



# Meet Maven: Free virtual support for pregnancy and postpartum



The pregnancy journey is exciting, but it can also be stressful. We're committed to prioritizing your well-being and providing the right support, at the right time.

Maven is the world's largest virtual clinic for women and families that provides around-the-clock support during pregnancy and postpartum. It's part of your health plan at no cost.

## With Maven, you and your partner get access to:

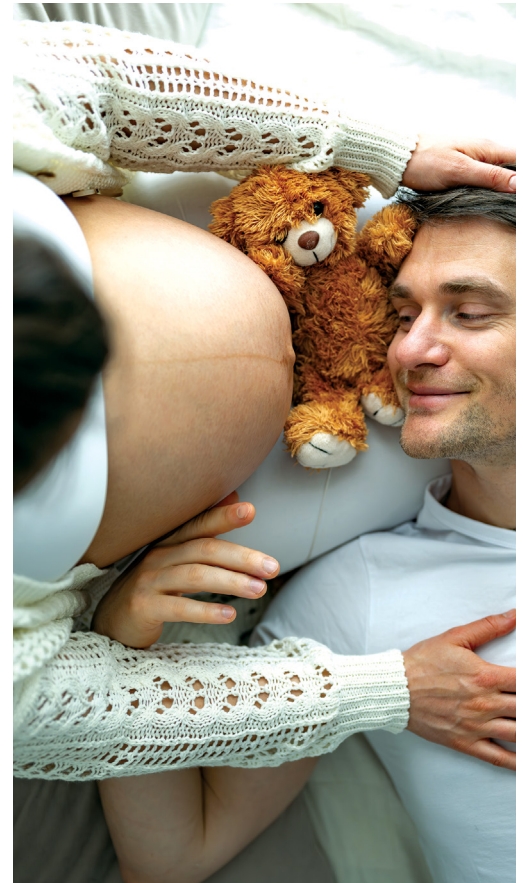
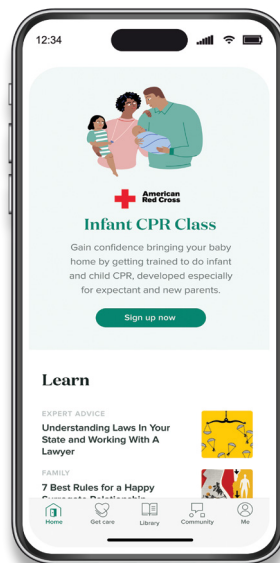
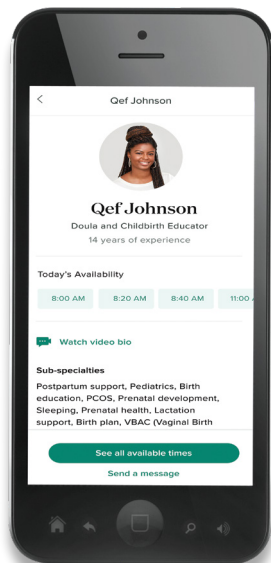
Unlimited video appointments and messaging with more than 35 types of doctors, specialists and coaches, including:\*

- 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, help you create a birth plan and be a source of support throughout your journey.

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

If or when someone on your health plan is pregnant, Maven's maternity program is ready to help at no cost.



\*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.