

# let's talk pride



## 1 in 5

adults identify as LGBTQIA+ globally, and 63% of LGBTQIA+ individuals expect to expect to build their family through assisted reproductive technology, adoption, or surrogacy.

You are not alone. WIN is proud to support the LGBTQIA+ community with inclusive family-building support and compassionate guidance to help you navigate the path to parenthood, **no matter what your journey entails.**



family-building &  
family-wellbeing

# paths to parenthood

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LGBTQIA+ couples often face unique family building circumstances and can choose from a wide array of options to become parents.

## Couples assigned female at birth

**Intrauterine Insemination:** The process of placing concentrated sperm directly in the uterus around the time the ovary releases one or more eggs to be fertilized.

- Select a sperm donor
- One partner is artificially inseminated and carries the pregnancy

**In vitro fertilization:** The process of extracting eggs, getting a sperm sample, and externally combining an egg and sperm to create embryo(s) which are then transferred into the uterus.

- Select a sperm donor
- Create an embryo using one partner's eggs
- One partner carries the pregnancy
- In reciprocal IVF (or co-IVF) the other partner carries the pregnancy

## Couples assigned male at birth

**Gestational surrogacy:** A gestational carrier is pregnant with the intended parents' baby until birth. The baby has no genetic ties to the carrier, only the parents.

- Select an egg donor
- Create an embryo with one partner's sperm
- Work with gestational carrier to carry the pregnancy

## Transgender individuals

**Fertility Preservation:** The process of freezing and storing eggs, sperm, or embryos to use later.

- Seek egg or sperm freezing before medical or surgical gender affirming care
- Use partner or donor egg/sperm and a gestational surrogate if needed

## Adoption as an option

**Adoption:** There are several different types of adoption journeys depending on your circumstances and preferences

- Choose domestic or international, open or closed, foster care adoption or infant adoption

# winpride.

## **LGBTQIA+ expertise and support**

100% of WIN Nurse Care Advocates receive LGBTQIA+ fertility and family-building training to create a safe space for all members.

## **Hands-on provider matching**

WIN members can be referred to in-network providers specializing in LGBTQIA+ fertility and family-building services.

## **Donor egg and sperm guidance**

WIN Nurse Care Advocates help members understand what donor egg and sperm resources may be covered under their benefits, what to expect, and support them in screening for donor criteria, choosing an agency, and procuring material.

## **Individualized behavioral health support**

Evidence-based behavioral health support is tailored to each patient to help lower stress and improve overall well-being.

## **Access to LGBTQIA+ specific family-building education**

WIN provides educational articles, webinars, and more to help support, inform, and empower BIPOC patients about their family-building options.



## need on-demand support?

From late night questions and medication assistance to emotional support, our **Nurse Care Advocates are available 24/7** through the WINFamily App to help you navigate your fertility journey.



**Clinical guidance is a tap away.**

Scan to download the WINFamily App and create your account using your company name.

