



HealthCircle

Center for Advanced  
Reproductive  
Services

## Integrative Fertility Coaching



**Ami Chokshi, NBC-HWC**  
Integrative Fertility Coach

Wondering what else you can be doing to support your fertility health and treatment?

There are several factors that can impact fertility. Some may be beyond your control, such as medical concerns. But improving your overall health - mind and body - can positively affect chances of getting and staying pregnant while reducing the stress around it all.

As a Board Certified Health & Wellness Coach, former IVF patient, and RESOLVE Group Support Leader, Ami guides patients towards optimal wellness and helps them navigate their fertility journey.

### **She works alongside your providers to help you -**

- Improve egg quality
- Balance key hormones
- Improve your partner's sperm health
- Reduce your body's inflammatory response
- Build resilience and create a more productive mindset
- Decrease anxiety often associated with trying to conceive, and
- Get the resources and support you need

The Center wants to help you enhance your fertility treatment plan with programs that are meaningful, relevant, and personal. Fertility coaching can help you learn what you can and can't control and feel supported along the way.

**Contact Ami today for a complimentary consultation at [achokshi@uconnfertility.com](mailto:achokshi@uconnfertility.com)**



Part of our HealthCircle Program, providing support, nutrition, yoga and acupuncture into your treatment

(844) HOPEIVF (844-467-3483)

**[www.uconnfertility.com](http://www.uconnfertility.com)**

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