindNews!

**September is PCOS Awareness Month.** PCOS (Polycystic Ovary Syndrome) impacts **1 in 10 U.S. women** of reproductive age and is one of the most common causes of infertility. To raise awareness, Kindbody's Dr. Roohi Jeelani answers the most common questions patients have in our September expert video.

This month, we're also highlighting a patient's inspiring journey, sharing fertility preservation options in honor of Ovarian Cancer Awareness Month, and more.

 **Scroll down for a quick reminder of your employer-sponsored benefits.**

### Expert Video



#### PCOS & Fertility with Dr. Roohi Jeelani

Join renowned Reproductive Endocrinology and Infertility Specialist, Dr. Jeelani, as she answers important questions you may have about PCOS.

[Watch video](#)

### Blog Spotlight



#### Fertility Preservation & Fertility Options After Cancer Diagnosis

At Kindbody, we consider not just the diagnosis and treatment, but life after cancer—and how we can protect the possibility of having children in the future.

[Read more](#)

### Monthly Tip

#### Are There Good Exercises for Getting Pregnant?

While there isn't one specific exercise or series of exercises that will increase fertility, a healthy lifestyle can help increase your chances of success.

[Read more](#)

### Provider Spotlight

#### Meet Kindbody's Dr. MacKenzie Purdy

Dr. Purdy has tremendous compassion for patients in the women's health field, which she gained largely through experiencing IVF treatment first-hand.

[Learn more](#)

### Patient Story

#### Teona's Story

"Something I appreciated about Kindbody was how supportive the whole office was. Everyone was so sweet and always encouraged me and lifted me up."

[Read story](#)

## Your Benefits Through [Employer]

*This section will be customized for your benefits*

**Employees and spouses/partners enrolled in a [Employer]-sponsored Aetna or BCBS medical plan are eligible for:**

- Up to one (1) KindCycle per lifetime for fertility treatment services such as IUI, IVF, medically necessary egg/embryo/sperm preservation and fertility medications through Kindbody Rx\*
- Reimbursement of up to \$5,000 per event or child with a lifetime maximum of \$10,000 for reimbursable adoption, donor and surrogacy services

[Activate your benefits](#)

\*Subject to applicable deductibles or coinsurance under the Aetna or BCBS medical plan

**Contact us at any time.**  
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