

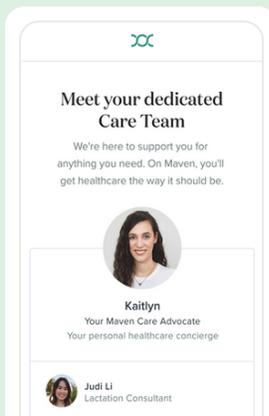
Meet Maven. Free virtual support for family building, pregnancy, parenting, menopause, and midlife.

With Maven, you get personalized 24/7 virtual support, care, and guidance for your path to parenthood and beyond—when you need it, how you need it (yep, even at 2am).

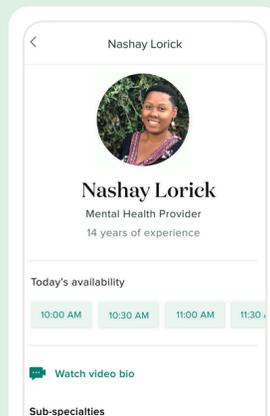


Here's what you and your partner get with Maven

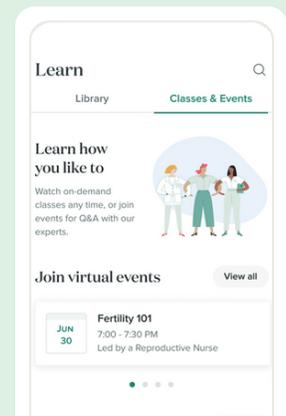
24/7 personalized support from a dedicated Care Advocate



Virtual appointments and messaging with providers—anytime day or night



On-demand classes, groups, and articles for expert guidance you can trust



At Maven, we're with you every step of the way

From starting a family

- Thinking about planning your family
- Exploring fertility treatments (IUI, IVF, and egg freezing)
- Choosing a surrogacy or adoption agency
- Managing your mental health

to having a child

- Creating your birth plan
- Breastfeeding or bottle feeding support
- Navigating infant sleep
- Returning to work

to navigating parenthood

- Pediatric care
- Parent coaching
- Help finding the right childcare
- Developmental support

to managing all stages of menopause and midlife

- Lifestyle changes to manage high blood pressure during midlife
- Understanding menopause treatment options
- Nutrition support
- Career coaching

The best part? Your employer fully covers your Maven membership. This means no co-pays and no out-of-pocket costs for Maven appointments and resources. Seriously, no strings attached.



Scan the QR code to get started or go to mavenclinic.com/join/takecare or download the Maven Clinic app.

Join today for free