## **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.



On-demand tips & explainer videos

Education & lifestyle programmes

**Specialist mental** wellbeing support 🚯 Hannah Peppy 🖈

Hannah Peppy

R

Hi Amy, I'm sorry to hear you've been going through this...what have you tried so far? 11:24

🛞 Hannah Peppy 📩 I can understand that this is a frustrating time for you. It is very common to feel uncertain at this time, but you are not alone, 1 in 5 couples struggle with their fertility. Let's have a deeper look into your options.

## Some of the topics covered by Peppy...

#### **Understanding your body**

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

#### **Fertility testing**

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

#### **Fertility conditions**

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

#### Fertility treatment

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

Send a message

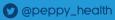
#### Unsuccessful outcomes

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

#### **Emotional support**

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

(o) @peppy.health







# A closer look at how Peppy can help you

### What resources are available?

<b>Videos</b> e.g. Understanding your embryo transfer	Articles e.g. Four eating changes to help with PCOS	Hannah Peppy Online now
Audio toolkits e.g. How to fall back to sleep	Workout series e.g. Pilates-style strength and length	support with this 🎍 🇞 1124
<b>Programmes</b> e.g. Additional routes to parenthood	Live broadcast events e.g. Positive relationships whilst trying to conceive	When is day for my bendary ■124   Image: Second S

## How to get started with Peppy

Deppy		Deppy	How can we support you?	1159 Marca Vour profile	1200 Sant
Get started with Peppy	Hi Sam!	Register Please enter your work	Fertility	Edit	
What's your first name?	Please select which of the following applies to you.	email address We need this to verify that you are eligible to		mumoftwo27	Thanks, Sam!
Sam	My employer provides Peppy for free	receive our services, otherwise we cannot provide our services to you.		Important: Please create an anonymous chat name. This chat name is displayed in your chats. All chats are secure and confidential.	We look forward to supporting you. Before we start, please answer a few
Already have an account? Sign in	I'm a member of AXA Health <sup>TM</sup>	Click here if you do not have a work email address.		More	questions to help us support you better.
	Tm a member of Vitalsy <sup>W</sup>	sam@peppy.com 🗸		Sam V Peppy V sam.peppy@hotmail.com V	
	My employer doesn't offer Peppy	SUBMIT		07123456789	
	Ihave been sent a trial member ID	Go back	Go back		GET STARTED
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

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