

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

### *You Are Not Alone*

**5-10%**

of women of reproductive age globally are affected by PCOS, making it one of the most common hormonal disorders in this age group.

### *PCOS & Infertility*

**70-80%**

of women with PCOS struggle with infertility, positioning it as a leading cause of female infertility.

### *Other Risks*

**50%**

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 &amp; 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)