



Meet Maven: Free virtual support for pregnancy, postpartum and menopause.

With Maven, you get free access to:

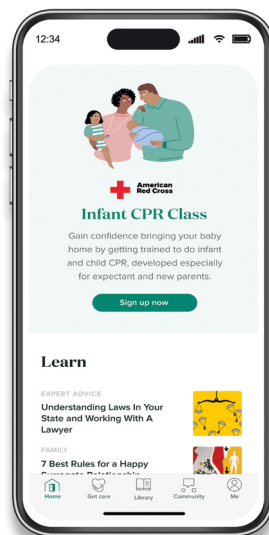
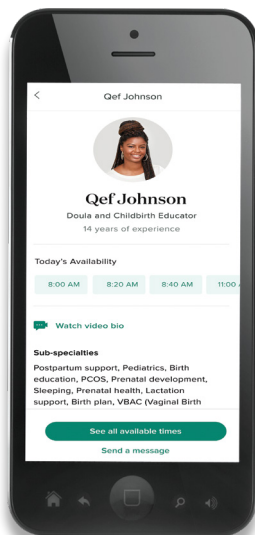
Unlimited video appointments and messaging with more than 35 types of doctors, specialists and coaches, including:*

- Doulas and midwives
- Mental health providers
- Lactation consultants
- Wellness coaches
- OB-GYNs
- Physical support coaches
- Nutrition coaches
- Infant sleep coaches

A dedicated care advocate who can help you find the right provider or coach for your unique needs and be a source of support throughout your journey.

Personalized, trustworthy resources such as expert-approved articles, provider-led classes like *Infant CPR*, *Breastfeeding 101* and *Menopause 101*, and access to the Maven community to connect with others going through similar experiences or journeys.

Whether these programs apply to you now or in the future, this is a great opportunity to get free 24/7 support in addition to your medical benefits.



Good news.

You and your covered family members have access to virtual programs that support these important life stages. We're committed to prioritizing your well-being and providing the right support, at the right time. This support is available to you through **Maven** as part of your health plan **at no cost**.

Maven is the world's largest virtual clinic for women and families, and you have access to personalized support, care navigation and guidance.

*Maven providers and coaches are additional support resources; they don't replace in-person care or relationships with your current providers and care teams.

Maven is an independent company supporting Blue Cross Blue Shield of Michigan and Blue Care Network by providing family building and women's health support services. Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.