

2026 Member Communications Calendar & Action Plan

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Thematic Campaigns	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec	
	Benefit Launch/Reminder/Expansion		Women's Health	NIAW	Mental Health	Pride Summer Support	Summer Support	Summer Support	Fall Back to Routine	Menopause Awareness	Post-Open Enrollment	Holiday Self-Care	
National Awareness Moments			International Women's Day (3/8)	Neurodiverse Awareness Month	Mental Health Month	Men's Health Week (6/9-6/15)	Childcare Support	National Breastfeeding Month	PCOS Awareness Month	Open Enrollment	Breast Cancer Awareness Month	Adoption Awareness Month	
Expert Webinars	1/22: Menopause 101: Your Nutrition & Fitness Roadmap	2/11: Menopause 101: Hormones and Intimacy	3/19: Menopause 101: Your Guide to Perimenopause	4/16: Menopause 101: Different Paths to Menopause	5/6: Pregnancy & Postpartum 101: Maternal Mental Health	6/10: Menopause 101: Looking Ahead for Longterm Health	7/15: Menopause 101: Beat the Heat: Treating Hot Flashes & Other Common Symptoms	8/12: Menopause 101: Navigating Menopause in the Workplace	9/15: Menopause 101: Myth Busters	10/1: Signs and Stages of Perimenopause	11/17: Menopause 101: Holistic & Lifestyle Support	12/10: Menopause 101: Ask Anything	
Client Interest													

Menopause 101 webinar series: January–June

Landing Page (2026 updates in progress)

Your Nutrition and Fitness Roadmap

Thursday, January 22, 2026 at 1pm ET

Kick off the new year strong by joining a menopause specialist provider and a Registered Dietitian Nutritionist (RDN) for a focused session diving into common symptoms like weight gain, and how nutrition, fitness, and other treatment can help.

[Registration Link](#)

Hormones and Intimacy

Wednesday, February 11, 2026 at 3 pm ET

Women in menopause can experience changes in libido and vaginal dryness that can affect their sexual health. This webinar will discuss how hormones play a role, common challenges, and treatments and strategies to maintain intimacy and wellness.

[Registration Link](#)

Your Guide to Perimenopause

Thursday, March 19, 2026 at 3 pm ET

Perimenopause is the first stage of the menopause journey where you may start to experience changes, and it can start as early as a woman's late 30s. Join us to understand what perimenopause looks like, common symptoms, and available support.

[Registration Link](#)

Different Paths to Menopause: Hysterectomies, PCOS, Endometriosis & More

Thursday, April 16, 2026 at 3pm ET

Menopause can look different for every person.

Those with hysterectomies, PCOS, endometriosis, cancer, and more often wonder how these conditions may affect this phase. Join to learn how these can impact symptoms and available treatment options.

[Registration Link](#)

Brain Fog, Mood, & Mental Wellness

Wednesday, May 20, 2026 at 3 pm ET

Menopause is not just a physical transition but one associated with various emotional and mental impacts. Mood changes, anxiety, depression, and brain fog can be symptoms of peri/menopause. Join us to discuss these impacts and the available treatment options.

[Registration Link](#)

Looking Ahead for Longterm Health

Wednesday, June 10, 2026 at 3 pm ET

Menopause can come with long term health impacts, such as bone and cardiovascular health. Learn the common phases and symptoms of menopause and how care management can support your long-term health.

[Registration Link](#)



Menopause 101 webinar series: July-December

Landing Page (2026 updates in progress)

Beat the Heat: Treating Hot Flashes & Other Common Symptoms

Wednesday July 15, 2026 at 3 pm ET

Hot flashes and night sweats are among the most common menopause symptoms of peri/menopause. Join to deep dive into common symptoms, available treatment, and how to talk to your doctor.

[Registration Link](#)

Navigating Menopause in the Workplace

Wednesday August 12, 2026 at 3 pm ET

Peri/menopause can come with uncomfortable and sometimes debilitating symptoms that get in the way of daily life and work. Learn what to expect, strategies for symptom management, and available support.

[Registration Link](#)

Myth Busters

Tuesday Sept 15, 2026 at 3 pm ET

Can peri/menopause symptoms start in your 30s? Does everyone get hot flashes? Is hormonal treatment safe? Join the experts to learn answers to your common questions and address common misconceptions.

[Registration Link](#)

Signs and Stages of Perimenopause (open to the public)

Thursday October 1, 2026 at 3pm ET

Perimenopause is the first stage of the menopause journey and may start as early as a woman's late 30s. Understand how to identify symptoms, advocate for support, and navigate treatment options.

[Registration Link](#)

Holistic & Lifestyle Support

Tuesday November 17, 2026 at 3 pm ET

Beyond MHT (menopausal hormonal therapy), learn about holistic approaches to support your menopause journey, including nutrition, exercise, stress management, and sleep strategies.

[Registration Link](#)

Ask Anything

Thursday December 10, 2026 at 3 pm ET

Have questions about peri/menopause? This is your chance to get answers. Join our experts for an open Q&A session to help you feel prepared, supported, and empowered.

[Registration Link](#)



Progyny 2025 public webinars

Women's Health Milestones: Prioritizing Wellness Across Reproductive Life Stages

March 19, 2025 at 3 pm ET

Whether you're thinking about a future family, trying to conceive, navigating postpartum, or starting to experience menopause, you deserve to understand your body's changes. Learn how hormones, lifestyle, and emotional well-being impact your health at each stage, and what you can do to feel your best.

[Recording Available](#)

Pelvic Floor Therapy Explained: What is it and How Can it help?

August 27, 2025 at 4 pm ET

Learn about the power of pelvic floor physical therapy and its role in reproductive health, sexual health, pregnancy, childbirth, and menopause, all directly from the experts.

[Recording Available](#)

The Male Fertility Conversation: Changing the Narrative Around Men's Reproductive Health

June 11, 2025 at 4 pm ET

While reproductive health has often focused on females, male reproductive health is equally as important, with 1/3 of infertility cases being related to sperm production or function. Join us for a discussion about understanding male fertility and how it fits into the family building journey, including common misconceptions.

[Recording Available](#)

Managing Menopause: Understanding Menopausal Hormone Therapy

October 15, 2025 at 3 pm ET

Menopausal Hormone Therapy (MHT) is a highly talked about treatment option when it comes to menopause. Join the webinar to learn more about this treatment path, common misconceptions, and questions to ask your doctor.

[Recording Available](#)

