kindbody

# Conception Care

## to Support your Journey



Getting pregnant isn't always easy. 1 in 8 couples struggle with getting pregnant or staying pregnant, and 1 in 3 over the age of 35 struggle with infertility. Reproductive healthcare and advances in healthcare technology can significantly improve your chance at conception. At Kindbody, we are here to support your family planning journey every step of the way.

# Paths to conception

**Ovulation induction**

If you are a good candidate, the first step will be to help you try to conceive naturally by setting the stage for success using ultrasound and blood work monitoring (or even a home ovulation predictor kit) to properly time and engage in sexual intercourse. Other options include oral medications like clomid to stimulate ovulation.

**IUI (+ donor sperm, if needed)**

Intrauterine insemination (IUI) is a fertility treatment involving artificial insemination where sperm that have been washed and concentrated are placed directly into the uterus around the time your ovary releases one or more eggs to be fertilized.

**IVF (+ donor egg or sperm, if needed)**

This process is the same as Egg or Embryo Freezing up until the egg retrieval. At that time, the eggs are fertilized by sperm in a lab and the embryo is implanted into the uterus.

**LGBTQ+ care**

There isn't only one way to build a family. From Reciprocal IVF, to the use of Donor Eggs or Donor Sperm and Gestational Carriers, we're here to help you on your unique conception journey.

# Get started today by visiting:

## kindbody.com/activate

Learn more at kindbody.com or contact us at employeebenefits@kindbody.com