Resource Guide

[October 2026]

Fertility & Family Planning

- Fertility challenges affect about 1 in 6 couples in North America, yet many people feel they have to navigate the journey alone.
- Whether or not you are planning to have children, understanding your reproductive health is part of overall wellness. Here are a few things to keep in mind:
    - Learn about reproductive health and family planning options
    - Speak with your healthcare provider if you have concerns
    - Understand how age and health factors can affect fertility
    - Explore available supports and benefits early

  If you are thinking about family planning or have questions, support is available.

Scan to explore more Health Moments and women's health resources at purolatorhealth.com.

