



MY *fertility* STORY

IN THE KNOW



Planned Egg Cryopreservation

What to Expect When Freezing Your Eggs for the Future



PLANNED EGG CRYOPRESERVATION HELPS PRESERVE YOUR FERTILITY

More and more people are waiting to have children, with around 20% of women having their first child after the age of 35. Unfortunately, age is one of the main factors that can affect your fertility. **Planned egg cryopreservation** is the process of freezing your eggs now to preserve your future fertility options.

You may want to consider egg cryopreservation if you are:

- Undecided about future children
- Currently focused on other life events
- Still searching for the right partner
- Undergoing surgery, radiation, or chemotherapy
- Showing signs of early menopause
- Being deployed overseas in the US military
- Surgically transitioning from female to male
- Seeking reproductive autonomy
- Concerned about age-related decline in quantity and quality of eggs
- Planning to have children on your own terms and timeframe

DID YOU KNOW

According to a 2023 survey, *lack of information* was the #1 reason women did not freeze their eggs when they had a chance.

WHAT TO EXPECT, AT-A-GLANCE

EGG CRYOPRESERVATION (PER CYCLE)	
Length of process: 14-21 days	Total doctor visits: 5-7
Tests required: 5-6 blood tests 5-6 ultrasounds	Medication types: Subcutaneous injections Oral pills
Number of procedures: 1	Length of procedure: 20-30 minutes
Average number of eggs retrieved: 8-15 eggs per cycle	Cost ranges (clinic-dependent): Egg freezing: \$10-\$15K Storage costs: \$300-\$500/year
Employers that provide egg freezing benefits: <ul style="list-style-type: none">• 16% of large employers (500+ employees)• 37% of large, high-tech employers• 19% of jumbo employers (20,000+ employees)• 63% Fortune Best Companies	

Note: Treatment cycles can be affected by many variables. The numbers above represent ranges and may not reflect your experience. Please discuss your personal treatment protocol with your healthcare provider.

TERMINOLOGY CHECK

Planned egg cryopreservation is also called planned oocyte cryopreservation, planned OC, or egg freezing. Oocyte is the clinical term for egg.

HOW DOES PLANNED EGG CRYOPRESERVATION WORK?

Before eggs can be frozen, you will go through a series of steps to help your body produce multiple eggs. The entire process (one cycle) usually takes less than a month.

1 TESTING AND ASSESSMENTS

Your doctor may conduct ultrasounds and blood work to assess current ovarian reserve (number of oocytes remaining in the ovary) and overall health conditions.

2 OVARIAN STIMULATION

You will use injectable medications that stimulate your ovaries to produce multiple eggs. Ultrasounds and blood tests are conducted during this time to assess **follicle** growth and hormone levels.

3 EGG RETRIEVAL

When your follicles reach a certain size, you will be given an injection to trigger egg maturation. Egg retrieval occurs within 34-36 hours of this injection. The number of eggs retrieved varies based on the ovarian reserve and response to treatment.

4 FREEZING AND STORAGE

Once extracted, eggs are examined in the lab for maturity and quality, then treated with a special cryopreservation solution to help prepare and protect them during the freezing process. Eggs are frozen with liquid nitrogen in straw-like tubes and stored in liquid nitrogen tanks. Properly cryopreserved eggs can remain in storage for many years without compromising their reproductive potential.

DID YOU KNOW

With egg freezing cycles, it's not always "one and done." A study showed that *having 2 egg freezing cycles improves the likelihood of live birth rates, compared to only 1 cycle.*

MEASURING SUCCESS

Egg cryopreservation is not a guarantee that you'll have a baby in the future, but it offers you the opportunity to use your own eggs when and if you choose to try. Getting from here to there involves a sequence of steps with key milestones along the way.



PLANNED EGG CRYOPRESERVATION

The goal is to retrieve an optimal number of eggs for cryopreservation. This can vary based on age and reproductive health. More than one cycle may be required to preserve the number of eggs your doctor determines is optimal for you.



FREEZING AND WARMING EGGS

A cryopreservation technique called vitrification results in higher egg survival rates than the alternative (slow freezing). When vitrification and warming is done properly, data show an egg survival rate of about 82%.



IN VITRO FERTILIZATION (IVF)

The success of IVF using your own frozen eggs depends on many factors, including:

- Your age and reproductive health at the time of cryopreservation (egg quality and quantity)
- The cryopreservation process used
- How well the eggs survive the warming process
- Variables during the IVF process, such as the quality of sperm used to fertilize the egg and the health of your uterus at transfer



LIVE BIRTHS

While data on the likelihood of a live birth after planned OC is limited, age and the number of eggs frozen are factors that influence success.

TERMINOLOGY CHECK

A follicle is a small sac in the ovary that is filled with fluid and contains the egg.

FINANCIAL CONSIDERATIONS FOR PLANNED EGG CRYOPRESERVATION AND STORAGE

If you're freezing eggs for future use, it's important to consider the initial and ongoing expenses involved.

What should I expect it to cost?

Egg cryopreservation ranges from \$10,000 to \$15,000, with storage costs of \$300 to \$500 per year.

MANY FACTORS CAN AFFECT THE COST OF FREEZING YOUR EGGS

- \$ Tests and appointments to monitor your progress
- \$ Medications
- \$ Anesthesia
- \$ Egg retrieval procedure
- \$ Cryopreservation
- \$ Storage fees

DID YOU KNOW

Sometimes you may benefit from separating your fertility medication costs from other medical costs that are covered by your insurance.

By choosing to pay cash for the medication portion of your cycle, you may apply and be eligible for savings for the prescribed medication.

FINANCIAL HELP MAY BE AVAILABLE

There are many financial resources and support programs available that can help make egg cryopreservation a reality for you. The list below can help get you started when considering your options.

HEALTH INSURANCE COVERAGE

- Some procedures and medications may be covered by your health insurance contact your provider to understand your benefits
- You may be able to add a health savings account (HSA) or flexible spending account (FSA) to your health insurance plan, which may help fund some of the expenses. Check with your employer's benefits team

EMPLOYER BENEFITS

- Some companies offer coverage for egg cryopreservation. Check with the human resources department where you are employed

MANUFACTURER AND CLINIC SAVINGS PROGRAMS

- Fertility medication manufacturers often have programs that offer medication discounts if you are paying cash for your medications
- Your fertility clinic and fertility specialty pharmacy may offer discounts or financing, so be sure to ask about your options

PATIENT ADVOCACY ASSISTANCE PROGRAMS

- Advocacy groups, such as AllianceForFertilityPreservation.org, TheChickMission.org, and Resolve.org, may offer patient assistance programs
- Cofertility.com offers Split, an egg freezing program that enables you to keep half of the eggs you freeze and donate the other half

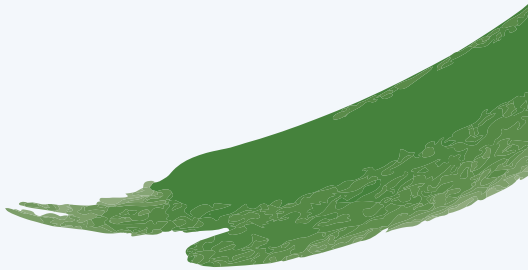
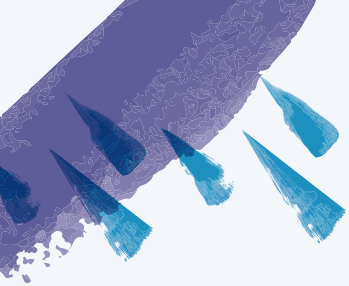
TAX DEDUCTIONS

- Additionally, the IRS allows deductions for some fertility medical expenses



See if Fertility Lifelines™ can help you save on your prescribed fertility medication.

Visit fertilitysavings.com/eggfreezing or scan the QR code.



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Visit [Fertility.com](https://www.fertility.com) or scan the QR code to learn more about planned egg cryopreservation



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