



your kindbody benefits guide

Fertility, family-building, and
menopause support
benefits through Kindbody

sponsored by



CALIFORNIA SCHOOLS

VEBBA

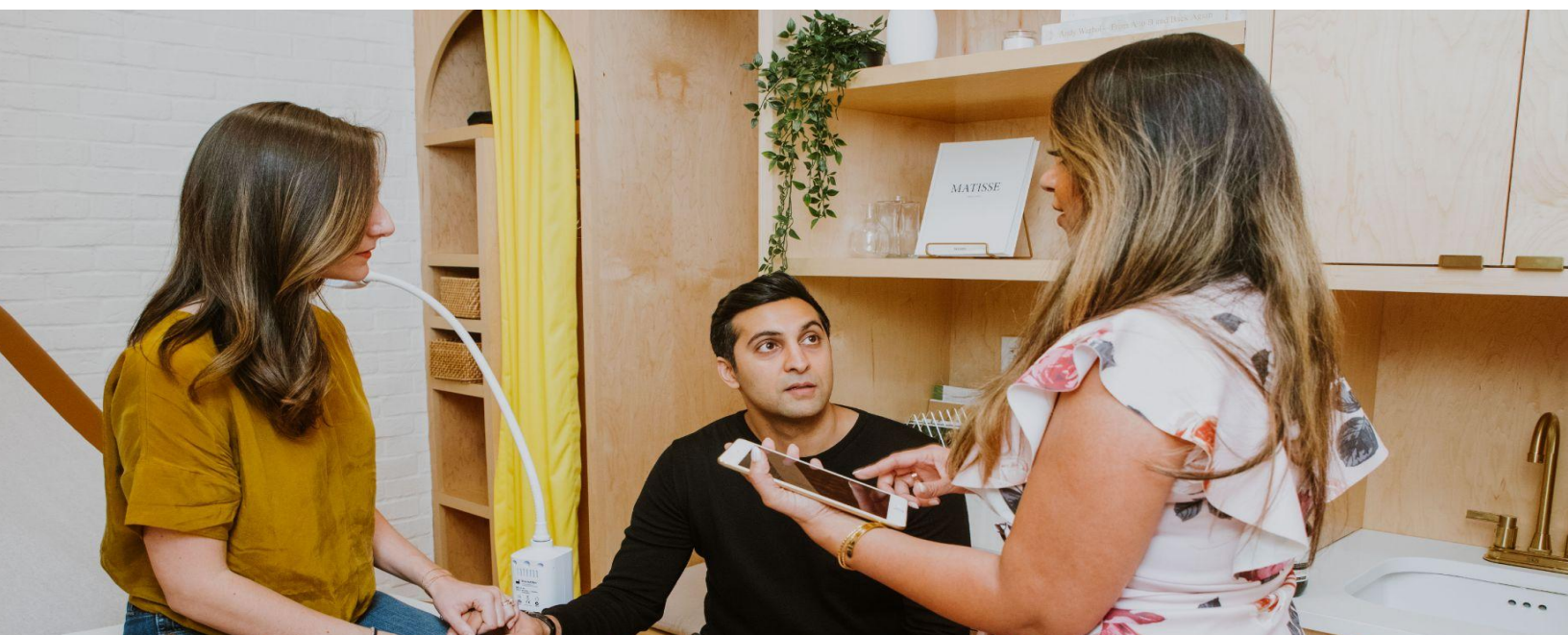
kindbody

employeebenefits@kindbody.com

855-950-2053 x option 3

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welcome to Kindbody

Kindbody and California Schools VEBA (“VEBA”) believe that everyone should have access to high-quality and affordable fertility, family-building, and menopause care. That’s why we have joined forces to make this a reality for VEBA employees and their families.

Through your Kindbody benefit, you now have access to fertility and family-building services like IVF, LGBTQ+ support, menopause support, holistic health, and more. You’ll receive best-in-class care at clinics that are modern, warm, and welcoming. You’ll also have access to virtual care, digital tools, and education to help you maneuver through your reproductive health stages, and a dedicated Care Navigation Team available to guide you through your journey and give you peace of mind, every step of the way.








your Kindbody eligibility & coverage

Who is eligible for the Kindbody benefit?

All California Schools VEBA employees and spouses/domestic partners enrolled in a Cigna, UHC, UMR or SIMNSA plan are eligible to opt-in to the Kindbody fertility, family-building, and menopause benefit.

Activate your benefit at <https://kindbody.com/veba/> to opt-in (please see the “Activate Your Kindbody Benefit” section on page 6). Once activated, you will become a Kindbody member with access to all Kindbody services and the following coverage.

Coverage overview

	<p>Up to one (1) KindCycle per member per lifetime (“lifetime maximum”) for fertility treatment services including in vitro fertilization (IVF) and intrauterine insemination (IUI)</p> <p>This one (1) KindCycle is available to eligible members without any member cost share, meaning there’s no deductible, copay or coinsurance applicable for this benefit</p>
	<p>Fertility medication coverage through KindbodyRx is part of the KindCycle coverage; the dispensing pharmacy for KindbodyRx is Schraft’s Pharmacy</p> <p>The fertility medication benefit is available to eligible members without any member cost share, meaning there’s no deductible, copay or coinsurance applicable for this benefit</p>
	<p>Up to one (1) year of storage covered with applicable KindCycle</p>
	<p>Up to six (6) sessions of virtual holistic health services; support includes menopause, mental well-being, nutrition, doula/birth coaches, lactation support, back-to-work care, and more</p>
	<p>Access to Kindbody’s Menopause Support program offering specialty providers who will support women experiencing menopause; services include lifestyle assessment, hormone testing, and three (3) virtual holistic health sessions</p> <p>The three (3) holistic health sessions available under the Menopause Support program are in addition to the six (6) sessions available noted above; you will have access to the six (6) additional sessions above once you utilize the three (3) sessions under the Menopause Support program</p>

As a Kindbody member, you also receive access to exclusive Kindbody rates at Kindbody Signature Clinics for any non-covered Kindbody services such as preservation (egg, embryo, or sperm freezing) and any covered services utilized after you have reached your lifetime maximum. These discounts are 100% self-paid and are offered directly by Kindbody and not through the California Schools VEBA benefit program.

Pricing for discounted self-pay services is determined by each member's unique services needed. If you would like more information about out-of pocket expenses, please contact your dedicated Kindbody Care Navigation Team at 1-855-950-2053 x option 3 to receive a quote.)

VEBA members enrolled in Kaiser plans

Employees and spouses/domestic partners who are enrolled in the California Schools VEBA-sponsored Kaiser plans have access to VEBA discounted rates at Kindbody Signature Clinics. These discounts are 100% self-paid and are offered directly by Kindbody and not through the California Schools VEBA benefit program.

Kaiser members will receive discounts on the following:

- Fertility services including in vitro fertilization (IVF), intrauterine insemination (IUI), preservation (egg, embryo or sperm freezing) at Kindbody Signature clinics and fertility medications through KindbodyRx
- Conception, fertility, and male assessments at Kindbody Signature clinics to help you learn more about your fertility
- Virtual holistic health services; support includes menopause, mental well-being, nutrition, doula/birth coaches, lactation support, back-to-work care, and more

Pricing for discounted self-pay services is determined by each member's unique services needed. If you would like more information about out-of pocket expenses, please contact your dedicated Kindbody Care Navigation Team at 1-855-950-2053 x option 3 to receive a quote.)

activate your benefit

Your Kindbody portal

To verify your eligibility and opt-in to the Kindbody benefit, activate your benefit at <https://kindbody.com/veba/>.

You will need to input your **Kindbody Access Code: KINDCSVEBA** (case sensitive) and your **Unique ID**.

Your Unique ID is as follows:

Employee:

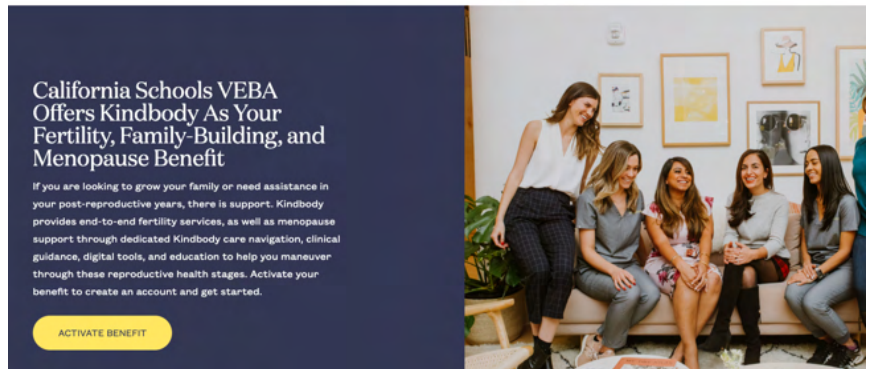
First Name + Last Name + -E + last four digits of your social security number
(Example: JaneDoe-E1234)

Spouse/domestic partner:

First Name + Last Name + -D + last four digits of the spouse/domestic partner's social security number (Example: JaneDoe-D5678)



1. Head to <https://kindbody.com/veba/> then click on 'Activate Benefit'



activate your benefit

2. Create a Kindbody account with your email

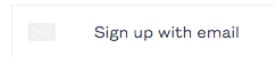
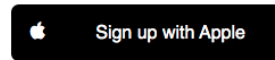
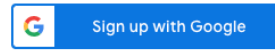
**Does not need to be employer email*

3. Complete the required consent forms and provide applicable partner or insurance information

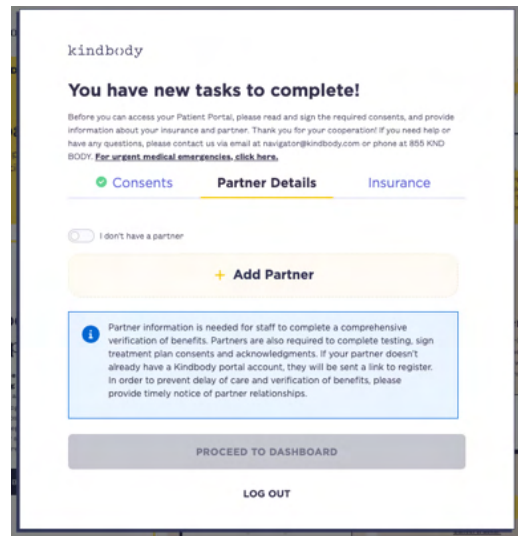


Create Account

Create an account:



[Already have an account?](#)



activate your benefit

4. Use **Kindbody Access Code: KINDCSVEBA** and **Unique ID** provided to you as outlined above



Activate Membership

Enter Your Access Code Your benefits provider has given you an access code in order to unlock your Kindbody membership. Please enter it here.

ACCESS CODE
Required

NEXT



Activate Membership

Enter Your Unique ID Your benefits provider has given you an access code in order to unlock your Kindbody membership. Please enter it here.

UNIQUE ID
Required

NEXT

5. Activation complete - you will be redirected to the Kindbody Dashboard

Upload ID	Upload profile photo	General Treatment Consent	Learn about Kindbody360	HIPAA Consent	Pin
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Upload ID or driver's license

Please upload a photo of your ID or driver's license so we can verify your identity. This will also save you waiting time when you check in at our clinic!



Book your next appointment

We provide a complete suite of clinical care & coaching specially designed for women:

- Fertility assessments, egg freezing, and IVF
- Gynecological services including well-woman check-ups, urgent care, and contraceptive & preconception counseling
- Therapy sessions & wellness coaching for fertility-related concerns and overall wellness

BOOK AN APPOINTMENT

My Benefit Coverage

Your coverage includes:

Up to 3 KindCycles per lifetime for fertility services including IVF and egg/sperm/zygote freezing. Medical benefits are subject to your plan as described in your medical plan. Additional benefits include a \$14,500 per adoption reimbursement benefit, a \$20,000 lifetime maximum for eligible donor and surrogacy services and up to 12 sessions of holistic health services including mental health sessions, nutrition counseling, doula/midwife/birth coaches and lactation support.

Fertility and adoption benefit limits starts over under Kindbody Inc., any prior utilization will not count towards the lifetime

Fertility Calculators

EGG COUNT LIVE BIRTH

Get a rough sense of what you can expect out of an egg freezing cycle using key data points you'll receive during your initial assessment.

YOUR AGE: **45** AMH LEVEL: _____ AFC: _____

...

the Kindbody experience

Next Steps: Your Kindbody portal

Once your Kindbody benefit is activated, you'll have access to a variety of tools, both online or via your Care Navigation Team. Both help you learn more about your benefit information, treatment options and process, book appointments and more.



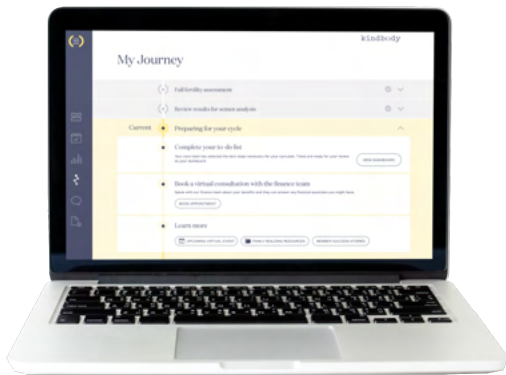
Through your **Kindbody Portal**, you can:

- Review your employer benefit coverage
- Schedule an appointment virtually or at a nearby clinic
- Secure message with your Care Navigation Team
- Review results and next steps for your care plan
- Access educational content and video tutorials (e.g., medication injection tutorials , Fertility 101)

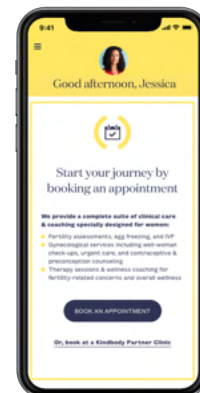
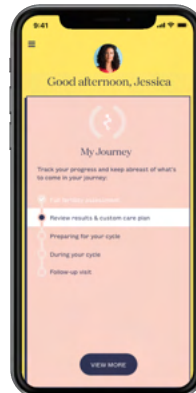


Your **Care Navigation Team** will help you:

- Understand your coverage options
- Navigate your fertility journey
- Support and direct you on how to access care when you need it
- Assist in booking appointments for your virtual holistic services and Menopause Support program
- Help troubleshoot any billing or technical issues



Kindbody Patient Dashboard



Kindbody Mobile Patient Portal

finding a care location

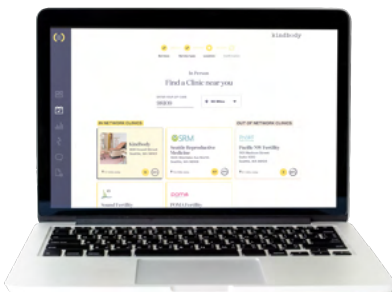
Accessing your benefit information

With your Kindbody benefit, you have access to fertility services at Kindbody clinics and a network of high quality partner clinics. In addition to our wholly-owned clinics, we have curated a network of Partner Clinics that provide top-notch fertility care accessible to you in over 400+ locations nationwide.

High-Value & Signature Clinic Map



You can access information on where to obtain fertility & family-building services via the Kindbody portal after you've activated your benefit at: <https://kindbody.com/veba/>. Once your benefit is activated, you can search for a clinic location closest to you.



For more information on benefit coverage and costs specific to your plan, please contact your Care Navigation Team at employeebenefits@kindbody.com.

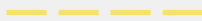
fertility cycles

Employees and spouses/domestic partners enrolled in a California Schools VEBA Cigna, UHC, UMR or SIMNSA plan are each eligible for up to one (1) KindCycle per lifetime under your Kindbody benefit.

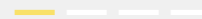
What is a KindCycle?

A KindCycle is how Kindbody defines different service packages allotted within your coverage amount. We have included a breakdown of what is included in each KindCycle under the “Coverage Overview” section above (page 4). Different services amount to different portions of your one (1) KindCycle limit. The grid below will show you how different services count towards your one (1) KindCycle.

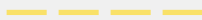
IVF fresh
1 full KindCycle



Intrauterine insemination (IUI)
 $\frac{1}{4}$ of KindCycle

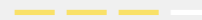


IVF frozen*
1 full KindCycle



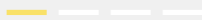
**Embryo freeze all + frozen embryo transfer*

Embryo freezing*
 $\frac{3}{4}$ of KindCycle

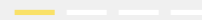


**Includes PGT-A when applicable*

Frozen embryo transfer (FET)
 $\frac{1}{4}$ of KindCycle

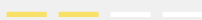


Egg thaw, fertilization, & re-freeze*
 $\frac{1}{4}$ of KindCycle



**Includes PGT-A when applicable*

Egg thaw, fertilization, & transfer
 $\frac{1}{2}$ of KindCycle



fertility cycles

Kindbody's mission is to provide total transparency into your fertility and family planning benefit. Your Care Navigation Team will work with you to ensure you understand all the services covered under your plan. The following services are available through Kindbody, subject to plan design:

IVF fresh

1 Full KindCycle

- In-cycle lab tests and ultrasounds
- Semen analysis
- Cycle management
- Retrieval (follicular aspiration)
- Anesthesia
- Egg identification
- Semen wash and prep
- Complex sperm preparation
- Egg fertilization/insemination
- Intracytoplasmic sperm injection (ICSI)
- Embryo culture lab
- Assisted hatching
- Blastocyst culture
- Preparation of embryos for transfer
- Embryo transfer with ultrasound guidance
- Three (3) beta hCG pregnancy tests
- Two (2) OB ultrasounds
- Preparation and cryopreservation of embryos/sperm
- Storage of cryopreserved embryo(s) for one (1) year

fertility cycles

Embryo freeze-all

$\frac{3}{4}$ of KindCycle

- In-cycle lab tests and ultrasounds
- Cycle management
- Retrieval (follicular aspiration)
- Anesthesia
- Egg identification
- Semen wash and prep
- Complex sperm preparation
- Egg fertilization/insemination
- Intracytoplasmic sperm injection (ICSI)
- Embryo culture lab
- Assisted hatching
- Blastocyst culture
- Preparation and cryopreservation of embryos/sperm
- Storage of cryopreserved embryo(s) for one (1) year
- Preimplantation Genetic Testing (PGT)

Frozen embryo transfer (FET)

$\frac{1}{4}$ of KindCycle

- Cycle management
- In cycle lab tests and ultrasounds
- Embryo culture lab
- Assisted hatching
- Preparation of embryos for transfer
- Embryo transfer with ultrasound guidance
- Three (3) beta hCG pregnancy tests
- Two (2) OB ultrasounds

fertility cycles

Intrauterine insemination (IUI)

¼ of KindCycle

- Cycle management
- In cycle lab tests and ultrasounds
- Complex sperm preparation
- In office insemination
- Three (3) beta hCG pregnancy tests
- Two (2) OB ultrasounds
- Cryopreservation of sperm with storage for one (1) year - if applicable
- Donor sperm management, when applicable

Frozen oocyte thaw, fertilization, & transfer

½ of KindCycle

- Cycle management
- In cycle lab tests and ultrasounds
- Egg thaw
- Complex sperm preparation
- Egg fertilization/insemination
- Intracytoplasmic sperm injection (ICSI)
- Embryo culture lab
- Assisted hatching
- Blastocyst culture
- Preparation of embryos for transfer
- Embryo transfer with ultrasound guidance
- Three (3) beta hCG pregnancy tests
- Two (2) OB ultrasounds
- Cryopreservation and storage of cryopreserved embryo(s) for one (1) year

fertility cycles

Frozen oocyte thaw & fertilization w/ embryo banking

¼ of KindCycle

- Cycle management
- Egg thaw
- Complex sperm preparation
- Egg fertilization/insemination
- Intracytoplasmic sperm injection (ICSI)
- Embryo culture lab
- Assisted hatching
- Blastocyst culture
- Preparation and cryopreservation of embryos
- Storage of cryopreserved embryo(s) for one (1) year
- Preimplantation Genetic Testing (PGT)

additional fertility services

Preimplantation genetic testing

PGT Testing is included as part of any applicable cycle for no additional cycle value.

- Biopsy (done by your fertility provider)
- Specimen shipping (your provider to the genetic laboratory)
- Embryo analysis (done by the genetic laboratory)

Biopsy applicable to:

- Preimplantation genetic testing for aneuploidy (PGT-A)
- Preimplantation genetic testing for chromosomal structural arrangements (PGT-SR)
- Preimplantation genetic testing for monogenic/single gene defects (PGT-M) *(Additional authorization may apply)*

Note: Your PGT-A testing will be covered in full, if PGT-M or PGT-SR testing are required, you may be subject to additional cost. Preimplantation genetic testing for polygenic risk (PGT-P) is currently considered experimental and is not covered under the Kindbody benefit.

Genetic Carrier Screening

- Genetic carrier screening may be covered under your major medical insurance. Please verify with your major medical insurance. Note that there are often self-pay rates directly with the laboratories that may be more favorable than submitting through your major medical insurance. Be sure to contact the lab directly once your labs are ordered to discuss the cost for genetic carrier screening services.

Donor Kindcycles

When donor sperm, eggs, embryos, gestational carrier and/or surrogate are utilized, the medical costs associated with your treatment will be covered under the KindCycles listed above. There is no coverage under the plan for services on the donor, surrogate or carrier.

Canceled Kindcycles

In the instance a KindCycle is not completed, your KindCycle value will be adjusted based on the point of cancellation.

For example: Embryo Freeze canceled after retrieval, with no oocytes available for fertilization = ½ Kindcycle.

diagnostic services

Diagnostic services, including consultations and testing, related to fertility services that are performed in the doctor's office are covered under your Kindbody benefit. These diagnostic services are included with each applicable KindCycle.

Note that any diagnostics performed outside of a doctor's office (e.g., radiology centers), such as hysterosalpingography (HSG), hysteroscopy and FEMVUE, or labs sent to a lab outside of a clinic will be covered under the major medical plan. (These services are subject to any applicable copay, deductible or coinsurance under your respective Cigna, UHC, UMR or SIMNSA medical plan). You must ensure that your provider is referring you to a provider that is in-network with your respective medical plan.

Your Kindbody benefit will cover the following services (where applicable):

Initial assessment

- New patient office visit
- Initial consult, bloodwork and ultrasound; may include the following testing: anti-mullerian hormone (AMH), Follicle Stimulating Hormone (FSH), estrogen, luteinizing hormone (LH), progesterone, thyroid stimulating hormone (TSH), prolactin (PRL)
- Transvaginal ultrasound

Male factor testing

- Semen analysis

Additional testing

- Saline sonogram
- Hysteroscopy (performed in a doctor's office setting)
- Endometrial receptivity array (ERA) - monitoring and biopsy only, analysis is not covered
- Endometrial biopsy
- Diagnostic hormone blood work

Not sure where to start? We're here to help guide you.

Contact your VEBA-dedicated Kindbody support team at any time.
employeebenefits@kindbody.com
1-855-950-2053 x option 3

fertility medications

Your fertility medication goes hand-in-hand with your fertility treatment and will be handled through your coverage with Kindbody. Your medication allotment is defined in the “Coverage Overview” section on page 4.

How does this work?

1. Your treating physician determines your course of treatment and sends your prescriptions to Kindbody’s pharmacy partner, Schraft's Pharmacy.
2. A representative from Schraft’s Pharmacy will contact you directly to review the medications ordered and go over any questions. If you have any out of pocket costs, Kindbody will contact you to discuss these costs and obtain credit card details to secure delivery. The pharmacy will then coordinate overnight shipping with you.
3. You will receive a Kindbody Medication Box with instructions - for additional support, go to your portal for video instructions on how to administer your medications.

The medications that fall under your fertility coverage are listed here:

Drug name & dosage

Androgel (Testosterone gel)	Ganirelix
Clomiphene 50mg tablet	Hydroxyprogesterone
Crinone 8%	Letrozole 2.5MG TAB
Delestrogen 10mg/cc	Leuprolide acetate 1MG/0.2ML KIT
Delestrogen 20 mg/cc	Lo LoEstrin
Desogestrel/ethinyl estradiol	Lupron Depot 3.75
Endometrin 100mg insert	Lupron Trigger (80 units) 1mg/0.2ml
Estradiol (VIVELLE-DOT) 0.1MG/24HR PAT	Makena
Estradiol TD SYSTEM 0.1MG/24HR PAT	Menopur 75 iu vial
Estradiol 1 mg	Levonorgestrel/Ethinyl Estradiol
Estradiol 2 mg	Novarel 5,000iu
Estradiol Valerate 20 mg/cc	Etonogestrel/Ethinyl Estradiol Ring
Estradiol Valerate 40 mg/cc	Ovidrel 250mcg
Estradiol (CLIMARA) 0.1MG/24HR PAT	Pregnyl 10k
Follistim AQ 300iu	Progesterone in Oil 50MG/ML INJ
Follistim AQ 600 iu	Trelstar
Follistim AQ 900 iu	

If a medication is prescribed and not listed in the above chart, please contact our team in your patient portal with any questions

holistic health through Kindbody360

Kindbody360, a dynamic and integrative solution supplements Kindbody's fertility and family-building offering with mental, physical, and emotional support from pre to postpartum, in-clinic, online and via our telehealth platform. **Employees and spouses/domestic partners enrolled in a Cigna, UHC, UMR or SIMNSA plan are eligible for up to six (6) virtual coaching sessions, including:**

- Mental health (fertility & postpartum-focused)
- Nutrition & naturopathic medicine (fertility-focused)
- Acupressure
- Maternity and delivery care navigation
- Postpartum prep
- Doula services
- Return-to-work coaching
- Lactation consultants
- Sleep coaching

Kindbody's holistic health program is designed to support you throughout your women's health and family building journey. To book with one of our holistic health specialists, you must activate your benefit through <https://kindbody.com/veba/>. Once activated, all virtual service appointments can be booked through your portal.

Once you have exhausted your six (6) sessions, you will receive discounted access to virtual coaching services.

Kindbody holistic health services are provided to you at a discount off retail pricing.

Note: Employees and spouses/domestic partners enrolled on a Kaiser plan will have access to these sessions at a discount off retail.



Kindbody virtual services

menopause support program

All women experience menopause differently. Our Menopause Support program includes preventative health and hormone replacement therapy, as well as diet and lifestyle modifications to address menopausal symptoms. Kindbody additionally provides access to nutritionists, therapists, and coaches specialized in menopausal issues. **Employees and spouses/domestic partners enrolled in a Cigna, UHC, UMR or SIMNSA plan are eligible to participate in this program**

To participate in the Menopause Support program you must activate your benefit through <https://kindbody.com/veba/>. Reach out to the Care Navigation Team at 855-950-2053 x option 3 for assistance with booking appointments for the Menopause Support program.

Program features



Kindbody Care Navigators



E-books, webinars, workshops, and support groups .



Menopause community



Blogs, contents, on demand educational videos

- Virtual visit with a Kindbody physician or board certified gynecologist*
- Lifestyle assessment
- Kind-at-Home hormone testing
- Virtual follow-up with a Kindbody physician or board certified gynecologist to review results*
- Referral and navigation to local in-network providers including primary care physicians, gynecologists, and psychologists/psychiatrists
- Up to three (3) holistic health sessions based on needs (these sessions are in addition to six (6) holistic health sessions referenced on page 20)

*Visits with a Kindbody physician or board certified gynecologist will be covered under the major medical plan. These services are subject to any applicable copay, deductible or coinsurance under your respective Cigna, UHC, UMR or SIMNSA medical plan.

FAQs

Benefit information

What is a lifetime maximum?

A lifetime maximum is the total cycles available to you to use over the course of your coverage lifetime. It works like a “bank account” where you start with a certain amount of cycles, and each time you do a service, the value of that service is deducted from your total bank balance.

My benefit just transitioned and I’m in the middle of treatment. What do I do?

If you are in the middle of a cycle (or have commenced fertility treatment prior to January 1, 2024), you will continue to be covered under your current plan. However, if you commence fertility treatment after January 1, 2024, you will be covered under Kindbody’s Fertility Benefit Program so long as you have activated your benefit.

How do I obtain fertility or family-building services from a Kindbody partner clinic?

Kindbody has partnered with a number of fertility clinics in your area. Please log into your Kindbody account and search for a clinic near you via zip code. If you do not see a clinic near you, are already receiving treatment at another clinic, or are ready to proceed with services, please contact Kindbody at **1-855-950-2053 x option 3** and we will assist you with next steps.

What if I already started my treatment and have not activated my Kindbody benefit?

Please contact Kindbody right away. Your benefit must be activated prior to starting treatment in order to guarantee coverage. Your Care Navigator will work diligently to verify coverage and provide next steps. Eligibility for coverage is dependent on clinic location and services received.

What if I am no longer eligible for the Kindbody benefit?

If you are no longer eligible for the Kindbody benefit, (e.g., you/ your partner are no longer employed by one of the districts/groups that is part of California Schools VEBA), you will be responsible for the cost of any treatment and/or the annual storage fee at Kindbody’s retail rates.

I received a bill for blood work from a lab. Is it covered?

Blood work completed during a fertility treatment is included in your KindCycle. If you receive a bill, please send a message through your portal to the billing team to review your charges. Do not pay the bill until you receive confirmation from Kindbody on next steps. Any lab work performed outside of your KindCycle treatment package, if performed in a fertility clinic setting, will be billed to Kindbody. Ensure your partner clinic is aware that claims for any labs performed in the fertility

clinic prior to treatment are sent to Kindbody for processing. Any labs that are referred to an outside laboratory (laboratory outside of the fertility clinic setting), will be covered under your major medical insurance plan. Confirm these outside labs are in network with your medical insurance plan.

Clinical information

What is considered fertility medication?

Fertility medication is used as you embark on your Artificial Reproductive Technology (ART) cycle. If you have specific questions regarding a particular medication or brand being covered, call your dedicated Care Navigation Team at 1-855-950-2053 x option 3.

What is co-IVF and is it covered?

Co-IVF, also known as Co-Maternity or Reciprocal IVF, is when one woman's eggs are used for a pregnancy in her partner's womb. Some couples find this appealing because it allows both mothers to physically participate in building their family.

Co-IVF is covered under your fertility plan when both individuals are covered under the plan. One partner would use $\frac{3}{4}$ cycle undergoing egg retrieval and embryo creation. The carrying partner would use $\frac{1}{4}$ cycle undergoing the embryo transfer.

Questions?

Contact your VEBA-dedicated Kindbody support team at any time.
employeebenefits@kindbody.com
1-855-950-2053 x option 3

glossary of terms

Air Saline Hysterosalpingogram (FemVue): This is an ultrasound test that is used to assess the outlines of the inside cavity of the uterus and your fallopian tubes by injecting saline and air bubbles through the cervix into the uterus.

Anti-Mullerian Hormone (AMH): AMH provides an estimation of your ovarian reserve. It can be tested at any time during your cycle and while on birth control. AMH levels (and hence fertility) decline with age. AMH is reported as a blood level:

- < 1 indicates a low egg count
- 1-6 indicates a normal egg count

Antral Follicle Count: A transvaginal ultrasound is performed to determine the number of follicles or premature eggs your body has recruited for a given month. Follicle count can be determined at any time during your cycle and even while you are on birth control. Follicle count less than 10 indicates a low egg count. Ideal follicle counts will vary depending on your age.

Beta hCG: This is a blood test that is used to measure hCG levels in early pregnancy. hCG is a hormone that is present in pregnancy.

Blastocyst: This is the early stage of an embryo. A blastocyst forms about 5 - 6 days after a sperm fertilizes the egg.

Egg Freezing (Cryopreservation): Freezing eggs that can be fertilized with sperm in the future. These eggs are frozen in time, so they'll be as healthy as your current age even a few years from now.

Embryo Freezing (Cryopreservation): Freezing of embryos to be used in the future and can be used at any time. These embryos are frozen in time, so they'll be as healthy as your current age even a few years from now.

Embryo Transfer: You can elect to transfer an embryo into the uterus at the time the embryo is created or freeze your embryos and transfer them at a later time. A frozen embryo transfer is taking a frozen embryo, thawing it, and transferring it into the uterus.

Endometrial Receptivity Array (ERA): This is a diagnostic procedure that may help determine whether the endometrial cavity is ready for embryo implantation. This procedure involves taking a biopsy of the lining of the uterus.

Follicular Aspiration (also referred to as egg retrieval): This is a transvaginal ultrasound-guided procedure in which oocytes, or eggs, are retrieved from the follicles.

Genetic Carrier Testing: This screens for 286 genetic diseases to see if you are a carrier of any. If you are a carrier for any of the diseases, then your partner/sperm donor should be screened for the exact diseases you are a carrier for as well. If you and your partner/sperm donor are both a carrier for the exact same disease, then there would be a chance of passing that disease on to a child. However, if you're the only carrier of one of these diseases, it would not put you or your future baby at risk. If you are a carrier of any of these diseases, a genetic counselor will contact you directly and they will consult with you on next steps and coordinate testing for your partner. Genetic carrier screening does NOT expire.

Hysterosalpingogram (HSG): This test uses an X-ray machine to assess the outlines of the inside cavity of the uterus and your fallopian tubes and is typically performed at a radiology center. There may be some fertility clinics that will have the equipment to perform this test.

Intracytoplasmic Sperm Injection (ICSI): This is an in vitro fertilization (IVF) procedure in which a single live sperm cell is injected directly into the center of the egg. This technique is used in order to create embryos that may be transferred to the uterus..

Intrauterine Insemination (IUI): IUI is a fertility treatment that gives sperm a better chance at fertilizing an egg. This treatment can improve pregnancy chances for some individuals. Around the time of ovulation, a semen sample is washed to remove only the good swimming sperm. The good swimmers are loaded into a thin painless catheter. The catheter is passed through the cervix into the uterus and the sperm are dropped at the top of the uterus. This allows the sperm to get closer to the egg without having to take the long journey through the vagina, through the cervix, and up the uterus.

In Vitro Fertilization (IVF): The IVF process starts with retrieving mature eggs from the woman's ovaries and fertilizing the egg with sperm in a laboratory. The fertilized egg, called an embryo, is then returned to the woman's uterus to grow and develop. As part of the egg retrieval process, you will be prescribed self-administered injectable medications that are the same hormones that are used by the brain to help the egg grow and mature. The egg retrieval procedure requires the patient to take a short nap under anesthesia while the doctor inserts a thin needle into the vagina and harvests the eggs that have matured. These eggs are then introduced to sperm and fertilization occurs, making embryos. The embryos are then grown in the lab for 5-6 days. On the 5th or 6th day the doctor will either transfer an embryo into the uterus or take cells from the embryo for genetic testing. Embryos can be frozen for future use as well.

OB Ultrasound: This is an ultrasound performed up to 10 weeks of pregnancy.

Oocyte: This is a developing egg cell. Once the egg is matured it is referred to as an ovum.

Preimplantation Genetic Testing (PGT): The best way to know if your embryos are genetically normal is to test them with Preimplantation Genetic Testing (PGT). In order to perform this test we need to perform a procedure called embryo biopsy, where a small number of cells are safely removed from the embryo and sent to a lab for analysis. This safe and effective procedure gives the doctor information about the chromosomal structure of the embryo. It looks for things like Down's syndrome and trisomies. Preimplantation Genetic Testing allows doctors to better select when the embryo should be used for an embryo transfer. The different types of PGT testing include the following:

- Preimplantation genetic testing for aneuploidy (PGT-A)
- Preimplantation genetic testing for chromosomal structural arrangements (PGT-SR)
- Preimplantation genetic testing for monogenic/single gene defects (PGT-M)

Saline Sonogram: This is an ultrasound test where fluid is put into the uterus through the cervix using a thin plastic tube. The fluid allows more detail to be seen than when ultrasound is used alone. It is also used to investigate uterine abnormalities in women who experience infertility or multiple miscarriages.

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