

Expert fertility support for couples, same sex partners and individuals on the Peppy app

Personalised support in your pocket

Access unlimited, anonymous support and answers from human experts. Anytime, anywhere on the Peppy app.



1-to-1 messaging with fertility experts



40-min 1-to-1 video / phone consultations



Guidance around symptoms and treatment



Library of expert articles & resources



Peer support and group chat



Live virtual events with expert speakers



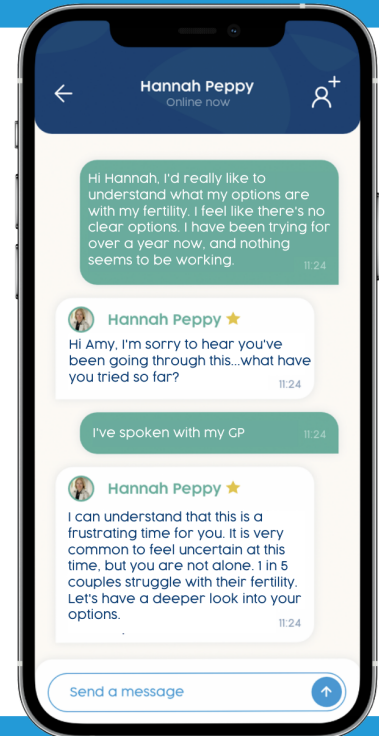
On-demand tips & explainer videos



Education & lifestyle programmes



Specialist mental wellbeing support



Some of the topics covered by Peppy...

Understanding your body

- Fertility cycles explained
- Options for future fertility
- Contraception options

Fertility treatment

- Understanding your options
- Different treatments explained
- Alternative paths to parenthood

Fertility testing

- Hormonal profiling and analysis
- Semen testing
- STI information and screening

Unsuccessful outcomes

- Miscarriage and baby loss
- Poor response/failed fertilisation
- Negative pregnancy tests

Fertility conditions

- PCOS and Endometriosis
- Age-factor fertility
- Gynae and male conditions

Emotional support

- 1-to-1 fertility counselling
- Dealing with loss and grief
- Childless not by choice

A closer look at how Peppy can help you

What resources are available?

Videos

e.g. Understanding your embryo transfer

Articles

e.g. Four eating changes to help with PCOS

Audio toolkits

e.g. How to fall back to sleep

Workout series

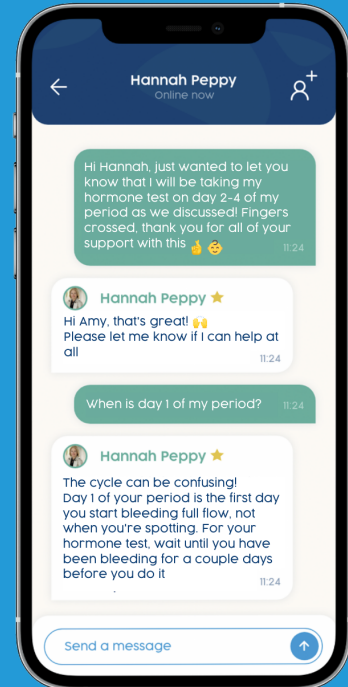
e.g. Pilates-style strength and length

Programmes

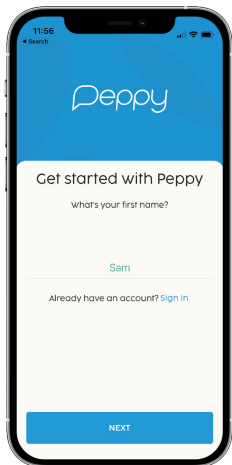
e.g. Additional routes to parenthood

Live broadcast events

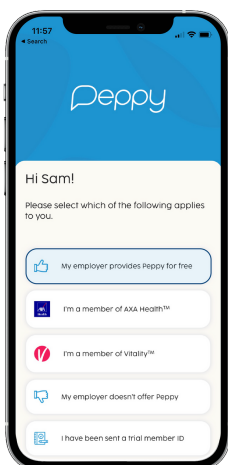
e.g. Positive relationships whilst trying to conceive



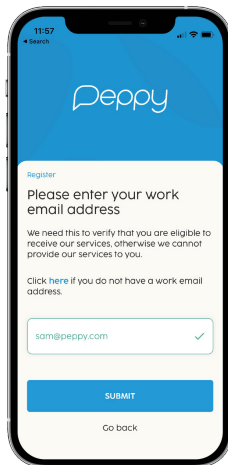
How to get started with Peppy



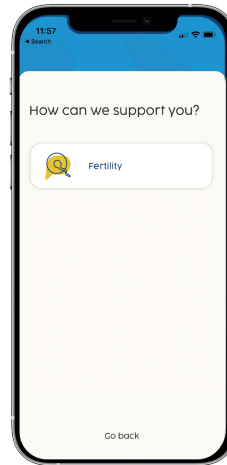
Download and open the Peppy app (instructions below)



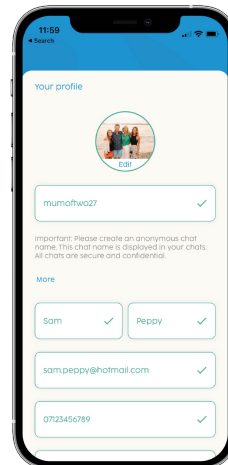
Choose 'my employer provides Peppy for free' and click 'Next'



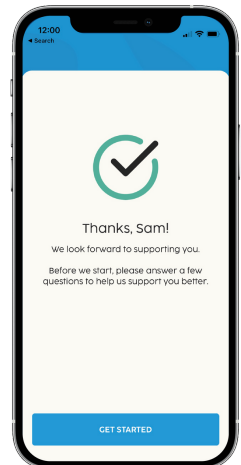
Enter your work email address (this is only used once to register)



Pick a support service



Set up your profile (all information is confidential)



You're registered! Time to start using your Peppy app

Download the Peppy app today

Search 'Peppy Health' in your app store or scan the QR code

