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# PCOS Awareness Month

September 2024



*Kindbody Dallas Team*

September is **PCOS Awareness Month**, an important time to educate ourselves about Polycystic Ovary Syndrome (PCOS) — a hormonal disorder that impacts fertility and overall health.

**PCOS affects as many as 1 in 10 women** of reproductive age, often leading to challenges with ovulation and conception.

We'll be hosting two virtual events in September, to open the door to discussion around PCOS, fertility, nutrition, and holistic health.

**Help us promote this campaign with your team.**

This toolkit contains informative assets that you can use:

- 1. Email template for internal memos *Pg 4*
- 2. Short-form blurb for chat channels *Pg 5*
- 3. Kindbody email campaign (for you to opt into) *Pg 6*
- 4. Flyer *Pg 8*
- 5. Digital screen *Pg 9*
- 6. Event schedule *Pg 11*



# Emails & Messaging Templates

**Template message to email to your team:  
Recommended send date: Monday, September 2**

September is PCOS Awareness Month, an important time to educate ourselves about Polycystic Ovary Syndrome (PCOS) — a hormonal disorder that impacts fertility and overall health. PCOS affects as many as 1 in 10 women of reproductive age, often leading to challenges with ovulation and conception.

We'd like to take this opportunity to highlight your Kindbody benefit, which offers comprehensive support for those facing fertility challenges, including those related to PCOS. With Kindbody, you have access to fertility services to support your reproductive health—including IVF, egg freezing, and more.

**More about Kindbody:**

With Kindbody, you and/or your partner can access:

- A world-class team of fertility experts and clinicians
- Personalized clinical consultations
- IVF and other assisted reproductive services
- Fertility preservation options—such as egg freezing

**Have you activated your Kindbody benefit?** [Click here](#) to sign up and create your complimentary Kindbody account.

**Want to learn more?** [Click here](#) to RSVP for upcoming virtual events hosted by Kindbody:

- **PCOS & Fertility with Dr. Roohi Jeelani**, Thursday, September 12 at 1:30pm ET
- **Nutrition, Fertility, and Holistic Health**, Tuesday, September 24 at 1:30pm ET

## Template message to use on internal chat platforms (e.g. Slack)

### September 2024: PCOS Awareness Month

Did you know that Polycystic Ovary Syndrome (PCOS) — a hormonal disorder impacting as many as 1 in 10 women of reproductive age — often leads to challenges with ovulation and conception?

Kindbody — your family-planning benefit — offers comprehensive support for those facing fertility challenges, including those related to PCOS. With Kindbody, you have access to fertility services to support your reproductive health—including IVF, egg freezing, and more.

**Have you activated your Kindbody benefit?** [Click here](#) to sign up and create your complimentary Kindbody account.

**Want to learn more?** [Click here](#) to RSVP for upcoming virtual events hosted by Kindbody:

- **PCOS & Fertility with Dr. Roohi Jeelani**, Thursday, September 12 at 1:30pm ET
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**With your approval, we'll send an email to your eligible members to promote the virtual events.**

**Audience:**

Eligible members with an email address on file\* who have not previously enrolled

**Send Date:**

September 3, 2024

**Please indicate by August 16 if you'd like an email to be sent to your eligible population.**

**Opt In for Email**

**Polycystic Ovary Syndrome (PCOS) Awareness Month**  
**PCOS Affects 1 in 10 Women**

Polycystic Ovary Syndrome (PCOS) is one of the most common hormonal disorders affecting women in their reproductive years. As your family-building benefit from your employer, Kindbody offers comprehensive support for those facing fertility challenges, including those related to PCOS.

With Kindbody, you and covered family members can access fertility services at lower prices—including IVF, egg freezing, and more. Whether you're just starting to explore fertility options or navigating PCOS, our team is here to support you along the way.

[Activate my benefits](#)

- [Company's] access code is XXXX
- Your unique ID is your employee ID; for your spouse, the unique ID is the employee ID+ 'S'.

**Meet Kindbody**

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

- A world-class team of fertility experts and clinicians
- Comprehensive fertility consultations
- Fertility clinics located across the country
- 24/7 chat access to have your questions answered

[Activate my benefits](#)

**Join us for upcoming virtual events to learn more about PCOS and other fertility topics:**

**PCOS & Fertility with Dr. Roohi Jeelani**  
September 12 at 1:30pm

**Nutrition, Fertility, and Holistic Health**  
September 24 at 1:30pm

[RSVP](#)

**View Full Email**

*\*If you do not already provide an eligibility file, our team will coordinate receiving a list of email addresses from you if you'd like to opt into the email*

# Flyers & Digital Signage

**Recommendations for using this flyer:**

- Share with your ERG leaders to distribute
- Include as an email attachment to employees
- Print and post around your worksite
- Post to your intranet

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SEPTEMBER 2024  
POLYCYSTIC OVARY SYNDROME (PCOS) AWARENESS MONTH

## PCOS Affects As Many As One in Ten Women of Reproductive Age

Polycystic Ovary Syndrome (PCOS) is one of the most common hormonal disorders affecting women in their reproductive years. September is PCOS Awareness Month, an important time to educate ourselves about PCOS and its impact on ovulation and conception.

As your family-building benefit, Kindbody offers comprehensive support for those facing fertility challenges, including those related to PCOS. Employees and covered family members can use Kindbody to access fertility services at lower prices—including IVF, egg freezing, and more.

With Kindbody, you and/or your partner can access:

- A world-class team of fertility experts and clinicians
- Personalized fertility assessments
- IVF and other assisted reproductive services
- Fertility preservation options—such as egg freezing

<i>You Are Not Alone</i>	<i>PCOS &amp; Infertility</i>	<i>Other Risks</i>
<b>5-10%</b> of women of reproductive age globally are affected by PCOS, making it one of the most common hormonal disorders in this age group.	<b>70-80%</b> of women with PCOS struggle with infertility, positioning it as a leading cause of female infertility.	<b>50%</b> of women with PCOS will develop type 2 diabetes or pre-diabetes before the age of 40.

**Knowledge is Power**

Join upcoming Kindbody virtual events to learn more about PCOS and other fertility topics

**THURSDAY, SEPTEMBER 12 | 1:30PM**  
PCOS & Fertility with Dr. Roohi Jeelani

**TUESDAY, SEPTEMBER 24 | 1:30PM**  
Nutrition, Fertility, and Holistic Health

**Activate Your Kindbody Benefits**  
Visit [kindbody.com/pcos2024](https://kindbody.com/pcos2024) to sign up and receive a personalized consultation from a Kindbody fertility expert.

Scan to register or visit [kindbody.com/open-the-doors](https://kindbody.com/open-the-doors)

**Download File**

**Recommendations for using:**

- Display on available digital monitors located onsite.

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## September Virtual Events



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

Thursday, September 12  
1:30pm ET / 10:30am PT



**Nutrition, Fertility, and  
Holistic Health**

Tuesday, September 24  
1:30pm ET / 10:30am PT



**RSVP**  
Scan to learn more

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

**Download File**

*To download to your computer, click "Download File" then right click the image > Save As*

# Upcoming Events



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

**Thursday, September 12  
1:30pm ET/ 10:30am PT**

Polycystic Ovary Syndrome (PCOS) impacts 1 in 10 U.S. women of reproductive age and is one of the most common causes of infertility. Join renowned Reproductive Endocrinology and Infertility Specialist, Dr. Jeelani, as she answers important questions like:

- How do I know if I have PCOS?
- How can I manage my symptoms?
- Will PCOS impact my present/future fertility?
- What can I do if I want to conceive?

[Learn more](#)



**Nutrition, Fertility,  
and Holistic Health**

**Tuesday, September 24  
1:30pm ET/ 10:30am PT**

Our ability to conceive can be impacted by a variety of factors like chronic conditions, weight, and overall health. That's why at Kindbody we take the "whole person approach" to reproductive care. In this session, learn from a Kindbody nutritionist about how to eat to optimize your fertility, and specific foods that can help with the symptoms of chronic conditions like PCOS.

[Learn more](#)

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***Have any questions?***

*For additional support, please reach out to your Kindbody account manager.*

**Thank You!**