



Menopause program

This digital program through Maven provides personalized care navigation, clinical and emotional support, and education.

An important phase of life

With 6,000 women reaching menopause daily in the United States¹, no one should have to experience symptoms in silence. With Maven, you have 24/7 support from early menopause and perimenopause through menopause and postmenopause.

Get started today at bcbsm.com/mavenmenopause.

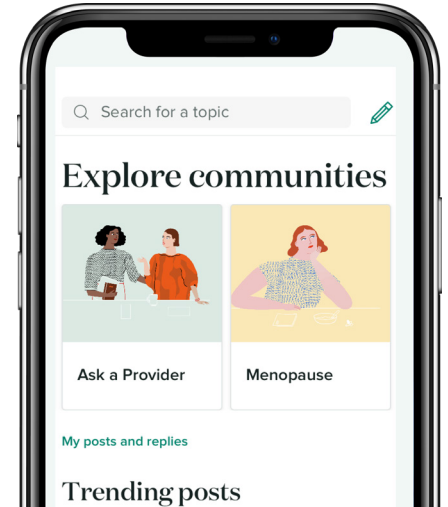
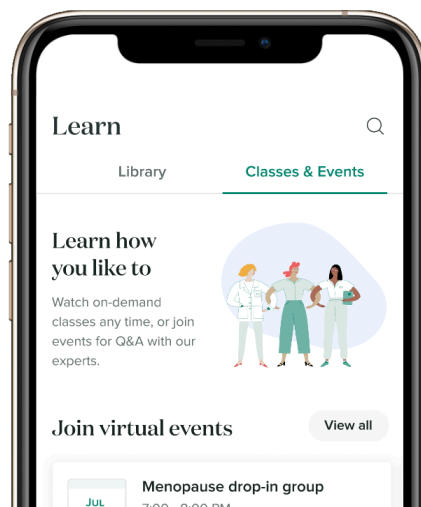
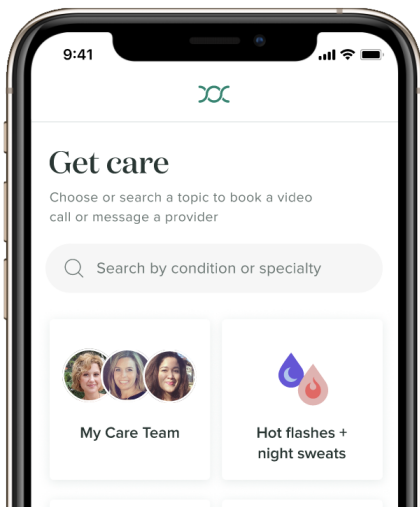
¹Fast Company



Menopause: A holistic, specialized support program

This **no-cost** program provides instant access to expert advice and resources to anyone on your health plan who's experiencing physical and mental symptoms related to menopause. Support through this program includes:

- Early identification of menopausal symptoms and treatment guidance
- 24/7 virtual access to a coaching care team specializing in perimenopause, menopause and postmenopause
- Guided education and in-app communities to connect with others in the same stage of life
- 1:1 mental health support throughout the menopausal journey



A complete digital experience

Through this program, all participants get full access to:

A care advocate	Personalized resources	24/7 video appointments
<p>A care advocate is matched to each user, based on personal preferences, who can:</p> <ul style="list-style-type: none">• Provide one-on-one support to answer questions• Recommend the right types of care for specific needs• Help find high quality, in-network providers	<p>You have access to personalized, educational support resources:</p> <ul style="list-style-type: none">• Trustworthy, clinically approved articles• Community forums to engage with others on similar journeys• Classes led by clinical professionals	<p>You can schedule video appointments with top-rated coaches:*</p> <ul style="list-style-type: none">• Speak with coaches from clinical specialties, including OB-GYNs, mental health specialists, career coaches and more• Coaches are available to speak with in more than 35 languages• A chat option is also available

*Maven coaches don't replace in-person care or relationships with established care teams and providers. They're additional resources.

Menopause is an important stage in a woman's health care journey. You and others on your health plan aren't alone and have 24/7 support.

Visit bcbsm.com/mavenmenopause to get started at no cost.



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.