

## What is IVF?

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**In vitro fertilization (IVF)** is a form of assisted reproductive technology which can help individuals or couples experiencing infertility have a child. IVF is also a fertility treatment commonly utilized by LGBTQ+ individuals or couples and single parents by choice to build their families.

The IVF process includes hormone stimulation, egg retrieval, fertilization and embryo transfer. Your Progyny benefit is comprehensive to ensure that you have access to the latest testing and technology to increase your chances of a healthy and successful pregnancy.



### IVF Fresh

Fresh IVF starts with a consultation with a fertility specialist. The visit may include ovarian reserve tests, including a transvaginal ultrasound and a blood test to measure your anti-Mullerian hormone (AMH) level. In addition to testing ovarian reserve, you may also have other blood work performed, such as infectious disease testing and other routine blood tests. When the treatment cycle begins, you'll need to administer fertility medications and visit your doctor regularly for 9-12 days of monitoring before undergoing the egg retrieval. The egg retrieval is an outpatient procedure in which, under sedation, an ultrasound-guided needle is inserted vaginally, and a small needle is used to puncture the follicles and aspirate the eggs from the follicle. Once the eggs are retrieved, they are cultured in the lab with partner or donor sperm, with the hope that fertilization will occur. The eggs go through cell division and embryos develop in about 3-5 days. At this point an embryo is transferred to the uterus in an outpatient procedure. Any remaining embryos may undergo genetic screening and can be frozen for future use.

### IVF Freeze All

IVF Freeze-All is similar to IVF Fresh and may increase the chances of success. After the embryos develop, they undergo cryopreservation (freezing). Members may also choose to have their embryos undergo genetic testing. This allows the fertility specialist to choose an embryo to transfer that has the greatest chance of developing into a healthy pregnancy.

Learn more at [progyny.com/education](https://progyny.com/education)  
or call your PCA to get started.