

Pregnancy, postpartum & loss support, on demand

Poppy Seed Health is a 24/7 on-demand emotional and mental healthcare company that provides support to people on their reproductive health journey through pregnancy, postpartum or loss.



AMBER MORGAN

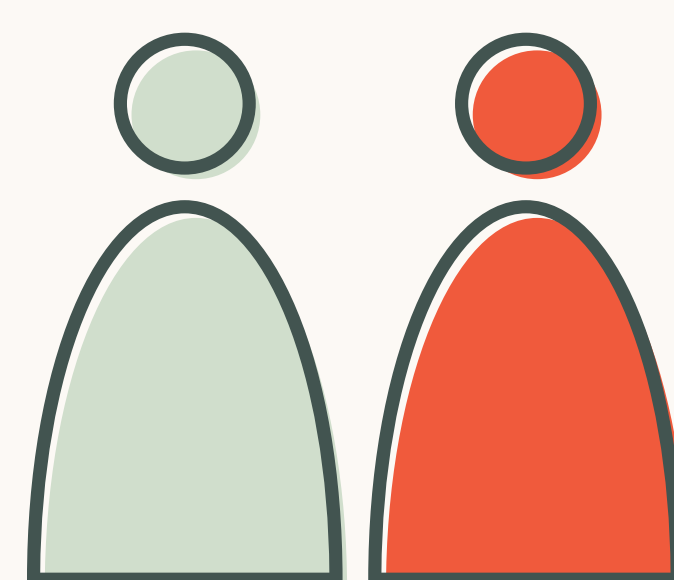
Poppy birth and postpartum doula, DONA
trained, mom to Olive

Connecting real people to real doulas, midwives and nurses.

THREE WAYS TO CONNECT TO OUR ADVOCATES:



Download the Poppy Seed Health app, where you can access unlimited, on-demand text support from a real human, at any time.



Join our monthly virtual programs – advocate-led support groups, movement workshops, and self-expression sessions.



Engage with our educational emails, delivered directly to your inbox.



x



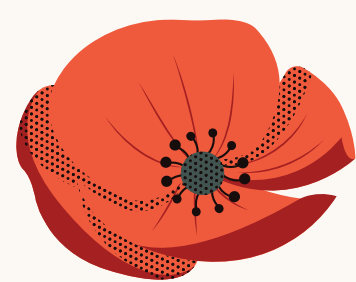
Mass General Brigham
Health Plan



Mass General Brigham Health Plan is proud to offer annual subscriptions to Poppy Seed Health for its eligible members.

Eligible members have access to 12 months of membership with Mass General Brigham Health Plan's commercial fully-insured individual or employer-sponsored plans.

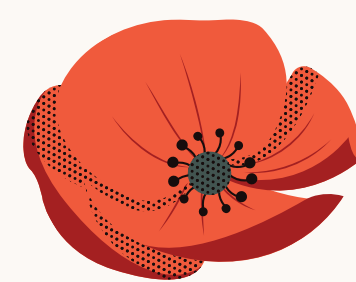
HERE'S HOW:



STEP 1

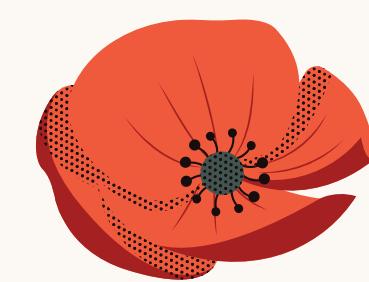
[Submit an enrollment request here](#)
and tell us more about your pregnancy journey.

[www.poppyseedhealth.com/
MassGeneralBrighamHealthPlan](http://www.poppyseedhealth.com/MassGeneralBrighamHealthPlan)



STEP 2

You will receive an email from the Poppy team with your unique login information in 1-2 business days. Use this login info when you download the Poppy app to access your free membership.



STEP 3

Download the Poppy Seed Health app and use your unique login information to log in! You'll have 24/7 access to our advocates on the app and will begin receiving information about virtual programming and educational materials via email.

Mass General Brigham Health Plan includes Mass General Brigham Health Plan, Inc.
and Mass General Brigham Health Insurance Company

WWW.POPPYSEEDHEALTH.COM | [@POPPYSEEDHEALTH](https://www.instagram.com/POPPYSEEDHEALTH)

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