



# Staying Sane While Figuring Out if you Should Make an Appointment to See a Fertility Specialist

If you are reading this, it is probably because you have been wondering for a while if you should make an appointment with a fertility clinic. Perhaps you've hesitated because contacting a specialist makes your fertility struggles seem more "real." If you haven't conceived a pregnancy after trying for a year or more, the likelihood that you'll be able to do so on your own is low. However, the odds of fertility treatment resulting in a pregnancy are high.

Understandably, one of your main concerns may be the cost of fertility treatment. The good news is that many health insurance policies provide at least some coverage for treatment. Check your insurance policy for coverage details. Hint: start by contacting the HR department at your company – or, if your partner carries the health insurance, the HR department of their employer. If fertility treatment is not included in your plan, visit [Resolve.org](https://www.resolve.org) for resources and ideas on how to get your company to provide coverage. Note that some states have mandated coverage; this information is also available at [Resolve.org](https://www.resolve.org).

Another concern you may have is that infertility treatment automatically means in vitro fertilization (IVF). This is a myth! Although IVF has the highest success rates, many individuals are able to conceive via simpler and less expensive treatment protocols. In fact, many women can get pregnant by simply taking prescribed medications for several days. Visiting a fertility specialist is the only way to know which treatment(s) will give you the best chance of conceiving a healthy baby.

It is very common to feel discouraged after trying unsuccessfully to conceive. In fact, almost half of women seeing an infertility doctor for the first time report symptoms of anxiety, depression, or both. So, if you aren't feeling like yourself right now, it simply means that you are normal. The best fertility clinics have plenty of support for your

mental and emotional health, from providing stress-reduction tips and informational webinars to employing experienced mental health professionals who can help patients navigate their journey.

In short, there are many reasons you may feel uncertain about making an appointment at an infertility clinic. Unfortunately, this is one situation in which time is not on your side. Both male and female fertility decreases with age, so, the longer you wait to act, the less likely you are to conceive.

Perhaps you could start by just making an appointment. Once you visit the clinic and interact with the doctor and staff, you can evaluate the experience. Did you feel seen and heard by the doctor? Did the nurses and staff treat you with compassion and respect? A single office visit doesn't mean that you are committed to diagnostics and/or treatment. Think of it as a first date. If you have a good experience, you may decide to take next steps with the clinical team.

Infertility can impact every aspect of your life and make you feel that you have no control of your journey to parenthood. If you suspect that you or your partner might have an infertility issue, there is one thing you can control: making an appointment with a fertility specialist. Most individuals or couples who see an infertility specialist – and follow their recommendations – end up as happy parents.