

Virtually,
every other week:
Tuesdays at 1-2pm with
Dr. Kait Ross

Fridays at 11:30-12:30
or 4-5pm with Dr. Noy
Phimphasone-Brady

How much:
Sessions will be billed
to insurance and you
may receive a copay.
Contact your insurance
carrier or UCH patient
estimates to know about
group therapy rates.
The billing code is
90853.

How to schedule:
Reach out to Dr. Ross,
Dr. Noy via
MyHealthConnection or
call Chanel Lynn: 720-
848-1060

Living & Thriving with Polycystic Ovary Syndrome

**Join our behavioral health group
for community and learn skills to
help you live well with PCOS**

Session 1

Cultivating values to live well

Session 2

Flowing with mood & emotions

Session 3

Reclaiming image & appearance

Session 4

Redefining healthy weight &
eating

Session 5

Tackling sleep & fatigue

Session 6 (optional)

Preparing for pregnancy